

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.



Erasmus+

KHRYSTYNA IHNAT

born on 07/04/2004 in Uzhhorod, Ukraine

participated in the Youth Exchange

BEYOND THE BORDERS

in Rzeszów, Poland

from 23/01/2023 to 27/01/2023

About the project

The "Beyond the Borders" program was based on non-formal methods. It was composed of social games, team building, media-related workshops, and cultural visits. We focused on sharing our cultures and skills with others and learning from each other while having a lot of fun!

The tasks of Khrystyna Ihnat

The purpose of my participation in the exchange program was intercultural exchange and improvement of spoken English.

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



Beata Szmuc
Legal Representative
Rzeszów, Poland, 30/01/2023

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 HXPX-JSNU-TKJG-H8BN.
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



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 KHRYSTYNA IHNAT

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

Multilingual competence

This is one of the most vivid competences, because we communicated in English, but also expanded our knowledge when we explained certain things in our language in English, or guessed what a certain word in that language could mean. In general, it brought us very close, because when you reproduce the language of another culture, it erases any difference between you, you become one. Currently, I already have a certain vocabulary of words from the Slovak, Polish and Hungarian languages

Personal, social and learning to learn competence

This competence helped me to be stress-resistant in difficult situations, to cooperate in a team, to be tolerant of other cultures, to express my own and to understand the different point of view of different people. We immediately easily found a common language and interacted perfectly in teams, especially when we played games in which a certain situation should be resolved, that's when I fully acquired this competence.

Citizenship competence

We, as conscious citizens of Ukraine, told our story, discovered new knowledge about us, broke old stereotypes and shared a part of our culture that was accepted by other participants.

Cultural awareness and expression competence

Cultural awareness and competence of self-expression - during my stay on the exchange project, I learned to perceive different cultures, to learn about their greatness, to be interested in their history and to be open to new such experiences, because it is very interesting.

Mathematical competence and competence in science, technology and engineering

In Rzeszów, I first encountered a new currency - zlotys, and it was also a certain adaptation, because I was able to quickly find my way, convert the currency and use it freely.

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>



Literacy competence

Because I have developed the ability to communicate effectively and build relationships with other people in an appropriate and creative way. I could easily find a common language in oral or written form with my new friends. Language competence - I have developed the ability to understand the presented material, to be able to supplement, start or end a conversation with an interlocutor, to read and understand other languages, the ability to communicate easily, speaking different languages.

Khrystyna Ihnat

Rzeszów, Poland, 30/01/2023



PROJECT CONTEXT

PROJECT DETAILS

Below are further details about the project in which Khrystyna Ihnat participated.

Youth Exchange

23/01/2023–27/01/2023 | in Rzeszów, Poland

FURTHER PARTICIPATION DETAILS

Length of involvement in the project

5 days from 23-27 January

Related training activities

The training took place in various formats, we held debates to dispel stereotypes, cultural evenings where each of us represented our country and its greatness, team games, various discussions, excursions around the city, communication with people in various public institutions. All this really helped to improve my English and enrich my knowledge about other cultures.

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