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Digital Active ,Innovating Activities in Interculturality and Social Youth

2021-1-CZ01-KA152-YOU-000020535



ERASMUS+ YOUTH EXCHANGE CZECHIA 2022



30/06 – 08/07/2022 | PRAGUE – CZECHIA

Project "Digital Active ,Innovating Activities in Interculturality and Social Youth"

1. PROJECT INFORMATION

a. Information about the youth exchange:

Project Number: 2021-1-CZ01-KA152-YOU-000020535

ABOUT THE PROJECT:

Today's children of "Z Generation" who are also called "digital natives" are growing up in online media environments. According to "Digital in 2020 Report"(WeAreSocial), overview of Europe in digital statistics are as followings; population is 849.5 million, mobile phone connections are 1.09 billion, internet users are 711.3 million, active social media users are 470.5 million. Besides, %78 of youth population in Europe are active social media users. In the direction of those data, it can be said that the users of social media are pretty much and as well as the users are increasing in every passing year.

Individuals use social media to communicate even they are sitting in the same environment. Here is a double-edge sword: Even though this sites and digital tools offer new portals for entertainment, communication, education, social interaction, on the other hand, it should be considered that their unbounded engagement with digital media has also caused serious issues. In this sense, it can be considered that people, especially youngsters are living in virtual life more than the real one. For that, it has been witnessed that the exponentially increase of researches which are conducted on excessive use of social media and its addiction. According to the results, excessive use of social media cause depression (Wegmann,2015), social anxiety (Bodroža and Jovanović,2016), less life satisfaction (Kross,2013), low academic performance (Kuss,2011), mental-physical problems (Udorie,2015), addiction, cyberbullying. In addition to them, using social media excessively, don't contribute/improve users' digital competences/personal progress and do not benefit them for using the time productively. Because, it isn't necessary to have digital competences for using social media. The researches and problems have motivated us for this project and we believe that these findings must be considered. All of these do not mean that there are no benefits of social media, but as can be seen in the results of the researches, it is obvious that pros and cons of this issue must be examined. In a large study which was conducted with more than 89,000 individuals in 31 countries has found that some 6% of people on the planet suffer from Internet addiction (Cheng&Li,2014)It seems that is a global problem when examined the researches on social media. So, as stressed by above, this project should be funded and carried out transnationally for producing best solutions. Precisely at this point, the target group of this project is youth population who don't have awareness about the disadvantages and nature of social media which are not entirely suitable for them Most people engage with social media without stopping to think what the effects are on their lives, in national/European level.



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The main danger, that we focused on is excessive and misuse of social media. We aimed struggling against addiction and motivating target groups for suitable purpose of social media. Youth are target group in this project which is aimed raising awareness about the disadvantages of excessive use of social media and increasing the competences required for effective use

We defined objectives keeping in mind SMART criteria: create awareness about excessive and misuse of social media improve digital competences explore alternative ways of spending time instead of social media encourage collaborating through ICT create awareness of cyberbullying emphasize equity/inclusion promote creatively using of ICT improve effective usage and management of their time on the net involve disadvantaged groups and provide opportunities for them improve communication / language skills, personal development, social harmony, innovation, creativity provide opportunities about intercultural understanding/European citizenship Being aware about disadvantages of social media usage and having digital competences are directly proportionated and both make people more successful in life. It is obvious that ICT is irreplaceable part of 21st century and future, it is also important to use it in the right way to build healthy relationships In the title of Youth in Erasmus+ Programme Guide, following specific objectives are mentioned mainly connected with the field of youth; improving the level of key competences including those with fewer opportunities promoting participation in democratic life in Europe intercultural dialogue social inclusion and solidarity through increased learning mobility opportunities supporting organizations through strengthened links between the youth field. Our project is directly linked with priorities and objectives determined in the Erasmus+ Programme and this specific key action. We are addressing following issues and needs through this project: negative effects of social media improving digital skills using time effectively with alternative ways developing communication/language skills, personal progress supporting disadvantaged individuals types of cyberbullying and overcoming.

Objectives Of The Project

- To learn to use social media in the correct way, properly, efficiently
- To be aware of about excessive and misuse of social media
- To explore alternative and productive ways of spending time instead of social media
- To develop their digital competences
- To learn basic skills to improve digital data and information literacy
- To learn how to use ICT creatively
- To improve their critical thinking and questioning abilities to access reliable information on the net
- To usage their time on the net efficiently
- To learn ways to struggle with cyberbullying
- To improve their entrepreneurial skills



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- To acquire positive effects on their language/communication skills, creativity and personal development
- To gain self-confidence/self-esteem
- To be aware the importance of social harmony, equality and innovation
- To acquire the value of the intercultural understanding and the meaning of the idea of European citizenship
- To be aware about their inner power and abilities and realize the effect of motivation on success
- To learn the benefits of group works in comparison to individual works
- To acquire self-satisfaction and competence in their professional studies
- To acquire their creativity and request to join in future projects
- To acquire new perspectives and thinking abilities
- To learn about new methods and materials not only about the main area of the project but also in other areas.

b. DATES & VENUE OF THE YOUTH EXCHANGE

Day of arrival: **30-06-2022** - Day of departure: **08-07-2022**

The Youth Exchange will take place in Prague – Czechia

The Youth Exchange venue is HOTEL KRYSTAL ***

Address : José Martího 407/2, 162 00 Praha 6-Veleslavín, Czechia

<https://www.centrum-krystal.cz/en/>



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c. LANGUAGE OF THE EXCHANGE

English is the general language of the project, but during our activities group leaders will arrange and organize the translation in order to facilitate full understanding and the effective communication between participants

2. PARTICIPANTS

a- Participating Organizations

COUNTRY	PARTNER ORGANIZATION	N° of Young participants	N° of Group Leader
CZECHIA	EDUCADEMY PRAGUE	6	2
ITALY	ORIEL ETS	6	2
CROATIA	INSTITUT ZA POTICANJE MLADIH	6	2
TURKEY	UNITED POWER OF YOUTH	6	2
ROMANIA	ASOCIATIA TINERILOR CU INITIATIVA CIVICA	6	2

b- The Background Of The Participants:

Related to that, we asked the partner organizations to identify their possible participants’ needs and past experiences related to this particular project and it can be summarized briefly on SIX MAIN CRITERIA:

- The age range required for our YE is 18 to 27 years and two group leaders no age limit
- Has been involved in non-formal education context in local level as youth leader
- Motivation to take part in a mutual learning process in a intercultural setting
- Has interest to work on project`s topic
- Willing to share their experience and best practices with the participants.
- Has a sufficient level of English (B1-C1).
- Keep a gender balance among participants.

Gender balance.

In order to achieve gender balance, it will be tried to have 20 male and 20 female participants. If this is not possible, efforts will be made to ensure that the band is



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at least 60% to 40%. Ensuring these gender distributions will contribute positively to the objectives and healthy coordination of the project.

REGISTER YOUR PARTICIPANTS FOLLOWING THIS LINK.

<https://forms.gle/QuL6yeTZzniyA6VU7>

3. MAIN ACTIVITIES/PROGRAMME

Activities we plan to run: Day-by-day programme of the training activities

Day 0: Travel / Arrival Day

- Participants arrive to Prague
- Check-in to HOTEL KRYSTAL
- Dinner

Day 1: Introduction - Intercultural awareness

- (At the Hotel): Welcome the groups
- Ice-breakers and Get to know each other activities
- Familiarize participants with Prague info pack (practical information about the how to get around the city and the venue)
- Project summary and expected activities
- Present/ collect the documents for reimbursement
- Partners’ presentations of their country/ city/ culture / organization

Lunch

- Visit the Prague Castle
- Evaluation of the day’s activities
- Dinner & INTERCULTURAL EVENING

Day 2: Encouraging collaboration and Improving digital competences

- (at the Hotel): Setting up the work groups
- Examine the work plan
- Set up tasks
- Goal-setting activities
- Presentation and workshop: “Negative psychological effects of excessive social media usage’ - **lead by the Romanian team**
- Group discussion: ‘What does being digitally competent mean?’ - **lead by the Czech team**

Lunch

- Presentation: ‘DigComp 2.1 for citizens’ - **lead by the Czech team**
- Presentation: ‘How can we spend our time effectively on the net?’ - **lead by the**



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Italian team

- Follow up questions and answers
- Reflection on the day’s activities

Dinner

Day 3: Outdoor education/ Alternative recreational activities

- Cultural visit: discover Prague old town and Square
- Developing Digital Skills: basic research of landmarks in the Old Town and presenting them to the other participants
- Orientation activities - reading the map
- Walk from the Square to Charles Bridge
- Kampa Park - play traditional folk dance (**lead by team leaders**)
- Play Hemsball - **lead by the Turkish team**

Lunch

- Group discussions on alternative recreational activities
- Debate: Actively using the internet to solve problems - **lead by the Czech team**

Dinner

Day 4: Outdoor activities & Building Self-confidence

- Environmental Cleaning Trekking
- Group game: Kendema - **lead by the Romanian team**

Lunch

- Building self-confidence - group activities - **lead by the Czech team**
- Reflection on the day’s activities

Dinner

Day 5: Digital threats & Improving Communication skills

- (at the Hotel): workshop ‘Types of Cyberbullying and how to fight it’ - **lead by the Italian team**
- Workshop ‘Digital Detox - Paper Phone’ - planning activities and sharing info - **lead by the Czech team**

Lunch

Free afternoon

Dinner

Day 6: Digital Literacy

- (at the Hotel): presentation: Digital Literacy - **lead by the Turkish team**
- Workshop: ‘Reliable sources of information online’ - **lead by the Turkish team**
- Presentation of short videos on excessive use of social media
- Group discussion: disadvantages of excessive use of social media

Lunch



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Free afternoon

Dinner

Day 7: Evaluation and Follow-up ideas

- Dissemination plan - setting up the tasks
- Reflection on self-growth and learning
- Sharing of personal learning achievements
- Evaluation of the training programme
- Awarding of certificates

Lunch

Free afternoon

Dinner - farewell meeting

Day 8: Travel day

Methods:

- Ice-breakers and Warm-Up sessions
- Team-building activities
- Brainstorming
- Group discussions
- Questionnaires
- Outdoor education techniques
- Presentations
- Goal-setting activities
- Project-based learning

Impact

A) Impact On The Participants

The participants will;

- use social media correctly and effectively by being aware of about excessive and misuse of social media
- explore alternative and productive ways of spending time instead of social media
- develop their digital competences
- get basic skills to improve digital data and information literacy
- learn ways to struggle with cyberbullying
- improve their entrepreneurial skills
- know how to use ICT creatively
- develop their critical thinking and questioning abilities to access reliable information on the net



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- usage their time on the net efficiently
- gain self-confidence/self-esteem
- have positive effects on their communication/language skills, creativity and personal development
- be aware the importance of social harmony, equality and innovation
- know the value of the intercultural understanding and the meaning of the idea of European citizenship
- be aware about their inner power and abilities and realise the effect of motivation on success,
- be role models among youth,
- see the benefits of group works in comparison to individual works,
- learn about new methods and materials not only about the main area of the project but also in other areas,
- gain new perspectives and thinking abilities,
- have self-satisfaction and competence in their professional studies,
- increase their creativity and request to join in a group for future projects,

B) Impact On The Participating Organisations

The partner organisations will;

- increase their quality standarts and have a continuously rising success graphic,
- be recognised in both national and international areas,
- expand their vision,
- get positive reflections on their image and prestige,
- increase the rate of supply and demand as a result of good studies,
- increase the cooperation between the partners reinforce the organisational culture among the staff,
- provide a more effective and positive cooperation between members and organisation,
- be a distinguished centre among similar organisation,
- gain experience in planning and carrying out long term projects

C) Impact On The Target Groups

They will;

- be aware about using social media and its effects on personal development
- discover different ways of spending time in real life instead of virtual one
- realise the importance of digital competences in their professional life
- learn the types of cyberbullying and avoiding/prediction them
- realise the necessity of ICT in digital age
- get information about how to access / filter reliable information on the net, how to eliminate false/unnecessary informations



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- be aware the importance of social harmony, equality and innovation
- increase their creativity and request to join in a group for future projects

D) Impact On Participating Relevant Stakeholders

The stakeholders will;

- gain knowledge about practices and using them,
- have a positive change in perspective of managers and staff
- raise awareness among similar organisations
- be inspired for carrying out similar studies,
- make a consensus on their planning
- improve the capacity of their organisations,
- increase the quality of serve they provide

4. TRAVEL REIMBURSEMENT

We remember you that to obtain the travel reimbursement of the cost of travel **till the established amount calculated with Erasmus rule of DISTANCE CALCULATOR** (only tickets of economic or touristic flight, second class train or bus and public transportation) each participant must give us:

- Original invoice
- Original tickets of flight and train or bus
- Original boarding cards/passes
- Original invoices for visas and/or travel insurances

Important things to take into consideration.

1. **All the invoices should be in EURO** and **before to book your flight ticket, please ask** for confirmation.
2. **No extra luggage fees is permitted** for participants.
3. The cost of COVID19 testing, if needed, is not subject to reimbursement.

Maximum amount of the reimbursement for each participant:

ITALY	ORIEL ETS	275 euro per participant
CROATIA	INSTITUT ZA POTICANJE MLADIH	275 euro per participant
TURKEY	UNITED POWER OF YOUTH	275 euro per participant
ROMANIA	ASOCIATIA TINERILOR CU INITIATIVA CIVICA	275 euro per participant



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5. INSURANCE AND HEALTH

All the participants are strongly advice to have **individual travel insurance for the whole period of the youth exchange** (*European health card is only for health and not considered as travel insurance which cover aspects such as accident or other problem a part of health*).

Regarding **covid-19 pandemic**, we will be applying restriction during the project. To travel to Czechia, each participant must hold a Covid vaccine accepted by the EU or hold a PCR test not more than 24h prior to the trip.

We commonly agree to protect each other by our actions and attitude.

Before the trip to Czechia, please make sure all these recommendations are taken into consideration.

6. INTERCULTURAL EVENING

It is planned an intercultural evening during the meeting. So please take with you some product from your country (drinks, food, music, country flag, etc.) to be presented to the other participants.

7. ARRIVAL TIME:

ATTENTION: It is not allowed for participant to leave Czechia before the end of the event or to arrive later!

ARRIVAL DATE: YOU MUST RESERVE AND BUY A FLIGHT THAT PERMIT YOU TO ARRIVE **30-06-2022**.

ATTENTION: If for any reason, your travel plan obliges you to arrive before, please facilitate us at time the information so that we can arrange to book cheap hostel for you. But this extension is at participant responsibility.

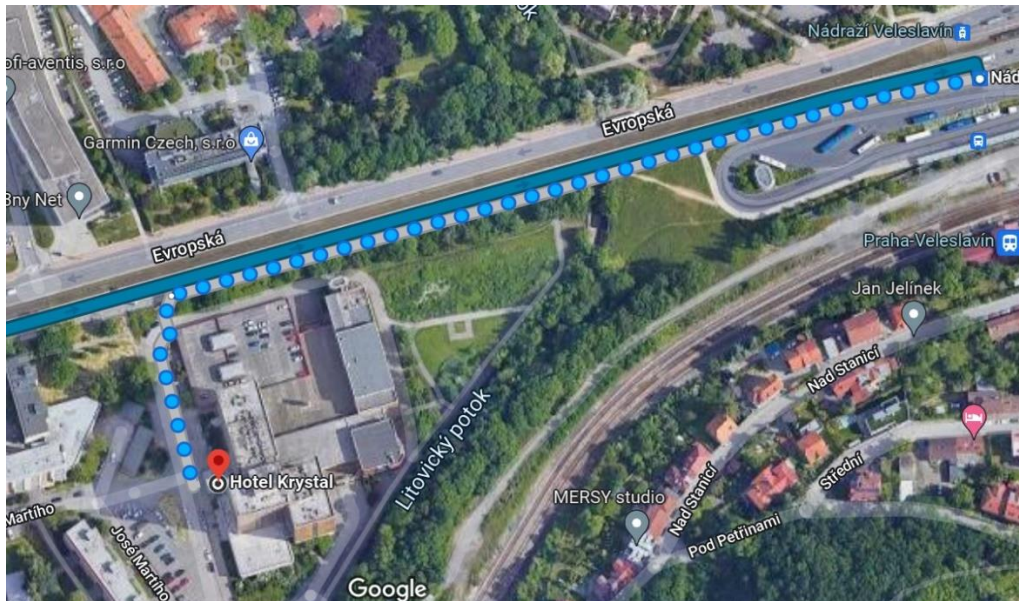
DEPARTURE DATE: YOU MUST RESERVE AND BUY A FLIGHT THAT PERMIT YOU TO LEAVE Czechia on **08-07-2022**.

8. HOW TO GET TO THE HOTEL?

By express bus 119 from Terminal 1 or 2 - choose the ticket for 30 minutes ride. You can buy the tickets from the machines or from the bus driver by cash or by card. For the Hotel get off from the bus at the Nádraží Veveslavín station and walk 500 meters back



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In Czechia the currency is CZK. 1 Euro is around 24 CZK

OUR CONTACT DETAILS:

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