

### **#Previous Experiences with ERUA and Related Activities**

In June, I had the opportunity to participate in the ERUA Summer School in Paris, titled “Democracy at Risk – The Threat of the Extreme Right.” Coming from Nepal, where democracy has been historically fragile, I found the discussions both deeply personal and politically urgent. It made me realize how important it is to create transnational student spaces that actively defend democratic values and foster inclusive dialogue.

Before that, I took part in the Youth Forum for Action on Sustainability in Las Palmas, where students from across Europe and beyond came together to highlight the urgency of collective action on climate change and to advocate for long-term, sustainable solutions. These experiences gave me a deep appreciation for ERUA’s mission to bring together diverse perspectives and to address shared global challenges through education, dialogue, and cooperation.

### **#Hobbies and Interests**

I love traveling not just to explore, but to experience different cultures and understand new perspectives. I’m deeply concerned about climate change and the growing rise of extremism and ultra-nationalism, particularly within democratic societies. These issues motivate me to defend democratic values, advocate for human rights, and work toward a more just and sustainable future. I am also dedicated to fostering political awareness among young people and encouraging their active participation in the political process to empower them in shaping their own futures.

### **#Why I Became an ERUA Ambassador / What Inspires Me**

I became an ERUA Ambassador because my personal values align with its mission to create an inclusive, interdisciplinary, and democratic space for students, one that addresses real-world challenges while promoting innovation, sustainability, and cooperation.

We are living in one of the most complex and uncertain times in recent history. From the climate crisis to democratic backsliding, there is an urgent need for young people to engage beyond national borders and co-create sustainable solutions for peace and progress.

What inspires me most about ERUA is that it treats students not as passive learners, but as co-creators of knowledge, discussions and agents of reform. Since arriving at Viadrina in April, I’ve already started sharing ERUA’s vision and opportunities with fellow students and I’m eager to continue doing so by connecting more students, encouraging participation, and helping build a stronger, engaged community.

Please let me know if anything needs to be adjusted. Looking forward to the onboarding and to collaborating with the team.