



# Mind Over Media

youth

2025/05/09-05/18  
exchange



Co-funded by the European Union

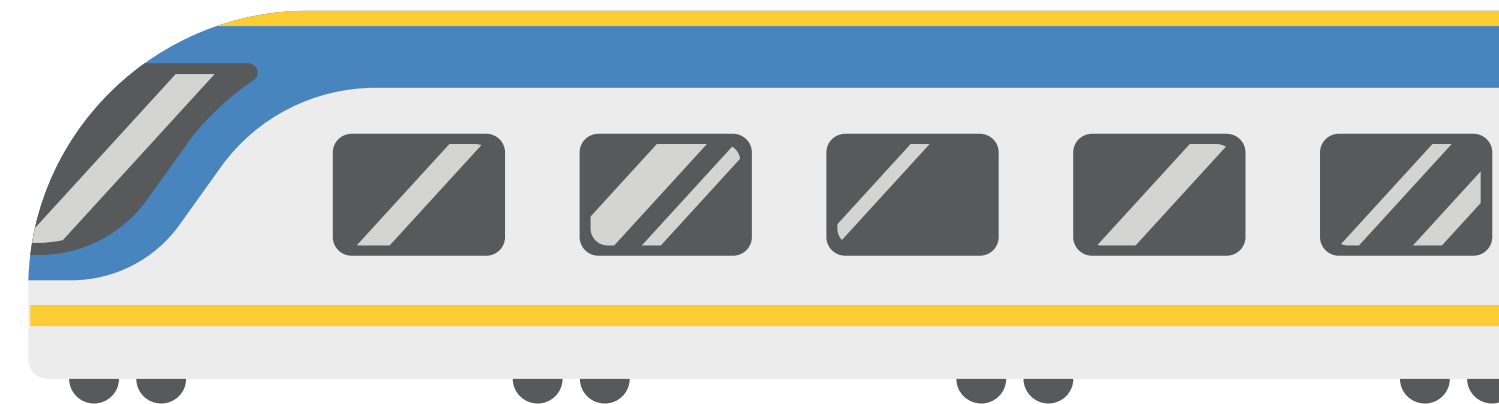
# Mi is az az Erasmus+ ?



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



## Erasmus+ youth exchange

e29.hu and 5 others  
Betlehem Evangélikus Pihenőház

**Hungary** 09 MAY  
18 MAY

Co-funded by the European Union

E29 Youth Exchange

146 11

Liked by markbaricza and others

e29.hu 🗝 Erasmus+ Youth Exchange 🗝

🌐 Topic: Cybersecurity

📅 Date: 09/05/2025 - 18/05/2025

📍 Location: Bodrogkeresztúr, Hungary

🇭🇺 🇩🇪 🇵🇹 🇷🇺 🇨🇪 🇮🇹 🇸🇰 <- Included countries

📣 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? 📡

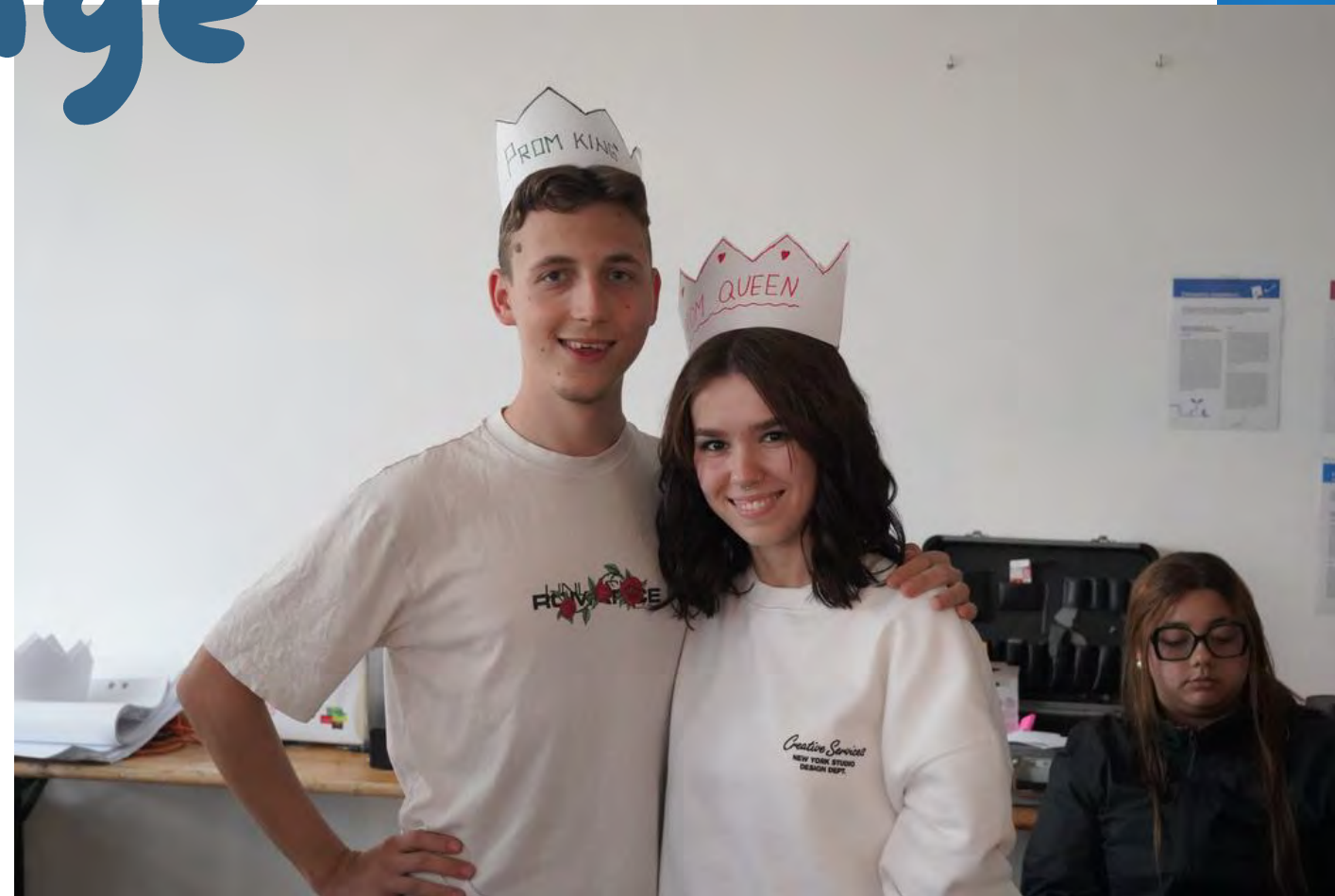
Read more and apply here: <https://linktr.ee/e29.eu>  
(Links are available in the bio as well)



# Erasmus+ youth

E29

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



# 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 <sup>th</sup> April Thursday	Day 2 Getting to know day 25 <sup>th</sup> April Friday	Day 3 Scientific day 26 <sup>th</sup> April Saturday	Day 4 Sustainable day 27 <sup>th</sup> April Sunday	Day 5 Climate day 28 <sup>th</sup> April Monday	Day 6 Day of campaigns 29 <sup>th</sup> April Tuesday	Day 7 Trip day 30 <sup>th</sup> April Wednesday	Day 8 Exploring day 1 <sup>st</sup> May Thursday	Day 9 Evaluation day 2 <sup>nd</sup> May Friday	Day 10 Departure day 3 <sup>rd</sup> 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)	Field trip - Visit to Renesa: Innovative solutions for cigarette waste recycling (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		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 Vasečka - Environmental sociology - Interactive presentation (Filip)	EU decarbonization policies on housing, mobility and job market (Radka)	Working on campaigns (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 Vasečka - Environmental sociology - Interactive presentation (Filip)	Guest speaker: Case study - Waste management in Indonesia (Aulia Rahman) (Filip)	Workshop - How to create your own natural products? (Batekareh) (Radka)	Free afternoon with several options	Educational walk (Radka & Filip)	Experience exhibition - Journey through time (Radka & Filip)	
16.30 - 17.00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break			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? (Batekareh) (Radka)			Hidden gems of Barska Slavnic (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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A blue bowl filled with dried flowers. The flowers are in various colors, including purple, red, and yellow. They are scattered in the bowl.



hello ♡

We are very excited that you will be creating with us! Don't hesitate to show off your finished work, tag us on Instagram @baterkaren\_trnava.

We wish you a pleasant time making fragrant soap.

**Instructions:**

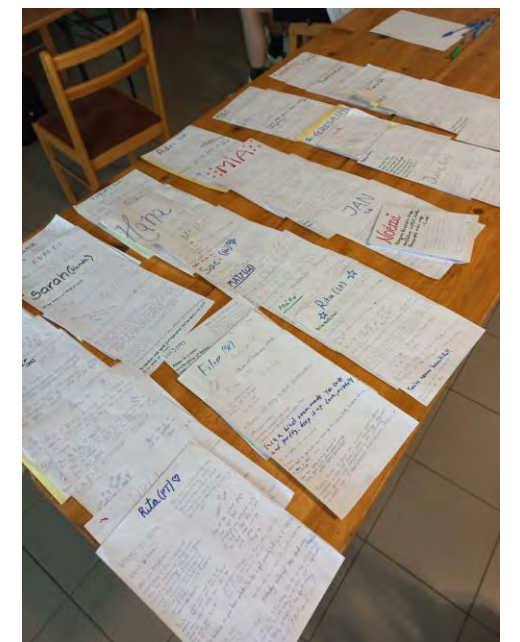
1. Melt the soap mass (50g) in a pot (the mass must melt, but not boil).
2. Add essential oil (several drops) and herbedried flowers to the melted soap mass (less is more).
3. Pour the mixture into a silicone mold and optionally sprinkle with some herbedried flowers.
4. Let the soap solidify and cool (it will be ready in an hour in a cooler place).

follow us on insta  follow us on fb 

**baterkaren**  
We love it when...

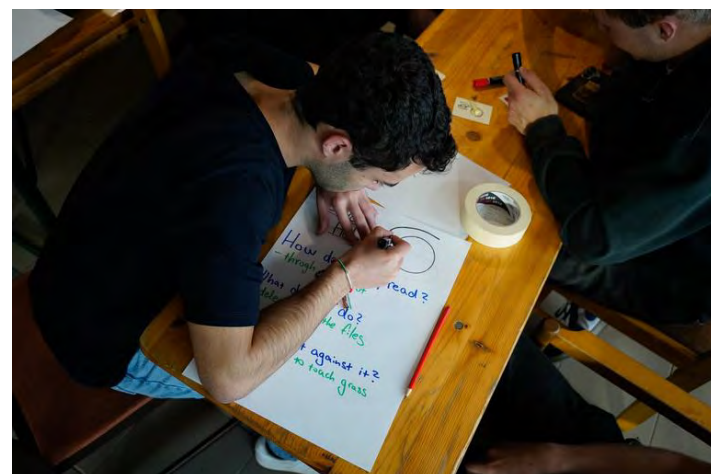


# Hogy néz ki egy nap?



# Session

- videó készítés
- prezentációk
- színdarab készítés





# Miért próbáld ki

E29

?

- ingyen

szállás, étkezés, utazás

- önfejlesztés

- életreszóó

- idegennyelv

használat



# Hogyan jelentkezz?



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

Select

If yes - please describe your previous experience. \*

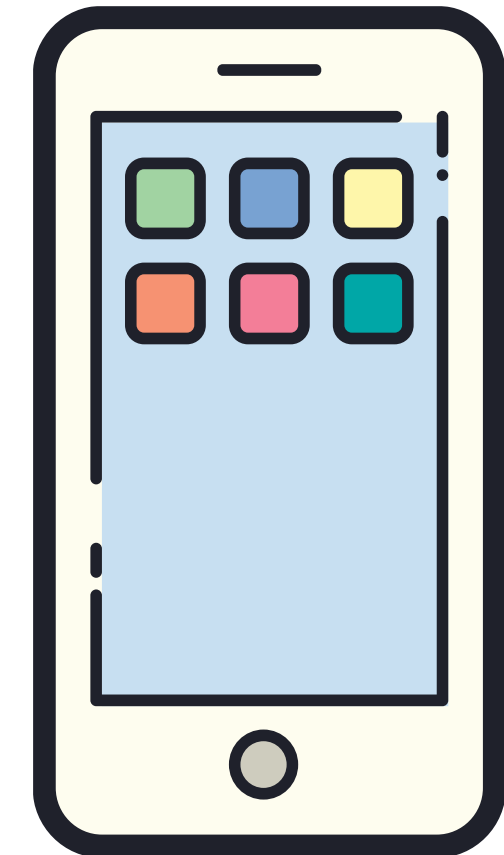
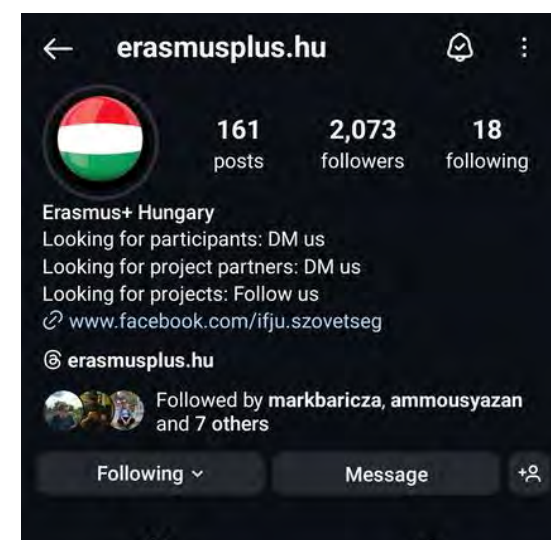
**Motivation**  
What's your motivation to part in this activity. \*

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.



## 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 Hidas

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-ZWBR-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

# E29



### 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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