

ERASMUS+ YOUTH IN ACTION

DECEMBER 2-10, 2019

UNITED IN DIVERSITY



**Each story is unique.
Each voice matters.**

PREPARED AND PRESENTED BY

UNITED IN DIVERSITY YOUTH EXCHANGE PARTICIPANTS, UKRAINE

TEAM MEMBERS

PEOPLE BEHIND THIS PROJECT



**ELENA
RUBASHEVSKA**
JOURNALIST

Journalist, film director and film critic, born in Donetsk, Ukraine. She is a former TV reporter and has been writing professionally since 2013. She received a Master's degree from Kyiv National University of Theater, Cinema and Television. As an editor, she runs a web site kinoukraine.com. As a distributor, she works for Letter to Fest company, helping filmmakers to develop marketing campaigns for their films and reach film festivals. She also works as a director and screenwriter, creating media content for non-governmental organizations and socially responsible businesses such as WWF, OSCE and UN, with a special focus on projects related to the East of Ukraine.



**ALEXANDR
CHERNOBAY**
PHOTOGRAPHER

Photographer, cameraman, director, master of audiovisual art and production. He was born in the city of Kharkiv in eastern Ukraine. He studied at the Cinema and TV Art department in Kharkiv State Academy of Culture. At the age of 14, he won the CIFEJ UNESCO Prize at film festival «Dytyatko». He is also a winner of «Best music video» nomination at Kanev International Film Festival. His short film "Go, Yura, go!" was awarded with Jury Prize at the "Bardak" festival and the Main Prize at "My Film Festival". Finalist of Ukrainian film festivals "Cinema Route", "Kinomedia", "Brukivka". Currently works at the Association of Children's Screen Creativity "Dytyatko". He has experience as a Vice-president of Organizing Committee at international film festivals "Golden Frame" (2014-2017) and "ArtTravel" (2019).

ÁBRAHÁM

HUNGARY

22 Y.O.

STUDIES FINANCE AND ACCOUNTING



Tolerance for me is to accept people the way they are. I used to have problems accepting other people.

My influences as a kid were not that good. My parents were a bit racist. When they had small talks, they were pretty intolerant sometimes. I always felt that it's not okay. There was a big pivot when I started university and moved out of my parents' home.

I HAVE A BIG EMPATHY WITH DISABLED PEOPLE. ONE OF MY BEST FRIENDS HAS A YOUNGER BROTHER WITH DOWN SYNDROME, AND I REALLY LOVE THIS KID.

AGGELOS

GREECE

28 Y.O.

WORKS IN THE FAMILY SHOP



For me, EU has so many positive sides, but the big countries like Germany and France are trying to control everything in their tempo. And this is not the right way to make everybody a big family. You either try to help them, or you separate them. The measures that we've been forced to take – we are not getting out of the crises for 50 years! Not even my children will be able to live freely and not pay high taxes and receive decent salaries. I feel like the EU bank controls everything we have in Greece, disregarding our own parliament. We always have to get more loans, so to pay taxes from the loans. The more I look into things, the more I feel like we're trapped, and there is no way out. I think there should be a different kind of Union. But I know the utopia is not possible right now.

The young generation doesn't participate. Last elections, 65% of the people under 25 didn't even go to vote. Maybe it's because people had given up on the idea something could change, or they are bored, or they are not mature enough.

If you are going to get information out of TV, you're going to have such wrong understanding about what is going on in the world. So what I try to do is going to the Internet to the big sites and trying to compare how do they put the information.

THE BEST MOMENT OF THIS PROJECT FOR ME WAS THE NIGHT WHEN WE WENT TO LJUBLJANA. WE SEPARATED FROM THE GROUP AND WALKED ON OUR OWN. WE'VE MET PEOPLE AND TALKED TO THEM. WE MET A HOMELESS WOMAN WHO WAS WALKING HER DOGS. SHE TOLD ABOUT THE WAY SHE VIEWS THE WORLD. YOU GO OUT; YOU SEE BEAUTIFUL PLACES, YOU MEET DIFFERENT PEOPLE – FOR ME, THIS IS THE MOST BEAUTIFUL PART OF THE ERASMUS. YOU GET OUT OF YOUR LITTLE BOX, AND THAT'S THE WONDERFUL THING.

ANNA

HUNGARY
19 Y.O.
STUDIES PSYCHOLOGY



When I was a kid, I used to experience social anxiety. It was pretty serious, and I had a hard time communicating with my peers and opening up. I don't really know how it happened; I don't think it has the exact name. When I started school, I felt like others were having bad thoughts about me. It was for no reason. I always had this feeling. And it got worse and worse. In the end, I talked just to my closest friends. It was especially bad with big communities.

I remember feeling really awkward and embarrassed about my problems. It was my mom who made me go to the psychologist, and it helped me a lot. I realized that it was not my fault, I was born like it, but I can handle it. I learned how important it is to communicate with others. Up to now, I still have problems, but now I know how to cope with them. I don't call it an illness, it's a condition, and I can change it mentally, and work on it, and change it myself.

THE FIRST NIGHT, I WAS IN THE
COMMON ROOM, AND SO MANY
PEOPLE WERE TALKING TO EACH
OTHER. I FELT EXCLUDED.
THEN I STARTED TO TALK, AND
EVERYBODY WAS SO NICE.
I FELT WE ARE SIMILAR.
I FELT CONNECTED WITH THE
WHOLE SITUATION.

CRISTINA

ROMANIA

31 Y.O.

SECRETARY IN NGO, WORKS IN ADVERTISING



THIS EXPERIENCE MADE ME APPRECIATE MY COUNTRY EVEN MORE. PEOPLE LIKE THINGS ABOUT ROMANIA THAT WE DON'T VALUE. SOMETIMES WE'VE GOT UPSET ABOUT HOW THINGS GO, AND NOW I UNDERSTAND THAT WE DON'T NEED TO COMPLAIN THAT MUCH. NOW I KNOW THAT WE ARE IMPORTANT TO OTHER PEOPLE, AND THEY BECAME IMPORTANT TO US.

A couple of years ago, one of my best friends married an Albanian guy. Their wedding was in Albania, and I've got invited. The party lasted for 3 days. There I've got the chance to meet his friends and family, and I think I fell in love with all of them. I've never met any Albanians before, but suddenly I felt there more at home than at any other place. People were smiling – not because I was a guest, and they had to be nice. That was the way they looked at life, they are not pessimistic, they are positive, although they have been through a lot of things. I was absolutely amazed by the fact that when people discovered where I had come from, they've started to talk about how many things we have in common, they've talked about Romanian poets, for example. How could they know about that? I found out that their national anthem was composed by the Romanian poet. I felt guilty, I wanted to know about them as much as they did about us. But most of the knowledge about them I gained from going there. They lived a simple life but so full! I came home, and I understand that we don't smile as much as we should, and we're so focused on different issues that at the end of the day don't matter that much. In Albania, the family stays together, they are bound to each other not with the idea to force anybody to live as the others, but with the idea of supporting each other. In recent years, in Romania, we've stepped away from our traditions, and we've adopted many new things. Those new things are not necessarily bad, but we don't have to forget about our heritage. Everything that we are today is because of the things that happened to us in the past from generation to generation.

DANYLO

UKRAINE
19 Y.O.
WORKS IN IT



I faced diversity when I was in the United States of America. There were a lot of Hispanic communities in California, and I have met my classmates. This is the story about the list of students which we had in our class. My teacher gave me a task to make a list of students to the school administration. There were 30 people in this list. What was funny for me - that there were 28 persons with Mexican surnames - Herrera, Hernandez, Sandoval, Fernandez... Besides all of them, there was a guy who had a surname called Jackson and me - totally atypical for this society with surname Lylo. That is the funny side of diversity and I remembered this situation for the rest of my life.

I LIKE THIS PROJECT BECAUSE HERE I AM FEELING THIS SITUATION DAY AFTER DAY. I LOVE IT! FOR SURE, THESE ARE NOT HISPANIC SURNAMES; HOWEVER, THE DIFFERENCES OF CULTURES AND THE GOAL OF THE PROJECT MAKE ME FEEL HAPPY.

DAVID

ITALY
18 Y.O.
STUDIES IT



When I was a child, I used to go to school in the church every Sunday, while grownups went to hear to priest. We were in the room where the teacher could tell us about the Bible. Our church isn't the catholic one, it's evangelic, so we don't try to brainwash people, we just say what the Bible says. If you want to do something, you can do it. If you don't want to, then it's your choice. Sometimes the Catholic church tries to give an answer to what we are saying, but what was written is written. Right now, in Italy, among youngsters, the religion is really important. But in my class, and we are 21, there is only one taking the Catholic church in consideration. But we've always been told, and it is settled in our minds, that religion is something that you do in your life always, not only on Sundays when you go to the church.

THAT IS MY FIRST TIME IN SLOVENIA, AND IT'S REALLY NICE. THERE ARE SOME CHARISMATIC PERSONS. I'VE MET THE HUNGARIAN GUY, WE SHARE THE SAME INTERESTS, WE'VE DISCUSSED GAMES. SO MAYBE, WHEN I'M BACK IN ITALY, WE'LL GET IN TOUCH AND PLAY WORLD OF WARCRAFT TOGETHER.

GABRIELE

ITALY

18 Y.O.

STUDIES BIOTECHNOLOGY



Last year I fell in love with my best friend, and it was a problem because he was of the same gender. At first, I didn't say anything, but he understood what I felt for him, and he decided to break our relationship. We're in the same class, and it's difficult for me to stay next to him. Most of the people in school think I'm different from them. They don't want me in the class. I can't do gymnastic because boys don't want me in their team. But there are others who protect me. They think I am not different from them. My family completely understands and supports me. In general, in Italy, it's really difficult to be gay. This year the gay community came out. We organize gay prides and communities where we can talk to psychologists. There is a network. The situation is getting better. The population starts to understand that there is nothing dangerous about us.

IT IS MY FIRST ERASMUS
AND MY FIRST TIME IN
SLOVENIA.
I CAN IMPROVE MY ENGLISH
AND MEET DIFFERENT
PEOPLE.
THAT IS WONDERFUL.

MARCELL

HUNGARY

21 Y.O.

STUDIES FILM THEORY AND HISTORY



ON THIS PROJECT, WE HAD A REALLY GREAT TIME WITH ÁBRAHÁM, WHO IS MY BEST FRIEND. NORMALLY, I ENJOY COMING TO THE PROJECT ALONE, NOT WITH SOMEONE I'VE ALREADY KNOWN SO TO COMMUNICATE WITH OTHER PEOPLE. BUT DURING THIS PROJECT, WE'VE HAD REALLY HONEST MOMENTS. I WAS SO AMAZED BY HOW OUR FRIENDSHIP HAS STRENGTHENED HERE.

Once we had a concert near our town, and the community has a Roma people there. Before the concert, I was just walking with my guitar, and two guys started insulting me because I was not from their community. I told them: 'I came here to play music for you because I love and appreciate you; every human is equal, and we don't have to treat each other like that'. But they've never stopped. Other guitar players showed up and they saved my ass from being beaten up. That was really strange. I did the whole concert with a fake smile. It isn't common for Roma people to behave like that. A lot of my friends were born in that town, and they never had problems. It was not about the race; I was just a stranger for them.

My dad is a role model for me. He's very clever and tolerant. My parents weren't racist, we grew up knowing that 'Apes are stronger together'. We are all emotional creatures and together, we are way stronger. That was in my mindset throughout my life, and that's why I am here as well.

There is a dissonance in me when I think about the migrant crisis. We are talking in Hungary about tolerance, but we're not letting refugees in. When I have a chance, I will vote for the change. The government is really narrow-minded, there is not much democracy and the media are infected all over. They can't accept the fact that the world is globalizing.

MARIA

GREECE

27 Y.O.

WORKS IN SALES



I LOVE TALKING TO PEOPLE OF DIFFERENT AGES. ON AVERAGE, I'M A LITTLE OLDER THAN OTHER PARTICIPANTS, BUT I REALIZED THAT EVEN THOUGH THERE ARE DIFFERENCES IN HOW WE PERCEIVE LIFE, NO MATTER WHAT, I'VE GOT A BIT OF CREATIVITY FROM THEM, AND I HOPE THEY'VE GOT A BIT OF WISDOM FROM ME.

On this project, I have two challenges. First of all, I'm trying to improve my collaborative skills with people coming from different cultural backgrounds. Sometimes it could be difficult to participate altogether and find a compromise within a group. Second of all, I've been dealt with public speaking. We have a lot of opportunities to improve it during Erasmus. I consider public speaking to be the most difficult part, and a lot of people afraid of it as well.

It is needed in order to communicate with people effectively, to deliver your message in such a way that other people will understand and elaborate it correctly. I work in sales, so it is also necessary for my work. I need communicative skills in order to persuade people they need a value I offer them. I'm always told by my manager, whom I really appreciate and admire, that it matters how you say things. You can say things differently, and a person will receive it in different ways. You need to learn how to deliver information in the way you want the person to receive it. This is the hardest obstacle for me: negotiation, persuasion.

But sales are not just about persuasive skills; it's a part of human psychology. I never studied it, but now I need the knowledge. The most difficult part is to learn the nature of the human being. It's not a computer. People are unpredictable, you can't control them.

MARIA

UKRAINE

21 Y.O.

WORKS IN PUBLIC RELATIONS



I consider myself an artistic person. My dream is to become a VOGUE editor or to do something related to art and fashion.

These professions are not very popular in Ukraine. You need to be talented and risky to obtain your artistic goals! I work in the field of marketing because it's much more easy to do.

But being an artist means to follow your dreams and never be sure about a money part.

HOPE I'LL DO MY BEST IN
THE NEAREST FUTURE TO
BECOME AN IMPORTANT
PERSON IN VOGUE UKRAINE
:)

MENELAOS

GREECE

19 Y.O.

STUDIES MECHANICAL ENGINEERING



THE BEST THING AT THE PROJECT FOR ME WAS A VISIT TO LJUBLJANA. IT GAVE ME A GOOD OLD FEELING OF HAVING FUN WITH MY FRIENDS. IN GREECE, WE HAVE A TRADITION OF HAVING LONG SCHOOL TRIPS, AND FOR ME SEEING THE NEW CITY, LEARNING HOW TO NAVIGATE IT, COMMUNICATING WITH DIFFERENT PEOPLE - THIS IS THE COMBINATION OF THE GREATEST THINGS THAT CAN HAPPEN IN MY LIFE.

In my school, we had some refugees from Pakistan. They studied separately, they tried to learn the languages mainly, so they were not doing our subjects. But during the 15 minutes long break between the lessons we would be in the same yard, and it was interesting to see how they cope with the new country, to learn why did they come and to watch them go, because most of them were aiming for the bigger countries like Germany or Netherlands. They were always really positive, they were happy about reaching Europe - not everybody lucky enough to survive such a trip. It's just crazy to think about that. Greece accepts a lot of refugees. Annually, I think we take the biggest number, but most of the people are passing our country for the Northern part of Europe. They do not cause problems, but misunderstanding is a common thing right now. We know that they are here temporarily, and they don't like it, and that's why they cause problems. For them, it's a step for a better future. We are doing a lot of stuff alone, and we can't cope with it. There are people coming to our country that cross the border illegally in order to get out of it, but it's not acceptable for our neighbors, so they close their borders. We have to work with all the documents, and we can't do that in 2-3 days, it takes much longer. Now, just imagine 50 thousand people waiting for being approved to move on. We have to find the solution sooner or later. In some parts of Athens, I sometimes feel like I'm the only Greek one walking down the street. Media plays a big part in it. They are trying to show the bad side of the story. But nevertheless, a lot of people open their homes, give a home and place to live for children who lost their parents. In school, we have donated food and clothes many times. It feels good to help other people.

NICOLAE

ROMANIA
30 Y.O.
WORKS AT STOCK MARKET



In the past – maybe, ten years ago, when the first gay parade happened in Romania, the media talked about it horribly. At the moment, gay people get more support from the government.

I personally don't think that people can be born like that. For me, it's a choice. If you're going to be around my friends, some of them can be a little aggressive. They may start to joke, but not really to punch or anything of that sort.

I have a friend (a girl) who married a gay. But he has been in a relationship with another person of his gender for 8 years, so the marriage is there just to cover that fact. He is afraid to confess, even to his family.

I worked as a chef in Greece, and there was one Romanian guy in my kitchen. When I saw his photos on Facebook, I immediately knew he was gay. We started working together, and he was a bit shy. We became friends, and we've talked a lot, but never about him being different. And only six months later, when we finished our work, he sent me a message 'I don't know if you're like it, but I'm gay'. It was a big deal for him, but for me, it was just okay – it's his life and his choice.

IN PROJECTS LIKE ERASMUS, I REALLY APPRECIATE THAT YOU CAN LEARN A LOT. AND AFTERWARD, WHEN YOU ARE THINKING ABOUT IT, YOU REMEMBER SMILES AND THE MOMENTS OF LAUGHTER THAT YOU'VE SHARED WITH OTHER PEOPLE, AND THAT IS PRECIOUS INDEED.

NTOMBI

THE REPUBLIC
OF SOUTH AFRICA
25 Y.O.
STUDIES GEOSCIENCES



FOR ME, THIS WAS ONE OF THE BEST PROGRAMS BECAUSE PEOPLE ARE INTERACTING WITH EACH OTHER. ON DIFFERENT PROGRAMS, NATIONALITIES WERE STUCK TOGETHER, BUT HERE I'M LOOKING AROUND AND, WOW, I'M SITTING IN A MIXED GROUP! WE'VE NEVER HAD TO SCREAM 'TORNADO'.

We are all here from different countries, but talking about my country specifically, people are just starting to be fed up with voting. But we are always the first ones to complain about the political system.

This is my third Erasmus project this year, and I've noticed something. The first project was before elections, and the second one was after. On the first one, we've talked about how we must be proactive. And I'm still in touch with these people, so I've asked them 'Did you vote?'. 'No, I couldn't'... But it was a Sunday! What was your main excuse for not voting when it was a Sunday? So we are not active when it comes to taking care of our future, but we are very quick to complain about it. Everything that has been said we could do, we've done, but people still don't vote. They say you must encourage people on the TV, newspapers, radio stations, put the posters on the road, but they still don't vote. We must put it on social media, because all the young people are there. But they still don't vote!

It's more of a personal thing for each of us. You need to change yourself. Information is really available if you want to read about it, but if you choose not to and you ignore it, then, of course, you're not going to know about it. At the end of the day, we have to let people do whatever they want.

My dad really encouraged me to read up and not just swallow whatever is given to me. Most of the time, when you read an article from the famous newspaper, you 'have to believe it', and journalists are lying. It's just the way how they write their words. And when you're trying to corner them up, they like 'No, this word can mean this or this'. This is the problem with young people. They read something on Facebook and they believe it, they just accept it as it is.

RALUCA

ROMANIA
20 Y.O.
STUDIES PSYCHOLOGY



IF YOU HAVE DOUBTS
ABOUT SOMETHING, IF
YOU'RE SKEPTICAL
ABOUT SOMETHING, JUST
GO AND SEE WITH YOUR
EYES AND HEAR WITH
YOUR EARS AND ASK
QUESTIONS AND DO
YOUR RESEARCH
PROPERLY BEFORE
JUDGING.
AND THEN DELIVER
WHAT YOU'VE
DISCOVERED FOR THE
WORLD.

My first relationship was with my friend, and she was a girl. We used to hang out in the small park near our block. We just hugged there in front of the window, and there was an old woman who stared at us, and she started yelling. It was nothing bad we were doing, it was a very decent gesture, just a sign of affection for somebody, something you can do with your family as well. That is when I realized that sometimes being a part of a minority can be really dangerous. If people think that there is something wrong with you just because you have a different idea about what love or life is, they can be really aggressive. What if somebody has so much hate inside that he becomes physically aggressive? If we don't support LGBT people, they might suffer injury.

In Romania, we face a lot of intolerance. A lot of people fighting against LGBT. I don't understand why people are so mean. It doesn't interfere with your life in any way, it's just somebody else's life, and they have the right to live it as they want. My parents were Christian, they were opened, but skeptical about many things. It's not only about LGBT, it can be about Roma people as well. My parents kind of discriminated them. They didn't do anything, but inside their heads, they were skeptical about if those people have the same values as we did. As I experienced life, I realized that there a lot of fake assumptions. They say Roma people steal. Yes, many of them do, but many of Romanians do that as well! That's a personality trait, it's not about ethnicity. There was this really amazing guy, he called himself Connector. He was a very good singer and he became really popular in Romania. He was not ashamed of his culture and heritage. When I saw that guy, I knew my parents were wrong about believing in their stereotypes. My parents changed their minds as well. It was not about the way I was brought up, it's about the way I reacted when I faced those situations, those people. I asked questions, I talked about it, I filled the gaps.

IOANA

ROMANIA
20 Y.O.
STUDIES PSYCHOLOGY



I FEEL SO SMALL ABOUT PROBLEMS IN MY COUNTRY, AND I WANT SO MANY THINGS TO BE CHANGED, ESPECIALLY ABOUT OUR THINKING. SOMETIMES OUR THINKING IS SO COMMUNIST! I HATE THAT.

I want to speak about the problems between Romanians and Hungarians. I don't discriminate, I think about labels and barriers. Hungary wants that part of Transylvania that once belonged to them. A lot of Hungarians live there, and they want independence. It's a political war. The hate exploded, but I personally don't have any problems with those people.

One of my friends told me about the problem, and she says that we hate each other. I didn't get it! Me, hating Hungarians? They put many barriers between us, and we don't have a conclusion. I traveled to that part of the country, I was so curious. And I met the Hungarian people, and they were so nice, so polite! They contribute to my country! And I like it. We're all human.

Another barrier between us is language. A lot of Hungarian people don't speak Romanian. The shops, advertising, street names are in Hungarian – and some of Romanians are not okay with that.

SZONJA

HUNGARY
20 Y.O.
PASSIVE STUDENT



I first experienced the whole diversity thing when I was at elementary school. I studied in Mexico, and I didn't speak the language at all. But everyone was so kind, my difference didn't matter at all. Every day they invited me for the ice-cream, and they topped it with the chili powder. And I still have the gifts they presented me with. That experience was really useful for me, as well as Erasmus is at the moment, because I didn't even know about different countries, and after watching the presentations I learned so much!

Immigrant problems in our country happen mostly because of the government and propaganda. There are hate speeches everywhere. Half of the Hungarian people don't want immigrants. They want to shoot them all. Around my friends, we are usually in the same opinion, but of course, sometimes we have arguments. Some think we should not let anybody in. And we can't really change each other's opinions.

What can we do? I applied to the program related to helping refugees. What else? I don't know, and that is sad.

**I THINK I'M LUCKY.
MY PARENTS COULD AFFORD
TRAVELLING. I WAS IN
GREECE, BUT I DIDN'T
REALLY KNOW ABOUT IT.
BEFORE, IT WAS ONLY
ABOUT GREAT FOOD,
SIGHTSEEING... NOW I CAN
MATCH ALL THE THINGS
WITH THE CULTURE.**

YULIA

UKRAINE

32 Y.O.

WORKS IN THE FIELD OF ORIENTAL STUDIES



ALTHOUGH IT SOUNDS TRIVIAL, I CANNOT HELP BUT SAYING, "DON'T JUDGE. LOVE AND ACCEPT YOURSELF GUYS".

I am lucky to be born in a loving and caring family. They were never autocratic and never pushed me to do something that they thought had been good for me. I choose the profession, the university, and the friend circle by myself. I could even say that they trusted me too much because they always left all-important life-changing decisions on my tiny young shoulders in the times I needed some sort of guidance from more experienced people. They never tell me not to smoke, drink, or use drugs. I never asked for money from them, it always was their initiative to support me with money. It seems like they are perfect parents, and I am a perfect daughter. And we really are. In general, I have nothing to complain about. But it was some subtle things between us which influenced my life much. They did not accept me as I am. They praised me when I was good at something. From first sight, it is nothing bad in telling your daughter that she is smart or good looking. Thus they admired me so much that it automatically evoked a subconscious fear in me that if I fail, they will blame me in the same excessive way they praised me. Moreover, I always was compared with other people, and they often become examples of the right behavior, the right way of dressing, and exposing yourself to society. It was an idea behind it – if you are not the best, we would not love you. I am not saying they didn't love me unconditionally. They did. But they failed to express it in the correct way, I guess. They just could not realize that excessive praising, as well as excessive blaming, is two sides of one coin of egoistic conditioned attitude.

The pity is that I accepted the same attitude to myself. I could not take myself unconditionally. There was always a voice in my head that judged me for everything I do and think. As I understood later, it was my parents' voice inside me. It took a long time to realize it. But from the very moment of enlightenment about it, I became a different person. Suddenly it comes to my mind that my parents are not my judges anymore. Moreover, there are no judges at all, and it is even better to switch off your inner judge not to disturb yourself from enjoying life. You judge only when you treat others as objects, as something which has some value and can be compared with other objects according to certain criteria. We are valuable not because we are good at something, but because we are the value ourselves.

Since I came to this point, I am trying not to objectify other people, and what is more important, try not to objectify myself. That is why I really stand for tolerance because for me, it is not the question of politics or ethics. It goes much deeper – it is about a healthy attitude to yourself, to people around and to life in general.