

Exercise and be healthy! - 15th Youth Cultural and Sport Meeting of the V4

03/29/2012 - 04/01/2012

Our club, the Weightlifting and Free-time Sport Club of Soroksár organizes it's exercise educative program that gives space for human values through sport for the 15th time in 2012. Most of our invited partners (Slovakia, Czech Republic, Poland, Lithuania, Spain, Switzerland, Estonia, Latvia, Nederland, Serbia, Italy, in progress with Croatia, Russia, Bosnia-Hercegovina) delegate children of families at a disadvantage to this event, with the aim being to popularize sport and a healthy life through entertaining events, help the integration of children at a disadvantage all over Europe by bringing "life" closer through interactive events.

First we reach the children, through them their parents and the family, and with time and a lot of work we can reach a much broader spectrum of society. Our achievements and efforts are clearly visible all over Europe. We do this uniquely in the South-Pest region for more than 20 years!

The highlight of this event is the weightlifting championship, where everyone can show his/her readiness to receive their prizes. The attendants, spectators and visitors will have the chance to see the achievements of the next generation which they can also utilize in their family and civil organization.

Date	Event	Number of participants
03/29/2012	Arrival of guests	110
	Welcome party, dinner, discussion of the leaders	150
	Lights of Budapest – cultural program by night	90
03/30/2012	a, Walk at the Golden Coast – trip to Lake Balaton	70
	b, Sightseeing in Budapest by bus, visiting the Budapest Zoo	80
	Lunch at the Hotel	150
	Sportive competition of aged 8-12, "Exercise! and choose the power" – anti drug program. Star guest: Sándor Bárdosi Olympic silver medalist wrestler, sumo champion	180
	Opening ceremony, Folklore dance show, Medal ceremony	180
	Watching the cultural exhibition in the "Gallery 13" Museum	50-80
	Dinner and mini-concert of youth musicians	150
	Live retro music party - by Kristaly Duo, dance and karaoke "competition"	150
03/31/2012	Informal discussion with the invited athlete: Sándor Bárdosi (Olympic silver medalist wrestler, sumo champion),	1000 for all day
	Cooking competition among the delegations - tasting for the spectators (local inhabitants),	
	Women weightlifting competition,	
	Opening ceremony, Folklore dance show, Bodybuilders interactive show,	
	International weightlifting competition for the teams of the V4, Closing Ceremony, Banquet	
04/01/2012	Optional programs, travelling back	110