

INFOPACK

Yes Technology, No Addiction

28 August - 4 September 2023

Erasmus+ Youth Exchange project in
Seelbach, Germany

About the project

Technology addiction is an impulse control disorder that involves the obsessive use of mobile devices, the internet or video games, despite negative consequences to the user of the technology. Contrary to popular belief, technology addictions can be extremely dangerous and contribute to various neurological, psychological and social problems. Some examples to those problems may include anxiety, depression, attention deficit hyperactivity disorder (ADHD), restlessness, irritability, agitation, anger, headaches, backaches, carpal tunnel syndrome, poor nutrition, lack of physical exercise, and inadequate self-care.

However, limiting digital tools in this age could feel challenging, even impossible. We want to show ways to do it and support young people to be more conscious with their technology usage.

Specific objectives

To endear nature activities

To introduce healthier lifestyle and increase communication skills by remarking asociality caused by technology addiction

To teach ways of reducing excessive and uncontrolled use of social media

To draw attention to short and long-term harms of technology addiction

PARTNER COUNTRIES

AUSTRIA



SPAIN



LITHUANIA



HUNGARY



TURKIYE



ITALY



**THE REPUBLIC OF
NORTH MACEDONIA**



5 People from
each country
between age
16-30 will
participate.

Accommodation

Evang. Jugendheim Geroldseck

Raukasten 4, 77960 Seelbach,
Germany



**! No bed sheet, pillow or blanket are provided.
Every participant must bring their own.**



- Room arrangement will be done randomly for better cohesion of the group. Please let us know in advance in case of special needs.

Important notes

You must choose the optimal tickets for your travel.

! Don't buy any ticket without confirmation from contact people noted on the last page.

Don't use a taxi or private car. It is not covered within the project budget.

You must keep all tickets, boarding passes, invoices. (If you can't provide documentation, you can't be reimbursed.)

You must attend in all activities to get reimbursement. Every participant is responsible to do some research about Erasmus+ and project topic, and be ready to present ideas, lead energizers and contribute to the project.

Cultural nights are planned for each country to introduce different cultures. **Every participant must be ready for those with presentations of their country, bring food, drinks and little souvenirs.**

Weather in this region can be variable, better to bring a light jacket for chill evenings. Sport shoes are suggested for walks and sport activities in nature.

There are lakes around where it is possible to swim. You can bring swimsuits in case of visiting one of them if there is a free time left from schedule.