



*Friday, 7<sup>th</sup> March 2025*

A full day of sessions began on a high-energy note with a series of ice breakers, warming up both minds and bodies for a day of deep discussions. After that, it was time for Dealing with stress game. In the *Dealing with Stress Game* activity, participants engaged in interactive exercises designed to help them identify and manage stress in healthy ways. Through various scenarios and role-playing games, they learned techniques for staying calm under pressure, practicing mindfulness, and finding effective coping strategies. The activity encouraged participants to reflect on their stress triggers and explore practical solutions to handle stressful situations both in their personal and professional lives. It was an insightful and empowering experience, promoting emotional resilience and mental well-being.

After the coffee break, we launched into Speed Networking, where participants rotated in quick 5-minute rounds, sharing personal insights, professional goals, or project ideas. This not only boosted confidence in speaking but also helped forge unexpected connections between participants. The goal was to introduce themselves, share their interests or professional background, and exchange contact information before moving on to the next person. This dynamic setup encouraged engagement, improved communication skills, and fostered networking in a fun and efficient way.

After lunch, it was time for the Skill Sprint activity. Skill Sprint was a high-energy, time-limited activity designed to challenge participants to develop or demonstrate a specific skill within a short period. During the session, the participants focused intensely on completing a task or solving a problem using their creativity, knowledge, and collaboration. The limited timeframe encouraged quick thinking and effective teamwork, while also helping participants identify strengths and areas for improvement. By the end of the sprint, each participant shared their results, reflected on their process, and received feedback, making it a valuable learning experience for everyone involved.

After a well-deserved coffee break, participants engaged in a fun and educational Kahoot quiz, as part of the Erasmus+ Program, that tested their knowledge on various topics related to the project's theme. The activity took place in a friendly and competitive atmosphere, encouraging students to think quickly and work individually or in teams. It served as both an ice-breaker and a learning tool, helping participants review key information while also promoting interaction among students from different countries. The use of technology made the experience more engaging, and everyone enjoyed the lively pace and the excitement of the real-time leaderboard.



The evening wrapped up with laughter, hugs, and a few late-night conversations, with everyone feeling the impact of the week—not just in knowledge gained, but in friendships formed. The night closed with an intercultural night from the participants of the Hungarian team who come from different nationalities such as Nigeria, Madagascar, India, and Kyrgyzstan.