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Erasmus+

VALERIIA MELNYK

born on 12/12/2005

participated in the Youth Exchange

IN BETWEEN: STORIES FROM THE HEART OF EUROPE

in Rzeszów, Poland

from 15/12/2025 to 19/12/2025

About the project

In Between: Stories from the Heart of Europe was a five-day exchange uniting students from Poland, Ukraine, Hungary, and the Czech Republic. Participants explored how history, art, and daily life shape Central European identities. Through workshops, research, storytelling, and a joint project, they discovered shared cultural roots, unique differences, and reflected on what European identity means to them today.

This certificate has been issued by Stowarzyszenie Projektów Międzynarodowych "INPRO".



Beata Szmuc
Legal representative

Rzeszów, 23/12/2025

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

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Youthpass

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LEARNING CONTEXT

Youth Exchanges supported by the Erasmus+ programme offer groups of young people from different countries an opportunity to jointly design, prepare and carry out a non-formal learning programme on a topic of their interest. This usually involves a mix of workshops, debates, role-plays, simulations and outdoor activities. The learning process, which is supported by youth workers and leaders, includes the preparation, implementation and follow-up of the exchange.

COMPETENCES DEVELOPED BY VALERIIA MELNYK

The following summary is the result of a reflection and self-assessment process which took place during and after the project.

Multilingual competence

I engaged with students from Poland, Ukraine, Hungary, and the Czech Republic, which allowed me to practice using English as a lingua franca and to recognize key phrases and communication styles across various European languages. I enhanced my intercultural communication skills beyond my native language.

Personal, social and learning to learn competence

I reflected deeply on my personal understanding of contemporary European identity and my role in shaping it, strengthening my self-awareness. I learned to work effectively and autonomously within a diverse international team, demonstrating adaptability and a shared sense of purpose.

Citizenship competence

I examined how shared history and diverse national experiences continued to shape local identities, fostering a deeper understanding of my rights and responsibilities as a European citizen. I developed a critical appreciation for the connections and contrasts that define our broader European region.

Entrepreneurship competence

I collaborated on a creative group project, which required me to plan, resource, and execute a defined output with my team members. I demonstrated initiative and a results-oriented mindset to capture the unique aspects of our cultural landscapes.

Cultural awareness and expression competence

I explored how traditions and art reflected layers of Central European history, significantly broadening my appreciation for cultural heritage. I expressed my insights and personal experiences through creative sessions and storytelling, bridging research with self-expression.

The competence description in Youthpass is based on the European Union framework for Key Competences for Lifelong Learning:
<https://education.ec.europa.eu/focus-topics/improving-quality-equity/key-competences-lifelong-learning>



Digital competence

I used digital platforms and resources to conduct creative research and compile information necessary for the group project capturing cultural landscapes. I practiced digital communication and collaboration essential for working effectively in an international team setting.

Mathematical competence and competence in science, technology and engineering

I employed analytical and systematic thinking, similar to scientific inquiry, when exploring how architecture and art reflected historical layers. I utilized technical collaboration tools to work on the shared group project with my international peers.

Literacy competence

I improved my ability to comprehend and produce complex texts by examining diverse cultural narratives and shared regional histories. I used storytelling and research findings to clearly articulate my understanding of Central European dynamics.

REFERENCES

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Valeriia Melnyk

Rzeszów, 23/12/2025



PROJECT CONTEXT

PROJECT DETAILS

Below are further details about the project in which Valeriia Melnyk participated.

In Between: Stories from the Heart of Europe

Youth Exchange | 15/12/2025–19/12/2025 | in Rzeszów, Poland

Main activities: In Between: Stories from the Heart of Europe brought together students from Poland, Ukraine, Hungary, and the Czech Republic for five days of cultural exploration. The exchange focused on understanding how Central Europe's history, traditions, and art shape the identities of local communities today. Participants took part in interactive workshops, field research, and storytelling sessions that encouraged them to connect personal experiences with broader cultural themes. They explored architecture and heritage sites, compared regional traditions, and worked in mixed groups to create a final project reflecting both shared roots and unique differences. The programme also included guided discussions on contemporary European identity and the role young people play in shaping it. Through collaboration, creativity, and reflection, the exchange provided a space to deepen cultural understanding and build meaningful cross-border connections.

Main outcomes: The youth exchange In Between: Stories from the Heart of Europe resulted in several meaningful outcomes for participants. They gained a deeper understanding of Central Europe's cultural diversity and how history, art, and traditions influence contemporary identity. Through workshops and group projects, participants improved their research, communication, and storytelling skills, as well as their ability to work in international teams. The exchange strengthened their confidence in expressing personal viewpoints and connecting them with broader cultural themes. Many participants developed greater openness, empathy, and curiosity toward neighbouring countries, building cross-border friendships and networks. The final project showcased their ability to combine creativity with critical thinking, while reflections on European identity encouraged them to see themselves as active contributors to Europe's cultural landscape.

Hosting organisation: Stowarzyszenie Projektów Międzynarodowych "INPRO"

Group: 27 participants from Czechia, Hungary, Poland and Ukraine

The working language of the project was English.

Further information about the Erasmus+ programme can be found here: <https://ec.europa.eu/programmes/erasmus-plus/>
More information about this project can be found in the Erasmus+ Projects Results Platform: https://ec.europa.eu/programmes/erasmus-plus/projects_en