



2024 INTERNATIONAL YOUTH EXCHANGE



OPPOSITE OR NOT

 Preparatory Meeting

~~APV Belgium Bruxelles~~

~~18 - 20 September 2023~~

 Connected Project

~~YE Belgium Lommel~~

~~22 - 30 October 2023~~

 Disconnected Project

YE France La Vancelle

15 - 23 October 2024

 www.paragrafinternational.eu

 belgium@paragrafinternational.eu

Yes! We're
BACK



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



Youth Exchange 15-23 October 2024 – La Vancelle France

N° 2023-1-BE05-KA152-YOU-000148848



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 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

PARTNERSHIP

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

DEADLINE FOR REGISTRATIONS AND TRAVEL ORGANISATION 15th September 2024

Participants

CLICK HERE
APPLY NOW

JOIN OUR GROUP ON
Facebook

Each country must send :

- **YOUTH EXCHANGE** - 6 participants (5 Participants + 1 Group Leader) 15-23 October 2024 – La Vancelle France

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 at least 3 participants with fewer opportunities such as economic, social, cultural, 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 :
15th October 2024, 16:00 in [Gare de Séléstat \(France\)](#)

From Séléstat we will travel together to La Vancelle, the place where we will stay for a week

- For coming to France, the most useful airport is Basel , with some low-cost connections.
- You can also check the flights to Strasbourg Airport.
- Participants from France will be treated separately.
- Of course, we can help if needed.

TRAVEL BUDGET AND OPTIONS / participant (round trip travel)

- 📄 **France** : Max. 23 €
- 📄 **Italy - Croatia – Portugal** : Max. 275 €
- 📄 **Czech Republic** : Max. 275 € [Green Travel Max 320€]
- 📄 **Belgium** : Max. 210 € (Green travel)

WHAT TO BRING?

- 📄 Per country: 1 laptop
- 📄 Something characteristic from your country for the intercultural evening
- 📄 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.

ACCOMODATIONS

CLICK HERE
APPLY NOW

JOIN OUR GROUP ON
Facebook

We will stay in : MJC de La Vancelle

14 rue du Général de Gaulle - 67730 La Vancelle - Bas-Rhin



DEADLINE FOR REGISTRATIONS AND TRAVEL ORGANISATION 15th September 2024

CONTACT : belgium@paragrafinternational.eu

ilias_sfikas@hotmail.com