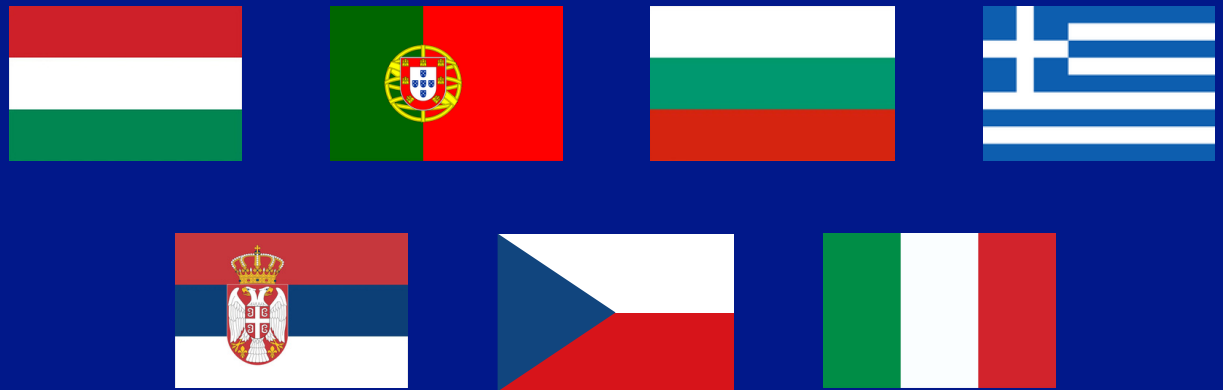




Call for Participants

# INCLUSION THROUGH SPORTS 2.0

17-24 April 2026,  
Jánoshalma, Hungary  
*training course*





Sports not only build better athletes, but  
also better people.

JULIE FOU DI

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## FORMAT OF THE TRAINING COURSE

### **GAIN**

**GAIN NEW SKILLS,  
METHODS AND DEVELOP  
YOUR COMPETENCES**

### **GROW**

**GROW PERSONALLY  
& PROFESSIONALLY**

### **GIVE**

**GIVE BACK TO THE  
SOCIETY**

## During this training course you will be able to...

- Get to know the methodology of Education Through Sport through practise and theory
- Get a practical "toolbox" in the topic of using sport as an educational tool for inclusion
- Develop your competences in the field of designing educational sport games, working in teams and facilitation
- Design and facilitate an educational sport activity in the topic of inclusion in small teams and at a local school
- Create a professional network



# Methodology of the training course

The methodology of the TC is based on non-formal educational methods which involves Education Through Sport as the main method.

Education through Sport is a non-formal educational pedagogical approach that uses sport and physical activity as a vehicle to spread a set of values in order to develop specific key competences which can improve different fields in/of life.

Education through Sport helps to enhance social, cultural, moral, ethical competencies to provide changes at personal, professional and social levels.



## **This Training course is for you, if...**



- You are between the age of 18-40
- You can communicate well in English
- You have a basic level of fitness (everyday we will have c.a. 2 hours of active workshop)
- You are a sport coach, teacher, youth leader, youth worker, facilitator or you have a high interest in the field of sport for development
- You would like to spend an unforgettable week with likeminded people at a beautiful environment while learning in a fun way

# Accommodation



## Venue

### Király Lovastanya Panzió

Jánoshalma, Parcelok  
tanya 27, 6440

## Rooms

There will be separated  
rooms for girls and boys.  
2-4 participants / room

## Meals

Breakfast, lunch, dinner &  
coffee breaks will be  
served at the  
accomodation.

## Training venue

The training venue will be  
at the same place as the  
accommodation in the  
middle of a forest

## Recreation

There is a possibility for horse  
riding, swimming, playing  
tennis, using sauna and  
wandering in the forest at the  
accomodation

## Health measures

The TC will be organise in  
accordance with current  
health measurements.

## 17th of April - Arrival day

## Programme

- **Meeting at 16:30 at Nyugati train station!**
- We will travel to the training venue together (It will take approximately 2 hour 40 minutes)
- First moments of connection, dinner

## 18th of April

- Intro of the project and ourselves
- Building the team
- What is Education for by and through Sport?
- Evening activity: The Boss of Jánoshalma

## 19th of April

- Exploring educational sport activities with the focus on inclusion
- Exploring the contribution of sport for lifelong learning competences
- Horse riding and yoga activity
- Evening activity: Intercultural market



## 20th of April

## Programme

- How to design an ETS activity? Creating small groups for game design
- Planning my learning goals
- Designing educational sport games in small groups in the topic of inclusion
- Evening activity: Free evening

## 21st of April

- Testing your designed games
- Fruits of our learning
- Evening activity: Night Games

## 22nd of April

- Facilitating your designed games for kids at a local school
- Exploring and enjoying local recreational activities, where we will go together on a horse carriage ride in the forest
- Evening activity: Closing of the journey around the bonfire



## 23rd of April

## Programme

- Packing and moving to Budapest
- Sightseeing at Budapest
- Closing our learning journey and evaluation of the project
- Youthpass ceremony and Farewell evening

## 24th of April

- Departure of participants

Please note: The final programme might have slight changes!



# Timetable on the training days



# Travel information - Expenses

## Expenses:

Accommodation and food is fully covered by the Erasmus+ program.  
Travel expenses will be reimbursed to set limits.

**There is a contribution fee of 40 euros or 15 000 HUF/participant that you can pay upon your arrival.**

## Travel budget:

- Italy: 260 eur/participant
- Czech Republic: 225 eur/participant (green travel)
- Serbia: 225 eur/participant (green travel)
- Greece: 260 eur/participant
- Portugal: 350 eur/participant
- Bulgaria: 260 eur/participant



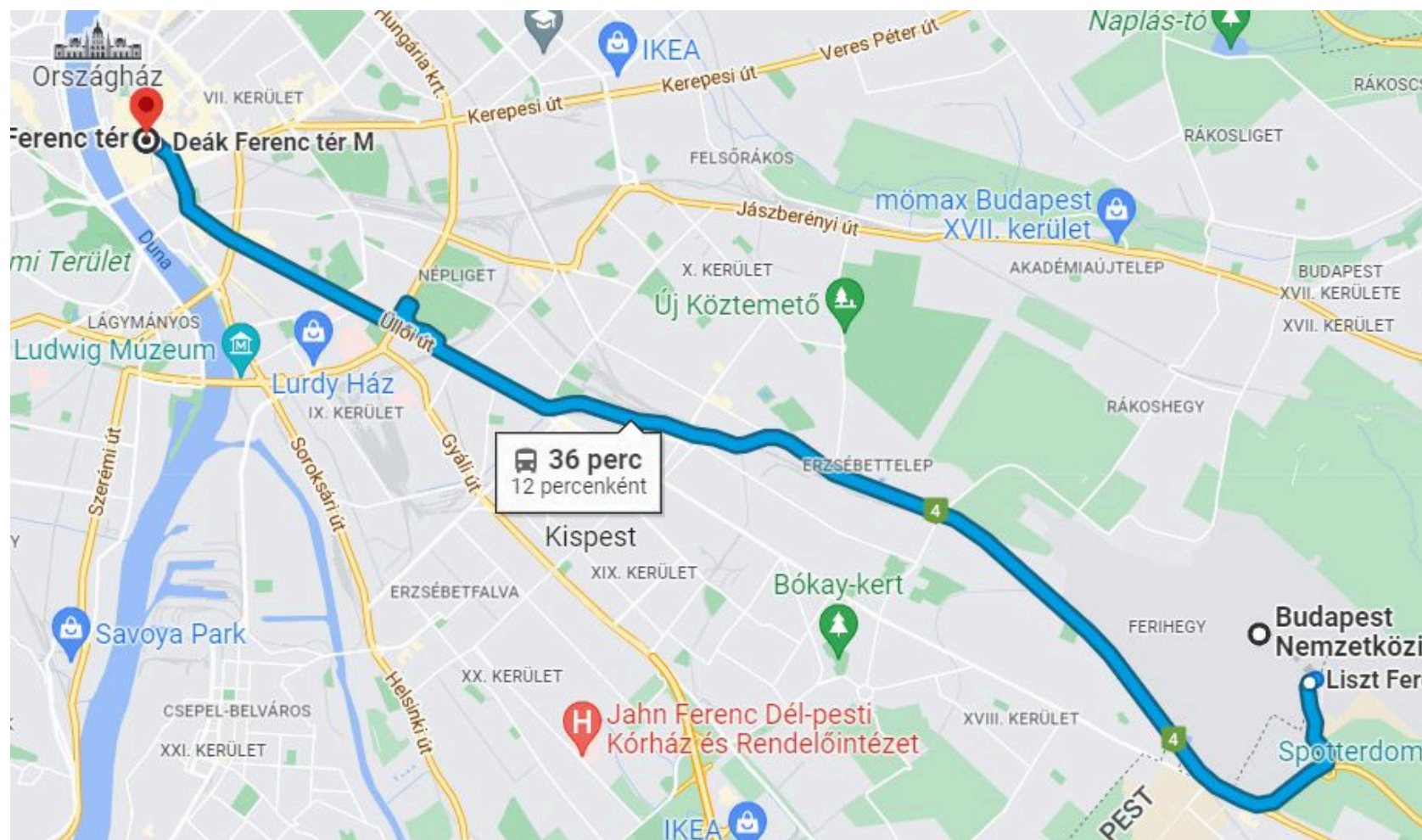
# Travel info

How to get to the city center **from the airport?**

**Take bus number 100E** (You can buy tickets in the machine right next to the bus stop)

**Take off at Deák Ferenc square (last stop)**

The ride will take approximately 35-40 minutes. (Airport bus ticket is 2500 HUF around 6 euros.)



# Meeting point

**We will meet at 16:30 at NYUGATI Pályaudvar (west train station)**

Please make sure, that you will arrive to the station on time, as we will need to catch a train! Please note, that train ticket will cost around 9 euros. We will arrive to the accomodation around 19:30, therefore a nice warm dinner will wait for you :)

Our team will wait for you at Nyugati train station, further details will be sent out later.



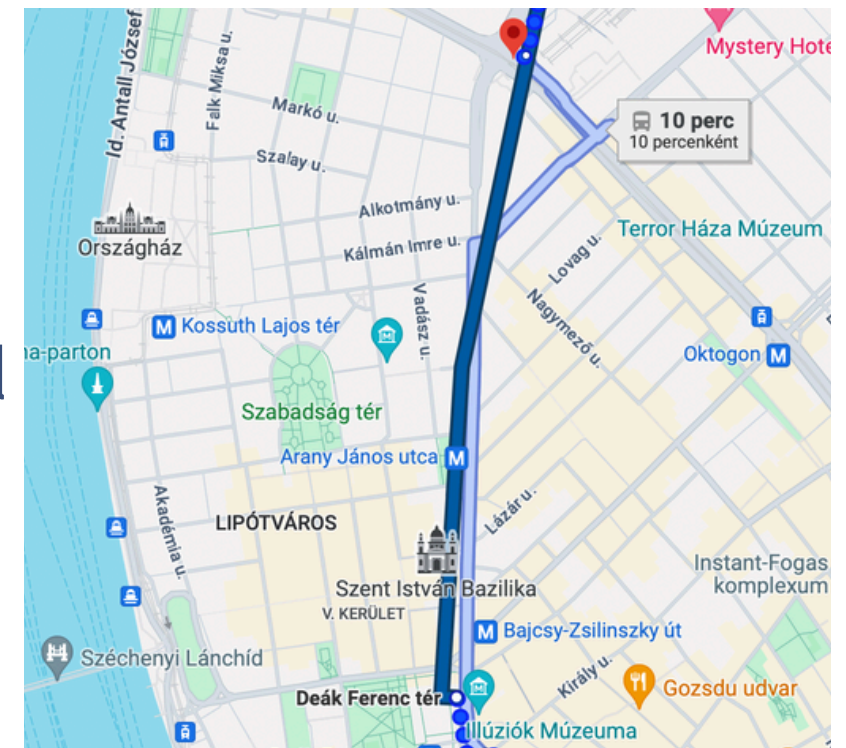
How to get to **Nyugati Pályaudvar** from **Deák Ferenc square**?

**Take metro number 3** (You can buy tickets in the machine)

**Take off at Nyugati Pályaudvar**

The ride will take approximately 8 minutes, or you can walk, what takes around 20 minutes.

(Metro ticket is a bit more than 1 euro)



# Your team during the TC



## Dóra Faragó

Trainer

Dóra fell in love with the methodology of Education Through Sport in 2016. She wrote her thesis about the power of sports for competence development for employability and she actively works as a freelance trainer in the field of Sport. Her favourite quote is: "Be brave enough to travel the unknown path and learn what you are capable of."



## Vajk Szentváry-Lukács

Trainer

Vajk is a professional parkour coach and athlete and president of the Hungarian Parkour Association.

If you have any issues you can always turn to him! He will be your personal problem solver during the TC. ;)



## Isaia Kioiloglou

Trainer

Isaia is a passionate trainer, striving for Social Change through Sport, Education and Skills Development. Isaia was an IOC Young leader between the 23-26 cycle and she is arriving from Greece to our training course.

# DO YOU HAVE A QUESTION?

Contact us!

Organiser: Hungarian Parkour Association

Contact person: Dóra Faragó

E-mail: [magyarpkse@gmail.com](mailto:magyarpkse@gmail.com)

Instagram of the organisation:

[https://www.instagram.com/mape\\_parkour/](https://www.instagram.com/mape_parkour/)

**HOP**  
HALL OF PARKOUR  
HUNGARY





**We can't wait to get to know you and  
welcome you in Hungary! ❤️**