

PROGRAM GUIDE - FACULTATIVE FREETIME ACTIVITIES

17-31. 07.2023

EÖTVÖS LORÁND UNIVERSITY

# DRAGON BOAT, KAYAK AND SUP ON THE RIVER DANUBE ELTE WATERSPORT CENTRE

ELTE's Water sport complex is located next to Soroksar (45 minutes from the city-center) where we invite you to engage in some physical activity and experience another side of the Danub river. We provide you SUPs, so you can learn about paddleboarding basics, and head out on the river to enjoy a relaxing paddle. Or you can try yourself on a Dragon boat or on a Kayak in a good company with other BSU participants. Dress according to the weather and we recommend you to bring a towel.



# YOGA IN THE BOTANICAL GARDEN

We invite you to a special place to do yoga: in the ELTE Botanical Garden. Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress. The special environment creates just the right atmosphare while the qualified BEAC instructor lead you through the yoga-session. Changing rooms and yoga mats are provided.



## **CITY - QUEST**

Come and be a part of a city-quest with your teammates, while exploring Budapest's oldest part, the Castle Quarter. On this non-traditional sight-seeing you'll be guided through the Castle Quarter with playful questions. The answers will lead you to discover parts of the old-town which are overlooked by the average tourists. The program will take about 1 hour, expect an easy walk. And don't forget, it is a contest, so at the end there will be a prize...



### HUNGARIAN HOUSE OF MUSIC - SOUND-DOME



In the Hungarian house of music – which is located in the City park (Városliget), the second biggest public park in Budapeset – there is a very special audio-visual experience: The Sound-dome. The dome-cupola emits sound in a way that you will hear it from all directions. The performances for us to see are **Dome 009 Cloudhitects: 'Point Cloud Budapest'** and **Dome 008 'BOSCH The Garden of Earthly Delights'**, both are 20 minutes long and have different but captivating atmosphare. The shows are unique 360-degree creations, that you can enjoy comfortably from bean bag chairs.



VISEGRÁD WHOLE DAY TRIP (22. JULY)

The weekend program (22. July) is a small trip to Visegrád, a popular destination near to Budapest with a historic castle and great panoramic views to the Danube Bend. To Visegrád we will take the train then the ferry and we'll be there in an hour. From the ferry dock the Citadel is only a 30 minutes hike away and on the way we can get to know about the town's history as well. After we have lunch and discover all the great sights in Visegrad we will be headed back to Budapest on an excursion boat, and arrive in the late-afternoon.





## SZENTENDRE WHOLE DAY TRIP (29 JULY)

Szentendre is hidden gem outside of Budapest. It is a riverside town with a spectacular view of the Danube. Formerly known as the Town of Painters, Szentendre is filled with art and history. If you like architecture, art and a little bit of Marzipan, don't hesitate to come with us! This is a whole day trip filled with sightseeing, enjoying some Hungarian cuisine and sampling one ogf Hungary's most famous deserts the Szamos marzipan.

#### PALATINUS OPEN AIR BATH

Hungary is known for its thermal water and its healing powers. We invite you to a relaxing day at a Palatinus open air bath in Budapest, on the Margaret Island, where you can not only rest, but also try out a few very exciting water slides. Don't forget your bathing suits, sunscreen and your love of sunshine!

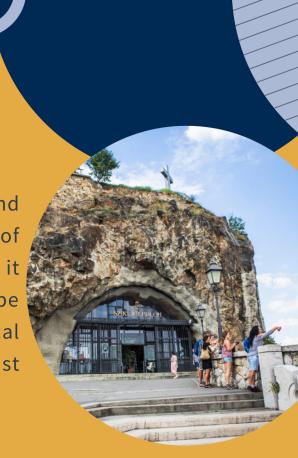


While you are here in Budapest maybe you would like to go sightseeing. But this city is so big and so many hidden gems to see! Luckily, you'll have the chance to enjoy a guided sightseeing in Budapest. This session is two hours and your guides will show the best places to visit here in the capital of Hungary! Don't forget your camera at home, because we promise you, you'll want to take pictures!



#### THE CAVE CHURCH

The Cave Church is a living imprint of our faith and the history of Hungary. It is located in the side of the Gellért Mountain. The mystical atmosphere it exudes and the panoramic view of the Danube provide an exceptional tourist and mystical experience that everyone has to experience at least once in their lives!



# TRADITIONAL HUNGARIAN FOLK DANCE LESSON

We invite you to a traditional Hungarian folk dance lesson which will be taught by Folk Dance Organization of ELTE. Hungarians are known for their love of singing and dancing. If you would like to have fun and learn some basic steps and circle dances of the Hungarian folk dance come along! we'll dance the night away!



#### **PARLIAMENT VISIT**

The Hungarian Parliament, located in Pest along the Danube and designed in neo-Gothic style, is one of the iconic monuments of the Hungarian capital. The visits led by trained guides who speak numerous languages or with audioguide A tour takes approximately 45 minutes long and includes the most beautiful rooms in the building. Preaper that the exhibition spaces of the Museum of the Hungarian Parliament is 18 degrees Celsius and you can only bring in water in an unbreakable plastic bottle of a maximum volume of 0.5 litres.



#### FAREWELL PARTY WITH DJ



For the farewell party you won't have to go far because it'll be held at your accomodation, in the ELTE dormitorie. We hope to see you for one last program, where you can celebrate and complete the BSU-journey together. There will be a DJ, so great music and good vibes are guaranted.

