

# SPORT FOR SUSTAINABLE DEVELOPMENT

## Training Course

17-24 October 2026 - Jánoshalma, Hungary







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 to promote the sustainable development goals
- 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 sustainable development in small teams and at a local school
- Create a professional network





If you feel like you need to step away from the rush of everyday life, slow down and give yourself some space to breathe, reconnect, rediscover and recharge, this TC might be exactly what you are looking for.

Spend a week closer to nature, rediscover the joy of movement, and experience how small changes can make a difference in yours and other's lives. Take time to focus on yourself, try new things and gain fresh perspectives together with sport professionals from different countries.

Because investing in yourself is not only about learning something new. It is also about giving yourself the time and space to rest, grow, connect and experience life differently. Come for the experience, but leave with much more: New perspectives, methods for teaching, unforgettable memories and connections that may stay with you for life.



# 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.





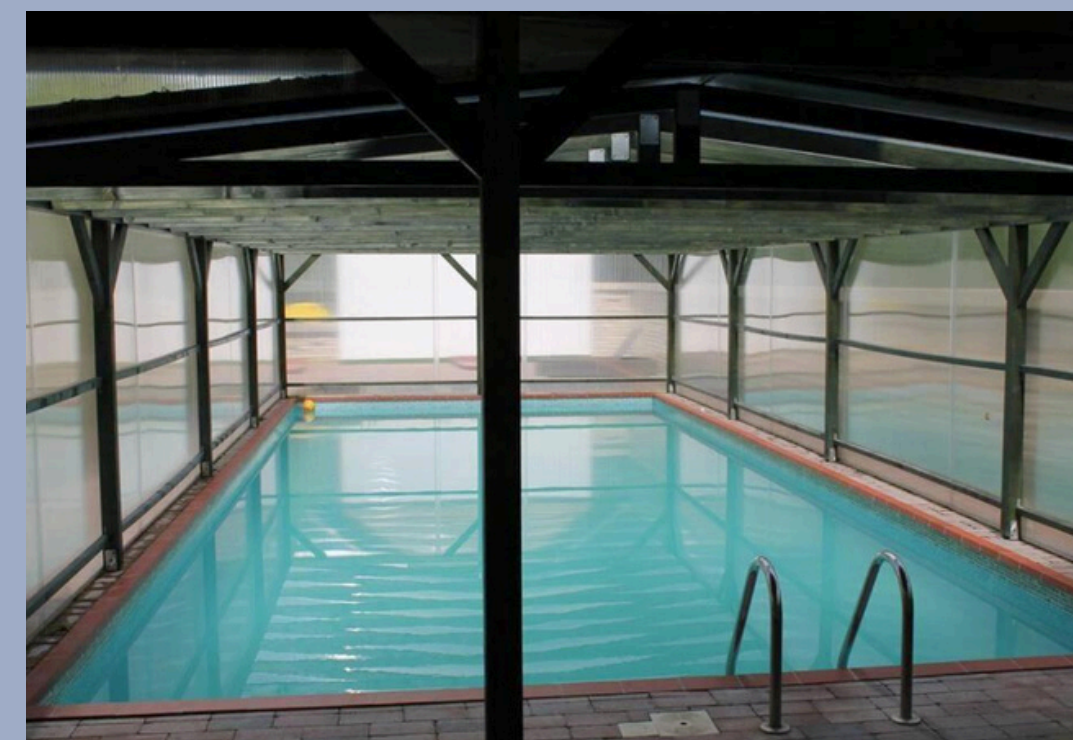
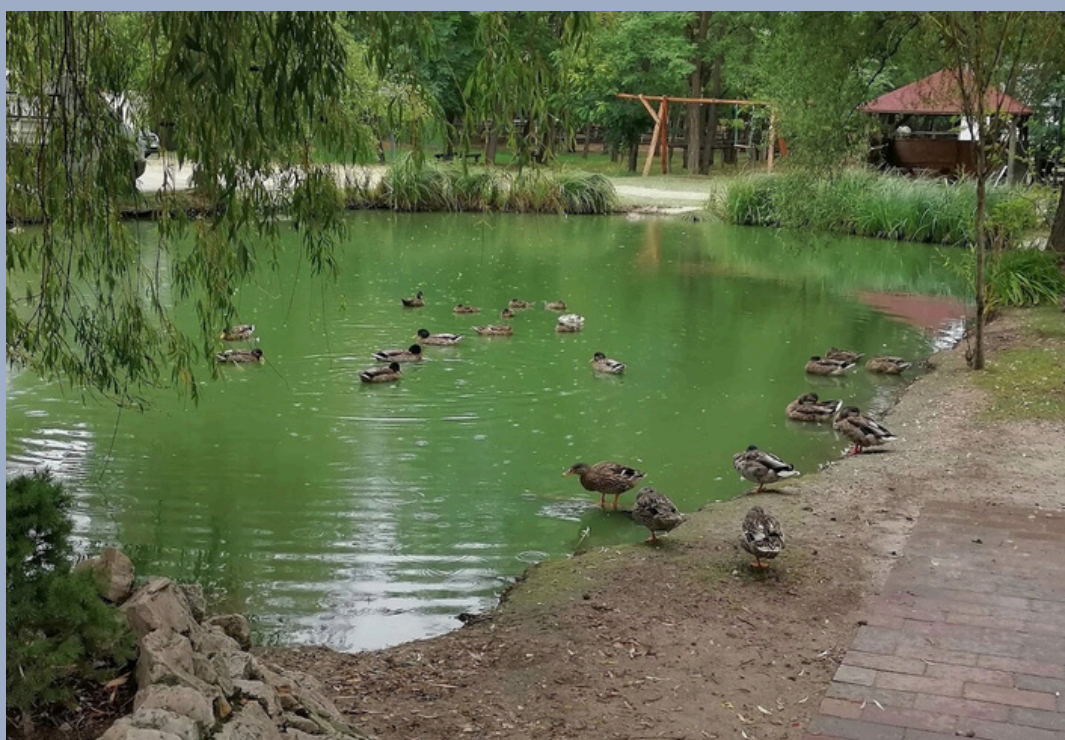
# This Training course is for you, if...



- You are between the age of 20-45
- You can communicate well in English
- You are interested to know more about the methodology of Education Through Sports, the Sustainable Development Goals and about how to use sport as a tool to promote the goals
- 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 develop your facilitation skills
- 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 October- Arrival day

## Programme

- **Meeting at 15:30 at Népliget bus station!**
- We will travel to the training venue together (It will take approximately 3 hours)
- First moments of connection, dinner

## 18th of October

- 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 October

- Exploring the Sustainable Development Goals
- Exploring Educational sport activities with the focus on the SDG's
- Horse riding and yoga activity
- Evening activity: Intercultural market





## 20th of October

## 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 sustainable development
- Evening activity: Free evening

## 21st of October

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

## 22nd of October

- 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 October

## Programme

- Open Space for sharing workshops, practises with each other, practising facilitation, professional networking
- My future self and Dream Job workshop
- Project Evaluation
- Bonfire Night

## 24th of October

- Departure of participants (After 13:00 PM preferably!)

Please note: The final programme might have slight changes!





# Timetable on the training days





# 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.



# 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 learning investment fee of 55 euros or 20 000 HUF/participant that you can pay upon your arrival.**

## Travel budget:

- Czech Republic: 225 eur/participant (green travel)
- Serbia: 225 eur/participant (green travel)
- Greece: 240 eur/participant
- Portugal: 320 eur/participant
- Bulgaria: 240 eur/participant
- Spain: 320 eur/participant





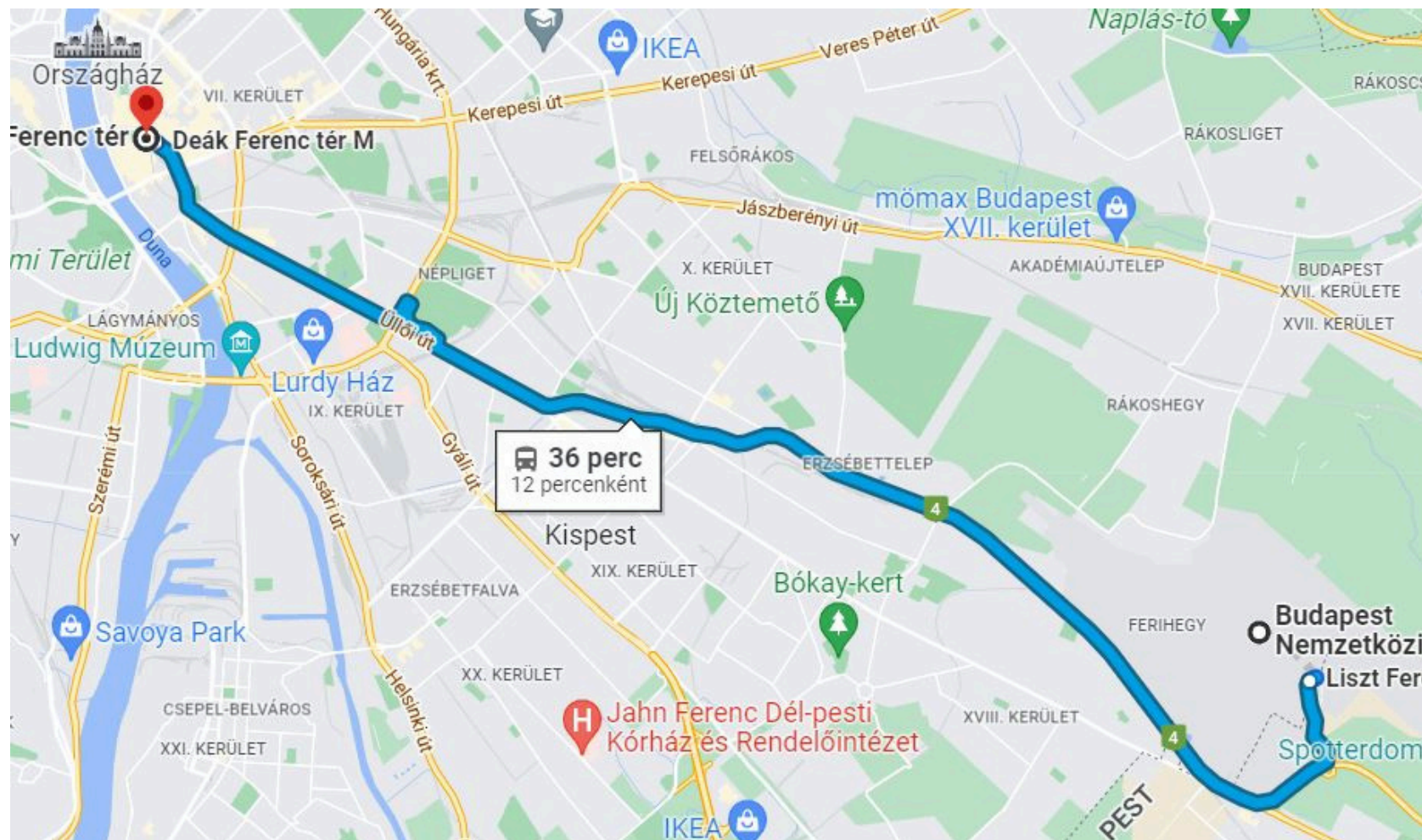
# Travel info

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 15:30 at Népliget bus station.**

Please make sure, that you will arrive to the station on time, as we will need to catch the bus! 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 Népliget bus station, and we will pick you up with a car at Janoshalma bus station to take you to the venue! :)**



How to get to **Népliget bus stations** from **Deák Ferenc square?**

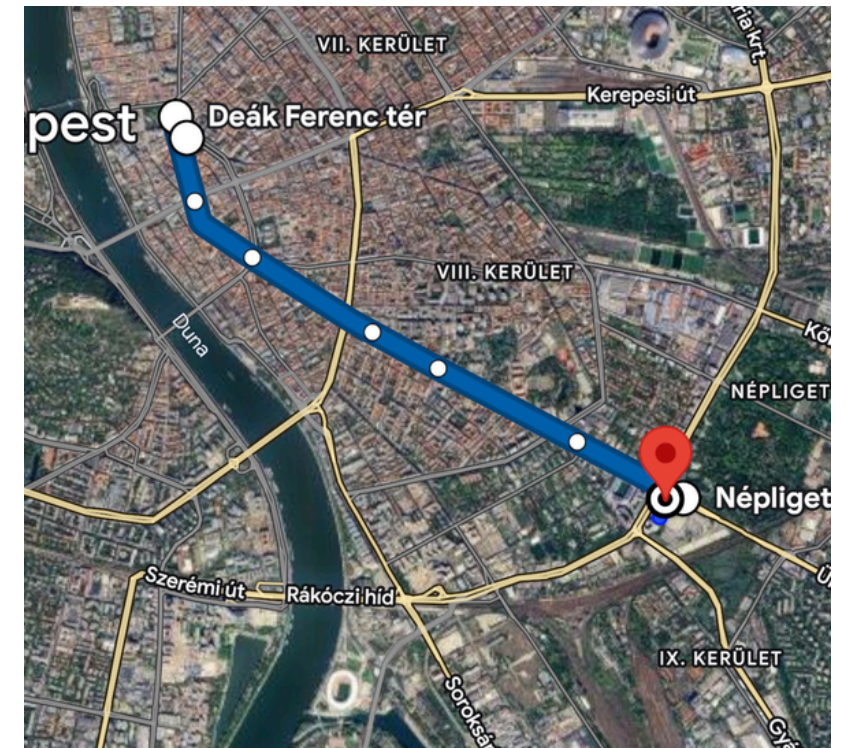
**Take metro number 3** (You can buy tickets in the machine)

**Take off at Népliget.**

The ride will take approximately 20 minutes.

(Metro ticket is a bit more than 1 euro)

At the station there is bathrooms and small shops to buy drinks/food,





# Reimbursement of Travel expenses

The reimbursement will be made after the project, once you uploaded

- **ORIGINAL tickets/BOARDING passes (SCAN or PDF form)**
- **invoices of the tickets**
- **e-mail confirmations**

To your drive folder that you will receive after the training course via e-mail.

**We cannot reimburse you if you cannot provide all of these documents!!**

All information like the name of the passenger, price, currency, and date of purchase should be clearly visible on all documents to be viable for reimbursement.

Travels should always be by the most cost-efficient way. **(We can't reimburse taxi rides, 1st class tickets, day/week/monthly passes, travel fines (fine by controller, luggage size fine, late check-in fine))**

Reimbursements will be made directly to partners and they will share them among the participants.

There is no reimbursement without the ORIGINAL travel Documents.

**Contact person for financial administration & reimbursement:**

**Dora, [magyarpkse@gmail.com](mailto:magyarpkse@gmail.com)**



# 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/)





A group of people are sitting in a circle in a room with wood-paneled walls. They are all smiling and appear to be in a friendly conversation. A semi-transparent blue horizontal band is overlaid across the middle of the image, containing white text. The text reads: "We can't wait to get to know you and welcome you in Hungary! ❤️".

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