

# Podcast

TIME	TITLE	DESCRIPTION	ADDITIONAL INFO
00:00 5'	<b>Introduction</b>	Welcome and announcement to the topic of the new episode	
00:05 10'	<b>Process</b>	Discussion, facts, tips and experiences regarding the topic	Topics: Racism, sexism, EU, mental health...
00:15 15'	<b>Interview</b>	Interview with the guest	
00:30 3'	<b>Challenge</b>	Proposing a new challenge	
00:33 10'	<b>Final greetings</b>		
00:43			

TOTAL LENGTH: 00:43

## Podcast - block details

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00:00  
5' **Introduction**

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Welcome and announcement to the topic of the new episode

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00:05  
10' **Process**

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Discussion, facts, tips and experiences regarding the topic

ADDITIONAL INFORMATION

Topics: Racism, sexism, EU, mental health...

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00:15  
15' **Interview**

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Interview with the guest

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00:30  
3' **Challenge**

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Proposing a new challenge

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00:33  
10' **Final greetings**

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