

Mind Over Media

youth

2025/05/09-05/18
exchange



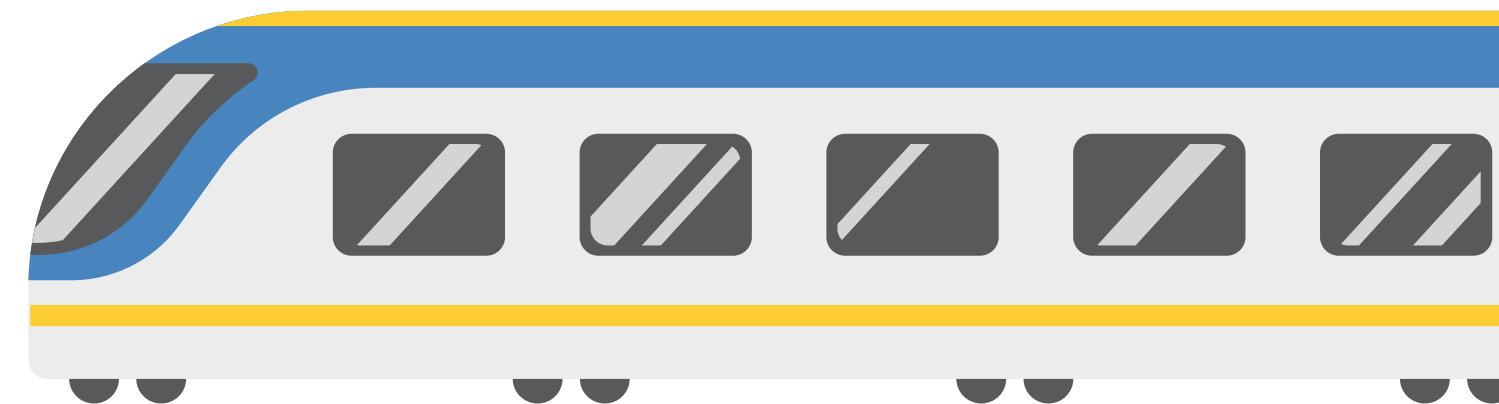
Mi is az az Erasmus+ ?

E29

Az Erasmus+ az európai oktatás, képzés, ifjúságügy és sport támogatására irányuló uniós program.

- Youth
- Training course
- ESC volunteering
- DiscoverE

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ERASMUS+ TRAINING COURSE

THINK IT THROUGH

07/09/2023 - 15/09/2023

Erasmus+ training course

E²⁹



Erasmus+ youth exchange



e29.hu 🗝 Erasmus+ Youth Exchange 🗝

🌐 Topic: Cybersecurity

📅 Date: 09/05/2025 - 18/05/2025

📍 Location: Bodrogkeresztúr, Hungary

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📢 Are you ready to level up your digital skills, make international friends, and dive into the world of cybersecurity? 🌐💻

Join us on this Erasmus+ Youth Exchange and learn how to protect yourself online, combat cyber threats, and explore the ethics of the digital landscape! 🚀

💡 What's in it for you?

You will explore the topic of cybersecurity and ethics of online places through interactive and creative non-formal education techniques, have debates and team challenges to level up your communication and teamwork skills 🗣️

It doesn't matter how much experience you have regarding the topic, everyone will find some part of the activity new, fun and interesting. 🎮🎧

Meet with people who have the same interest as you, form bonds and make unforgettable memories! Expand your understanding of other cultures and learn about safety precautions and protocols to help you navigate not just the online world, but the physical one too. 🧳

Are you ready to traverse through the dangers of the internet with us? 📡

Read more and apply here: <https://linktr.ee/e29.eu>
(Links are available in the bio as well)

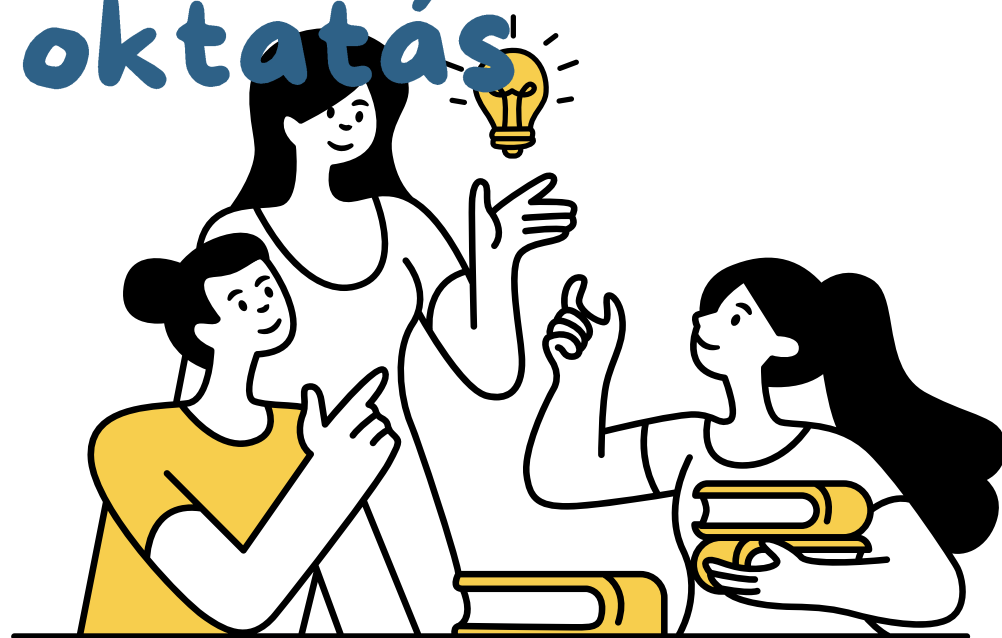
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Erasmus+ youth

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- 16-22 éves korig
- 10
- 5 napos ország
- nemformális

oktatás



Schedule

8:00-9:00 - Breakfast

9:00-10:30 - Session I.

10:30-11:00 - Coffee break

11:00-12:30 - Session II.

12:30-15:00 - Lunch

15:00-16:30 - Session III.

16:30-17:00 - Coffee break

17:00-18:30 - Session IV.

18:30-19:00 - Debrief

19:00-20:00 - Dinner

20:00-20:30 - GL meeting

20:30-22:00 - Night activity

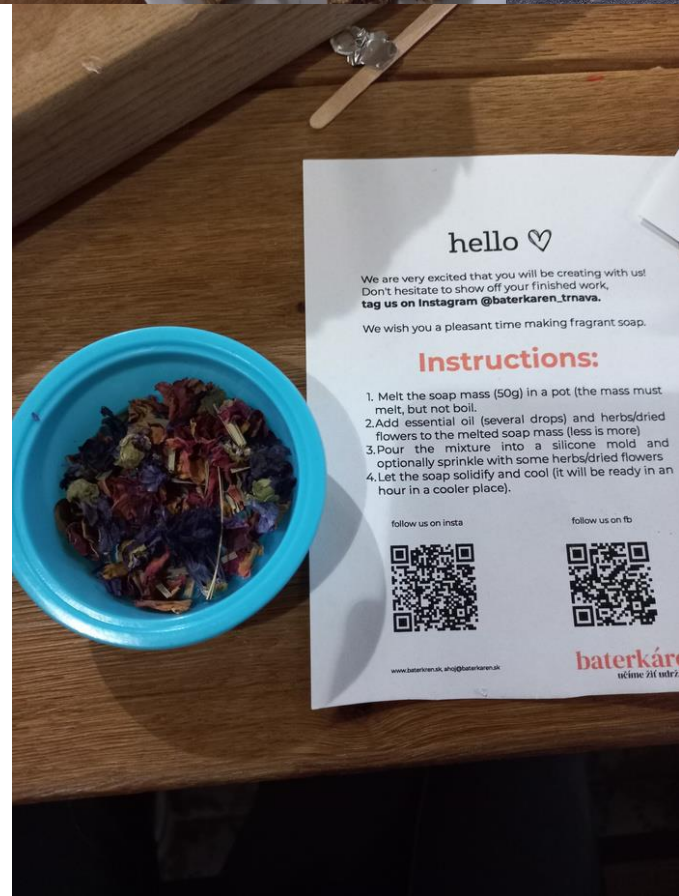
Hours	Day 1 Arrival day 24 th April Thursday	Day 2 Getting to know day 25 th April Friday	Day 3 Scientific day 26 th April Saturday	Day 4 Sustainable day 27 th April Sunday	Day 5 Climate day 28 th April Monday	Day 6 Day of campaigns 29 th April Tuesday	Day 7 Trip day 30 th April Wednesday	Day 8 Exploring day 1 st May Thursday	Day 9 Evaluation day 2 nd May Friday	Day 10 Departure day 3 rd May Saturday
9.00 - 10.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast + Lunch to go	Breakfast	Breakfast	Breakfast
10.00 - 11.30		Getting to know each other (Radka & Filip)	Climate change and its impacts - Introduction to the topic (Radka)	Sustainable goals - Online game + Individual plan (Radka)	Just Green - Energy efficiency in V4 countries (Filip)	Introduction to campaigns + Personal and group action plan (Radka & Filip)		Finishing work on campaigns (Radka & Filip)	Fill in Youthpass certificate – Dialogue space (Radka & Filip)	
11.30 - 12.00	Arrival of participants - Registration	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Field trip - Visit to	Coffee break	Coffee break	Departure of participants
12.00 - 13.00		Introduction to the mobility's aim and goals + House rules (Radka & Filip)	Climate workshop (Radka)	Guest speaker: Michal Vašečka - Environmental sociology - Interactive presentation (Filip)	EU decarbonization policies on housing, mobility and job market (Radka)	Working on campaigns (Radka & Filip)	Reneso: Innovative solutions for cigarette waste recycling (Radka & Filip)	Presentation of campaigns + Feedback (Radka & Filip)	Evaluation of the mobility + Youthpass (Radka & Filip)	
13.00 - 15.00		Lunch	Lunch	Lunch	Lunch	Lunch		Lunch	Lunch	

8

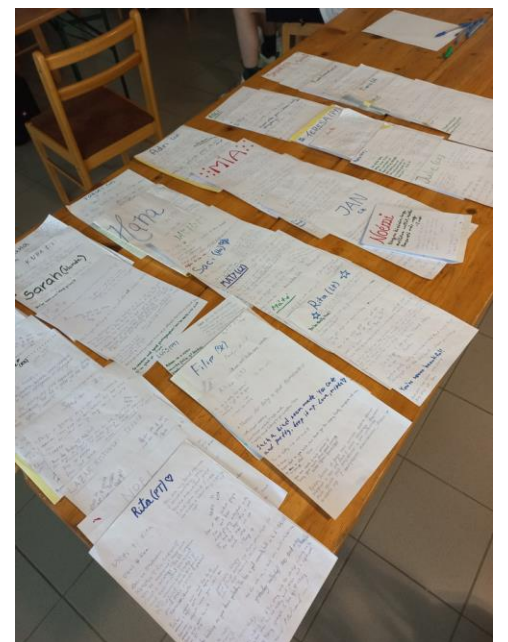
8/9

15.00 - 16.30		Non-formal education Erasmus+ program - Youthpass (Filip & Radka)	Protection of the environment & sustainable life - Presentation (Filip)	Guest speaker: Michal Vašečka - Environmental sociology - Interactive presentation (Filip)	Guest speaker: Case study - Waste management in Indonesia (Aulia Rahman) (Filip)	Workshop - How to create your own natural products? (Baterkäreň) (Radka)			Experience exhibition - Journey through time (Radka & Filip)	
16.30 - 17.00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Free afternoon with several options	Educational walk (Radka & Filip)	Coffee break	
17.00 - 18.00		Preparation for the intercultural evening (Radka & Filip)	Protection of the environment & sustainable life - Workshop (Filip)	Sustainable goals - Individual plan (Radka)	Movie about climate change (Radka)	Workshop - How to create your own natural products? (Baterkäreň) (Radka)			Hidden gems of Banská Štiavnica (Radka & Filip)	
18.00 - 19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell dinner	
19.00 - 21.00	Introductory evening (Radka)	Intercultural evening (Filip)	Party evening (optional)	Karaoke evening (optional) (Filip)	Pub time (optional) (Radka & Filip)	Evening walk to a viewpoint (Radka & Filip)	Movie night (optional) (Radka)	Surprise evening (Radka)	Goodbye party (optional)	

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Hogy néz ki egy nap?



Session

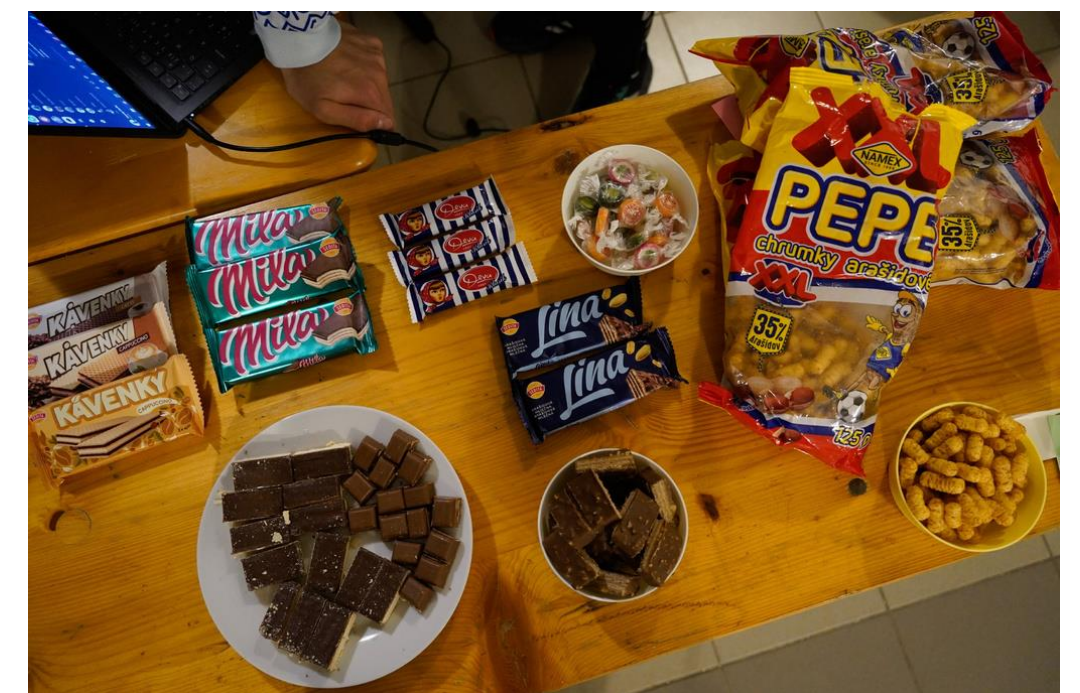
- videó készítés
- prezentációk
- színdarab készítés



Night

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- kulturalne activities
- partiestek



Miért próbáld ki

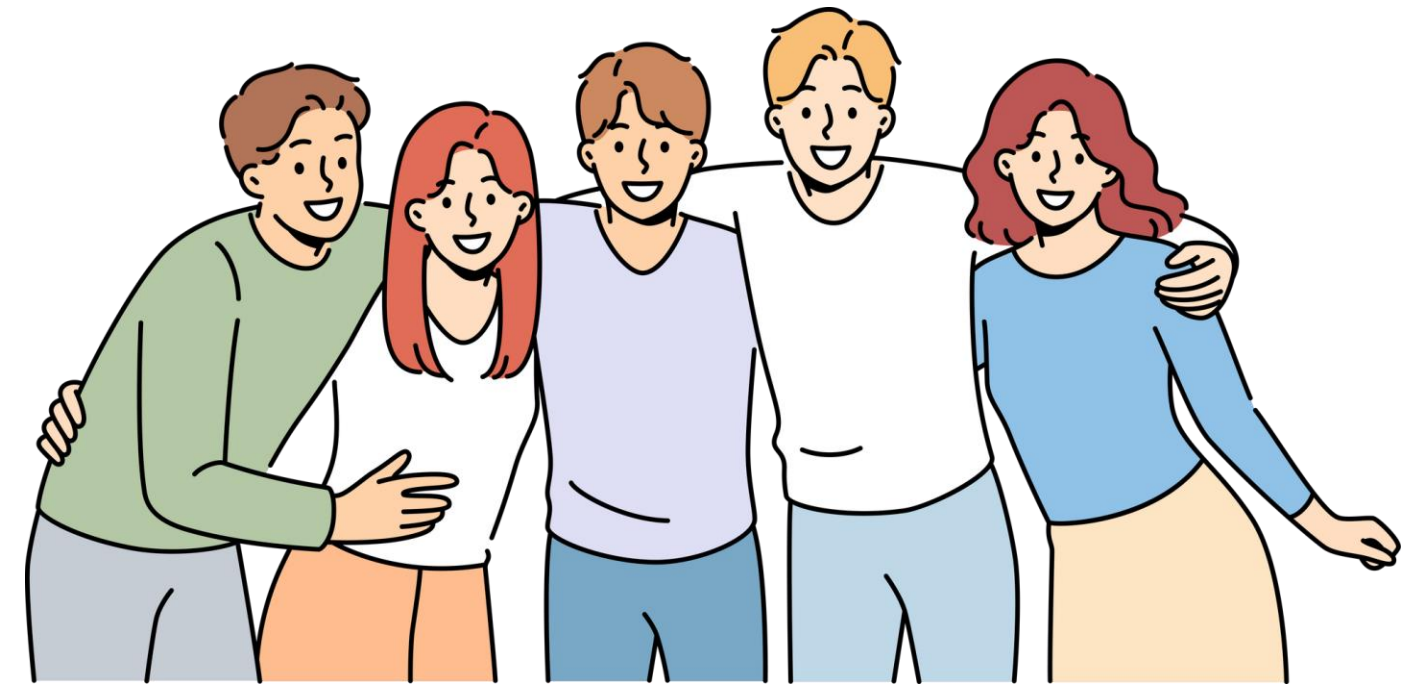
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?

- ingyen

szállás, étkezés, utazás

- önfejlesztőesetlatok
- életreszóó
- idegénynyelv
használat



Hogyan jelentkezz?

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Previous Experience

Have you ever participated in an Erasmus+ activity before? *

Select ▾

If yes - please describe your previous experience. *

Motivation

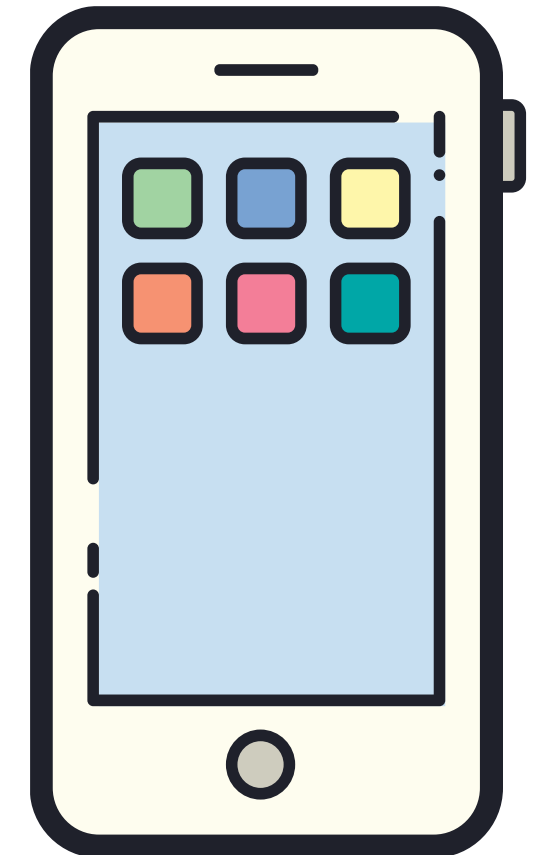
What's your motivation to part in this activity. *

What type of contributions can you bring to the project?

Would you like to take on some responsibilities or be a group leader?

Select ▾

If yes or maybe - which responsibilities related to organizing a Youth Exchange would you like to take care of?



The owner of this certificate has participated in a project supported by the European Union Erasmus+ programme. Erasmus+ supports the educational, professional and personal development of individuals in the education, training, youth and sport fields. It offers opportunities for learning mobility and active participation for young people, as well as professional development and cooperation for youth workers and youth work organisations.



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SARA JAZMIN HORCSIK

born on 20/06/2005

participated in the Youth Exchange

MIND OVER MEDIA

in Bodrogkeresztúr, Hungary

from 10/05/2025 to 17/05/2025

About the project

Mind Over Media was a 10-day Erasmus+ youth exchange for participants aged 16–22, focused on the Digital Transition. Through interactive workshops, media literacy activities, and intercultural collaboration, young people explored the impact of digitalization, tackled misinformation, and developed skills for safe, critical, and responsible digital engagement in an evolving digital world.

This certificate has been issued by E29 - Experiment 29 Nonprofit Kft..

Csaba Obsitos
Legal representative

Electronically signed on 16/05/2025 13:59 by Tibor Hidasi

Youthpass is a Europe-wide validation system for non-formal and informal learning within the European Union youth programmes.

The ID of this certificate is XRYK-ZWBK-1RH4-LVED.
To verify the ID, please go to the Youthpass website at <https://www.youthpass.eu/verify> or scan this QR code:



Youthpass

Makes your learning visible

Youthpass



Erasmus+

PROJECT CONTEXT

PROJECT DETAILS

Below are further details about the project in which Sara Jazmin Horcsik participated.

Youth Exchange

10/05/2025–17/05/2025 | in Bodrogkeresztúr, Hungary

Hosting
organisation:

E29 Hungary

Group:

49 participants from Czechia, Hungary, Lithuania, Portugal, Serbia and Slovakia

The working language of the project was English.

Köszönöm a figyelmet!

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Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or Tempus Közalapítvány. Neither the European Union nor the funding authority can be held responsible for them.

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