



Co-funded by  
the European Union



**YOUTH EXCHANGE**  
**DIGITAL DETOX**  
**BALANCING SCREEN AND**  
**GREEN**



**NIŠ SERBIA**

**28.09-06.10.2024**



# WHAT IS DIGITAL DETOX – BALANCING SCREEN AND GREEN

In today's technology-driven world, our lives are increasingly dominated by screens, whether it's through social media, gaming, or online work. While technology brings many benefits, it can also lead to unhealthy habits, reduced physical activity, and disconnection from nature.

The "Digital Detox - Balancing Screen and Green" youth exchange project aims to address these challenges by encouraging participants to disconnect from their devices and reconnect with nature. Through a series of engaging activities, workshops, and outdoor experiences, participants will explore the impact of digital overload on their mental and physical well-being, and learn strategies to create a healthier balance between screen time and green time.

Participants will have the opportunity to develop new skills, foster meaningful connections, and discover the benefits of spending time in nature, all while reflecting on their personal relationship with technology. The project promotes mindfulness, environmental awareness, and the importance of face-to-face interactions, helping participants to cultivate a more balanced and fulfilling lifestyle.

## HOW WILL PARTICIPANTS BENEFIT?

Participants will learn practical strategies to balance their screen time with outdoor activities, improving their overall well-being.

They will develop a deeper connection with nature, which can reduce stress and enhance mental health.

The project will foster stronger face-to-face communication skills, helping participants build more meaningful relationships.

Participants will gain insights into the effects of digital overload, empowering them to make healthier lifestyle choices.

They will leave the project with a renewed appreciation for mindfulness and the benefits of disconnecting from technology.

# PARTICIPANTS PROFILE

5 participants per country between 17 and 30 years old. Partners should include participants who are with fewer opportunities such as economic, geographic, social, cultural and educational.

1 group leader with no age limit (18+). Group leaders should be youth workers who are members of participating organizations. They should be capable of helping participants with their tasks.

## TRAVEL & TRANSPORTATION

The arrival date is 28. September 2024 and the departure date is 06. October 2024.

All costs related to travel will be covered within the limits of the Erasmus+ Programme.

Participants have to keep all travel documents (e-tickets, invoices, boarding passes ext.) and give them to the project team before and during the project.

PLEASE, DON'T BUY ANY TICKETS BEFORE OUR CONFIRMATION. CONTACT EMAIL: [oidjukadinicnis@gmail.com](mailto:oidjukadinicnis@gmail.com)

When buying your ticket, please keep in mind the cost limits, because everything that exceeds the determined budget cannot be reimbursed. Before booking the flight, please make travel arrangements with the project coordinator.

# TRAVEL BUDGET

**TÜRKIYE 309 EUR**

**IRELAND 395 EUR**

**ROMANIA 211 EUR**

**SERBIA 28 EUR**

**Nis City View - <https://niscityview.rs>**

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**The address: str. Zdravke Vučković 32, Niš**

**Accommodation, meals and coffee breaks will  
be covered by the project.**

# PARTICIPANTS RESPONSIBILITIES

Participants are expected to engage fully in all project activities and contribute their ideas to group discussions

Collaboration and open-mindedness are key, so participants should work together and support their peers

Maintaining a positive and respectful attitude throughout the project, ensuring a welcoming and inclusive environment for everyone involved.

They are responsible for reflecting on their experiences and sharing their insights with the group to enhance collective learning.



## WHAT TO BRING ?

Bring comfortable clothes and sturdy shoes suitable for outdoor activities and hikes.

Don't forget to pack any personal items you'll need, including toiletries and any necessary medications.

Make sure to bring a reusable water bottle to stay hydrated during outdoor activities.