

# ERA

## AUTUMN EDITION

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Erasmus Student Network  
Hungary



# Pannónia Short-Term Mobility

## How to Apply (and Why You Should)

For many early career researchers and students, short-term mobility can be the most impactful step in their academic journey. The Pannónia Scholarship Programme provides flexible and accessible funding for short visits such as attending different meetings, international conferences, workshops, or even short research stays. Short-term Pannónia funding is designed to support professional development without requiring long absences from home.

Participants often highlight the following three main benefits of the programme:

**Visibility:** Presenting or even just attending at conferences significantly increases your academic presence, and can potentially open doors for you in the future.

- **Networking:** Short term mobility can help you establish collaborations that can turn into long-term partnerships.
- **Skill-building:** Participating in international workshops provides hands-on skills and practical experiences that you cannot acquire elsewhere.

Below is a simplified overview of the process. It typically does not take long time to prepare the full application, so there is no reason for you to not to make the most out of this opportunity!

**Check your eligibility:** Do you meet the basic criteria?

- enrollment status (student, young researcher, or early-career member of an organisation)
- semesters completed (you have completed at least one semester)
- language level (if needed)

**Select your mobility type and host:** Identify a suitable partner institution/event. Confirm a signed agreement exists between your university and the host!

- Short study/research visits (2–30 days): study periods or research projects at a partner university or institute (coursework, lab work, field research)

- Conference/congress participation (2–30 days): attend and actively contribute (e.g. present a paper, give a lecture or workshop) at international conferences, symposia or competitions

- Workshops/events: Short professional or academic workshops, expert group meetings or summer schools where the participant has a concrete role or presentation

+ bonus opportunity for medical trainees:

- Clinical placements: short rotations in partner hospitals (typically 2–30 days) if part of your study program

### **Prepare the required documents:**

- Motivation letter: outline objectives and academic relevance of your attendance:  
How does the Programme benefit you?
- CV: a resume (with photo) in English or Hungarian
- Language certificate: proof of language proficiency
- Proof of student status: Enrollment certificate or declaration from your university confirming active academic status
- Host acceptance: Official invitation or letter of acceptance from the host institution
- Transcripts: Academic records for previous semesters (minimum 1–2 semesters of grades)
- Budget plan (travel + accommodation + participation fee)

**Submit your application:** Upload all documents to the application portal of your university and indicate the exact dates and purpose of mobility.

**Wait for confirmation:** Decisions typically come quickly. If approved, you will receive a grant agreement and instructions for financial administration.

### **Tips for a Successful Application:**

- Be concrete: briefly describe what you will gain and how it contributes to your professional development.
- Show impact: explain how your participation benefits your institution or community.
- Keep it realistic: propose a reasonable, well-justified budget.
- Plan and apply early: flights and accommodation get more expensive close to the event.

### **Final Thoughts:**

The Pannónia short-term mobility is one of the easiest ways to access international academic opportunities with minimal efforts. Whether you are presenting research, joining an event like EGM for the first time, or attending a specialised workshop, the programme is designed to support your growth.

If you have never applied before, this is your sign to try. This might be the step that shapes your next academic chapter. Do not hesitate, begin your 2026 year successfully!



ERA - SUMMER EDITION

# Social Impact Days – Fall 2025 Edition



## **"Gotta Raise Impact, One Event at a Time!"**

Social Impact Days isn't just another campaign; it's a legendary test of values, courage, and creativity. Every year, ESN sections across Europe join forces to champion inclusion, sustainability, health, culture, and education. This fall, Hungary's local sections stepped into the SID arena ready to evolve, bringing with them Pokéball-sized ambition, a full deck of cause-based strategies, and an electric hunger to make a difference.

From Budapest to Szeged and Pécs, ESN Hungary's SID campaign transformed cities into community gyms where values were trained, stories exchanged, and awareness battles fiercely fought. At ESN BME, students poured their efforts into a heartfelt Charity Toy Sewing initiative, crafting handmade plush toys and comfort items to be donated to children in need. Every stitch told a story of care and community impact, offering more than material gifts and giving joy and solidarity. ESN ELTE, never one to play it safe, hosted a thought-provoking Food for Future Workshop exploring plant-based sustainability and animal rights,

In ESN Pécs, the local section made their SID events a spectacle of talent and storytelling. Their flagship event, Hungary's Got Talent, invited Erasmus students and local volunteers to share their voices through music, dance, poetry, and original performances. The spotlight wasn't just about applause; it revealed stories of resilience, cultural pride, and shared humanity. The causes were complemented with ESN Corvinus' visit to the Hungarian Money Museum, where financial literacy and social responsibility came together in an interactive side quest that challenged how we view and spend resources.



ESN LUPS went beyond the classroom and into the community with a heartwarming dog shelter visit, where volunteers spent time caring for rescued animals and learning about the challenges of animal welfare. The experience created space for meaningful conversations on ethical responsibility and social empathy. In ESN Szeged, Szeged sprinted into SID with a high-energy Charity Run, where participants ran for a cause and raised donations in support of local organizations. Not stopping at physical endurance, they slowed things down with a reflective and creative Candle and Advent Wreath Workshop, where students crafted festive decorations while discussing traditions, mental wellbeing, and community. These contrasting events showcased the section's ability to balance action and contemplation.

Each section brought its own evolution strategy. SID wasn't about who did more, but how each action reflected care, creativity, and connection. Whether through performance, education, craft, or dialogue, ESN Hungary's Social Impact Days proved that real transformation doesn't require grand battles: it starts with small, intentional actions taken together.

Until next SID... stay curious, stay bold, and above all—stay legendary.  
#SocialImpactDays #ESNHungary #CauseMasters #SIDFall2025



# SEEP REPORT

## LÍVIA - INTCOM

### SEEP Yerevan 2025 — An Unforgettable Experience in Armenia

From October 9th to 12th, I had the incredible opportunity to attend SEEP (South Eastern European Platform) Yerevan 2025 as an international guest in the beautiful city of Yerevan, Armenia. The event, organized by Erasmus Student Network Yerevan, brought together 129 participants from across the region for four inspiring days filled with trainings, workshops, cultural experiences, and meaningful discussions hosted at Yerevan State University (YSU) and Armenian State University of Economics (ASUE).

Being surrounded by motivated and passionate young people from various ESN sections across Europe made this event truly special. We exchanged ideas, shared experiences, and learned from each other, both professionally and personally.

I took part in three well-structured and interactive workshops, each offering valuable insights and practical tools:

#### Effective & Non-violent Communication:

We explored different communication styles, how to express ourselves clearly and with empathy, and how to create an environment where everyone feels heard and included. Through group exercises and shared experiences, we practiced thoughtful communication that strengthens teamwork and prevents misunderstandings.

#### La Casa de Institutional Cooperation:

In a fun and creative Casa de Papel-themed setting, we learned about institutional collaboration, stakeholder mapping, and negotiation techniques that lead to win-win outcomes. The workshop helped us better understand how ESN can work with partners strategically and confidently.

#### Cultural Intelligence:

This session focused on cultural awareness and adaptability. We discussed real-life scenarios, explored how values and communication styles differ among cultures, and learned how to navigate diverse environments more sensitively — a key skill in international volunteering and teamwork.

Each workshop encouraged participation, reflection, and teamwork, making the learning experience both useful and enjoyable.

One of my favourite parts of SEEP was the Armenian Night, where we experienced Armenian traditions in a very fun and memorable way. We even imitated a traditional Armenian wedding. Through a game, we chose a bride and groom from the participants and went through symbolic traditions together.

The evening took place in a beautiful restaurant where we were served an incredible amount of delicious local food. We also had the chance to try Armenian wine. It was a wonderful experience!

Another unforgettable moment was the International Dinner, where each country presented their national foods, snacks, and drinks. It became a lively cultural celebration. Lots of music, dancing, laughter, and once again, a lot of food. It was a true ESN-style party filled with good vibes and cultural exchange.

Our stay in Yerevan became even more special because the city celebrated its 2807th anniversary on our last day. In the evening, we joined the crowds in the city centre, enjoyed a concert by a famous Armenian artist, and watched beautiful fireworks illuminating the skyline. It was the perfect way to end the event, experiencing the city's proud history and lively culture together.

What made SEEP truly special were the people and the atmosphere. I connected with many friendly, open-minded, and inspiring volunteers from across Europe. We exchanged perspectives, shared experiences from our sections, and supported one another – both professionally and personally.

This event gave me not only new knowledge, but also valuable human experiences that challenged me, inspired me, and helped me grow. I returned home with renewed motivation, more confidence, and a deeper appreciation for the ESN community.



# NA REPORT

## NIKOLETT ARADI, PRESIDENT OF ESN BME

### WHAT'S THE BEST LESSON YOU'VE LEARNT FROM RUNNING THIS EVENT?

That preparation is magic, but flexibility is the real spell. No matter how detailed the planning is, the ability to adapt quickly and creatively makes all the difference. I also learned how powerful it is when volunteers feel ownership, the energy of the OC truly shaped the event.

### WOULD YOU DO IT ALL AGAIN? IF YOU COULD CHANGE ONE THING ABOUT IT, WHAT WOULD IT BE?

Absolutely, I had a lot of fun and it was really calm planning this event !

If I could change one thing, I would give us more time for setup and a little meeting with the helpers at the beginning to have everyone on the same page from the start.

### WHAT WAS SOMETHING UNEXPECTED THAT HAPPENED? HOW DID YOU HANDLE IT?

At one point, we found out that the dormitory's common room was not in use anymore, which meant our second social program needed a completely new location

We handled it by going full-on Weasley: quick teamwork, improvisation, and a little tape magic. Thankfully, the university staff were incredibly supportive and allowed us to stay longer in the plenary building, so we could still run the full game exactly as planned. After that, we let the participants loose and kept the rest of the evening flexible and free and it turned out great in the end!

### ANY FUNNY BACKSTAGE OC INFORMATION YOU WOULD LIKE TO SHARE?

We clearly have no choice but to organise a third NA with this theme, maybe then we'll finally get to see Nyürbi in his dementor outfit, which we tragically left behind in Budapest :(((

### HOW WOULD YOU DESCRIBE THE EVENT IN ONE WORD OR SENTENCE?

Magical. Watching the whole vision come to life in front of us felt absolutely magical.

### ANY MESSAGE FOR THE NETWORK?

It was really good to see that people enjoyed the social program as much as we did, it made me really happy to see the different groups and their creative ideas and real collaboration. I hope we can keep this active mindset and continue engaging in the important sessions as well as the fun ones. Keep up the good work!



# **Celebrating 36 Years of Students**

## **Helping Students:**

## **The ESN History Book**

For 36 years, the Erasmus Student Network has been part of countless mobility stories, connecting students across borders and helping them make the most of their international experience. To celebrate this milestone, we are proud to launch the ESN History Book - 35th Anniversary Edition, a celebration that's been worth the wait.

This special edition celebrates all the volunteers, stakeholders, and friends who shaped ESN into what it is today. It tells the story of how a small group of former Erasmus students in 1989 came together with one idea: to help future students live the same life-changing experience, and how that idea grew into one of the largest student organisations in Europe.

The History Book highlights 35 years of volunteering, friendship, and shared values. It is also a thank you to everyone who contributed to building a stronger network and improving the experience of international students around the globe.

We invite you to celebrate this anniversary with us and discover how far we have come together.



**EXPLORE THE ESN HISTORY BOOK**  
**- 35TH ANNIVERSARY EDITION**

# GA Wrocław

## Kinga, NR

At the end of November, we, as the National Board of ESN Hungary, went to the General Assembly Autumn 2025 in Wrocław, Poland – the highest decision-making body of ESN at the International Level.

There, we listened to important discussions and took part in making key decisions regarding the future of ESN. For example, the National Boards accepted the Budget of ESN International for 2026, as well as the Action Plan amendments proposed by the International Board.

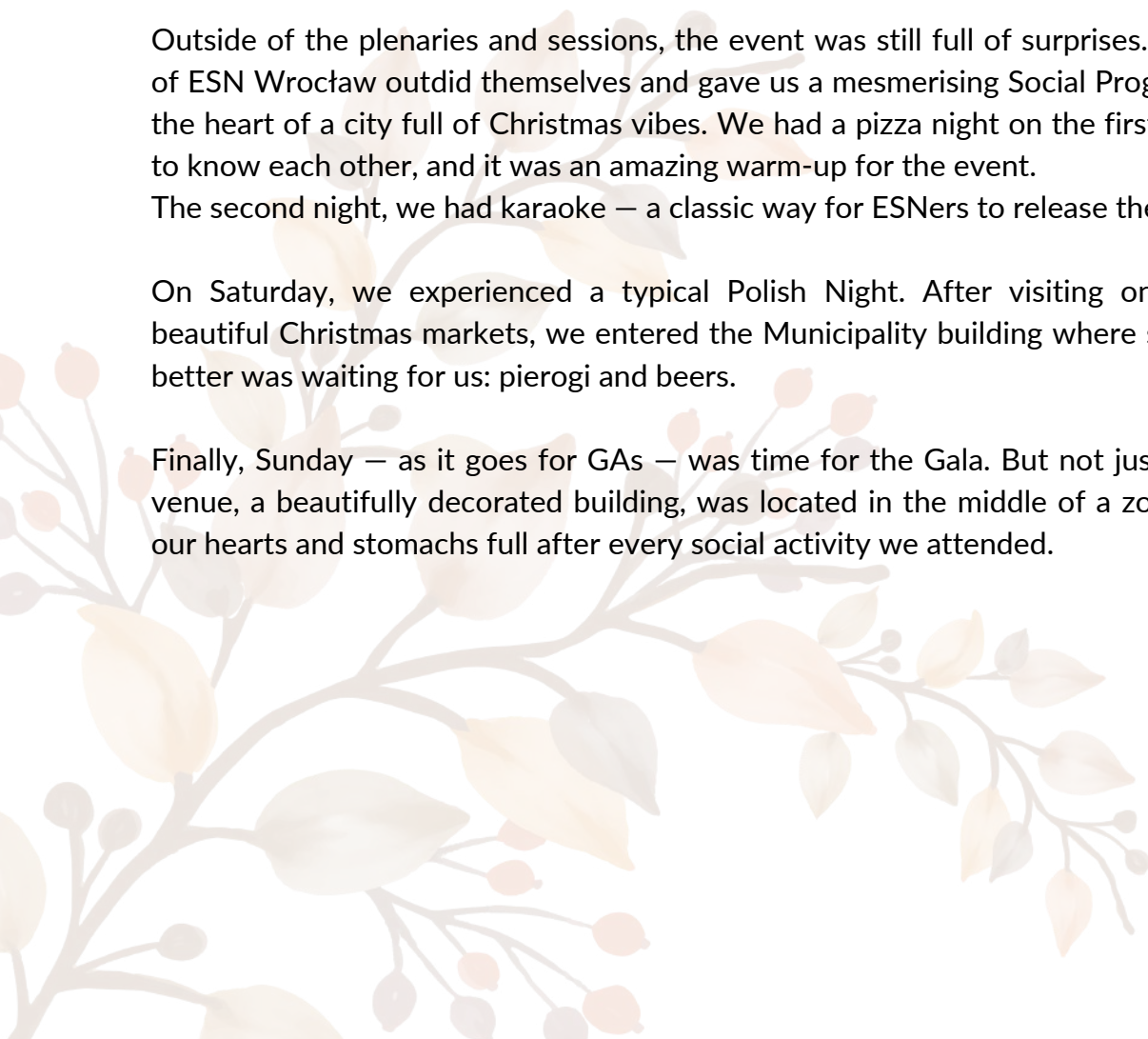
We also participated in insightful sessions held by the International Level on different topics, such as Policy Papers, the Digital ESNcard, the future of the EGM, the separation of VP Portfolios, and many others.

Outside of the plenaries and sessions, the event was still full of surprises. The volunteers of ESN Wrocław outdid themselves and gave us a mesmerising Social Programme, right in the heart of a city full of Christmas vibes. We had a pizza night on the first evening to get to know each other, and it was an amazing warm-up for the event.

The second night, we had karaoke – a classic way for ESNers to release the stress.

On Saturday, we experienced a typical Polish Night. After visiting one of the most beautiful Christmas markets, we entered the Municipality building where something even better was waiting for us: pierogi and beers.

Finally, Sunday – as it goes for GAs – was time for the Gala. But not just any Gala! The venue, a beautifully decorated building, was located in the middle of a zoo. We left with our hearts and stomachs full after every social activity we attended.





# GA Wrocław

Kinga, NR

Thank you, ESN Wrocław!

As for me, it was my first GA, and I was the only one on the board experiencing that for the first time. I can confidently say that it was one of the best events I have attended. Seeing so many people from other ESN countries working similarly to us on the national level – especially the National Boards – was truly motivating. Every conversation I had was deep, meaningful, and professional, and with every participant and organiser I met, I saw something rare and valuable: a true love for the Network and a genuine passion for what we do.



# Psychology session in Corvinus

The 2025 Autumn Kapszli Saturday – KŐSZ – was a truly defining moment for us at ESN Corvinus. For the first time in our section's history, we organised an open, wellbeing-focused academic event for the entire university community. Wellbeing has always been important to us, but we often felt that there was a gap between students' everyday challenges and the support available to them. With KŐSZ, we wanted to take a meaningful step toward filling that gap and creating a space where honest conversations about mental health could happen.

Collaborating with KAPSZLI played a key role in this. KAPSZLI is a nonprofit student organisation at the Károli Gáspár University of the Reformed Church in Hungary, well known for their national conference series, the Kapszli Psychology Days. Their mission is to make psychological knowledge accessible and relatable for students, and working with them allowed us to bring authentic, reliable expertise into our event.

KŐSZ focused on the theme of FEAR—how it shows up in our lives, how it affects our thinking, and how we can learn to navigate it. We wanted to address the everyday “monsters” many students face: anxiety, burnout, insecurity, and the pressure that distorts self-image.

## **Our programme featured four inspiring specialists:**

Dóri Fejes (sport psychology specialist) –  
Running Therapy

Nóra Füzes (sexual psychology specialist)  
– Sex and Anxiety: When Desire and Fear  
Intertwine

Blanka F. Tóth (sexual psychology  
specialist; family and couples therapist in  
training)  
– Self-Awareness Pays Off: Wellbeing as  
an Investment

Gréta Vaskor (mental health professional,  
family and couples therapist, fairy-tale  
therapist, family and systemic  
constellator) – Fears in Fairy Tales: Safety  
and Coping Through Stories





# Psychology session in Corvinus

More than 120 students and educators from different universities joined us, creating an open, reflective, and genuinely engaging atmosphere. The event not only offered professional and emotional value, but it also helped raise awareness of ESN Corvinus among students and lecturers outside our own university, showing them that ESN is also committed to wellbeing and meaningful dialogue.

Looking back, KŐSZ was an important milestone for us—but more importantly, it was the beginning of something bigger.

This was only the start of our journey. Stay tuned!



# My Experience as a Volunteer at Spree Break Berlin

Walter Lilla

Hey, I'm Lilla, the PR Manager of ESN BME, and this year I had the privilege of volunteering at Spree Break Berlin. It turned out to be one of the most memorable experiences of my Erasmus year.

Berlin is an incredibly unique city with an electric atmosphere and endless surprises. Between the three completely different Christmas markets worth exploring and the spontaneous rave parties that suddenly pop up in metro stations at night, it's impossible not to fall in love with its energy.

As volunteers, we were provided with free accommodation including breakfast, a ticket to the afterparty, and a welcome package with a tote bag and stickers. In exchange, we only had to help in two activities—an amazing deal considering everything we received and experienced.

My first volunteering role was during the Flag Parade. Our job was to keep the lines organized as hundreds of students marched through the city. Streets were closed off just for us, with police cars leading the way. It was incredible to see so many nations represented and to feel how diverse and vibrant the ESN community truly is. Walking down one of Berlin's biggest avenues at sunset, seeing the TV Tower in the distance and arriving at the Berliner Dom, was absolutely magical. I probably sang "Gute Laune" at least ten times, and we danced through the streets to ABBA and the Macarena.

During the event, I also met several Hungarian Erasmus students in Germany. We created a group chat, stayed in touch, and are already planning future visits. It felt wonderful to connect with people who share the same experiences abroad.





My second volunteering activity was at the Afterparty. ESN had reserved an entire club for us right in the heart of Berlin. The music was fantastic, everyone danced, and a dedicated safety team made sure we could all enjoy the night responsibly.

Being part of the volunteer team was truly rewarding. I also got to meet the amazing volunteers from ESN Berlin, who were incredibly friendly and open. To my surprise, our volunteer coordinator had previously spent a semester on Erasmus at BME—seeing a familiar face in such a big city made the experience even more special.

Overall, Spree Break Berlin was unforgettable—not just because of the city’s beauty and character, but because of the people, the atmosphere, and the connections I made. I returned home with new friends, wonderful memories, and, admittedly, very tired. But it was absolutely worth it.



**THANK YOU FOR YOUR ATTENTION! SEE YOU NEXT TIME! :)**

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