



Digital Wellbeing

Youth exchange

About our association

We are Action Alpha, a youth organization from Slovakia, founded in 2023. Our mission is to promote Erasmus+ projects, volunteering, and to support active youth participation in the local community. We provide space and opportunities for young people's self-realization – whether through writing their own projects, trying facilitation, or organizing events. We also collaborate with other NGOs in Slovakia and abroad, creating connections and inspiration for future initiatives.



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the European Union**

About the project

Have you ever felt like you are getting more and more disconnected with the real world, just consuming whatever pops up on your for you page and doom scrolling for hours? Do you want to connect to yourself through active leisure time, arts and crafts and spend time in nature? If you said yes, than this project is right for you:

We use digital technologies in our everyday lives. They are making our life easier, however they also bring up some downsides such as hoaxes and disinformation, hate speech on social media and in some cases it can lead to addiction. All these factors affect the mental health of users and this is the reason why it is essential to build digital well-being. It is about balancing time spent online and offline, as well as the mindful use of digital devices with regard to productivity, mental well-being, and interpersonal relationships. The goal is to understand the positive and negative aspects of engaging in digital activities and to become aware of how they can be consciously managed and regulated. The project also focuses on alternatives and possibilities, how participants can spend quality time without devices.

Please note that the project will provide gradual digital detox for participants, as we believe quality time can be spent without our phones. Meaning that time on phones will be for participants limited. It will be necessary to call attention to that, when you will be choosing participants.

There will be time dedicated to phones so they can call their loved ones or in case of emergency.



Participants

- 4 countries
- One country = 6 participants + 1 teamleader

Participant profile:

Age: 18 – 25 (teamleader can be older)

People, who would like to change their lifestyle, try out new types of activities such as digital detox, spend time without their phones and immerse themselves into foreign cultures.

Please note that phones (or another digital technologies) will be limited during this project so choose participants who are willing to give up on their phones for some time.

Programme

The whole programme of YE will be on **21st June – 1st July 2026** (including travelling days).

Programme is available [here](#). There are used 3 different sticky notes: **yellow** – for organisational part (travel days, youthpass, cultural night), **blue** – for the main workshops, led by facilitators and **red** – this is used for sport activities or activities which will be led **by participants**. Their task is to prepare 1-2 activities spending time offline (f.e. reading club, drawing, ...). More will be explained to group leaders during call.

Please note, that in programme is hiking so sport clothes will be needed.

The programme will be set in gradual digital detox. Meaning that some activities in the start of the YE will be working with digital devices and will step by step lead to **decrease of their usage**. The last days of YE will finale by **complete digital detox**. Participants will get their digital devices just in dedicated time (so they will be able to call home etc.). These days will finish by all day hiking in a local town.

Accommodation

It is located in the town Banská Štiavnica – one of the most beautiful towns in Slovakia. Typical Slovak and European dishes will be provided during the mobility.



More you can find here: https://www.travelguide.sk/svk/ubytovanie/chata-lodiar_50188_0_1.html

Travel costs

Before buying the tickets, check with us first. We will confirm your route and help you choose the best option to make sure everything is covered.

Nearest bus stop (to accommodation) is [Počúvadlo, jazero](#), however it is possible to rent for 200 €/minivan – from the airport to our location. Please, let us know if you would be interested in this option.

Spain – by plane, 2 travel days, 365 € per person

Hungary – green travel, 2 travel days, 285 € per person

Romania – green travel, 4 travel days, 417 € per person

Slovakia – green travel, 56 € per person

Partners responsibilities and next steps

Here are written following responsibilities and schedule.

- Managing travel costs and transport from their country to accommodation.
- Ensure that participants are prepared for the project. Their task before YE will be to create 1-2 workshops regarding active leisure time activities and spending time offline.
- Ensure that participants will accomplish activities after the project. One workshop for local people in their country.
- Sharing posts on social media including outcome of this project (6 digitalized posters created during YE by participants).

Schedule

1. Finding participants and filling the form (you will access through email) – **deadline 31st March**
2. Video call with group leaders – **during April** – to inform group leaders about travel costs and preparation (cultural night and workshops)
3. Travelling and tickets – **deadline 8st May**
4. Video call with all participants – **May**