



## **XPLOIT ACTION PHASE 2 MONITORING** **Part 1**

### Creating local platforms for community development

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## COMMUNITY FOCUS



Please review and comment on your community motto and special challenges – see below.

### Creating local platforms for community development

Nagykovácsi is a settlement not far from the main capital of Hungary, Budapest. Therefore it is in the special role of a satellite settlement: being attractive for living but lacking the wide range of working opportunities. Therefore lots of its inhabitants find work and also leisure time activities outside the settlement; however they would have a strong need and wish to be involved in a lot more activities on the spot. This situation is also true for formal and informal educational opportunities. However, Nagykovacsi in several (human, ecological, knowledge etc) resources is very rich and there is an unused potential in many fields.

There are isolated groups of people either being active trying to achieve something or being rather passive. The information exchange and communication between them would highly facilitate development and inclusion of individuals as well as the whole community.

It is a challenge therefore to:

- Empower local inhabitants to use potential resources (individual intellectual property and know-how, as well as existing groups, institutional potentials etc)
- Attract holders of knowledge to keep their resources and apply them within Nagykovacsi and not to take them away to the nearby capital
- Even more, to attract both individuals, organizations and business stakeholders outside the settlement to cooperate with Nagykovácsi

The main groups targeted by local Xploit activities are:

1, Parents- especially mothers with children at home - need to find their ways to society and then later back to the field of work. In Hungary in general it is not easy as the part-time job system practically does not operate and many young mothers find themselves out of work after maternity leave.

2, Older people are either struggling to keep their jobs or if they are retired and dropped out of the sphere of work might get isolated. Health aspects are also important in this age group

3, Young people are at risk of crimes and drug addiction and also they need help in building up their career

The main fields we carry out activities in:

- healthy lifestyle and physical education,
- career management and entrepreneurship

## ACTIVITIES



What activities have you carried out in Action Phase 2 to put the motto into practice and meet the Action Phase 2 project aims?  
What activities are you planning in the remaining period of Action Phase 2

Trebag has two main directions in relation to exploit: 1, Giving a platform for an exchange of ideas and knowledge on entrepreneurship, promoting entrepreneurial spirit 2, Involving the local community in activities related to (mental and physical) health and wellbeing. For both initiatives Trebag has put in practice several activities using the new infrastructure it operates: the well-being living lab within the innovation lodge. Trebag has been a member of the European network of living labs (ENOLL) creating and operating its own living lab in Nagykovácsi. The main goal of our innovation lodge and well-being living lab would be to give a platform for cooperation on creative ideas and thus support emerging innovative ideas, help people to get working and learning opportunities and integrate these ideas into the general concept of the city. This is to be realised in-house as well as via an online platform. This process highly relies on the cooperation of local stakeholders and the civil sphere as well, where Trebag is not only one of the actors, but also plays a facilitator role.

With focus on the two main directions described above our activities in action phase one overlapping into action phase two include:

### **1, Giving a platform for an exchange of ideas and knowledge on entrepreneurship**

-cooperating with local entrepreneurs in exchanging ideas on self and business development role-plays, simulation activities, crisis consultancy and good practices in entrepreneurship.

Initiatives to involve local inhabitants in the procedures (brainstorming, local cooperation etc)

- Coaching for SMEs- the basis of coaching, main coaching techniques, creativity, trouble-shooting in business environment.

-Introducing associations and individuals into the world of projects. How to find the proposals most suitable for their needs, how to consider its impact, how to manage them

### **2, Involving the local community in activities related to (mental and physical) health and wellbeing**

-Promoting health and fitness

-Raising awareness on the importance of staying healthy

-Making people realise what they can do for enhancing their (mental and physical) health

-Exploiting the local opportunities and conditions

-Sharing knowledge and best practices and results gained in EU projects and making them widely available

-Facilitating cooperation among stakeholders in the field of health and healthy lifestyle

*Planned activities for Action phase 2/part2*

*We intend to carry out the activities started and to strengthen cooperation among relevant institutions and organizations in Nagykovácsi. We are aware that this is a*

*long process and might not be strictly connected to shorter periods of time like action phases and might not terminate within the given timeline of one particular project. However, we believe that Xploit besides being closely interwoven with existing orientations and activities of partners can give a definitive strategy and direction to all these and moreover can inspire local stakeholders and also average people for cooperation both in local and in European dimension. Therefore we will continue these initiatives in action phase two. More concrete actions to be taken: Putting our platform of our wellbeing living lab and innovation lodge into action. Supporting local groups and institutions to use our existing infrastructures and networks for cooperation and collaboration. Exploiting EU resources via dialogues with potential exploiters and also sharing good practices within this local network.*

## IDEAS AND INITIATIVES



Are there new ideas or initiatives in the community that are or should be linked to Xploit?  
How do you plan to work as *project journalists* in Phase 2?

As mentioned above we primarily intend to go on with our already started initiatives in action phase two. Naturally, to improve the process and take further steps we need to take new actions. We plan to get the cooperation even closer with local stakeholders with an impact on health promotion in the settlement. We will bring our experiences gained from Lifelong learning networking and related training materials into actions and campaigns in Nagykovácsi like Health Day in the settlement. We will organize a get-together for these stakeholders to start more concrete dialogues on local actions on sport and health education using Lifelong learning materials and resources. We plan to organize courses for (future) entrepreneurs in agriculture to start or pursue their businesses in the area. This could have a real impact on other settlements too, giving them an example on how to use Eu resources in the field to train local people and help local businesses.

*In Action phase 2 we plan to document events and activities by collecting all the relevant papers (calls for participations, reports in local media, etc) as well as making a picture documentary where also the opinion of different actors is presented.*

## NEEDS



Does your community and local Xploit activities need support from the project?  
What kind of support? What do you propose?

Each partner is trying to implement the European resources into their community in one way or the other. Although we act in various and different fields, some activities overlap and others can also be transferred to other spheres. Therefore it is very important that partners can learn from each other and can adapt various techniques in ways of:

- motivating people and stakeholders to share and cooperate
- calling attention to the actions and activities
- using the results in other sectors/ institutions etc
- making these actions sustainable

The overall strategies are understood, but small details lie behind all success stories and these are scarcely shared. We would welcome stories on e.g. organizational details of a successful course starting from the initiation of dialogues with cooperating partners, finding the financial resources, recruiting the final actors (eg trainers) , marketing the course ...

## EXPLOITATION



Please briefly mention concrete European resources (projects, networks, applications, funding plans, etc.) that directly or indirectly are linked to or inspired by the Xploit project

### *Networks:*

Trebag is partner in the network FORAGE: Forage for Later Life Learning- building on European experience. This network promotes the learning and training of older people and the related target group. Its connection to Xploit is relevant as to the fact that it addresses the disadvantaged group of the elderly and also that it aims at collecting and spreading already existing actions and materials to the target group.

### *Applications:*

Hungary is exceptional in the Xploit partnership with regards to its role and the fact that it does not operate as a double partnership, the Municipality is not directly involved in the project. However, we find it important to create strategic cooperation with the Municipality and realize joint actions which would point towards better cooperation and a more efficient way of using European resources. Therefore we supported one of the representatives at the Municipality to apply to the Study Visit programme financed by the EU, and he was supported and will take part at the seminar *Be active and make it sustainable* in the topic of "Education for active citizenship and sustainable development". The application was inspired by the Xploit project initiative: Udine's application to hold a study visit programme on Learning cities.

### *Projects:*

Innosutra, Innosupport (Leonardo)  
(Guide to Support Innovation in SMEs)

About 40 chapters have been designed to support general understanding of innovation related issues and to support learning of the processes in the workplace. The chapters include examples, checklists and instructions. In addition, the online platform enables users to exchange knowledge and experiences with others. These materials have been used in the entrepreneurial activities in the community and the coaching for businesses

**High Growth Coach (Leonardo)**

Training of coaching with creative games and psychological contents

The procedures on how consultancy and coaching can contribute to the success of a business could help local entrepreneurs and those who want to start a new business to envisage successful operational patterns

**OPEN-INN (transversal K3)**

Creative techniques and entrepreneurship. Platform for exchanging innovative ideas

This initiative opens up gateways for local inhabitants and businesses to cooperate with each other using the open innovation technique. The results of the initial research and the methodology are applied in local context

**HERBS (Leonardo)**

Entrepreneurship in agriculture. Training based on material on herb agricultural entrepreneurship

How to do entrepreneurship in herb growing and production for agricultural SMEs and entrepreneurs in agriculture

**TIME-WELL (Leonardo)**

Training material for fitness and motion - exercise specific materials

The material gained in the framework of the project was used for students of tourists to widen their views on exercising outdoor opportunities and offering programmes for future clients.

The materials were used for this target group (students), but later were spread for other target groups (older adults)

**Keeping Fit in Later Life (KIFLI) (Grundtvig)**

Training materials for how to keep fit in older age

Training materials were developed and then used for the target group 50+. These trainings are to be spread widely for other groups of people.