



# INFOPACK

## OPPOSITE OR NOT

International youth exchange

***N° 2023-1-BE05-KA152-YOU-000148848***

APV 18-20 September 2023 - Bruxelles Belgium  
YouthExchange 22-30 October 2023 - Lommel Belgium



Co-funded by the  
Erasmus+ Programme  
of the European Union



## PROJECT



It is well understood how important digital skills are in today's world. We rely on them every day; for example, the first thing we do is check our phone for the time and the messages. A question has arisen in our minds: we use our digital skills every day, multiple times per day, but do we truly understand how to use them, what we use them for, and are there any ways to improve our digital skill usage to be more effective and productive? One of the issues we want to address through this project is that youth are wasting their time on social media, video games, poor internet research and allowing technology to think for us. We want to show young people good ways to use technology, new tools for improving themselves and their work, how to save time learning and researching on the internet and give them more time to be without technology.

The objectives of our Youth Exchange are:

- Promote responsible use of digital tools, including protecting personal information and avoiding cyberbullying.
- Strengthening digital skills, which will provide better involvement in modern workflows for a group of 36 participants.
- Offer young people the acquisition of new digital skills (video editing, control and management of RRSS, conducting tutorials, managing streaming videos).
- Increase awareness of negative impacts of excessive digital tool usage, including physical and mental health problems, addiction, and reduced productivity.
- Encourage individuals to find a healthy balance between digital tool usage and other activities, including social interaction and physical exercise.
- Encourage alternative ways to connect.

## PARTNERSHIPS

Belgium	PARAGRAF International Belgium
France	BigBoss Project
Italy	ECO INTERCULTURA SOUTH
Croatia	Interaktiva
Portugal	Associação Youth for the Future
Czech Republic	BRNO FOR YOU ZS

**DEADLINE FOR REGISTRATIONS AND TRAVEL ORGANISATION IS 7<sup>th</sup> October 2023**

## Participants

### Each country must send :

- **APV** - 1 Group Leader – 18-20 September 2023 – Brussels, Belgium
- **YOUTH EXCHANGE** - 6 participants (5 Participants + 1 Group Leader) 22-30 October 2023 – Lommel, Belgium

The participants must be between the ages of 18 and 30 (there is no upper age limit for the group leader)

- ✓ The participants should have at least an intermediate level of English
- ✓ Each country needs to be aware about the gender balance, so we encourage you to choose 3 women and 3 men
- ✓ Each country should have at least 1 laptop
- ✓ Each country should include **3 participants** with fewer opportunities such as economic, social, cultural or geographical
- ✓ The participants are required to have travel and health insurance

**IMPORTANT / DON'T BUY any tickets before having confirmation from us!!**

**THE GROUP MEETING WILL BE AT :**  
**22<sup>nd</sup> October 2023, 17:00** in [Brussels Airport Zaventem \(arrival hall\)](#)

From Brussels Airport Zaventem we will travel together to Lommel, the place where we will stay

- For coming to Belgium, the most useful airport is Brussels Airport Zaventem, with some low-cost connections.
- You can also check the flights to Charleroi Airport or Antwerp Airport.
- Participants from Belgium will be treated separately.
- Of course, we can help if needed.

#### TRAVEL BUDGET AND OPTIONS / participant (round trip travel)

- Belgium** : Max. 23 €
- Italy - Croatia – Portugal** : Max. 275 €
- Czech Republic** : Max. 275 €
- France** : Max. 210 €

## WHAT TO BRING?

- Per country: 1 laptop
- Something characteristic from your country for the intercultural evenings
- Information about the NGO's that you are representing for the NGO fair - leaflets, posters etc.
- All your travel documents
- Slippers and comfortable shoes for outside
- There might be home tasks to prepare, which will be announced later
- A good mood, a big smile and willingness to participate

## TRAVEL COSTS REFUND

**The reimbursement of the travel costs will be done by bank transfer after we receive all the original tickets.**

CLICK HERE  
APPLY NOW

JOIN OUR GROUP ON  
Facebook

## ACCOMODATION

We will stay in [JBS Lommel](#) - Dodenveldstraat 30, 3920 Lommel



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