



NEWSLETTER



to enable talented young people to achieve their aspirations, using links across Europe between commercial and academic organisations

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July 2007

Hungary

N.7

Welcome to our new staff



Penny Stubbs our EU and Asia Project Developer. Penny has a long standing experience in voluntary work, she's been involved with Asian Project for many years and her outstanding communication skills has been helping many disadvantaged young people. **Fabiana Rocchi Italian Project Developer**

Fabiana is always looking for new and exiting projects to develop in different Italian regions. Fabiana has been involved with European Projects for a long Time.



Migration Development

The State Secretary for Cooperation and Foreign Affairs João Gomes Cravinho participated on the first meeting of the Global Forum on Migration and Development, which was promoted by Belgium and will have the presence of King Albert II, the Belgian Prime-Minister, the Secretary General of United Nations and the President of the European Commission. [Click here for Speech of the State Secretary](#)

Portuguese Presidency

Ricardo Oliveira/GPM

Prime Minister presents Programme of the Portuguese Presidency of the European Union



in Strasbourg. Read the **Speech of Prime Minister to the European Parliament** [click on the link.](#)

Open Competition for Energy

Have you heard that from 1st July 2007, energy markets are open to competition in most EU countries? It means that we, as consumers, are able to choose our Electricity and Gas suppliers: [Click here for more](#) and if you are going to use your mobile abroad look at the **Eurotariff!** [Click here](#)

Travelling in Europe

Is the European Union's official website for people travelling in the 27 countries of the EU. Whether you are on holiday or on business, you will find practical advice and helpful tips on a wealth of subjects, from what documents you need, to getting healthcare and using your mobile phone. There is so much for the traveller to discover and all this has been made much easier thanks to the European Union. You can cross many borders within the EU without being checked and the Euro makes it easier to shop around for bargains. So take advantage of all that is on offer and explore.



[Documents you will need](#)

You can move freely in Europe. Find out here what you need to know about [passports](#), [identity cards](#) and [visas](#).



Choosing a time to travel To help you plan your trip, compare the average temperatures across Europe and check on the main public holidays and cultural activities.



Getting there

Whether travelling by road, air or rail, this section provides practical information on driving licences, motor insurance, car hire, safety, speed limits, tolls, air passenger rights and airport security.

Money The euro is used in 13 EU countries. Find out more about the euro, the exchange rates of other currencies, withdrawing money and carrying cash.



Staying healthy As an EU citizen you can get free or reduced-cost healthcare should you fall ill on your travels. Find out here how the European Health Insurance Card is making this simpler. Check out bathing water quality or ozone levels before you go.

Pets Travelling with a cat or dog is now much easier with the new EU pet passport. Check on the requirements here.



Shopping As an EU citizen you can shop 'til you drop in all EU countries. Check the guide levels for tobacco and alcohol, VAT rates and what the EU is doing to protect consumers and promote eco-friendly products.



If things go wrong 112 is the emergency number to ring anywhere in Europe. You will find other useful advice in this section if things should go wrong.



Communicating How do you say good morning to the locals in Lisbon? How do you

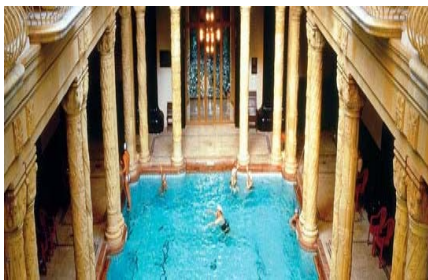
avoid costly calls when using a mobile phone abroad? How much will it cost to send a postcard home? The answer to these and other questions about communications can be found here.

Ez hónap amiről szól Magyarország

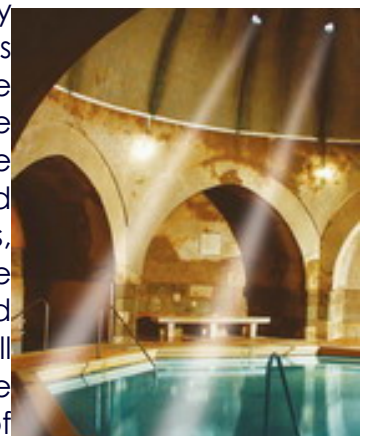
(This month it's about Hungary) Every month the United Euro Bridge will issue a newsletter customised to a different European Country. If you like to contribute with the editing, email us: info@unitedeurobridge.org

Természetes szépség -ből Magyarország

(Natural beauties of Hungary) Budapest is richly endowed with natural springs of thermal waters possessing various medicinal properties, and it is these that supply the city's many thermal baths. Not



for nothing is it known as the City of Spas. Among its most precious treasures are its sixteenth century Turkish baths, as well as the Széchenyi, the Gellért and the Lukács Baths, and the Rác Baths, which are currently closed for renovation. All are known for the healing qualities of



their waters. **Gellért Bath** (XI. Kelenhegyi út 4-6): This must surely be one of the all-time favourites of visitors to Budapest. Its natural spring was known about as early as the thirteenth century, and its interior is a delight of original. [Click here to see the short video of Gellért Bath!](#)



Király Bath (II. Fő u. 82-84): Construction of this begun under Arslan, Pasha of Buda in 1565. It is one of the finest extant buildings of the Turkish period, and gives the visitor even today an inspiring glimpse into the splendour of Ottoman bathing culture.



Lukács Bath (II. Frankel Leó u. 25-29): This is a bathing complex dating from the nineteenth century but whose roots go back to the Turkish period. The sixteenth century **Császár Bath** (Emperor)

is part of the complex, and besides traditional Turkish baths there is also a very popular swimming pool.

CAVES. Budapest is not only famous for its



thermal baths, but also for its remarkable caves, some of which is open to the public. The two are linked, of course: the caves were formed by thermal waters in the first place, albeit over several millions of years. There are two hundred known caves under the city, and one can visit four of the most extensive and spectacular ones. Each one has its own particular character. As well as being a very pleasant antidote to the heat of a summer's day, they can't but make you realize how man's time on earth is as a spec of dust compared to the natural world all around, or in this case, below.

CASTLE CAVE (VÁRBARLANG) (I. District: Úri utca 9. www.labirintus.com) A feature of all karst cave systems is the perpetual dripping of water, and this one is no exception. The temperature is a constant 57 degrees Fahrenheit (14°C) and the humidity around 90 per cent. The system

stretches for over six miles beneath the streets and buildings of the ancient Castle District of Buda. It is believed those cave chambers originally fashioned by the action of thermal waters were already in



use over a half a million years ago as both hunting ground and shelter. It was much later, during the Turkish period, that for military and economic reasons the system was expanded. Individual chambers were not only joined together with each other but also to the cellars belonging to the houses above. Thus a real labyrinth was formed in the very belly of Castle Hill. Further systematic construction of tunnels linking the caves was carried out in the 1930's. There was even an underground shelter built that could accommodate up to ten thousand people. Its value became obvious during the siege of Budapest towards the end of the Second World War. Thousands of people took refuge here in the

winter of 1944/45. There is a story – perhaps apocryphal, nobody really knows any more – that for a time



post was delivered to families sheltering in the caves. Nowadays 43,000 square feet of caves can be explored and enjoyed in Buda Castle's unique Labyrinth. (Open 9.30 a.m. – 7.30 p.m.) [Click here to see the short video of Pálvölgy Cave!](#)

Híres Magyar Embek

(Famous Hungarian People) **Franz Liszt** pronounced /lɪst/, in English: *list*) (October 22, 1811 – July 31, 1886) was a Hungarian [Click here](#) virtuoso pianist and composer of the Romantic period. He was a renowned performer throughout Europe during the 19th century, noted especially for his showmanship and great skill with




the piano. Today, he is considered to be one of the greatest pianists in history, despite the fact that no recordings of his playing exist. Liszt is frequently credited with re-defining piano playing itself, and his influence is still visible today, both through his compositions and his legacy as a teacher. Hector Berlioz. (December 11, 1803 – March 8, 1869) was a French Romantic composer, best known for his compositions *Symphonie Fantastique* and *Grande Messe des Morts (Requiem)*. Berlioz made great contributions to the modern orchestra with his *Treatise on Instrumentation* and by utilizing huge orchestral forces for his works, sometimes calling for over 1000 performers. At the other extreme, he also composed about 50 songs for voice and piano.

És most részére a szájadlás

(And now for the palate)



Chicken Goulash Recipe

 35 min 15 min prep
1 tablespoon cooking oil
8 chicken thighs

1½ teaspoons salt
1 onion, chopped
2 carrots cut into 1/4-inch slices
2 celery ribs, cut into 1/4-inch slices
2 garlic cloves, minced
2 tablespoons paprika
1 tablespoon flour
1/8 teaspoon cayenne
1 ½ cups canned low sodium chicken broth or homemade stock
1 ½ cups canned crushed tomatoes in puree
¼ teaspoon dried thyme
1 bay leaf
2 tablespoons chopped fresh parsley
¼ teaspoon fresh ground black pepper
In a large, heavy pot, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and add it to the pan. Cook the chicken until

browned, turning, about 8 minutes in all. Remove. Pour off all but 1 tablespoon fat from the pan. Add the onion, carrots, celery, and garlic to the pan. Reduce the heat to moderate and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Reduce the heat to moderately low and add the paprika, flour, and cayenne to the pan. Cook, stirring, for 30 seconds. Stir in the broth,



tomatoes, the remaining 1 1/4 teaspoons salt, the thyme, and the bay leaf. Add the chicken and bring to a simmer. Reduce the heat and simmer, partially covered, until the chicken is done, about 20 minutes. Remove the bay leaf and add the parsley and black pepper. (Pál Kovács Budapest)

TORTE

Sugar ½ cup water
6 oz chocolate (semisweet and/or dark sweet) in small pieces
6 x eggs separated
6 oz shelled walnuts - (1 ¾ to 2 cups)
3 tbl matzo meal
Walnut halves for garnish (optional)

CHOCOLATE ICING



6 tbl butter or margarine
6 oz semisweet or bittersweet chocolate in small pieces
2 tbl water
Use 3/4 cup if using half semisweet and



half sweet chocolate, 3/4 cup plus 2 tbsps if using all semisweet chocolate. For the Torte: Bring 1/2 cup sugar and water to boil in heavy-bottomed 2- or 3-quart saucepan, stirring constantly over medium heat. Continue boiling and stirring until all grains of sugar have completely dissolved and mixture forms a



simple syrup. Remove pan from heat and stir in chocolate until melted and smooth. Set aside to cool. Beat egg yolks in large bowl until light and fluffy. Grind walnuts with remaining sugar and matzo meal in food processor using pulse motion and stir into egg yolks. Add cooled chocolate mixture and combine thoroughly. Using clean beaters, beat egg whites in another bowl until they hold stiff peaks, 2 to 3 minutes. Gradually fold whites into chocolate-walnut mixture, incorporating them gently but thoroughly so that no whites are visible. Pour batter into 8-inch square or 9-inch spring form pan lined with parchment or wax paper. Bake in lower third of oven at 350 degrees until puffed and almost set but still a little gooey in center, 35 to 40 minutes. A toothpick inserted 1 inch from edge should come out clean. Cool on rack 1 hour 30 minutes. When completely cool, run thin-bladed knife around edges of cake to release it from pan (or release the springform); invert onto a platter. Peel off parchment or wax paper. For the Chocolate Icing: Melt butter or margarine in heavy saucepan over very low heat. When half is

melted, gradually whisk in chocolate, stirring well as it melts. After chocolate has been added, stir in water and beat well until glaze is completely smooth. Cool mixture 5 minutes to thicken slightly. Using a spatula, spread glaze over top and sides of cake. Garnish with few walnut halves attractively placed in center of cake. Refrigerate about 1 hour to set glaze, but bring cake to room temperature before serving.

(Korina Balázs – Szeged)

Anything to share? Anything to advertise?

Are you looking for something or someone? You could advertise anything you like in YOUR newsletter, please send your contributions to:

info@unitedeurobridge.org

All our best wishes for a great summer, Enjoy your Holidays, from The United Euro Bridge Team, to the next edition,

Take care



The information in this newsletter is, to our knowledge, correct at the time of issue.