

Curriculum Vitae

Réka Heszterényi



1998. January 7.

From: Budapest, Hungary

E: rekahesterenyi@gmail.com

M: +36 20 932 1998



As an aspiring researcher of civic education, an eager youth worker and a young person with a background in experiential learning my goal is to promote conversations between young people and decision-makers. I am passionate about youth empowerment, democratic skill development and furthering the European project. Currently, I am seeking opportunities to contribute to my local community and participate in events related to the Conference on the Future of Europe.

Experiences

Young Bled Strategic Forum & Bled Strategic Forum

29 Aug – 2 Sept 2021

I was a participant of the Young Bled Strategic Forum, an event that brings together young leaders from all over the world. We engaged in lively discussions inspired by a series of workshops on issues such as economy and employability, sustainability, enlargement, civil society engagement in decision-making and youth participation in the EU as well as put together a proposal package.

I also took part at the 16th Bled Strategic Forum, a leading conference in Central and South-Eastern Europe. This year's theme revolved around the Future of Europe. I was chosen to represent young Europeans at a panel discussion "[Leaders in Communication: Fostering Future Engagement with Citizens](#)" organised in partnership with *Global Diplomacy Lab*. We explored how to communicate the EU's achievements and values better as well as how to engage our communities on the role of the EU, especially in the Conference on the Future of Europe. I emphasised that participation starts locally, when the youth are given the autonomy to discover the problems of their community, the importance of peer-to-peer mentoring and bottom-up initiatives.

Assistant Archivist

Vera and Donald Blinken Open Society Archives (Blinken OSA)

September 2020 –

I process, categorise and develop the fond structure and ISAD(G) descriptions for the personal papers of Mihály Csákó. With research on the life and work of professor Csákó, I gained insight into how workers' interest representation, the study of sociology and education research (esp. young people's political socialisation) have developed before and after the Change of Regime. I also take part in the cultural events of OSA, write articles for the blog and help design classes for CEU students.

TEDx speaker

TEDxDunapart

7 Nov 2019

Co-organiser of TEDxELTE

Co-organiser, PR manager, curator

TEDxELTE, Eötvös Loránd University

Jan 2019 – Oct 2019

TEDxELTE was founded with the aim of building an inter-faculty, international community by providing an opportunity for students to take part as organisers and speakers. In the mentality of *Ideas Worth Spreading* we sought to promote diversity and innovation and lined up professionals from different disciplines: we addressed the question of how young people can influence decision-makers in the field of sustainability, robotics, the future of workplaces and women in the energy sector.

My tasks consisted of team management and mentoring, strategic planning including overseeing and coordinating between different groups, updating internal databases and platforms. Managing external communications: writing sponsorship packages, keeping in touch with HÖÖK, ELTE, as well as sponsors and partners, delivering presentations. Making sure that the speech content complies with TEDx rules, recruiting the speakers, helping them in preparation and coordinating with the coaches.

Intern

Horthy-era Research Group

Hungarian Academy of Sciences, Research Centre for the Humanities

March 2019 –

Managing administrative tasks of the research group: building and updating a database, arranging debates, organising manuscripts, keeping in contact with the authors, preparing contracts, annual reports.

Public and partner relations manager

Foundation for Democratic Youth (DIA)

Jan 2019 – June 2021

For more than twenty years DIA has been working with teachers and youth workers to empower young people through democratic skills development, volunteering, and debate skill training.

Highlights

Speaker at Forum 2000's [NGO Market](#), jury at the National Youth Council of Hungary's national debate competition, interviewee of the Youth Research Leadership by ThinkYoung & the British Council Hungary.

Managing external communications for various projects: writing social media posts and articles in Hungarian and English as well as newsletters, translating official websites, carrying out polls to assess the needs of our target groups. Representing DIA in NGO networks (Civilizáció), delivering pitch presentations about the work of DIA and the situation of Hungarian NGOs for international students (Doc Nomads, European Students' Union). Being responsible for international partnerships, looking for new projects and funding, taking part in writing project proposals (Erasmus+ KA3). Assisting the work of project managers: organising events, managing communications, recruiting participants, doing research for debate games, selecting sources for simulation games at OSA, preparing info posts about EU-related topics, mentoring and holding debate workshops.

Intern
DemoLab

Aug 2018 – Jan 2019

Being active especially in the [DemoLab](#) (Democracy Laboratory) project initiated in 2015 by a group of Karinthy students including me, funded by the UNDEF. Complementing the work of the project manager: finding venues for and organising meet ups, preparation for events, handling administrative issues, helping out in paperwork. Taking part in preparing mid-term narrative reports for the UNDEF.

Education

Study of the U.S. Institutes for Student Leaders from Europe on Journalism and Media
U.S. Embassy Budapest & Hungarian Fulbright Commission

Washington State University

June 2021 – July 2021 (*in-person component postponed to Summer 2022*)

SUSI for Students Leaders is a 3-week virtual program consisting of leadership development, volunteer activities, cultural interactions and classroom instruction. Through a series of classes in civic and investigate journalism, journalist safety, digital storytelling and interviewing tactics, I enhanced my critical thinking skills and media literacy. I also gained a deeper understanding of the roles and responsibilities of a free press in U.S. society and had the chance to engage in discussions with peers from Europe.

CEU Bibó István Szabadegyetem
Hungarian education policy from an international comparative perspective

Central European University

May 2021 – June 2021

I took part in a six-week university course that explored various topics related to higher education such as the relationship between education and society, successful and efficient educational systems, equity and inequality, Hungarian education policies after 2011 at their ramifications.

International Relations Expert
BA in International Relations
Honours Degree

Eötvös Loránd University

Sept 2018 – June 2021

Thesis/OTDK: *European Identity and Civics Education in the 2020 Hungarian National Core Curriculum*
I took active part in the ELTE community, including volunteering at several events: open day, Researcher's night, helping out in recruiting and registering new students, organising the first TEDxELTE conference. I received an OTDK (Student Research Competition) special prize.

High School
bilingual

Karinthy Frigyes Bilingual Secondary High School

Sept 2013 – July 2018

Awarded Karinthy medallion for high academic performance and valuable community work (school newspaper, art projects and Model United Nation conferences)

International Baccalaureate Diploma

Sept 2017 – July 2018

Extended Essay in History, on education and women in the Horthy-era

Memberships

- Hungarian European Society
- Mentee of the National Youth Council of Hungary's "Youth leaders" mentorship program
- Together.eu volunteer (Euroaert.eu)

Key skills and competences

Thorough, flexible, thriving at problem-solving and seeking challenges
Initiative and proactive with excellent people skills
Team leader, talented in written communication and public speaking
Ambitious, persevering, critical thinker and curious

Language skills

English (C1)
French (B1)
Hungarian (native language)

Budapest, 2021.