

# Under the Dome ✨



Co-funded by  
the European Union

Erasmus+  
Enriching lives, opening minds.



YOUTH EXCHANGE  
**UNDER THE DOME**

26th October to 3rd November 2025, Zagreb



ZAGREB '25

**ZAGREB, CROATIA**

26 OCTOBER – 3 NOVEMBER 2025

*An Erasmus+ Youth Exchange on resilience, mental well-being and standing up for yourself.*

## PROJECT PARTNERS

**Coordinator:** Medical School Bjelovar (Croatia)

**Partners:** Kőrösi Csoma Sándor Baptist Grammar School (Hungary) ·

Voievodul Mircea High School (Romania)



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# Why Under the Dome



Teachers and students across the three partner schools identified a growing need to talk about resilience as a foundation of mental well-being. Anxiety, social-media pressure, cyberbullying and the lingering effects of the pandemic are reshaping how young people cope, while traditional community support networks have weakened.



*"More awareness, more 'safe spaces' than ever — yet rising mental-health struggles. Overprotective approaches haven't solved the problem; young people need real tools for a fast-changing world."*

## 01

### **Empower youth with resilience and advocacy skills**

Stress management, emotional intelligence, and the confidence to stand up for their own rights and the rights of marginalized groups.

## 02

### **Rethink safe spaces**

Move from protection-only models toward environments that build personal accountability, constructive conflict resolution and real-world readiness.

• 25% rise in youth anxiety & depression over the last decade (APA, 2023)

• 35% feel social media fuels inadequacy (Pew, 2022)

• 59% of teens have faced cyberbullying (UNICEF, 2021)





# Three schools, one mission

Under the Dome was built and delivered by three secondary schools from Croatia, Hungary and Romania — each bringing its own community and youth-work experience to the project.



## Medical School Bjelovar (Croatia) • Coordinator

 CROATIA • COORDINATOR

Secondary vocational school and Regional Centre of Competence in healthcare and social welfare. 404 students across 5 vocational tracks (general nursing, physiotherapy, lab tech, pharma tech, dental tech). Strong track record in health promotion, tolerance work and Erasmus+ youth exchanges such as Be Respectful and Responsible and What is all the fuss with social media.

## Kőrösi Csoma Sándor Baptist Grammar School (Hungary)

 HUNGARY • PARTNER

Secondary grammar school in Budapest with over 500 students aged 15–21 and an active youth club. Long experience in EU-funded exchanges, entrepreneurship education and student well-being support, with in-house psychologists and therapists.

## Voievodul Mircea High School (Romania)

 ROMANIA • PARTNER

Founded 1923, UNESCO Associated School and European School in Târgoviște. Around 800 students aged 14–19, many from rural and low-income backgrounds. Long history in international partnerships focused on well-being, aspirations and active citizenship.

Together — 3 countries • 3 schools • 1 shared mission.

# Getting to know each other



## Outdoor team building

The first day was dedicated to group building. Croatian, Hungarian and Romanian participants met for the first time and went through a series of outdoor team-building activities in a Zagreb park: name games, cooperation challenges, trust circles and trust jumps that pushed everyone gently outside their comfort zone and built the trust the rest of the week would rely on.

Name games

Cooperation challenges

Trust circles

Trust jumps

Group reflection

## Youthpass activity

Later in the day the group came together for a dedicated Youthpass activity. Participants were introduced to the eight Youthpass key competences, reflected on what they hoped to learn during the week, and set personal goals that would later feed into their individual Youthpass certificates.



*Day 1 didn't teach a single workshop — it built the trust that made every other workshop possible.*

# 12 workshops, one journey

Across the following days the participants moved through twelve interactive workshops co-designed by the three partners. Each session combined an energizer, a hands-on group activity and a reflection circle.



## 01

### **Building Resilience**

Mental strength, coping strategies and the risk factors that test us.

## 02

### **Mind & Self-Talk**

Stories we tell ourselves, inner critics and the strengths inside us.

## 03

### **Discomfort, Boundaries & Growth**

Stepping outside the comfort zone, drawing healthy lines.

## 04

### **Critical Thinking & Safe Spaces**

Logical fallacies, disagreements, and rethinking what 'safe' means.

FACILITATION WAS SHARED — CROATIA LED 5, HUNGARY LED 5, ROMANIA LED 4.



# Building Resilience

## Mental Resilience

 CROATIA

Mountain of Resilience drawing where each participant mapped a personal challenge in three sections: the Climb, the Storm and the Summit. Forum-style 'Resilience Theatre' role-plays let participants step in and try out new strategies in real time. Closed with a personal Resilience Toolbox of techniques to take home.

## Coping Strategies

 HUNGARY

Mirroring energizer, then group artwork on five coping families — physical, emotional, cognitive, social and creative — followed by 'Real-Life Coping Stories' shared in small circles. Each participant left with a personal coping plan.

## Risk Factors for Resilience

 HUNGARY

A Word Association Chain warm-up moved into mapping the risk factors that wear resilience down — internal, social, environmental, emotional and cognitive — then a problem-solving sprint where groups invented realistic ways to navigate them.



“

*"Resilience is built through experience, mindset shifts and supportive networks."*



# Mind @ Self-Talk

 CROATIA

## Storytelling and Personal Narrative

Story Chain warm-up, Object Stories where everyday objects unlocked personal memories, and a Story Walk where each participant retold their story to several new partners — and watched it grow with every retelling.

 HUNGARY

## Overcoming Negative Self-Talk

Anonymous inner-critic notes were collected into a box, then turned into the 'Theatre of the Mind' role-play: groups acted out the Inner Critic taking over a real-life moment, then replayed the same scene with an Inner Coach. Closed with an Affirmation Walk through the room.

 ROMANIA

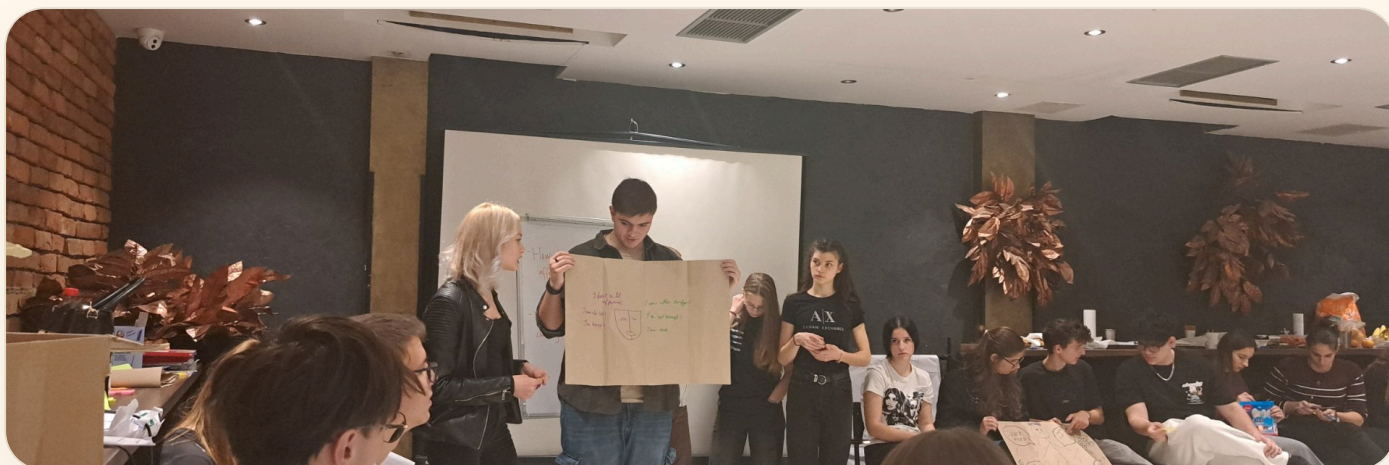
## Strengths and Superpowers

Superpower Introductions, a Strengths Mirror in pairs, Superhero Storytelling in small groups, and a one-line personal Superpower Statement — **'I am \_\_\_\_, \_\_\_\_, and \_\_\_\_, and I use my superpowers to \_\_\_\_.'**



*"Your stories matter. Keep telling them."*

# Discomfort, Boundaries & Growth



## Exploring Discomfort as Growth

LED BY 🇨🇷 CROATIA

The room split into three concentric circles — Comfort Zone, Stretch Zone, Panic Zone — and participants stepped into the one that matched each statement they heard. Group work on a Discomfort Map, then growth-mindset commitment cards exchanged with three other people.

## The Pitfalls of Overprotection

LED BY 🇨🇷 CROATIA

Forum theatre on overprotective parents, teachers, managers, friends and youth leaders — first played 'badly', then replayed with healthier responses. Closed with the Growth Balance Scale: support that helps me grow vs. support that holds me back.

## Boundaries

LED BY 🇷🇴 ROMANIA

Boundary Dilemma stories acted out with two endings: one where boundaries are ignored, one where they're respected. A visual map of physical, emotional, time, communication and social/work boundaries.

✦ *"Growth happens when we embrace discomfort — and protect what matters with healthy boundaries."* ✦

# 04 Critical Thinking & Safe Spaces

ROMANIA

## Logical Fallacies

Two Truths and a Fallacy as a warm-up, then 'Spot the Fallacy' on real ads, social-media posts and political slogans across five fallacy families (emotional, misdirection, faulty assumption, attack-based, overgeneralization). Closed with a fast-paced Can You Resist the Fallacy? movement game.

HUNGARY

## Disagreements

Blind Counting energizer, paired performances of the same disagreement handled badly and constructively, and a Reframing Disagreements writing reflection that turned conflicts into opportunities for connection.

ROMANIA

## Safe Spaces — Pros and Cons

Four Corners debate on safe spaces, pros/cons mapping across well-being, inclusivity, free speech, learning and community, and a Design-a-Safe-Space case-study challenge for university, online and youth-organisation settings.

HUNGARY

## Alternatives to Safe Spaces

Five concepts side by side: Brave Spaces, Resilient Spaces, Growth-Oriented Spaces, Mutual Accountability Spaces and Facilitated Open Spaces — each tested against a real-world scenario.



“*Spaces that protect us matter — but spaces that grow us matter more.*”

# One night, three cultures

Croatian, Hungarian and Romanian participants shared traditional food, music, dances and short presentations about their countries. Each team prepared a tasting table, a slideshow and a performance — from Croatian sweets and folk songs to Romanian embroidered shirts and Hungarian dances. The evening became one of the most memorable moments of the exchange — laughter, new friendships and a real sense of European belonging.




 Croatia — Food tasting and country slideshow



 Romania — Traditional embroidered ie shirts and folk presentation



 Hungary — Hungarian music and dance circle

*"We came as three groups. We left as one."*

# What we created together

As a media output, participants co-produced three short videos for use in dissemination back home. Each video started from real conversations during the workshops.



## 01 VIDEO 01 — Overprotective Parents and Youth Resilience

A story showing how 'helicopter parenting' can backfire — a girl feeling trapped, hidden behaviour, and finally an honest conversation that rebuilds trust and independence.

*Message: balanced parental support helps young people grow resilient.*

## 02 VIDEO 02 — Overcoming Fear of Public Speaking

A young woman pushes through anxiety with the support of friends, fails a few times in practice, and finally delivers her presentation.

*Message: personal growth often comes from facing uncomfortable situations.*

## 03 VIDEO 03 — Erasmus+ Youth Exchange Experience

A behind-the-scenes look at Under the Dome — the activities, intercultural collaboration, teamwork and reflections that made the project.

*Message: an invitation to other young people to take part in similar opportunities.*

# Spreading the dome


After the exchange, all three partner schools shared the project's results both inside their classrooms and out in their wider communities — to inspire other young people to join future Erasmus+ projects.

## Section A — Inside the schools (three small country cards in a row):

 **Medical School Bjelovar (Croatia) · November 2025**

A dissemination presentation with photos, participant reflections and workshop highlights.

**Reach: ~70 students, teachers and staff.**

 **Kőrösi Csoma Sándor Baptist Grammar School (Hungary) · 12 Nov – 5 Dec 2025**

Sessions in five classes (9.A, 9.B, 10.A, 10.B, 10.C) using the materials and short videos from Zagreb.

**Reach: ~150 students, 5 teachers, 2 youth leaders.**

 **Voievodul Mircea High School (Romania) · 14 November 2025**

Youth leaders re-ran the 'Pitfalls of Overprotection' workshop for younger students with energizers, group work and role-play.

**Reach: ~30 students.**

## Section B — Outside the schools (sticker-style bullet list):

- **Articles and posts on school websites, Facebook and Instagram of all three partners**
- **A feature article in the Romanian local online newspaper Dambovitianul**
- **Cross-posts on Erasmus+ community platforms**

# 250+

Total reach (big stat block): 250+ students, teachers, parents and community members across three countries.

# In their own words



*"During this Youth Exchange, I learned how to build mental resilience and create safe spaces through interactive workshops and group activities. I experienced powerful discussions on overcoming negative self-talk, exploring strengths and superpowers, and understanding healthy boundaries. The hands-on media creation sessions allowed me to express these concepts creatively, while activities on coping strategies and logical fallacies taught me to think more critically. This experience has equipped me with practical tools to navigate challenges and inspired me to promote mental well-being in my community."*

Marija ·  Croatia



"I met amazing people, learned how to collaborate better in an international team, and got out of my comfort zone. It helped me develop confidence in expressing ideas, solving problems creatively, and understanding different cultures. Overall, it was a mix of fun, learning, and growth that I'd definitely recommend to anyone."

Eduard-Mihai ·  Romania

"During this Youth Exchange, I learned how to strengthen resilience through workshops on mental strength, safe spaces, and overcoming challenges. I gained new insights into how to turn difficulties into opportunities for personal growth. This experience has motivated me to apply these lessons in my everyday life and support others in building their own resilience."

Maxim-Noel ·  Croatia

"This youth exchange helped me with proving to myself that I can develop and improve speaking in front of people and that I am capable of making friends with foreigners. I loved every moment. I've made friends with people I'm sure I'll keep in touch with. This exchange helped me to learn a lot about Romania and Croatia and also about myself. I'm looking forward to take part in similar Erasmus programs as well. I enjoyed it really much."

Zoé ·  Hungary

"I had the privilege of connecting with a group of remarkable individuals, engaging in a fruitful exchange of experiences and knowledges that we can undoubtedly leverage in our future experiences. This collaboration allowed us to master the art of working as a group, effectively tackling complex challenges, improvising situations, and learning. Furthermore I learned more about conflict resolution techniques that significantly helped my ability to operate with different teams and groups."

Mariia ·  Hungary

Thank you to every participant, facilitator and partner school who made Under the Dome possible.

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