

# GREEN ZONE

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3rd TPM

TRAINING

Workshop Booklet

Edited by Lídia Lindner and Mercedes Mészáros

2022

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**PROGRAM****27.06.2022-28.06.2022 (Monday-Tuesday)****3rd international project meeting****Training****Date:** 27.06.2022-28.06.2022 (Monday-Tuesday)**Location:** Hungary (each specific location is indicated separately)**Contact person:** Mészáros Mercedes, 70 362 7163**Day 1**

- 10.45 - 11.00 Arriving, meeting  
Location: 1086 Budapest, Teleki László tér 8-9./A 7/19. (the present place of operation, office of the foundation)
- 11.00-13.00 professional program: Occupation: prisoner. Target group knowledge, field competence training 1. Mészáros Mercedes, Váltó-sáv Alapítvány
- 13.00-14.00 **WORK LUNCH**  
Location: Madame Pho (1082 Budapest, Corvin sétány 5.)  
<https://wlovebudapest.com/cikk/2020/6/11/madame-pho-ahol-a-vietnami-nagymama-foz-autentikus-vietnami-etterem-nyilt-a-corvin-negyedben>
- 14.00-17.00 professional program: Change Fever: board game for preparation for release and sensitization (personal experience gaining about the post-release life situation of the target group) training 2. Pósa Kornél, Váltó-sáv Alapítvány  
Location: 1086 Budapest, Teleki László tér 8-9./A 7/19. (the present place of operation, office of the foundation)
- 17.00-18.00 partners going to the accommodation
- 18.00-19.00 **DINNER TOGETHER**  
Location: Amici Miei, 1082 Budapest, Corvin sétány 1.  
<https://etterem.hu/amici-miei>



**Day 2**

- 10.00-13.00 Physical & mental revitalization: burn-out prevention, stress management training 3. Hegedűs Judit, associate professor and department head of the University of Public Service (Institute of Behavioral Science)  
Location: 1086 Budapest, Teleki László tér 8-9./A 7/19. (the present place of operation, office of the foundation)
- 13.00 - 14.00 LUNCH  
at the training site, food-ordering service
- 14.00 - 16.00 After the training: defining, discussing further activities. Summary, closing, evaluation.  
Location: 1086 Budapest, Teleki László tér 8-9./A 7/19. (the present place of operation, office of the foundation)

**Content:**

The 3rd TPM was implemented in Hungary in accordance with the attached programme.

The mood was set by a short film by Váltó-sáv Alapítvány, which can also be found on the Foundation's website, which reviews the prejudices towards detainees and the target group: <https://www.valtosav.hu/tevhitek.htm>

On the first day, based on the attached ppt and interactive professional discussion, we discussed the characteristics of the target group of prisoners and released prisoners, their disadvantages resulting from their life path, the difficulties they have experienced in employment and social integration, and the potential opportunities arising from their special situation. The working draft of the methodological material has also been reviewed from this perspective.

After the work lunch, where we continued the professional discussion, the afternoon started with an experiential learning experience, provided by Váltó-sáv Alapítvány's ChangeFever: a board game for preparation for release/sensitization.

The demographic indicators of the target group of prisoners and released prisoners in general are: low education and income, poor social and labour market status, lack of vocational training, addiction. High-risk behaviour patterns are/can be entrenched in the target group, they are the most excluded from the possibility of social and economic participation in the totally closed world, they suffer from a wide range of disadvantages, and they are characterized by a deficit of knowledge, skills and competences.

We started to develop the ChangeFever preparation for release board game in 2010, and for a long time we used it in a "hand-made" form. However, in 2018, as part of an EU project focusing on method development, we further developed the content of the board game and

the design. The Hungarian Intellectual Property Office has issued a trademark registration number M 17 00317 for the development. At present, the content and design of the board game "ChangeFever: preparing for release" meet the requirements of the most modern board games and can be used for preparing prisoners for release, for reintegration work and for social sensitization. We believe that the two areas are closely linked in terms of crime prevention.

The board game combines the characteristics of a role-playing game, a card game and a board game; the first 30 days after the release is the focus of the game. The released person has to solve the big challenges ("missions") in 30 days: housing, sorting out documents, contacting the probation officer, work, other life tasks. The game is great for sensitization because it puts you in the shoes of a person and gives you an idea of the challenges and difficulties the target group will have to face after serving their prison sentence.

The dinner together was an opportunity to reflect on the experience. The partner organisation praised the complexity and development of the game and appreciated how much work can go into this type of innovation. The VSA staff said that during the development and afterwards we tested and played several times in/with professional environments, with representatives of the prison staff and of course with prisoners. We also incorporated the ideas and experiences (e.g. on the suggestion of a reintegration officer we changed the name of the "luck" cards to "event" cards, which expresses the content and meaning of the cards much better).

On day 2 Hegedüs Judit led the training which focused on physical and mental refreshment, burnout prevention and stress management. Several tools were presented, including tests (Internal drive, DISC, etc.) and cards (DIXIT, MOODCARDS, etc.).

She also introduced the sustainability project of the NGO Foundation for the Support of Prisoners and Prison Workers, its technical content and results (<http://tokolbvalapitvany.hu/page5.html>).

At the end of the meeting, the direction for further progress was set, in particular the organization of the compilation of the methodological material and the setting of deadlines. The partners agreed that, although the (optional) GANTT diagram foresees the compilation of the good practice collection in the first semester, the methodological material will be prepared first. The completion of the full material will be attached to the mid-term report (progress report) of 30.08.2022. By 20.08.2022 the complete, reviewed and compiled material will be available.

The methodological material is divided into two main chapters: chapter 1: Knowledge on the Target Group and Field Competence (Váltó-sáv Alapítvány), chapter 2: Innovative Opportunities for Reintegration: Ideas for Employment and Competence Development (Training) of the Released in Ecotourism (Ostorka Polgárok Egyesülete).

The progress report will be started by Váltó-sáv Alapítvány, in constant consultation with the project partner through completion.

In addition, the possibilities of further joint cooperation and the direction of obtaining joint funding were discussed. The two organisations would definitely like to submit a joint

programme proposal on the topic of the "big Erasmus+" adult learning links. Ideas on further project partners and the development of the programme were discussed.

In addition, the possibility of obtaining additional funding was discussed, as well as the possibility of a longer-term cooperation.

