



TAMÁSI ÁRON GIMNÁZIUM



# AI AND I YOUTH EXCHANGE

# ERASMUS+

USE ARTIFICIAL INTELLIGENCE  
RESPONSIBLY AND EFFECTIVELY



**Erasmus+**

Enriching lives, opening minds.



Co-funded by  
the European Union



# TABLE OF CONTENTS



## ABOUT THE PROJECT

Short description about the Erasmus+ programme. What does AI and I involve, what is the goal of it, who are the participants, how does it work?



## TEAMBUILDING & ENERGISERS

Creating the atmosphere for the youth exchange with games and fun, building trust and relationships.



## AI TOOLS & WORKSHOPS

The actual learning part of the exchange. Focusing on improving AI usage and presentation skills.

# AI AND I ERASMUS+



## WHAT IS AI AND I PROJECT ABOUT?

The project aims to empower young people and schools to use artificial intelligence responsibly and effectively in learning and youth work, while minimizing its risks.

- Prepare young people for a changing job market by increasing awareness of how AI is transforming professions.
- Support teachers and schools in adapting to AI by introducing tools that enhance teaching and learning, while also learning how to recognize inappropriate AI use in student work.

- Promote balanced AI use, emphasizing that AI should support learning rather than replace effort, creativity, and independent thinking.
- Overall, the project equips young people with the skills to use AI to overcome learning weaknesses, develop strengths, make informed career choices, and remain critical, responsible learners in an AI-driven world.



## WHAT IS ERASMUS+ YOUTH EXCHANGE ABOUT?

Erasmus+ is a European Union initiative aimed at supporting education, training, youth, and sports throughout Europe. As one of the EU's main programs, it encourages mobility and collaboration between individuals and organizations from different countries. The programme provides opportunities for students, staff, and professionals to study, receive training, gain work experience, or volunteer abroad.

It also strengthens partnerships among educational institutions, youth organizations, businesses, and other stakeholders to promote cooperation, innovation, and the exchange of good practices. Erasmus+ includes several key actions, such as Key Action 1 (individual mobility projects), Key Action 2 (cooperation for innovation and sharing best practices), Key Action 3 (support for policy reform), and Jean Monnet activities (focused on European integration studies).

An Erasmus+ Youth Exchange brings together young people from various countries for short-term projects centered on learning, cultural exchange, and skill development. These projects help foster intercultural understanding and encourage active citizenship.



# TEAMBUILDING, ENERGISERS



The entire first day was dedicated to building connections between participants from three countries. Activities were designed to create trust, cooperation, and friendship among the international group. Also setting ground rules, learning names and everything about youthpass.

## BUILDING RELATIONSHIPS THROUGH GAMES:

PASSING THROUGH ROPE

CONFLICT MANAGEMENT  
THEATRE

FRUIT SALAD

TRUST FALLS

HUMAN BINGO



## ENERGISERS:



Participants take part in a short energizer activity as an icebreaker before the main part of the workshops. The goal is to create a relaxed atmosphere, increase energy levels, and encourage interaction.

Through these energisers we connected and had fun together:

- Energywave
- Junga
- Duck game

# ENERGISERS

Energisers were coordinated by participants and Marko, making it more understandable. This way the participants could take part in both having fun while participating and organising, explaining the tasks.

## PASSING THROUGH ROPE

The participants stand in a circle holding each others hand. The goal is passing the rope around the circle without letting go of each others hands.

## CONFLICT MANAGEMENT THEATRE

The participants get split up into smaller groups, then each get a situation that describes a conflict that may appear during the exchange. The small groups have to act out the situations as a live theatre and come up with a solution to the conflict.

## FRUIT SALAD

Participants sit in a circle and one of them remains standing. The participant standing has to say characteristics and the ones that fit the description have to stand up and switch seats. The goal is to find a seat and not to remain seated.

## TRUST FALLS

The participants stand in a circle close to each other with one of them in the middle. This person closes their eyes and the ones in the circle have to gently push the participant in the middle, who will go around like a constant trust fall.

## HUMAN BINGO

The participants receive a bingo sheet with different characteristics. They have to go around asking each other about likes and dislikes, crossing them out on the sheet with writing each others names. The first one who has a name in all of the boxes is the winner.



# WORKSHOPS

## AI TOOLS



All of the workshops were held by participants in the youth exchange, as this way we could give their knowledge to others, making it a more efficient learning method.

A workshop consisted of an energizer, than a brief explanation of the workshop topic. Afterwards the team was split into small mixed nationality groups. The finished product of the groups was presented to the whole team as a conclusion of the workshop.

## Playing with prompts workshop

### AI TOOLS USED

CHATGPT,  
GAMMA, GEMINI

AI ASSISTANTS FOR LEARNING  
AND RESEARCH

NANOBANANA,  
NOTEBOOKLM, SUNO  
AI

TOOLS FOR CREATIVE  
PROJECTS AND EDITING

CLIP TO AI,  
BEMYEYES

AI FOR INCLUSION AND  
ACCESSIBLE COMMUNICATION

One of the workshops was about the prompts that you give to the AI when starting a conversation.

- Firstly they had an energiser called "Energy wave" to set the atmosphere
- Afterwards the topic was presented by the leaders interactively
- The groups were made with AI - each of the mini groups had a prompt to experiment with, than to compare the outputs on flipcharts.
- Lastly everyone made their group "formula" for a good prompt



# WORKSHOPS



## 1. AI as Your Study Buddy

This workshop explores how students can use AI as a helpful learning companion rather than a shortcut. Through examples and discussions, participants learn how AI can support understanding, practice, and independent thinking while still maintaining academic integrity.

## 2. Cheating or Learning?

This session focuses on the fine line between using AI as a learning tool and misusing it for cheating. Students analyze real-life scenarios and debate what counts as fair use, helping them develop critical thinking and personal responsibility.

## 3. Writing Our AI Code of Conduct

Participants collaboratively create a set of rules for ethical AI use in school. By reflecting on previous discussions, they define clear guidelines that promote fairness, honesty, and responsible behavior.

## 4. Playing with Prompts

This interactive workshop teaches how to effectively communicate with AI through well-crafted prompts. Students experiment with different inputs to see how results change, building practical skills and creativity.

## 5. AI for Inclusion

This session highlights how AI can support people with different needs and backgrounds. Through group activities, participants explore how technology can make learning and communication more accessible and inclusive.

## 6. Special Cases

This workshop examines complex or unusual situations involving AI use that don't have clear right or wrong answers. Students discuss edge cases to better understand ethical decision-making and nuanced thinking.

## 7. AI and Misuse

Participants explore the potential dangers and harmful uses of AI, such as spreading misinformation or creating unfair advantages. The workshop encourages awareness and responsibility when interacting with powerful technologies.

## 8. AI and Relationships

This session looks at how AI affects human relationships and communication. Students reflect on trust, authenticity, and the role AI plays in social interactions.

## 9. Teamwork (Frida Team Work)

This workshop emphasizes collaboration and communication while working on AI-related tasks. Participants develop teamwork skills and learn how to combine ideas effectively in group settings.

## 10. Introduction & Conclusion (Frida)

This session frames the overall workshop experience by introducing key themes and later reflecting on what participants have learned. It helps connect ideas and reinforces the importance of responsible AI use.



# AI TOOLS USED

## CHATGPT

AN AI CHATBOT THAT CAN ANSWER QUESTIONS, WRITE TEXTS, HELP WITH CODING, AND HOLD CONVERSATIONS USING NATURAL LANGUAGE. IT'S A GENERAL-PURPOSE ASSISTANT USED FOR LEARNING, PRODUCTIVITY, AND CREATIVITY.

## GEMINI

A MULTIMODAL AI ASSISTANT BY GOOGLE THAT CAN UNDERSTAND TEXT, IMAGES, AND MORE, ACTING AS A SMART HELPER ACROSS APPS AND DEVICES. IT REPLACES GOOGLE ASSISTANT AND INTEGRATES WITH GOOGLE SERVICES.

## NANOBANANA

AN AI IMAGE GENERATOR INSIDE GEMINI THAT CREATES AND EDITS REALISTIC IMAGES FROM TEXT PROMPTS OR PHOTOS. IT'S KNOWN FOR HIGH REALISM AND CONSISTENT EDITS ACROSS IMAGES.

## NOTEBOOKLM

AN AI-POWERED RESEARCH ASSISTANT THAT HELPS YOU ANALYZE DOCUMENTS, SUMMARIZE INFORMATION, AND EVEN GENERATE PODCAST-STYLE EXPLANATIONS. IT WORKS BASED ON THE SOURCES YOU UPLOAD.

## SUNO AI

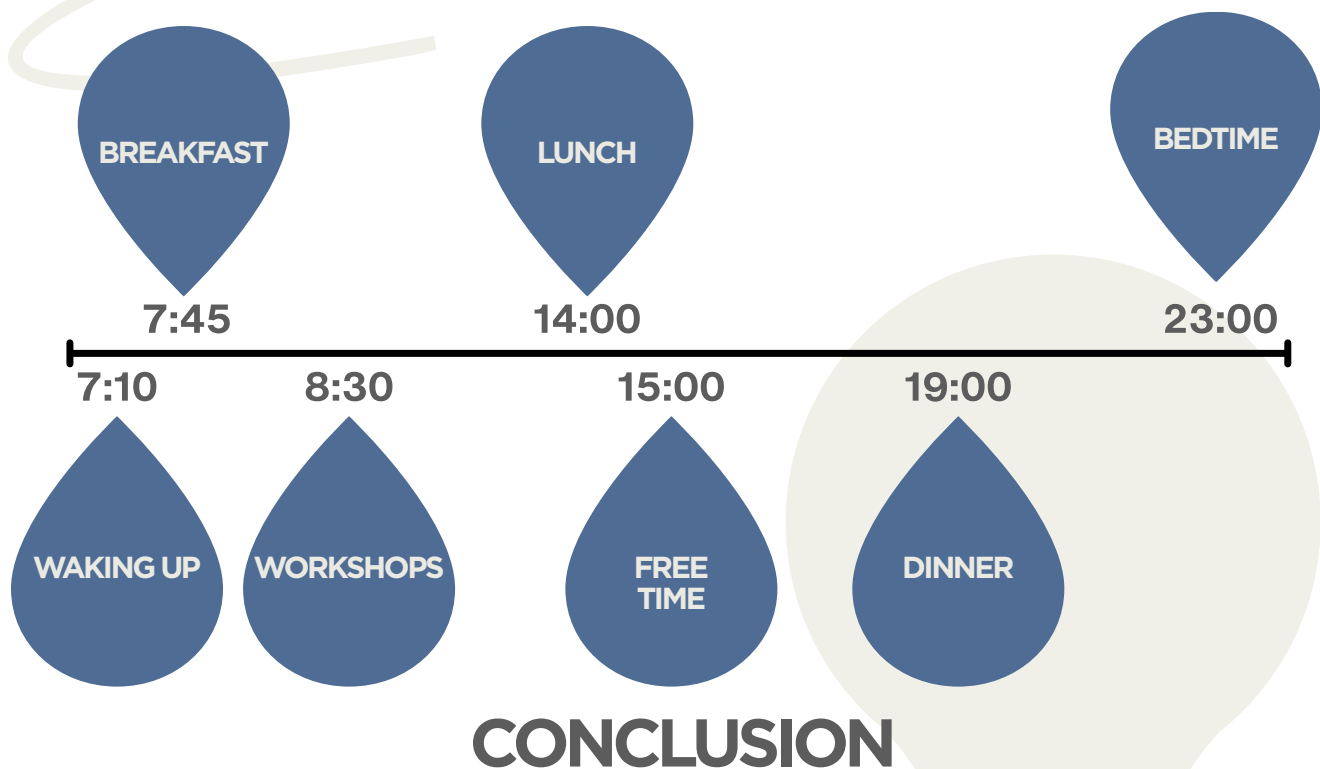
AN AI TOOL THAT CREATES FULL SONGS (LYRICS + MUSIC + VOCALS) FROM SIMPLE TEXT PROMPTS. IT'S POPULAR FOR QUICKLY GENERATING ORIGINAL MUSIC.

## CLIPTO AI

AN AI TOOL MAINLY USED FOR TRANSCRIBING, SUMMARIZING, AND EDITING AUDIO OR VIDEO CONTENT. IT HELPS TURN LONG RECORDINGS INTO USEFUL, STRUCTURED TEXT.



# DAILY ROUTINE, CONCLUSIONS



The exchange successfully empowered young people to become responsible, critical, and creative users of AI technology while building lasting connections across borders.

### What Participants Gained:

- Learned to use AI responsibly in education and daily life
  - Developed critical thinking skills about AI-generated content
  - Improved understanding of AI's role in education and future careers
  - Built international friendships through cooperation and cultural exchange
- Gained practical experience with various AI tools
  - Understood the ethical considerations of AI use
  - Created guidelines for fair AI use in school settings
  - Enhanced media literacy and digital competence
  - Experienced intercultural learning and cooperation
  - Developed awareness of AI's potential for inclusion and accessibility