



**EEYEESEK**  
*ifjúsági egyesület*





**What is *LifeArtZone*?**

**What does a youth association do?**

**What is personal development?**

**What is non-formal learning?**

**What is all this for? What does it give to youth and society at large?**

*LifeArtZone* means that young people join our programmes at their will; that they set their own goals and define the steps they want to take to reach them. They decide how often, how long and on what they want to work with us. We support them in achieving their aims, in acquiring the skills and knowledge needed for this and in being able to use it in their own communities.

On the following pages you will read testimonies about Egyesek Youth Association by young people who have been with us for weeks, months or years; have found answers to their questions and use what they have learnt at Egyesek to improve their lives, their work and their communities.

Krisztina Győry  
Director of Training and Development



My name is **Tamás Mahner**, I am a 24-year-old youth worker. I graduated from Schola Europa Academy in 2009. I work at the Village Conservation Association of Máriahalom (Komárom-Esztergom county) and am one of the founders of the Creative Group for the Youth of Pomáz (PACSI)(Pest county).

At Egyesek I support young people going abroad on European Voluntary Service (EVS) as well as assist in writing EVS applications and realising projects.

In 2009 I participated in the Nonprofit HR course of Egyesek, which was followed by a six-month professional practice period. I got tools that enabled me to organise the operation of PACSI, set realistic goals, make our operation transparent and motivate my team.

In 2011 I spent two months at the Olde Vechte Foundation (Netherlands) with a Grundtvig grant. There I had the chance to learn personal development and coaching methods, as well as the effective use of the media.

In my home, we began to activate youth. Our results so far: a professional BMX show with more than 100 youngsters participating and a monthly cultural round table with youth and public personalities linked to Pomáz.

In Máriahalom I work on creating an Integrated Communal and Service Space. My task is to plan, prepare and run programmes for youth. At present I am busy building contacts with stakeholders, realising the action plan and the youth concept and finding sustainable financial sources for the programme.

I am **Kristóf Simonyi**, 24 years old, and have just graduated as a technical manager. I am the coordinator of the international volunteer workcamps at Egyesek and the Creative Space Training Centre.

I have participated in trainings with Egyesek since 2008, often as organiser and team member. I spent the autumn of 2009 as a volunteer at the Olde Vechte Foundation in the Netherlands. During these two years I developed the ability to achieve my goals driven by my will and vision. I acquired a working style and attitude, which is based on taking responsibility and giving space to each other.


My present tasks are challenging as well as giving me responsibility, thus an opportunity to learn – so they are motivating. Creative Space is a training centre and community area for youth and NGOs. My job includes marketing the house, developing its infrastructure and raising the funds necessary for this. At Egyesek I work on launching international work camps: building international contacts, managing advertising in Hungary, reaching and sending volunteers abroad. At camps in Hungary I welcome volunteers, participate in creating the programme and organise local events.

<http://www.egyesek.hu/workcamps/>

# workcamps

# PACSI





My name is **Barbara Földi**, I am 23 years old. I am the manager of the Friends' of the Ludwig Museum. I studied andragogy and cultural management at ELTE, and am currently attending a course in youth work. My special interests are theatre and dance.

I first met Egyesek in high school, as a participant in an international training course in the Netherlands in 2005. Since then I have been a volunteer in the association, writing applications for funding, leading projects and learning things that cannot be learnt from books. In 2009 I won a Grundtvig scholarship and did a course in Italy about using the tools of theatre and dance to work with topics of interest for a community. I learnt that our bodies, our movements are our strongest tools of expression – through these we learn a lot not only about ourselves, but also about our environment, about other people and cultures.

This year I have the opportunity to practice what I have learnt by supporting others: I assist an informal group called Playful Players in organising an international youth exchange entitled Power On. Young people from 6 countries will use the tools of contemporary dance and theatre to get to know themselves, each other, each other's cultures and will present issues they are busy with in a common performance at the end. Such a programme needs serious preparation and background; and this is the first international project this informal group does. It is a real challenge both for them and for me. I use all my professional knowledge and previous experience as project manager to support the group in organising the programme and logistics.

All this in a field I find interesting and inspiring.



# POWER ON Playful Players



# EVS

I am **Eszter Korányi**, 27 years old, economist, HR consultant. In Egyesek I am the coordinator of the EVS (European Voluntary Service) programme, vice president and leader of direct youth work. What all these involve is working with people. I joined the association in 2005 and have been active ever since because we work for goals that are important for me, driven by values I share - and even have fun in the meantime.

I started the group EVS project 'Inclusion in Action' because I like working with people; I like giving them things like experience, friendships, self confidence, etc., in a way that they are not even aware that they learn in the meantime and can use what they've learnt when they go home.

## Inclusion in Action

The aim of the project was that disadvantaged youth learn to live and cooperate with people from other countries; that they do activities that benefit the inhabitants of the Szécsény area in Northern Hungary, thus developing competences which help them to become independent and find employment back home. The project had 40 participants from 12 countries.

Participants organised play sessions for children and cultural evenings, helped out in the library of the village of Hollókő, picked fruit, made jam, renovated old furniture, painted walls and refurbished a youth centre. Our most important result is that youngsters with diverse linguistic, socio-economic, religious and cultural backgrounds found their way to live, work and spend free time together – even to form lasting friendships during the programme. They improved their English skills, and many of them became interested in participating in long term programmes abroad.

After returning home many of them did their own mini-projects using what they had learnt during their voluntary service. The most successful projects were:

- Repairing furniture with primary school pupils in the Ukraine by painting and decorating. The organisers (participants of Inclusion in Action) talked about the significance of volunteering and about what they've gained from the project in Hungary.
- In Georgia two of our participants produced the first publication propagating the EVS in the country with the support of their sending organisation. They have presented this publication on several occasions since.
- In the Czech Republic participants organised an intercultural evening for Erasmus students at an arts university based on the one during the project.

[http://www.egyesek.hu/images/text/group\\_follow.pdf](http://www.egyesek.hu/images/text/group_follow.pdf)





I am **Árpád Bárnai**, 30 years old, supervisor and programme organiser in Kossuth Zsuzsa Children's Home in Bicske.

With Egyesek I first participated in a personal development training with a non-profit HR modul, and later in a training for coaches and trainers in the Netherlands. I got tools and professional contacts that enabled me to more effectively support youth growing up outside of families in becoming independent. These tools are the most effective I know in helping youth recognise their power and responsibility, as well as enabling them to create a supporting community independent of the institutional framework.

At present we are working together with ÉlmenyAkadémia (Academy of Experience) on a five-day voluntary programme for youth within and outside of families. We use experiential learning methodology to prepare the volunteers to create, implement and document the project by themselves. Programme elements include: voluntary activities with villagers, filmmaking, drama and outdoor expedition. Participants can experiment with cooperation, problem solving, self expression and realising their plans. Our goal is that they use what they have learnt in their everyday lives; to this aim we will provide coaching and follow up to participants.

<http://elmenyakademia.hu/hu/tarsadalmi-integracio/kepesek-vagyunk.html>

My name is **Erika Schmidt**, I am 30 years old. I work in ÉlmenyAkadémia (Academy of Experience) as office manager, project coordinator and assistant trainer. I work with groups and individuals, mostly with youth growing up outside of families.

As ÉlmenyAkadémia and Egyesek are in the same office, it was easy to build personal connections and I became interested in the methods they use. I participated in personal development trainings first, and in international trainings for trainers and coaches later. At these trainings I got methodological help in working with groups, set professional goals and started to build my own style. I also practiced working with individuals at the training for coaches, mainly the technique of asking questions and the coaching attitude.

At these trainings I got a complex picture about training techniques, explored my personal style and set off to gain personal experience more confidently. Now I use these techniques both in my personal and professional life. We offer experiential education programmes to the children living in Kossuth Zsuzsa Children's Home in Bicske and the Girls' Institute of Rákospalota (Budapest). We use outdoor methodology most of the time, and these action-oriented techniques are nicely complemented by what I have learnt at the trainings. Good rapport with participants is the basis for each programme. I see improvement in my attitude as a trainer, my creativity and structure. Now I am better at leading individual and group discussions, have more courage, react more quickly and easily in unexpected situations.



ÉLMÉNYAKADÉMIA





We started our volunteer careers in the KEKSz programme at Frigyes Karinthy High School. We received personal and material support from Egyesek – one of their leaders, Ági Pleskó coordinates students' community service projects in the school, and helps in team building and evaluating the projects. Foreign EVS volunteers coming via Egyesek also assist us as well as being colourful participants in the life of the school.

In summer 2010 we participated in a volunteer programme of more than three weeks with almost 40 young people from 12 countries. During this programme we learnt to work effectively with groups, became more goal oriented, and see more clearly what we need in order to realise a large project.

# KEKSz

I am **Lilla Schäffer**, 20 years old, student of International Relations at the Faculty of Social Sciences at ELTE University. At the moment I am an assistant in the KEKSz programme, facilitating communication between students and organisers. I am responsible for updating the homepage of the programme (<http://keksz.kfgghost.eu>), our Facebook page and the bulletin board in the school.

I coordinate Yard Conquest, a project realised as part of the National Youth Service Day, which is organised by DIA – Foundation for Democratic Youth. We are going to renovate the schoolyard together with students, teachers and parents. Besides, we participate in a programme called Open!, by the Youth Consultance Circle ([www.ikkor.eu](http://www.ikkor.eu)), where we present the opportunities offered by the European Union in the fields of higher education, volunteering and employment to last year high school students.

In the last few years I gained experience about writing funding applications and organising team building programmes, which makes it easier now to work with students. I am confident to talk in front of people and have no difficulties in reaching out to young people and raising their interest.

My name is **Noémi Cintia Kis**, I study medicine. I was the student coordinator in the KEKSz programme working with partner organisations for five years; presently, I am a UN youth delegate. I am a volunteer of the KEKSz programme, of Egyesek and DIA.

My group is working on a multilateral international youth exchange. The programme plans to work with the characteristics and typical problems in the lives of teenagers and young adults, working with different life stories. Through volunteering I got to know a lot of people from all parts of Hungary and the world, and managed to build a network that makes this long awaited international exchange possible.

As a UN youth delegate my task is to represent Hungarian youth at different forums and to facilitate communication between policy makers and youth. I have learnt to set goals and make action plans to reach them; I had the opportunity to practice problem solving – these are basic to efficiently fulfill my tasks mentioned above.



I am **Krisztián Sólyom**, 18 years old, final year secondary school student.

I heard about Egyesek from a friend who had participated in a few trainings earlier. He showed me an opportunity I could not miss: a programme called Birth of Image. During those ten days in Greece in May 2010 I learnt more about myself and the world than in my whole life before.

I learnt to put things in a new perspective, which is very useful, especially in more difficult times. After this I got the opportunity to go to a conference in Belgium in December 2010. The title was *Young People And Mobility - a Luxury?*

Birth of Image is an 18-month series of programmes focusing on visual media. At the trainings we improve our visual expression and learn how important creating things is. A lot of young people got to know and love these forms of expression due to this project. My favourite genre is the short movie, I continue to make and popularise them among my friends. I also had the chance to practice working in teams, and have learnt many new things that open up exciting domains in filmmaking. I understand the message of films and images more easily now, which is a great experience as well.

[www.birthofimage.com](http://www.birthofimage.com)

# Birth of Image

## OUR RESULTS 1998-2010

9 international trainings in Hungary  
10 international youth exchanges in Hungary  
32 trainings for members and volunteers of Hungarian youth organisations  
74 exchanges and trainings abroad where we sent Hungarian participants and team members  
180 Hungarian organisations sent participants to our programmes  
27 countries sent young people to us  
400 foreign young people participated in trainings and exchanges we organised in Hungary  
800 Hungarian young people participated in trainings and exchanges organised in Hungary and abroad  
180 hour accredited training programme entitled 'Capacity building for NGOs'  
3 professional awards  
We became an European Youth Organisation

8 local volunteer projects  
15 Hungarian youngsters sent on long term voluntary service abroad  
46 foreign youngsters worked with us as volunteers  
9 villages in Nógrád county (Northern Hungary) cooperated with us in voluntary activities  
1 disadvantaged region and 2 schools in Budapest are the places where we run our programmes  
1000 Hungarian young people participated in voluntary community service and youth clubs

The number of youth we indirectly reached is more than **25,000**

**We would be glad to see YOU at our programmes as well!**

For more information go to [www.egyesek.hu](http://www.egyesek.hu)

[www.facebook.com/egyesek](http://www.facebook.com/egyesek)

[info@egyesek.hu](mailto:info@egyesek.hu)





**EGYSZEK**  
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**Kreatív Tér**



• Visegrad Fund  
2010

**BUDAPEST BANK**



beWise



**EACEA**  
Education, Audiovisual & Culture  
Executive Agency



**NCA**  
NEMZETI CIVIL ALAPPROGRAM

norway grants

eea grants  
iceland liechtenstein norway



AUTONÓMIA  
ALAPÍTVÁNY

