

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+

ALINA TUROK

participated in the Youth Exchange

PICTURE THE FUTURE

in Rzeszów, Poland

from 02/02/2026 to 06/02/2026

About the project

Picture the Future is a youth exchange bringing together young people from Poland, Hungary, Czechia, and Ukraine to explore the UN's 17 Sustainable Development Goals through visual storytelling. Over 5 days, participants join interactive workshops, discussions, and hands-on activities to understand global challenges like climate change, inequality, and poverty. Working in international teams, they tell powerful stories through documenting local initiatives that support a more sustainable future.

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



Beata Szmuc
Legal representative

Rzeszów, 13/02/2026

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 REFF-KDWL-WABT-HT8E.
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 ALINA TUROK

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

Multilingual competence

I exchanged perspectives and cooperated with participants from different countries, necessitating the use of a common working language and creatively finding non-verbal ways (like photography) to communicate and overcome language barriers.

Personal, social and learning to learn competence

I participated in a highly participatory, non-formal learning environment, enhancing my motivation and ability to learn independently. I fostered a strong network of global citizens and collaborated effectively in group work to create the final visual project, which boosted my teamwork, responsibility, and social skills.

Citizenship competence

I deepened my understanding of the 17 UN Sustainable Development Goals (SDGs) and the 2030 Agenda, recognizing them as a framework for active global citizenship. I explored how global issues like climate change and inequality impact local communities.

Entrepreneurship competence

I was actively involved in planning and managing the creation of the final collective visual campaign or digital exhibition. This involved showing initiative, turning ideas (documenting an SDG) into action (a published photograph/exhibit), and using creativity to advocate for the SDGs and inspire action among my peers.

Cultural awareness and expression competence

I exchanged perspectives and cultural practices with young people from diverse backgrounds, fostering mutual respect and intercultural dialogue. I created a collective visual campaign or exhibition, using visual storytelling principles and photographic techniques to creatively express complex ideas related to the SDGs.

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 learned to use photographic equipment (cameras/phones) and relevant software for editing and organizing my images. I practiced gathering, managing, and presenting information digitally by contributing to a digital exhibition or online visual campaign to communicate the SDG messages to a wider audience.

Mathematical competence and competence in science, technology and engineering

I investigated how global issues like climate change, clean energy initiatives, and environmental challenges manifest locally. I practiced documenting these issues in the field, relating scientific/technological topics to social realities.

Literacy competence

I explored concepts related to sustainable development and the context of the 17 SDGs. I gained practical communication skills through the clear articulation of narratives using images. I interpreted information and facts from the field and translated them into ethical, compelling visual stories for advocacy.

REFERENCES

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Alina Turok

Rzeszów, 13/02/2026



PROJECT CONTEXT

PROJECT DETAILS

Below are further details about the project in which Alina Turok participated.

Picture the Future

Youth Exchange | 02/02/2026–06/02/2026 | in Rzeszów, Poland

Hosting organisation: Stowarzyszenie Projektów Międzynarodowych "INPRO"

Group: 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