

PRACTICAL GUIDE



Intercultural Training

EÖTVÖS LORÁND UNIVERSITY, BUDAPEST



Intercultural Training 2018

11 - 15 June

Eötvös Loránd University (ELTE)

CONTENT

About the event.....	3
Venue	4
Agenda.....	6
Travel.....	8
How to get from the airport to the city.....	8
Reaching the recommended hotels by public bus and metro	9
Public transport in Budapest.....	9
Accommodation.....	11
Useful information.....	13
Where to eat	13
Contact.....	16

ABOUT THE EVENT

The **Intercultural Training 2018** of Eötvös Loránd University, organized by the Erasmus+ and International Programmes Department and the Institute of Intercultural Psychology and Education (IIFE), Faculty of Education and Psychology, is targeted to **staff members of higher education institutions who work with international students and staff** on the day-to-day basis. The training program aims to promote intercultural communicational skills and competence especially for those who engage in intercultural encounters in their everyday work, who have a lot of experience but feel that they need to further develop their skills to be more successful.

The research- and experience-based program gives an **insight into intercultural communication and intercultural competence** while embedding it into a broader context of intercultural sensitivity, intercultural and intergroup relations. Besides analysing the cultural characteristics of communication, the main factors of intercultural competence, the underlying psychological mechanism of the encounter with the different other, it places a special focus on identity, introduces the close relations between culture and human interaction, provides an introduction to intercultural learning as well as to the functioning of ethnocentrism, prejudices, and stereotypes. The program also introduces possible strategies and means of developing an intercultural perspective and increasing the efficiency of intercultural communication. The training will also build on the intercultural experiences of those who work with international students and staff in higher education.

Participants who meet all the requirements will receive a **Certificate of attendance** at the end of the training.



VENUE

**Eötvös Loránd University, Faculty of Education and Psychology
Kazinczy Building (KAZI) 1075 Budapest, Kazinczy u. 23–27.
Room 214 (2nd floor)**

About Budapest

Budapest boasts with rich history reflecting its own 1000-year-old culture, but also the relics of others who settled here. Suburban Buda and its historic castle district offer medieval streets and houses, museums, caves and Roman ruins. The dynamic Pest side boasts the largest parliament building in Europe, riverside promenades, flea markets, bookstores, antique stores and café houses.

About Eötvös Loránd University (ELTE)

ELTE is a prestigious institution of public higher education in Hungary, operating continuously since its foundation in 1635. ELTE is the alma mater of five Nobel laureates and leading figures in technology, public policy, and culture in Hungary.

ELTE has widespread international relations. It holds about 450 bilateral agreements for cooperation and exchange all over the world. These partnerships offer a large number of possibilities for mobility and international collaborations to students and researchers at ELTE.

Research at ELTE means international collaborations, interdisciplinary approaches, modern laboratory infrastructure, and innovation. Along with international partners, our research groups are building strong connections also with industry.

Currently 27,000 students study at ELTE. International students arrive at ELTE from over 70 countries. ELTE offers 45 bachelor's and 295 combined teacher training programmes; 101 master's programmes; over 65 degree programmes for international students in foreign languages (including joint programs) at 6 faculties (Education and Psychology, Humanities, Informatics, Law, Science, Social Sciences); 126 PhD programmes in 16 doctoral schools.

Website: <http://www.elte.hu/en>

About the Institute of Intercultural Psychology and Education (IPE)

The Institute of Intercultural Psychology and Education (IPE) was founded in September 2005 as an independent institute of the Faculty of Education and Psychology at ELTE University. The Institute is engaged in both education and interdisciplinary research. Its goal is to study multi-and intercultural issues from the perspective of anthropology, psychology, education and the sociology of education and to promote the integration of research findings into the training and education of students. It also aims to represent and implement the idea of multi-and interculturalism in partnership and cooperation with other departments at ELTE, and with other Hungarian and foreign colleges, universities, other educational institutions, and NGO's. IPE launched the first and only Master program in Social Integration (formerly Intercultural Psychology and Education) in the region that aims to train professionals who are able to work with diverse values in a pluralistic society, through their in-depth understanding and knowledge of intercultural psychology and education. Our graduates are becoming professionals who are able to create environments that support the acceptance of different values and help to resolve inevitable conflicts effectively as well as to capitalize on the assets of cultural diversity and intercultural interactions. IPE's intercultural and social psychologist staff has been conducting anti-bias and intercultural experience-based training programs for more than two decades. One of the ongoing research projects of the IPE addresses the psychological aspects of international mobility in higher education and the adaptation and acculturation of students studying abroad. Findings of this research will be disseminated at the intercultural training.



AGENDA

Day 1, 11th June 2018, Monday	
9.00-10.00	Arrival and registration (KAZI, Ground floor)
10.00-11.30	Training I. Introduction and getting to know each other with Ms Anikó Szontágh, institutional Erasmus+ coordinator of ELTE
11.30-12.00	Coffee break (KAZI, Room 216)
12.00-13.30	Training II. Introduction to culture's concepts and dimensions, cultural similarities and differences
13.30-14.30	Lunch break – complimentary (KAZI, Room 216)
14.30-15.30	Training III. Culture, self and identities
16.00-18.00	Jewish district: walking tour with Haver Foundation
Day 2, 12th June 2018, Tuesday	
9.30-11.00	Reflections Training IV. Intercultural conflicts (personal experiences)
11.00-11.30	Coffee break (KAZI, Room 216)
11.30-13.00	Training V. Culture shock and cultural adaptation of sojourners, factors influencing international students' adaptation
13.00-14.00	Lunch break - self arranged
14.00-15.00	Training VI. Erasmus experiences
15.30-18.00	Getting to know the city with Imagine Budapest - Message walls, or the secret language of the decorations of building in Budapest*
Day 3, 13th June 2018, Wednesday	
9.30-11.00	Reflections Training VII. Stereotypes and prejudice
11.00-11.30	Coffee break (KAZI, Room 216)
11.30-13.00	Training VIII. Gender stereotypes and gender roles
13.00-14.00	Lunch break - self arranged
14.00-15.00	Training IX. Social sensitivity
15.30-18.00	Intercultural sensitivity: projects of non-governmental organizations with Menedék - Hungarian Association for Migrants Venue: 1081 Budapest, Népszínház utca 16. III/3.
Day 4, 14th June 2018, Thursday	
9.30-11.00	Reflections Training X. Intercultural communication
11.00-11.30	Coffee break (KAZI, Room 216)
11.30-13.00	Training XI. Intercultural sensitivity
13.00-18.00	Free afternoon
18.00-22.00	Danube River cruise and Farewell dinner with ELTE international coordinators Venue: Vén Hajó Restaurant , 1052 Budapest, Vigadó 2nd pier** http://venhajo-etterem.hu/en/venhajo-restaurant/
Day 5, 15th June 2018, Friday	
9.30-11.00	Reflections Training XII. Good practices: preparation, reception and following-up exchange students
11.00-11.30	Coffee break (KAZI, Room 216)
11.30-13.00	Training XIII. Summary and evaluation***

* **Imagine Budapest – Message walls, or the secret language of the decorations of building in Budapest**

Did you know that as you walk the streets of Budapest you are constantly being watched by atlases and caryatids? Or that cherubs are smiling down upon you? Or than ancient Roman gods await your bow? It's all true! High above eye level, the walls of many houses are adorned with flowers and vines, Hungarian folk motifs, domestic animals and beasts, and even men, women and ancient gods, all painstakingly-carved into the stone. While these decorations are certainly pleasing to the eye, most of them carry a hidden message as well. Be deciphering the secret codes, we can shed light on the personality, profession, interests, and marital status of the builder or occupant of the house.

On our 2-hour walking tour, we use the tools of art historians to bring to life the intricately-carved facades, staircases and gates, and through them to become acquainted with the long-deceased inhabitants of the areas. As you develop an appreciation of a faded era, your new “language skills” will make the otherwise mute buildings confess the secrets and stories of their past. All we ask is to keep your chin up!

****How to get to Vén Hajó Restaurant**

Address: 1052 Budapest, Vigadó 2nd pier (Eötvös tér)

From Kálvin tér (Square) metro station

Go to *Fővám tér* – it is approximately a 7-minute walk. As an alternative, you can take metro line M4 (Green Line, in direction of Kelenföld vasútállomás) or tram 47/49 to *Fővám tér*.

At *Fővám tér*, take *tram 2* (in direction of Jászai Mari tér) to *Eötvös tér*. Vén Hajó Restaurant is at the 2nd pier, near to the tram stop.

From Astoria metro station / Blaha Lujza metro station

To reach tram 2, go to *Március 15. tér* (Pest lower embankment). From Astoria, it takes approximately 9 minutes on foot, or 2 stops by bus 5/8/110/112/133E/178. From Blaha Lujza tér, it is 4 stops by the same bus.

*** You may pick up your certificate of attendance in this section.

TRAVEL

Budapest is rich in natural beauty and pearls of architecture and it is also a UNESCO cultural heritage site. Located in the centre of Europe, it is easily reachable from any European country.

Budapest Ferenc Liszt International Airport serves flights to all major European destinations and Budapest, due to its central location, can also be easily reached by train, bus or car. For more information please visit:

[Budapest Ferenc Liszt International Airport](#)

[The Hungarian Railways](#)

[Useful tips when moving around Hungary by car](#)

How to get from the airport to the city

Airport Shuttle Service – miniBUD

MiniBUD transports passengers in mini or ordinary buses/coaches to Budapest hotels, etc. You can order their service right on the spot or in advance for a certain time and date. Drivers speak foreign languages and are absolutely familiar with the traffic in Budapest, the shortest and fastest routes, so it is an ideal solution for passengers to reach their destination easily, fast and safely.

Prices from Liszt Ferenc International Airport to the city centre and from the centre to the Airport:

- HUF 4,400/1 person
- HUF 7,900/return ticket

Reservation contacts:

- Call center: (+36-1) 550 0000
- Internet: www.minibud.hu

Taxi

Please be careful and do not take a "no-name" taxi. Always choose one that belongs to a company.

The official taxi service provider of the Airport is Főtaxi. The cabs use a taximeter and a ride to the city center should typically cost around 6500 HUF (22 EUR) depending on traffic. All cars are equipped with a POS terminal, therefore credit cards are also accepted. Reservations can be made in person at the Főtaxi booths located at the exits at

Terminals 2A and 2B. At the taxi rank in front of the stands, taxis are parking continuously waiting for passengers.

Telephone: +36 1 2222222 or www.fotaxi.hu

Reaching the recommended hotels by public bus and metro

Outside the building of Liszt Ferenc International Airport Terminal 2, you'll find the stop of bus 200E and 100E. It's the terminus of the bus line so you needn't worry about which direction you should take.

From 6 a.m. to 7 p.m. the bus 200E runs every 10-12 minutes. Earlier and later a bit less frequently. When it arrives at the other end of the line, Kőbánya-Kispest — the journey takes about 25 minutes — get off and follow the signs to the metro station. It's the blue line or M3. Get on a train (do not worry; it is the terminus, but make sure you're taking one of the blue or white metro carriages and not a railway train as the railway station is next to the metro station) and get off at Kálvin tér (Square). The Mercure Korona Hotel and Ibis Centrum Hotel are located here.

The bus 100E runs every thirty minutes from 4:00 to 23:30 directly to Deák Ferenc tér. It stops at Astoria as well, it takes a five-minute walk to the hotels from Astoria or one stop by tram 47/49 to Kálvin tér. A special ticket must be purchased for bus 100E for HUF 900 – other tickets or season tickets are not valid for this service. For more information, please visit: <https://bkk.hu/en/airport-shuttle/>

Public transport in Budapest

In order to plan your journey to the venues from your hotel or any place in the city, we encourage you to use Google Maps or public transport planners, like BKK Futár Trip Planner.

You can also check the timetables here: <https://bkk.hu/en/timetables/>

Buses

Budapest has more than 200 bus routes covering most inner city and suburban areas. Some routes offer an express service, indicated with an “E” following the bus number. On the main routes, services are available even during the night hours.

Metro

Currently, there are four metro lines in Budapest:

- M1 or the Yellow Line: between Vörösmarty tér and Mexikói út
- M2 or the Red Line: between Déli pályaudvar and Örs vezér tere
- M3 or the Blue Line: between Újpest Központ and Kőbánya-Kispest
- M4 or the Green Line: between Kelenföld and Keleti pályaudvar

The Yellow Line is the oldest metro line in Hungary and also in Mainland Europe. It was opened in 1896 for the Hungarian Millennium. The newest line is M4 (Green Line) that was opened in 2014. Metro services run from 4:30 until 23:30.

Boat

Budapest has three public boat lines:

- D-11: Müpa-Nemzeti Színház H – Újpest, Árpád út
- D-12: Müpa-Nemzeti Színház H – Rómaifürdő
- D-14: Soroksár, Molnár-sziget – Csepel-Királyerdő

One single ticket for public transport boat is HUF 750 or you can travel with your weekly Budapest pass free of charge.

Taxi

You can always hail a taxi in the streets but it is cheaper to book one over the phone, online or with apps. Tourists should avoid hailing unmarked taxi cars. Even if they have a taxi sign on the roof and are seen standing at taxi ranks, do not get in the car unless they have a company name on the outside of the car. From September 2013 every taxi is uniformly yellow in Budapest.

Night buses

Budapest's night transport is one of the best in Europe. You will find that you can get anywhere in the city by the night buses – sometimes even faster than in the daytime. Night buses usually start at midnight and run until 4:00 am every night. Night buses' numbers start with number 9.

Note: Some night buses on very busy lines run quite often (every 10th or 15th minute), but lines running to the suburbs run only once or twice an hour.



ACCOMMODATION

We would like to help your accommodation searches with some special offers that ELTE has with numerous hotels in Budapest. Please find below our recommendation list.

1. Mercure Budapest Korona****

1053 Budapest, Kecskeméti Street 14.

Booking: Ms Tímea Tóth-Király

Telephone number: 0036 1 486 8854

E-mail: H1765-re5@accor.com

www.mercure.com/1765

The room prices include buffet breakfast and free WIFI in the rooms, but do not include VAT and tourism tax. Guests of ELTE can also use the swimming pool and sauna, and get a 10% discount from the parking price and the restaurant-bar prices.

2. Ibis Budapest Centrum***

1092 Budapest, Ráday Street 6.

Contact: Mr. Nándor Polyák

Phone: 0036 1 456 4151

E-mail: H2078-FO@accor.com

www.ibis.com/2078

The corporate price includes buffet breakfast and free WIFI, but does not include VAT and tourism tax.

Please note that the city centre, especially the 5th district is typically noisy, during the evening as well!

USEFUL INFORMATION

Where to eat?

We would like to recommend you a few restaurants for lunch, near to the venue of the training.

- Kazimír
Address: Kazinczy utca 34, 1075 Budapest
Website: <http://bistro.kazimir.hu/en/>
- Kóleves
Address: Kazinczy utca 41, 1075 Budapest
Website: <http://kolevesvendeglo.hu/en>
- Bors
Address: Kazinczy utca 10, 1075 Budapest
Website: <https://hu-hu.facebook.com/BorsGasztroBar/>
- Garzon Café
Address: Wesselényi utca 24, 1077 Budapest
Website: <https://hu-hu.facebook.com/Garzon-Café-209380870107/>
- Street Food Karaván
Kazinczy utca 18, 1075 Budapest
Website: <https://www.facebook.com/streetfoodkaravan/>

You may also find restaurants in the vicinity of Kálvin tér, if you wish to go out for dinner:

- Károlyi Étterem és Kávéház
Address: Károlyi utca 16, 1053 Budapest
Website: <http://karolyietterem.hu/hu/etlap>
- Cafe Intenzo
Address: Kálvin tér 9, 1091 Budapest
Website: <http://cafeintenzo.hu/cafe-intenzo-eng/>
- Véndiák étterem
Address: Egyetem tér 5, 1053 Budapest
Website: <http://www.vendiaketterem.hu/>
- Ruben Étterem Budapest
Address: Magyar u. 12-14, 1053 Budapest
Website: <http://www.rubenrestaurant.hu/english>

Electricity in Hungary

Electricity in Hungary is the European standard: 220-240 V. If you are coming from a country with a different standard for electricity, you may need an adapter or a voltage converter to use your electronic devices.

Electrical sockets (outlets) in Hungary are one of the two European standard electrical socket types: The "Type C" Europlug and the "Type E" and "Type F" Schuko. If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in.

Tap water:

The tap water is potable in Hungary.

Weather during the conference:

We are expecting typical early summer weather. Warm temperature 14-29C°, sun and little rain.

No smoking indoor:

Smoking is strictly prohibited in restaurants, bars, clubs, at bus stops and in 50m area of public institutions.

Hungarian currency:

Our local currency is Forint (HUF).

1€ = 316 HUF

Official Daily Exchange Rates (CBH): <http://www.mnb.hu/en/arfolyamok>

Local time zone:

We have Central European time zone (CET) UTC+1.

Useful Hungarian phrases

For useful Hungarian phrases, please check our homepage here: <https://www.elte.hu/en/about-hungary/hungarian-phrases>

In case of emergency:

Pharmacies are usually open until 8 p.m., but there are ones that are open around the clock where there are dispensing chemists on night duty. Note if you go to a pharmacy in

the evening or during the night, you have to go to a special window and sometimes ring a bell too.

Here is a list of some 24-hour pharmacies in the City centre:

- Fővám téri gyógyszertár: 1056 Budapest, Fővám tér 4
- Teréz gyógyszertár: 1067 Budapest, Teréz körút 41

Some of the hospitals (hospital - kórház)

- Merényi Gusztáv Kórház: 1097 Budapest Gyáli utca/út 17-19
- Péterfy Sándor utcai kórház: 1076 Budapest, Péterfy Sándor utca 8-20
- Szent István kórház: 1097 Budapest, Nagyvárad tér 1
- Szent László kórház: 1097 Budapest, Albert Flórián út 5-7.
- Szent Imre kórház: 1115 Budapest, Tétényi út 12-16
- Uzsoki utcai kórház: 1145 Budapest, Uzsoki utca 29-41

Emergency numbers:

- Ambulance: 104
- Police: 107
- Fire Department: 105
- Central ER number: 112

CONTACT

General contact:

Ms Orsolya Pósch, international
coordinator
1056 Budapest, Szerb Street 21-23.
Phone: +36-1-411-6500/1963
Email: erasmus@elte.hu

Emergency contact:

Ms Anikó Szontágh, institutional Erasmus+
coordinator
Phone: +36-30-276-5191