






Equal Voices, Equal Choices

- Erasmus+ Youth Exchange
- 📍 Cegléd, Hungary
- 📅 March 3 – 13, 2025



Presented by: Bartal Benedek

Where and when?

-  The project took place in a quiet, green part of Cegléd, Hungary.
-  Surrounded by nature—trees, fresh air, and even a nearby lake.
-  Accommodation was simple but the people made it special.
-  Countries involved:
 - HU Hungary | RO Romania | LT Lithuania | PT Portugal | SK Slovakia | CZ Czech Republic
-  March 3 – 13, 2025

What was the project?

Equal Voices, Equal Choices was a youth exchange about inclusion, diversity, empathy, and understanding others.

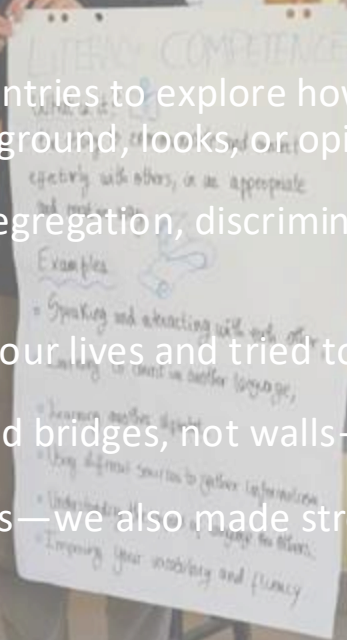
We came together from 6 countries to explore how people can feel left out in society—because of race, background, looks, or opinions—and how we can change that.

We talked openly about segregation, discrimination, and why it's important to treat everyone with kindness and respect.

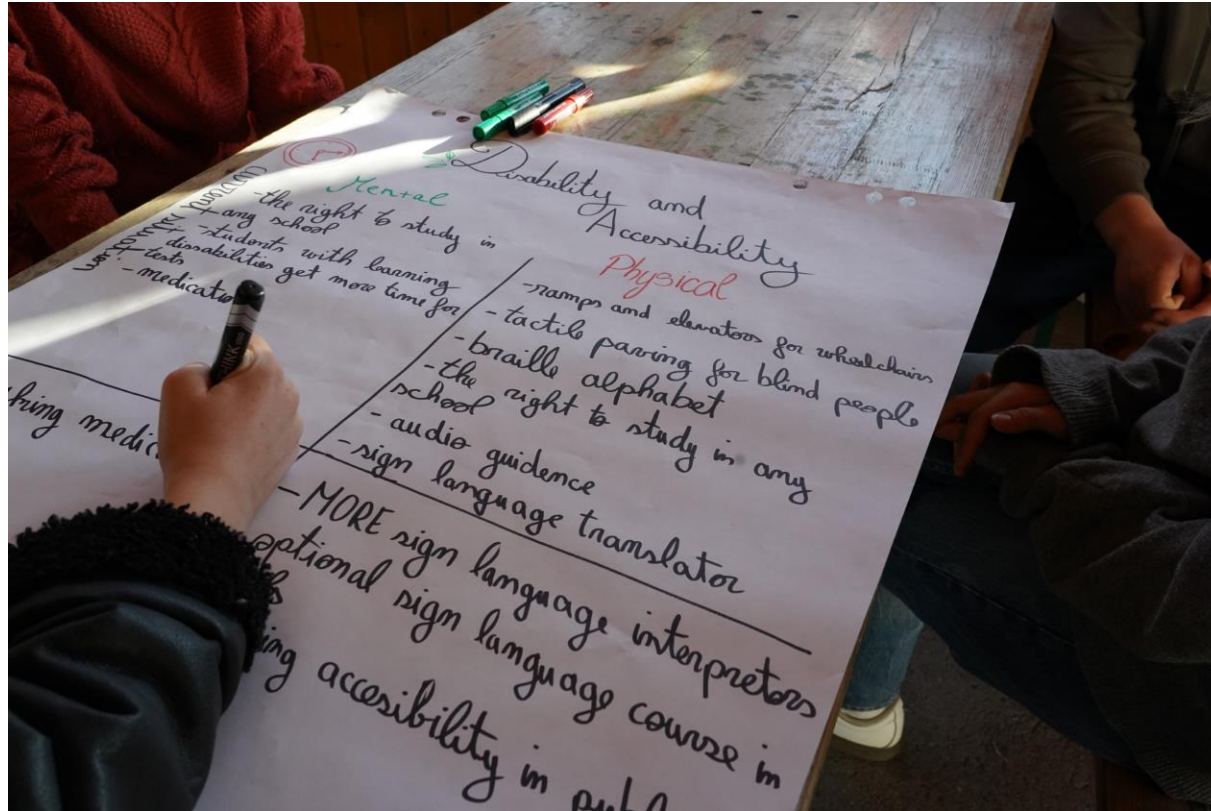
We shared real stories from our lives and tried to understand each other's challenges.

The goal was to build bridges, not walls—to listen, learn, and work as a team.

It wasn't just about serious topics—we also made strong friendships, had fun, and learned a lot about ourselves too.



What did we do?



- Ice-breaking games on day one to learn names
- Morning energisers hosted by small groups—fun, creative, team-building activities
- Cultural nights with food, drinks, dances, and quizzes
- Spreadsheet-based challenges in international teams
- Roleplays, group debates, acting, and presentations
- City activities: asking about knowledge from the locals
- Constant group changes after every activity to meet new people

What did I learn?

- - Improved English fluency
- - Gained confidence, openness, and empathy
- - Fast, deep connections are possible with the right people
- - Felt supported—especially during exam stress
- - Worked with nearly everyone thanks to rotating groups
- - Understood how inclusion, empathy, and diversity matter in real life

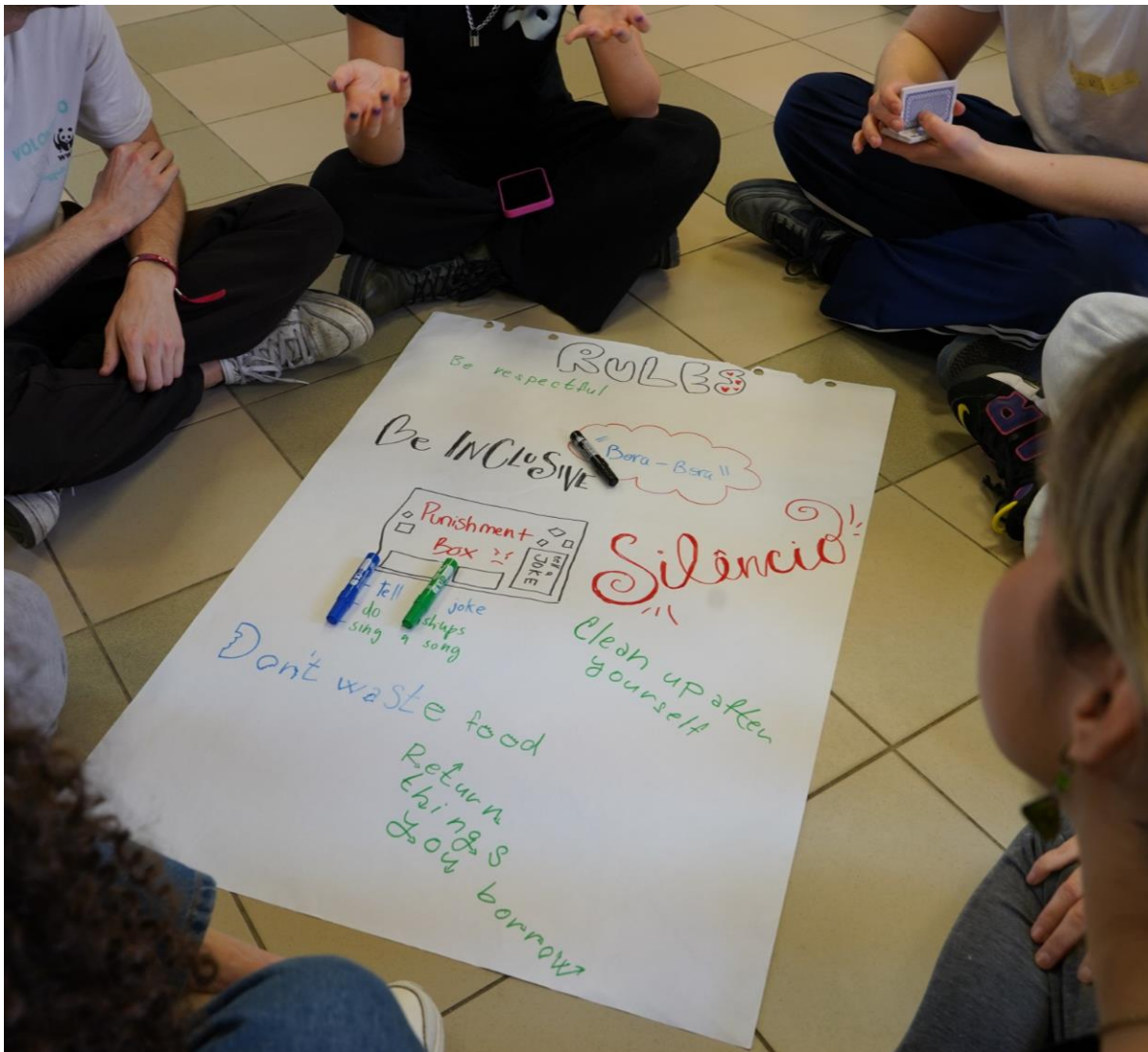


My Favourite Moments



- - Night activities – relaxing and full of bonding
- - Cultural nights – food, music, and fun from each country
- - Learned card games with the Portuguese group
- - Deep talks and personal bonding with others
- - Gossip Box – anonymous notes, jokes, kind words
- - Secret Friend Box – daily gifts to spread positivity

A Day in the Project



- 🕒 08:00 – 08:45 – Breakfast
- 🗨️ 09:00 – 10:30 – 1st Session
- ☕ 10:30 – 11:00 – Coffee Break
- 🗨️ 11:00 – 12:30 – 2nd Session
- 🍽️ 12:30 – 13:00 – Lunch
- 🗨️ 14:30 – 16:00 – 3rd Session
- ☕ 16:00 – 16:30 – Coffee Break
- 🗨️ 16:30 – 18:00 – 4th Session
- 🍽️ 18:00 – 18:30 – Dinner
- 📝 18:30 – 19:00 – Reflection Session
- 👥 20:00 – Group Leader Meeting
- 🌙 21:00 – Night Program



The Impact of the Project

- Changed how I see things—more positivity, even in hard times
- Gave me an escape, a reset from everything
- I'm still in touch with many people from the project
- Helped me grow—I'm more open-minded, confident, and social
- It wasn't just about what we learned—but how we grew as people



Thank you /
Q&A

- Thank you for listening!
- This project was unforgettable, and I'm proud to share it.
- Any questions?



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