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# BLOOMING CONNECTIONS

Erasmus+ Youth Exchange in  
Bodrogkeresztúr, Hungary

by Beatriz Direitinho  
Reykjavik, Iceland  
10.12.'25





# WHAT'S WELLBEING TO YOU?



# WORKSHOP ACTIVITY

3 GROUPS OF 3 PEOPLE  
~ 10 min

If wellbeing had a recipe,  
how it would look like?



The cake of

# SOCIAL WELLBEING



## Well-being cake

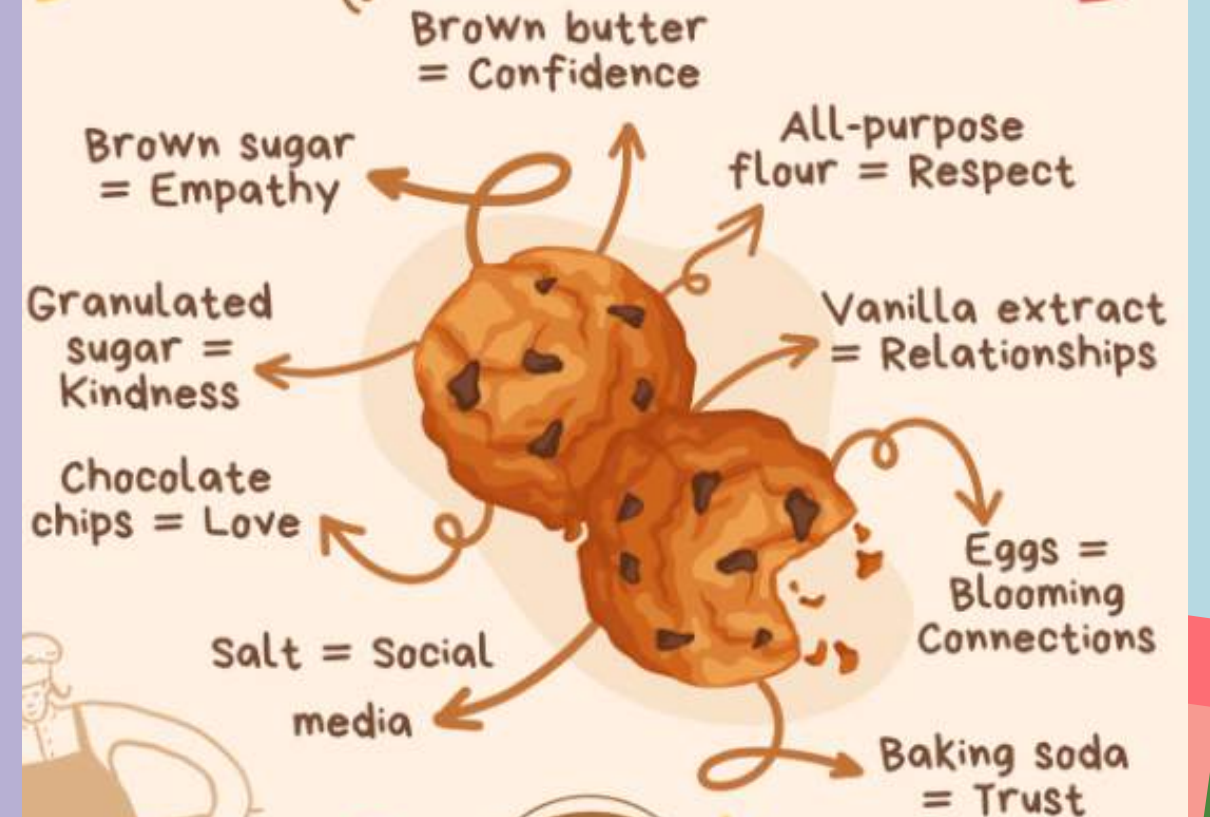
- 160g flour- is friendship and family that holds the structure together
- 1 spoon of baking powder- is self-reflexion that makes ones's grow
- 100g sugar- is positive thinking
- 110g cocoa powder- it's the identity of the cake, what makes you, you
- 6 eggs- it's self-care that holds everything together
- 2 cups of milk- is a healthy diet that fuels your body
- ½ spoon of butter- it's the emotions that makes you feel alive



ORDER NOW group 1

Here's a simple recipe for

## CHOCOLATE CHIP COOKIES (SOCIAL WELL-BEING)

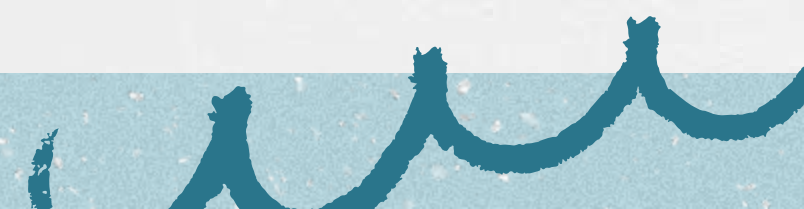
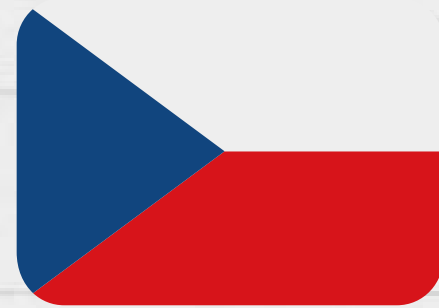


HAPPY BAKING

# BLOOMING CONNECTIONS

ERASMUS+ YOUTH EXCHANGE  
27.10.2025 - 07.11.2025

55 participants from 7 countries (yes, that's a lot)





Bodrogkeresztúr, Hungary



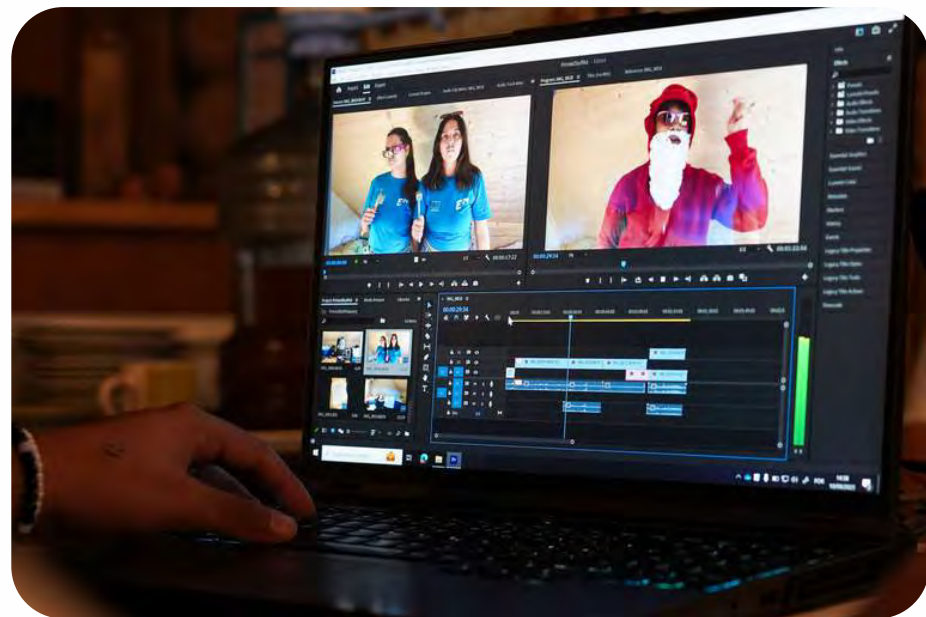
Youth Exchanges



Sports & Outdoors

# E29

Trainings



Mentoring



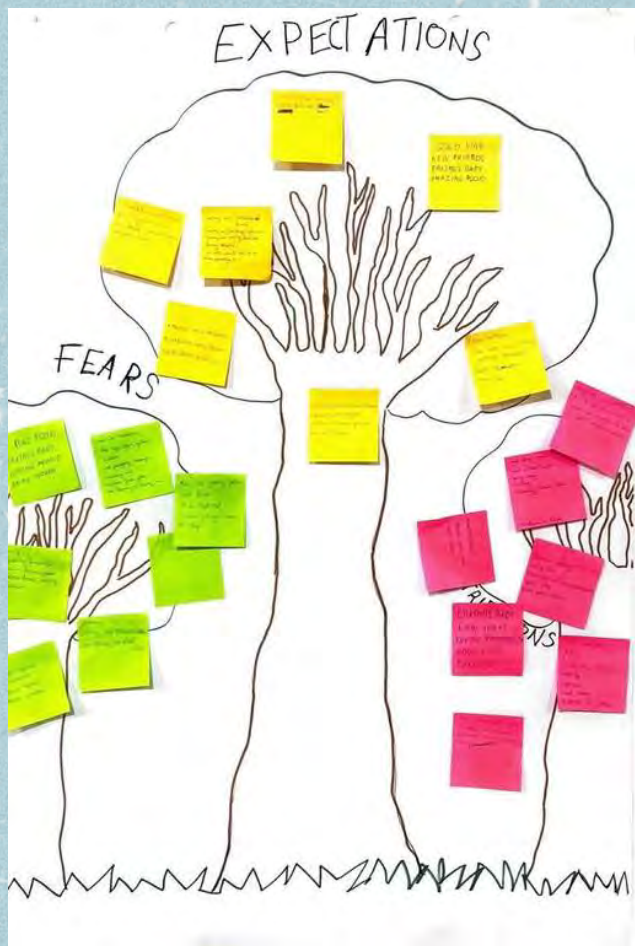
# Other activities we did :)



- Personal, social and learning to learn
- Knowledge
- code of conduct / rules in communications
  - healthy mind, body and lifestyle
  - learning strategies
  - search for opportunities
- Skills
- identify capacities
  - deal with complexity
  - critical thinking
  - work collaboratively and autonomously
  - be resilient
  - communicate in different environments
  - tolerance and empathy
- Attitudes
- be positive
  - learning throughout life
  - collaboration
  - overcome prejudices
  - problem-solving
  - ability to handle obstacles
  - apply life experiences

**Well Being**

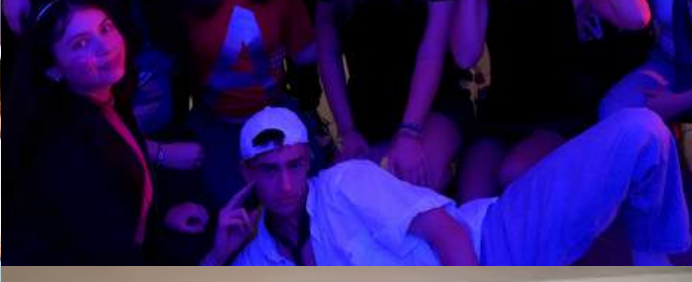
- Wellbeing is the balance of dynamic state in which body, mind, spirit align, allowing a person to live with vitality, purpose and harmony within themselves and their / the world.
- Wellbeing has two aspects: physical and emotional. Finding a way to calm your body and to soothe yourself thus by day is physical aspect. Being cool-headed, staying in the moment and finding content happiness is mental basis of wellbeing.
- Wellbeing is a state of mind determined by outside factors that influence our mood and lifestyle. It varies from person to person but it focuses mostly on a balanced and fulfilled life - maintaining mental and physical health through rest, spending time in stability, enjoying meaningful moments with nature, enjoying meaningful engaging in family and friends and engaging in hobbies which reduce stress.
- Wellbeing is a state of balance between the physical, emotional and psychological factors harmoniously and interdependently. In other words, when one of this factors is off-balance, the other factors can compensate for the lack of their.
- Well-being means a state of overall happiness, health and balance in life. It includes feeling good physically, being mentally and emotionally stable, having positive relations and finding purpose and satisfaction in everyday life.
- Well-being represents practicing self-care activities to achieve peace and a sense of fulfillment individual to individual.



But most importantly...



# Memories.



# WORKSHOP ACTIVITY

INDIVIDUAL

~ 30 min

If you could describe your  
essence in a tarot card, how  
would it look like?





THE TANDRCHAK



The painter



FEARLESS



THE MASK



# CHALLENGE

EVERYDAY UNTIL NEW YEAR'S  
*individual*

Write your 12 wishes for the new year in 12 small pieces of paper.

On the 21st (winter solstice), burn one of those papers without reading it. Do the same, everyday, until the New Year's Day.

On that day, there will be left only one piece of paper. Read it and that will be your priority for this new year!

Happy  
New Year!





**THANK YOU!**



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