

Living in peace

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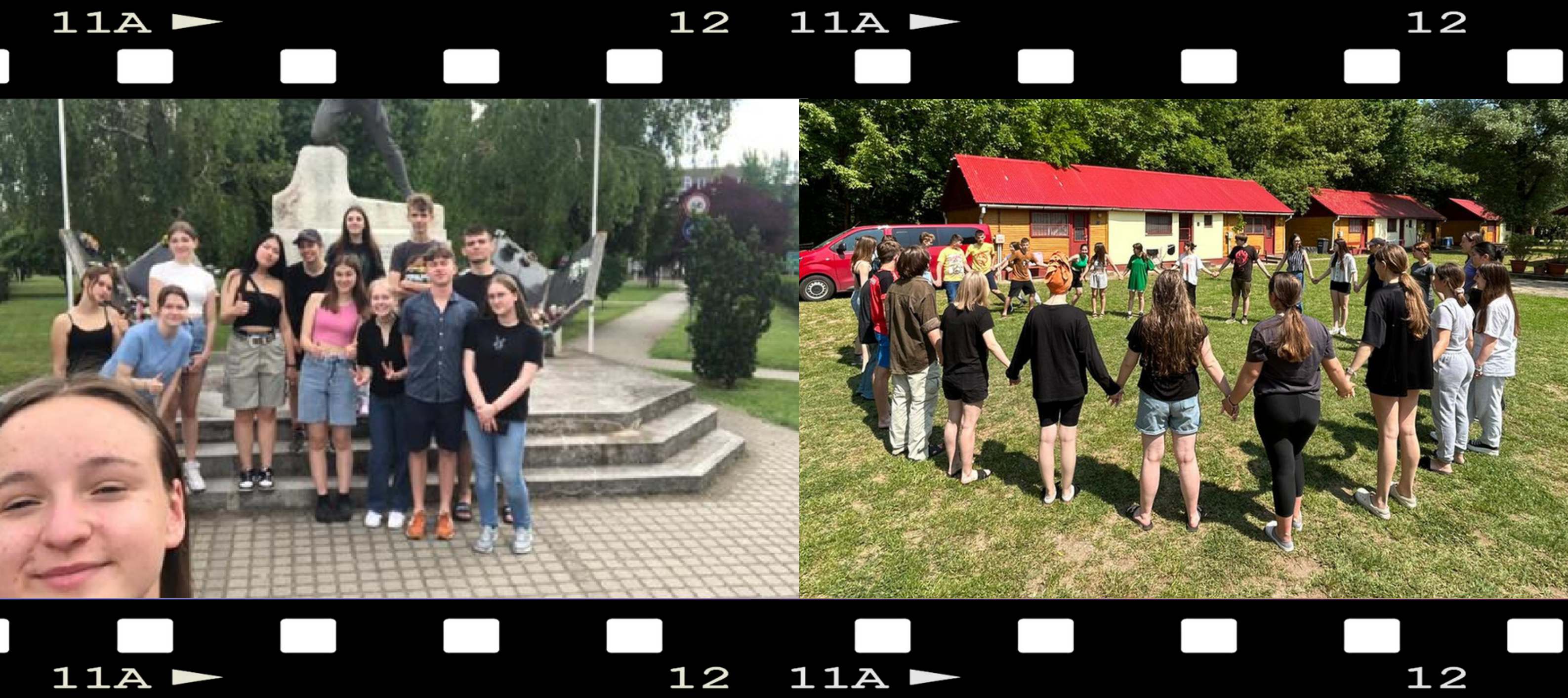
Hungary Tiszavasvári

Poland
Romania
Czech Republic
Hungary



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What is Erasmus+

Erasmus Plus is an influential international program that caters to the needs of young people by offering various youth exchange opportunities. These exchanges bring together young individuals from different countries, fostering cultural understanding, intercultural dialogue, and personal development. Through Erasmus Plus, young participants can engage in structured programs that include activities like workshops, seminars, cultural events, and collaborative projects. These exchanges aim to promote social inclusion, active citizenship, and the acquisition of skills essential for personal and professional growth.

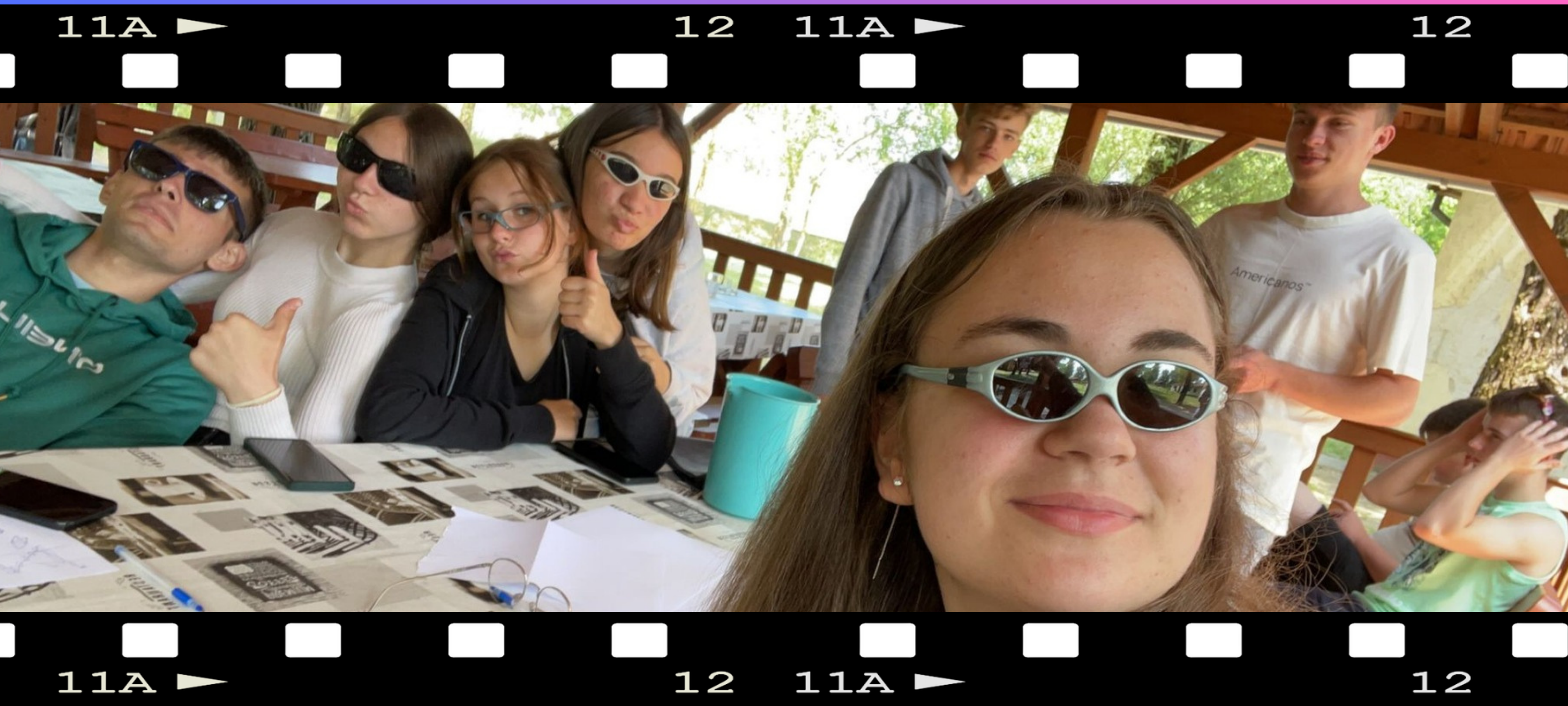


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Youth exchanges provide a platform for young people to explore diverse cultures, traditions, and perspectives. They enable participants to develop communication and teamwork skills, enhance their intercultural competencies, and expand their horizons. By living and working together with peers from different backgrounds, young individuals gain a deeper appreciation of diversity and learn to embrace the richness of multiculturalism.

Erasmus Plus supports youth exchanges by providing funding and logistical assistance to organizations and groups willing to organize such initiatives. This financial support makes these exchanges more accessible and allows more young people to benefit from the transformative experience of cultural immersion and international collaboration.



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The research of participants

The participants took the initiative to conduct their own research on ESC, YouthPASS, Youth exchanges, and Training courses within the framework of the Erasmus Plus program. Their independent exploration reflected their enthusiasm for gaining a deeper understanding of these initiatives and their commitment to personal growth and empowerment.

By delving into their own research on ESC, YouthPASS, Youth exchanges, and Training courses, the participants demonstrated their proactive approach to personal and professional development. Their commitment to understanding these initiatives underscored their desire to actively contribute to positive social change and become empowered individuals capable of shaping a more inclusive and sustainable future.



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Energizers



On our project Living in peace participants did activities called energizers which are activities that were prepared by participants. The facilitator each time chose a country that prepared the energizers.

And with that the participants were able to deepen their bonds with each other. Some of their favourites were the Chicken song and the Makarena dance but the one they loved the most was the Mirror game which was presented by the Czech group.



Leisure time

After sessions, during their free time, participants in Erasmus Plus projects often engaged in various recreational activities to unwind and foster a sense of camaraderie. Among the popular choices were games like volleyball and other outdoor activities. Participants enjoyed team sports, where they came together to play games that involve cooperation, strategy, and friendly competition. These sports encouraged teamwork, communication, and a sense of camaraderie among the participants. After dinner, participants gathered around a campfire to relax and socialize. Activities served as a valuable complement to the educational and cultural aspects of the Erasmus Plus projects. They offered participants an opportunity to relax, have fun, and build relationships outside of the structured program activities. Through these shared experiences, participants forged connections, create lasting memories, and further enrich their overall Erasmus Plus experience.



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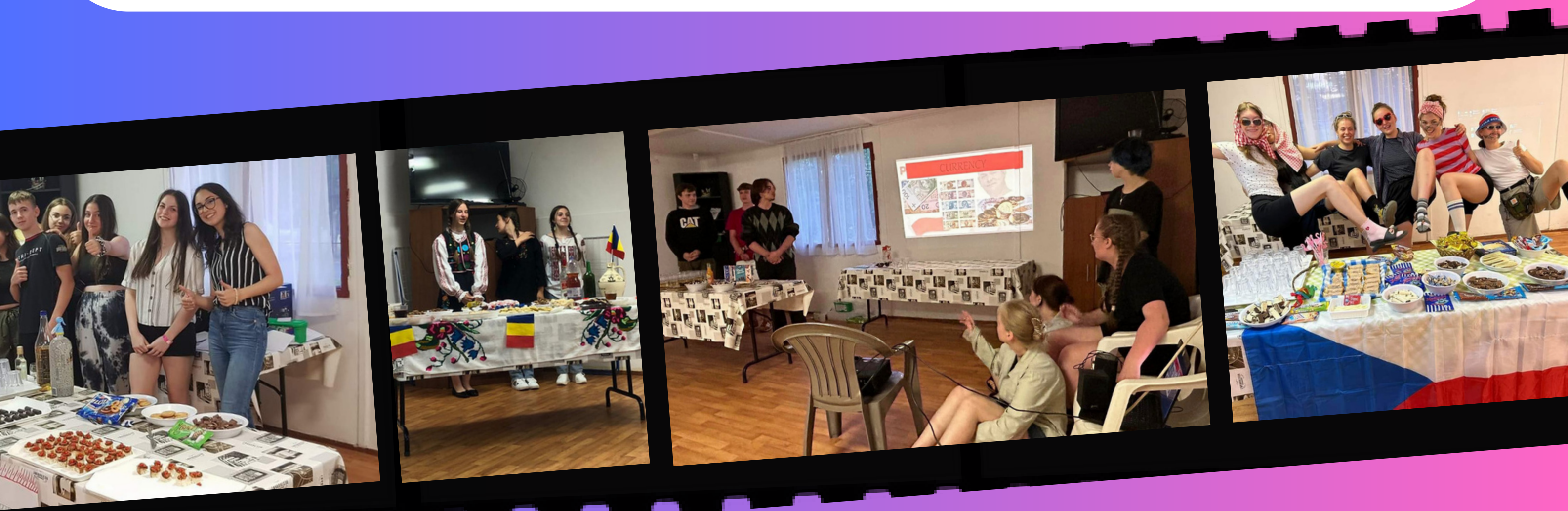


Intercultural nights

Intercultural nights were held by every representing country; Hungary, Poland, Czech Republic, and Romania. Each group showcased the richness of their traditions, customs, and heritage.

During the culture nights, participants from each country organized interactive presentations, performances, and exhibitions to offer a glimpse into their unique cultures. The Hungarian group mesmerized everyone with their traditional folk dances, lively music, and tantalizing Hungarian cuisine. The Polish participants delighted the audience with their vibrant displays of traditional costumes, and art. The Czech team shared their most famous beverages, music, captivating everyone with their performances and sharing fascinating insights into their culture. The Romanian group enchanted everyone with their folk traditions, traditional food, music, and folklore.

The culture nights provided an immersive experience, allowing participants to not only observe but also actively participate in the cultural traditions of each country. Interactive workshops offered opportunities to learn traditional dances, try on costumes, create traditional crafts, and even sample authentic dishes. The atmosphere was filled with joy, curiosity, and mutual appreciation as participants exchanged stories, knowledge, and personal experiences related to their cultural backgrounds.



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Open day



Nyíregyháza

The participants had the opportunity to visit the museum village of Nyíregyháza, where they explored the area and gained insights into the lives of people from the past and the functioning of historical systems. The purpose of this visit was to broaden their horizons and enhance their cultural education. Following that, they also had the chance to visit an organization dedicated to human rights, further expanding their knowledge and understanding in this important area.



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Oxford Debate

Participants in an Erasmus Plus project engaged in an intellectually stimulating activity known as the Oxford Debate, focused on the war in Ukraine. This debate provided an opportunity for participants to explore and discuss different perspectives, analyze the complexities of the conflict, and foster critical thinking.

Divided into teams representing different viewpoints, participants researched and prepared arguments to present during the debate. The debate format encouraged participants to articulate their ideas effectively, engage in respectful dialogue, and listen to opposing viewpoints.



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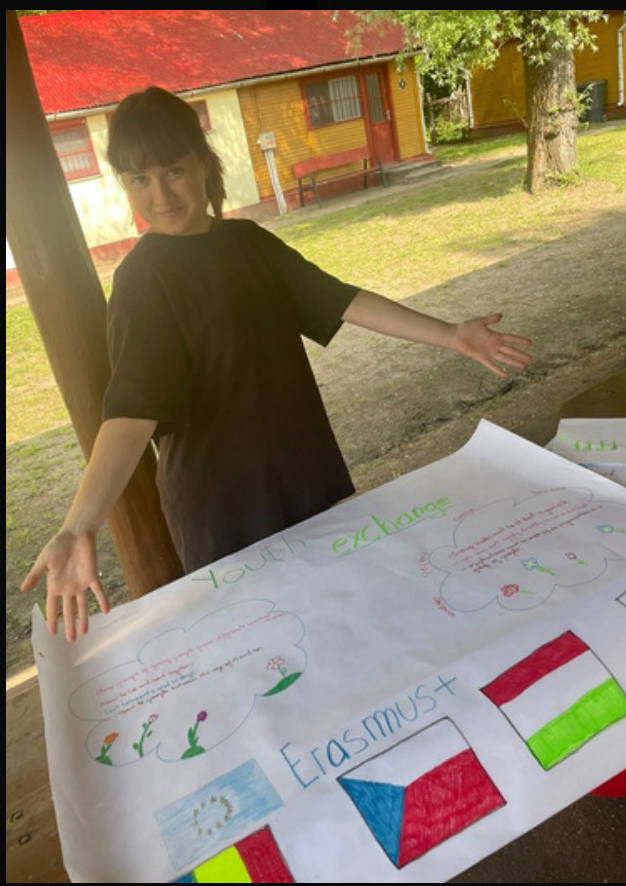
During the Oxford Debate, participants passionately expressed their opinions, backed by evidence and logical reasoning. They analyzed the causes, consequences, and potential solutions to the conflict, demonstrating their understanding of the multifaceted nature of the war in Ukraine.

The debate not only encouraged participants to develop their public speaking and argumentation skills but also promoted empathy and understanding. The exchange of diverse viewpoints enriched their understanding of the complexities surrounding the war and contributed to their overall knowledge and awareness of international affairs.



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Sessions

First day activities

Participants actively engaged in team-building and ice-breaking games to foster group cohesion and establish collective rules. They explored the exchange topic, contributed to the program plan, and collaboratively created domestic rules. They also gained awareness of the benefits of the Erasmus+ program and the Youthpass competencies, empowering them for personal growth and positive community impact.

Democracy and human rights in everyday life

During the session, participants actively engaged in exploring the meanings of democracy, democratic values, human rights, and European values, reflecting on their personal significance. They delved into discussions about how individuals can contribute to their own safety, peace, and peacefulness. Drawing from their own experiences and observations, participants shared cases and stories that exemplified these concepts within their communities. Together, they summarized their findings and engaged in further dialogue, deepening their understanding of these important principles and their practical implications in daily life.



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Role play "Where's the difference?"

The game presented a valuable opportunity for the participants to personally engage with the topic, examining it from various angles. Drawing on their own past experiences, they realized that there were fewer differences between people than they had initially assumed. The game centered around the concepts of equal opportunities, acceptance, and tolerance as essential European values. Through active participation, the participants gained a deeper understanding of the significance of these values in promoting inclusivity and fostering harmonious relationships.

Video message

Participants created a powerful video message advocating for human rights, democracy, and peace. With the freedom to express their ideas, they worked collaboratively in small groups, leveraging their creativity and equal contributions. The goal was to produce an engaging and accessible video that resonated with a wide audience. The activity promoted teamwork and allowed participants to explore their creative potential while addressing important societal values.

Human rights workshop

In the session, participants actively explored the issue of human rights through the "word cafe" method. This allowed the participants to gain a deeper understanding of the concept and how it can be enforced. They then engaged in situational games and exercises, working in small groups to solve specific scenarios.

Through discussions and collaboration, the participants collectively brainstormed alternative solutions and analyzed the implications of each. This process not only enhanced their critical thinking skills but also empowered them to approach real-life situations with a human rights perspective.

Photo exhibition

The Erasmus Plus photo exhibition held at the local high school featured captivating photographs that showcased transformative experiences. The carefully selected display allowed visitors to immerse themselves in the essence of cultural exchanges, personal growth, and intercultural learning. With interactive elements and informative captions, the exhibition aimed to inspire and raise awareness among the school community and beyond.



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