



# ERASMUS+ BREAKING



# STEREOTYPES



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# What we have done in the project



During the project, we took part in a variety of activities that helped us learn, reflect and collaborate as a group. We started with team-building games and icebreakers to get to know each other and create a positive atmosphere.

We worked in mixed groups on different workshops where we explored identity, stereotypes, discrimination and how Islamophobia appears in everyday life. Through discussions, visual exercises and small tasks, we compared our experiences and learned to recognise how prejudice is formed.

We also did practical activities that helped us understand media influence, fake news and how online hate speech spreads. These sessions taught us to think critically and to question the information we see.

Creativity was an important part of the project. We used theatre exercises, role-plays and interactive methods to analyse real situations and understand the roles of victim, bystander and upstander. We also expressed our ideas through the graffiti activity "Spray for Change".

In addition, we learned about Erasmus+ opportunities, Youthpass and all the ways young people can participate in international projects.

We also worked in teams to create the digital outcomes of the project: videos, the final video, the blog and this magazine.

Intercultural evenings gave us the chance to experience the cultures of Spain, Italy, Romania, Türkiye and Bulgaria through food, music, dances, games and presentations.

# Summary of activities

We began the project by creating a safe and positive atmosphere where everyone could feel included. The first hours were dedicated to discovering each other's personalities, backgrounds and expectations through dynamic icebreakers and small group activities. These moments helped us understand how diverse our group was and how much we could learn from one another.

At the start, we also explored the goals of the exchange: understanding discrimination, promoting tolerance, and learning how young people can become active changemakers. This helped us build a common direction and a sense of purpose for the week.

We set our group rules together, discussing how to communicate respectfully, how to support each other, and how to make the environment comfortable for everyone. This created a feeling of responsibility and teamwork from the very beginning.

Participants also took part in expectation-setting tasks and personal reflections, sharing what they hoped to learn, improve or overcome during the experience. This moment allowed each person to enter the project with intention and motivation.

By beginning with openness, collaboration and curiosity, the group quickly transformed from strangers into a united learning community, ready to dive into deeper topics and meaningful activities.





During the youth exchange “Breaking Stereotypes – Building Friendships”, participants took part in workshops, creative activities and intercultural sessions focused on understanding Islamophobia, breaking stereotypes and discovering new Erasmus+ opportunities.



Creativity was a big part of the project: we used role play, Forum Theatre methods and graffiti art (“Spray for Change”) to express messages of tolerance and reflect on real cases of discrimination. We also worked in teams to create digital project outcomes, including educational videos, a final project video, a blog and this magazine.



Every evening, we enjoyed intercultural nights where Spain, Italy, Romania, Türkiye and Bulgaria presented their cultures through games, music, dances and traditional food.



A meaningful moment was the visit to a local mosque, where we had the chance to speak with community members and challenge misconceptions.

# INTERVIEWS - 3



## Questions:

- 1. What are you enjoying the most about this Erasmus+ project in Bulgaria?**
- 2. What has surprised you the most about meeting people from other countries here?**
- 3. Which activity in the Erasmus+ has helped you learn the most about other cultures?**
- 4. In your opinion, why do you think projects like this help reduce prejudice between countries and people?**
- 5. Have you learned anything about Islamophobia and how to avoid it during this Erasmus?**

1. I am enjoying the foreign people who don't know Islam correctly learning from a good source.
2. I am surprised that they know a lot about Turkish food.
3. Obviously cultural night and the times that we spent on nights
4. Because people get to know other people face to face and get to know them truly
5. Actually I didn't learn that much, but I learnt that people who don't know Islam know a lot of false information about Islam.

Turkey-Kerem

1. The food and the fact that I didn't have to go to school for 1 week
2. How kind and open-hearted people are from other countries
3. The list of tasks we had to complete in the centre of Bansko
4. Because we learn about others' culture and their beliefs
5. Yes, because I was really misinformed about this topic.

Romania-Dumitru

1. I am enjoying that I have met new people and made new friends
2. The thing that surprised me the most here about meeting people was that I've learnt about their traditions and culture
3. Definitely the cultural nights.
4. Because people learn about other countries, about other people traditions, making us to understand each other.
5. I've learnt about their religion and their culture. Most of the things I didn't know, which made me understand the Muslims.

Romania-Stephan

1. I enjoy meeting new people, making friends, and discovering their food culture.
2. Their food culture surprised me the most.
3. The graffiti activity and spending time with new friends helped me the most.
4. Because they help us listen to each other and understand different cultures.
5. Yes, I learnt to be careful about what the media shows and not to believe stereotypes

Turkey-Salih

1. The fact that I can broaden my horizons, meet new people, and make new friends.
2. Everyone is very nice and very easy to talk to and get to know.
3. The cultural night, the presentation, and the food—along with other activities—have helped me learn much more about the culture of other countries.
4. They inform people about the religion so they can think better without judging.
5. Islamophobia is something that comes from being poorly informed.

Bulgaria-Mario and Viktor

# Interviews - 2

1. We've met a lot of people, we're learning many things about Islam that we didn't know before. We're learning about traditions, food, and drinks from other countries. On top of that, we're learning and practicing English.
2. I was really surprised by how much stigma there is about Bulgarians, for example, that they're very distant, but here I've seen that it's not true and that everyone is open to meeting others. I didn't expect us to be so united and so close; I thought each country would just stick to their own group.
3. The intercultural night, the questions, and the informative talk they gave us about Islam and about the difference between culture and religion.
4. When you meet a real person and they tell you about their experience, it helps you humanize everyone and avoid putting people into general categories. You realize that we're all the same; we just speak different languages. That's the only real difference you notice in a project like this, because in everything else we're all equal.
5. Yes, especially learning to distinguish religion from culture — they're not the same — and not to mix up Islamic countries.

Spain-Demetrio and Loreto

1. The location, the food, and the people. It's really cool that there is a jacuzzi and a pool, not just because they are nice, but because they are social spaces where we have met a lot of new people.
2. The words we have in common and the cultural habits we share. Also, Turkish food is very, very good, and Spanish drinks are also great. Seeing how similar we really are despite having different cultures and habits.
3. The activity of learning things about Islam and its pillars. But above all, the intercultural night and learning the dances from other countries.
4. Because you meet people you normally wouldn't meet. You can share your culture and learn about others, and talking with people your age is also very nice.
5. It wasn't so much learning something new, but rather expanding our knowledge

Italy-Arsen and Cristina



# Learn, Travel, Grow

## European Youth Portal

A platform sharing inspiring stories from young people across Europe and offering information on opportunities like volunteering, studying, and working abroad. It supports youth looking for personal and professional development.

## European Solidarity Corps

An EU program that funds volunteering and solidarity projects for young people aged 18–30. It helps participants develop skills while supporting communities and social causes across Europe.

## SALTO-YOUTH

A network of resource centres that provides training, tools, and support for youth workers and organizations involved in Erasmus+ and Solidarity Corps. It helps improve the quality of youth projects across Europe.

## DiscoverEU

An Erasmus+ action giving 18-year-olds the chance to travel across Europe by train. It promotes cultural discovery, new friendships, and learning about Europe's diversity.

## Erasmus Intern - AIESEC platform for internships

An internship platform where companies post international traineeship offers and students can apply for placements abroad. It connects young people with cross-border professional experience linked to Erasmus+.

## Erasmus for Young Entrepreneurs

A cross-border exchange where new entrepreneurs learn from experienced business owners in another country. It's designed for aspiring or early-stage entrepreneurs to gain skills, ideas, and international connections.

## Mladinfo

A global opportunities website sharing scholarships, internships, jobs, grants, and trainings. It supports young people searching for education and career development possibilities.

## Youthpass

A certificate that recognizes learning in Erasmus+ Youth and Solidarity Corps projects. It helps participants reflect on and showcase their personal and professional development.

*“Your journey starts with one opportunity. Europe offers you many.”*

Erasmus+ Magazine

# Breaking Stereotypes – Building Friendships

