

# My approach to the values and priorities embraced by the Erasmus program

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Taking part in the Erasmus programme has been one of my dreams since i first heard about it from an older student at the start of my highschool career. I would love to get a chance at representing its values while interning abroad.



# Inclusion and Diversity

What does it mean for me?  
Well, as I am from a tourist city, I've  
always been in touch with people of  
different colours, different religions, and  
different opinions.



I was never taught that being different is  
being worse,  
or that if you need special help it means  
you are "cheating".



I know a few disabled people, and they taught me a lot.



Some of them are my family, some friends. One thing about them is that they don't let the world, or other's judgement stop them.

They go through life like any other person. They seek creative solutions if they can't do something the "normal" way, and they never give up. I admire their strength and determination, and im thankful that they are in my life, because they taught me empathy and to never judge someone without knowing their full story



# How i plan on representing the value during my internship

I will be supportive of my schoolmates in the programme, because a trip like that is stressful and we will all be in it together. It's important to me that they will feel supported and their voices will be heard by our superiors.



# HOW ELSE?

I'm not going to judge my schoolmates by their religion, beliefs, or looks, because we are a group, and im going to support them through our internship.



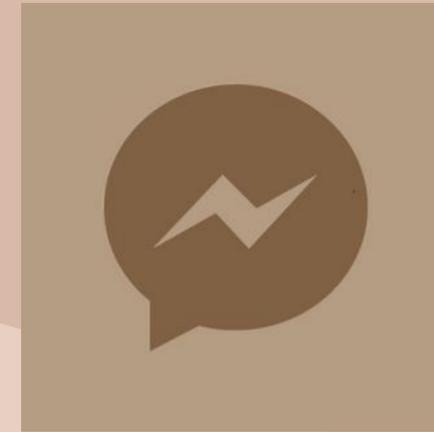
I will actively try to resolve any conflicts using fair compromise and I will always make sure nobody is treated unfairly by me or others.

I will try my best to validate their feelings, and show that they can always count on me – even if we don't really know each other.



# Digital transformation

Growing up in what some may call the digital era and one of the largest cities in Poland has conditioned me into using technology for a huge portion of my life.



Technology has always been a big part of my daily routine. I use it for research, to navigate new places, to share my life with friends, and to stay on top of world events.



The Erasmus programme focuses on teaching its participants about how technology can be both useful and dangerous.



We are taught about internet safety and identifying online scams, using banking apps on our phones and how to navigate the area using GPS.



The Programme makes us more aware of our surroundings, our options. It teaches us how to use the Internet for our gain, like advertising ourselves and finding a job later in life



# What will I do to represent that?



Before the trip i will use the Internet to learn about Portugal's customs, laws and politics, so I can be prepared for the surprises that the new country might serve me.

I will make sure to use Google maps or other digital GPS to move around the country I will go to.

Thanks to the Erasmus I will take a lot of pictures and videos, and upload them onto our projects instagram page.



# ECOLOGY

The wellbeing of our planet should be one of humanity's top priorities.

My Mother made sure to raise me with respect and deep admiration of our planet. I spent most of my childhood in mountains and forests, learning about animals and their behaviours, listening to adults talk about climate, and how our planet changes.

It made me who I am, and showed me how important the Earth and its state is to humankind.



"The Earth can endure without humans, but humans cannot survive without planet Earth."  
— [Rodrigue Tremblay](#)

Most people don't realize that we only have one planet and we are wasting our chance to preserve it



The Erasmus Programme promotes Eco-Friendly solutions like : recycling, using reusable bags and containers, limiting our plastic use. It teaches us about the importance of saving our Planet, and helping it recover

# How will I embody this value?

as a very nature oriented person i always make sure to use public transport, walk as much as I can, bring a water bottle so i can limit the number of plastic i buy & limit my use of power and water.



I will ALWAYS make sure to recycle and pick up any stray trash that falls from my pockets. When there are no trashcans i will keep my trash on myself—instead of just leaving it on the ground

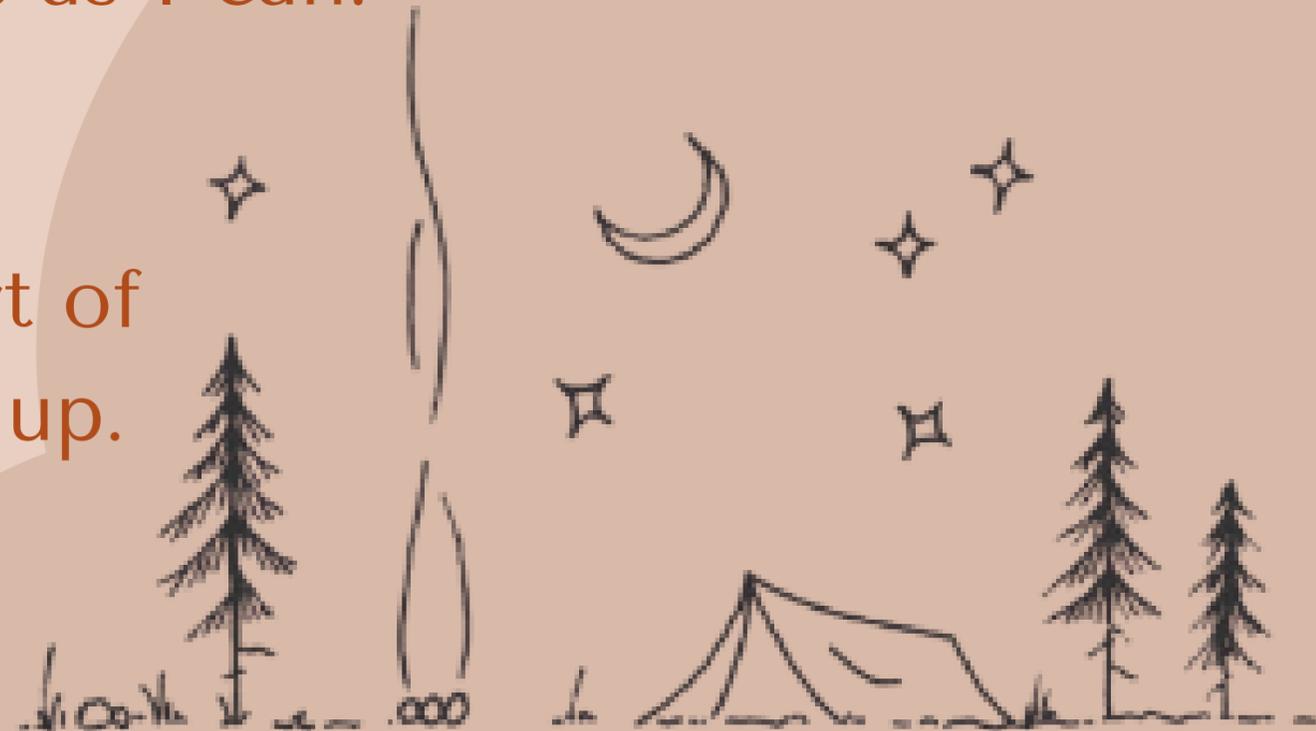


# Democratic participation, shared values and active citizenship



For a long time I was a scout, and the scout values are still strongly rooted in my heart. I've also always loved volunteering. I never look for personal gain from it, I just want to help as many people and animals as I can.

My parents always made sure that I was a part of a community, which helped me a lot growing up. I'm very thankful for it, and I will gladly represent it in other countries.



Just taking part in the erasmus programme makes me fulfill this value, as the programme makes teaching young people about their democratic and civil rights, and their duties a priority.

Erasmus is a programme that promotes knowledge and helps young people get to know the countries other than their own, taking a part in that is also promoting that kind of thing.



THANK YOU FOR  
YOUUR ATTENTION;

SOURCES USED;

<https://www.diki.pl/>

<https://pl.pinterest.com/>

<https://projektyeu-zstw.com.pl/projekty-2025/zasady-udzialu-w-projekcie-2025>

<https://erasmus-plus.ec.europa.eu/pl/programme-guide/part-a/priorities-of-the-erasmus-programme>

