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Erasmus+

TETIANA TARASIUK

born on 01/02/2005

participated in the Youth Exchange

NEIGHBOURS & STORIES

in Rzeszów, Poland

from 18/08/2025 to 22/08/2025

About the project

"Neighbours & Stories" was a youth exchange where young people from Poland, Czechia, Slovakia, and Ukraine came together for 5 days to explore Slavic culture. Through games, workshops, and a shared group project, they discovered each other's traditions, built friendships, and celebrated both what connects and distinguishes them. The experience was full of laughter, learning, and unforgettable stories.

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



Beata Szmuc
Legal representative

Rzeszów, 29/08/2025

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 MVY4-7UNN-EDVB-MLDT.
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 TETIANA TARASIUK

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

Multilingual competence

I improved my ability to communicate in English and was exposed to basic words and expressions from other Slavic languages, enhancing my understanding of language similarities and differences.

Personal, social and learning to learn competence

I developed greater self-awareness, teamwork, and adaptability by collaborating with diverse peers and reflecting on my learning throughout the exchange.

Citizenship competence

By discussing cultural identity, values, and stereotypes, I became more aware of my role in society and the importance of active citizenship and intercultural understanding.

Entrepreneurship competence

I practiced creative thinking, initiative, and problem-solving through planning group activities and co-creating a final cultural event from idea to implementation.

Cultural awareness and expression competence

I deepened my appreciation of Slavic cultures by sharing my own traditions, learning from others, and expressing myself through storytelling and creative activities.

Digital competence

I used digital tools to document activities, create multimedia content, and support communication within the group and with the public.

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>



Mathematical competence and competence in science, technology and engineering

While not a core focus of the project, I applied basic planning and organisational skills during group tasks and activity design.

Literacy competence

I strengthened my communication skills by participating in discussions, preparing presentations, and contributing to written or visual content shared during the exchange.

Tetiana Tarasiuk

Rzeszów, 29/08/2025



PROJECT DETAILS

Below are further details about the project in which Tetiana Tarasiuk participated.

Neighbours & Stories

Youth Exchange | 18/08/2025–22/08/2025 | in Rzeszów, Poland

Main activities: The youth exchange “Neighbours & Stories” included a rich, interactive programme aimed at exploring Slavic cultures and strengthening intercultural dialogue. Participants took part in:

- intercultural workshops on traditions, language, and identity,
- creative storytelling and media sessions,
- energisers, team-building, and icebreaker activities,
- collaborative group work leading to a final cultural showcase,
- guided city walks and local heritage visits,
- reflection circles and peer learning activities,
- practical tasks including event planning and content creation,
- informal evening activities promoting connection and sharing.

The exchange fostered teamwork, creativity, and a deeper understanding of shared values and cultural diversity.

Hosting organisation: Stowarzyszenie Projektów Międzynarodowych "INPRO"

Group: Participants from Czechia, Poland, Slovakia 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