

YOUUnite

PROJECT IN HUNGARY

Insights and Impact



Presented by: EMINA
Career Guidance Foundation

EMINA CAREER GUIDANCE FOUNDATION

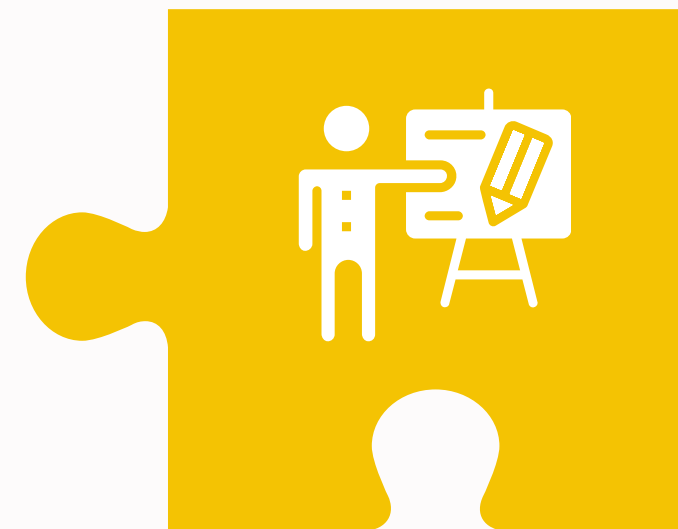
Promoting a mindful approach to life for young people, empowering them to navigate challenges in the labour market



CAREER
GUIDANCE



RESEARCH &
ANALYSIS



INTERNATIONAL
PROJECTS

PILOT TRAINING

LOCATION

Fonyód, Hungary, next to Lake Balaton in the forested area.

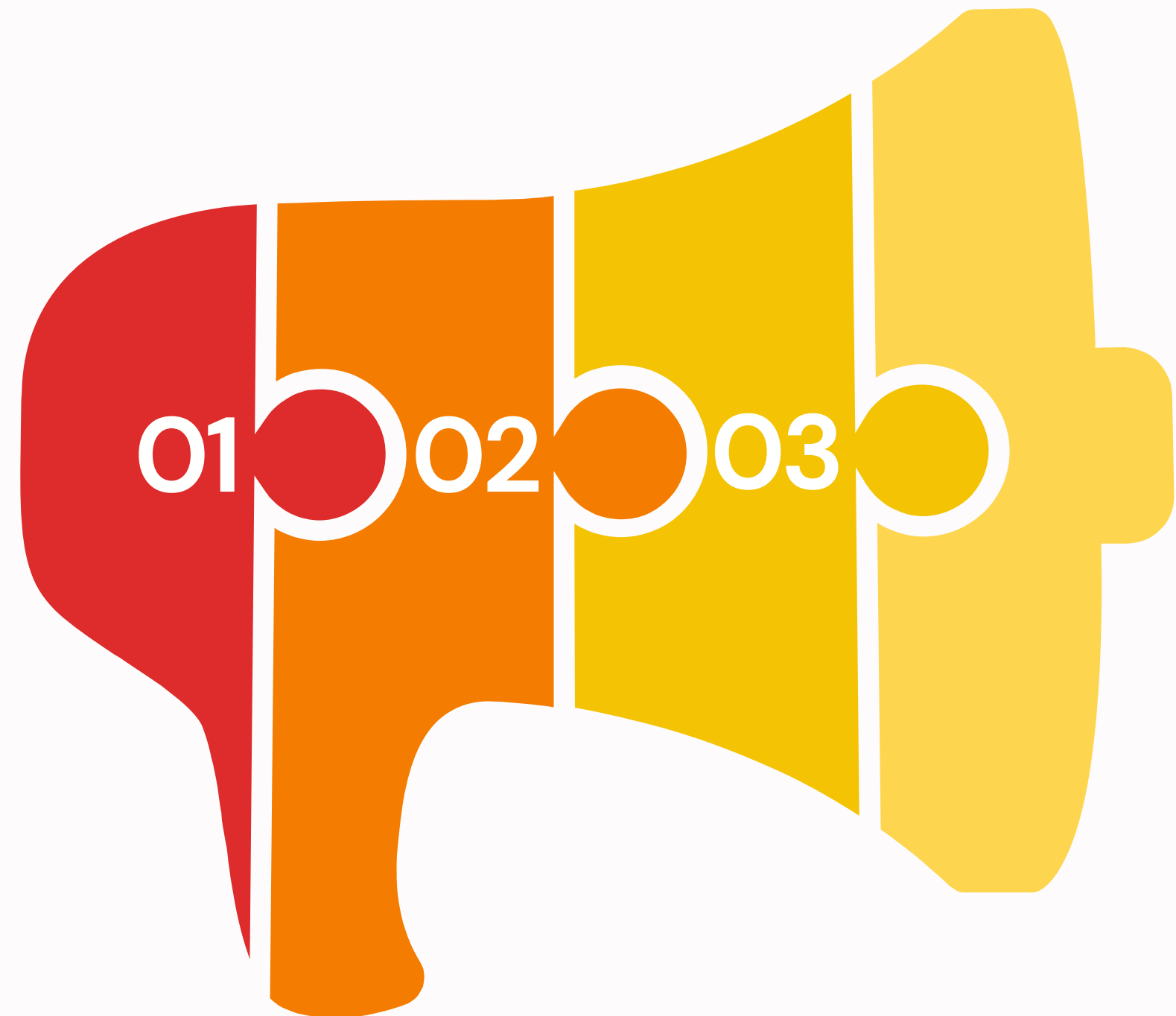
DATE

From the 16th to the 21st of June, covering 30 hours of activities.



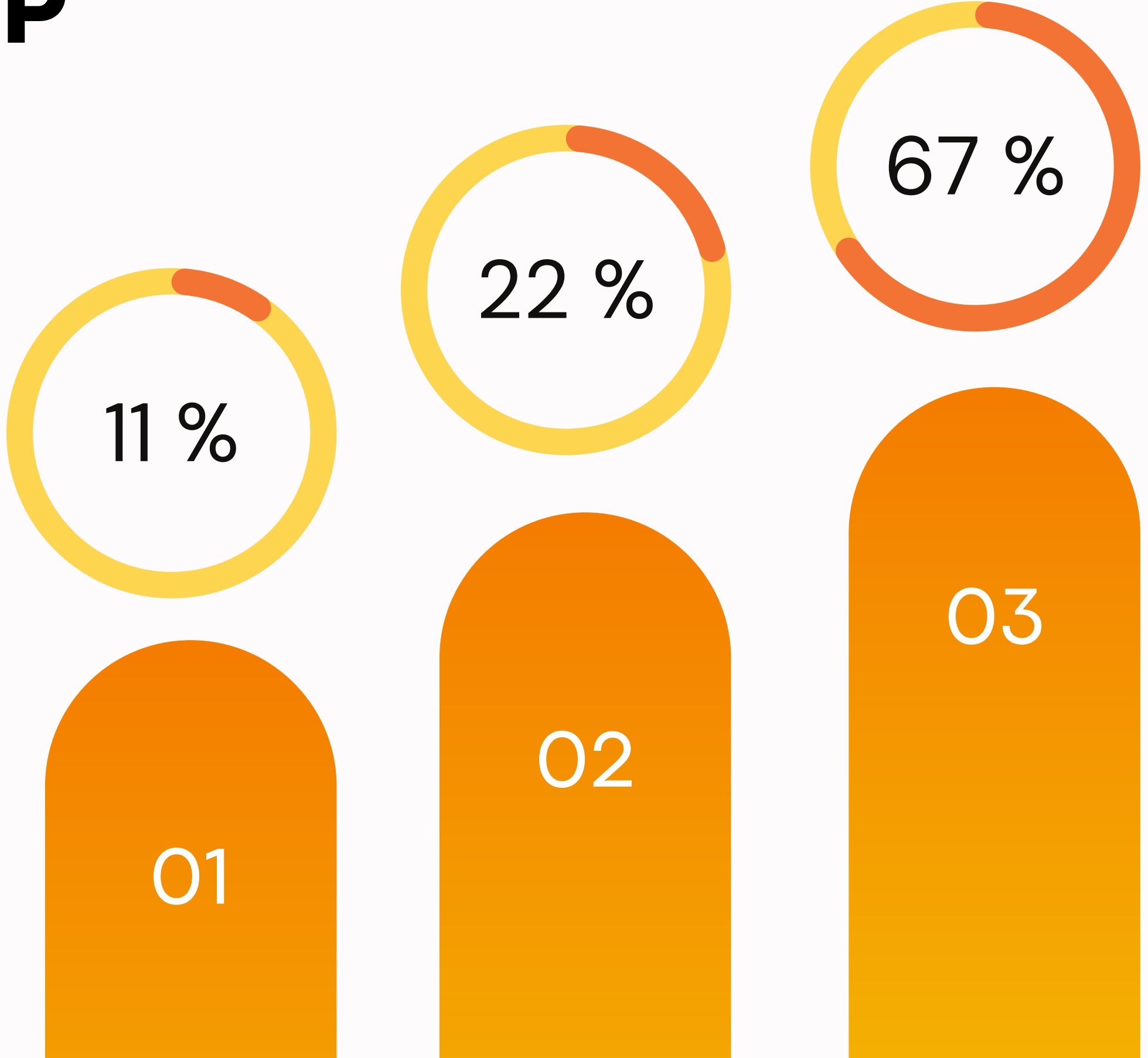
SELECTION PROCESS CHALLENGES

- 01** Mobilising Hungarians is complicated.
- 02** The direct target group felt offended.
- 03** People with overweight and obesity showed little interest.



TARGET GROUP

- 01 Participants with diabetes.
- 02 NEETs (not in Education, Employment or Training).
- 03 Participants who have family members or close friends with class I obesity.





PILOT TRAINERS

The pilot trainers were experts who participated in the ToT in December 2023 and are actively involved in the project's processes.



GOOD PRACTICES

01

Food accommodated different dietary needs, with healthy coffee breaks provided.

02

Active training activities including hiking.

03

Engagement of participants to lead activities and share personal experiences.

**WHAT PARTICIPANTS
HAVE TO SAY ABOUT
THEIR EXPERIENCE**

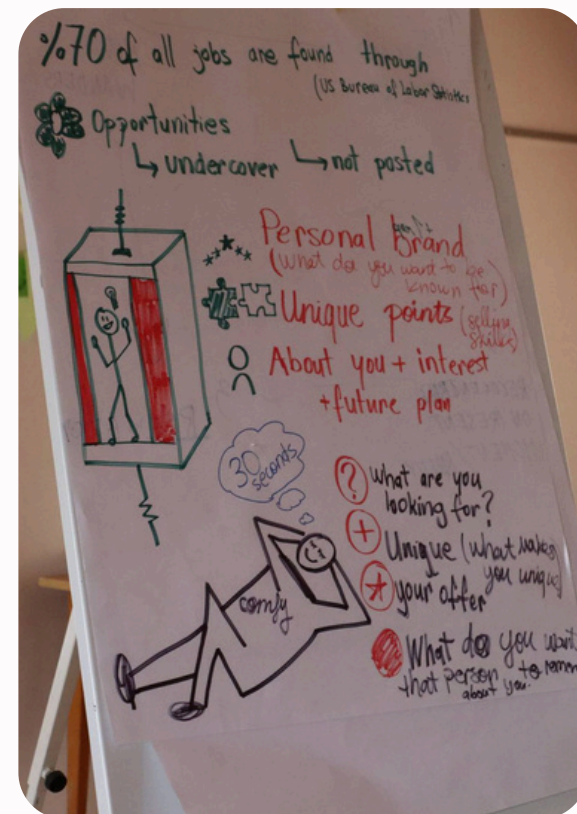


“

The session where we did physical activities was brilliant and holds the most importance since regular activities are equally important along with food.

“

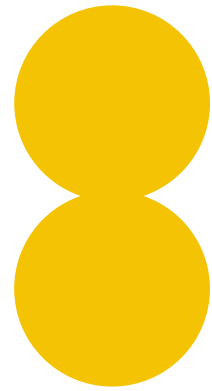
The elevator pitch session provided an opportunity to be creative in imaginary situations, and could be useful in the future.



“

The best thing is that everybody was engaged. Also, it helped us think more about our strengths and skills.





THANK YOU

Reach out.



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