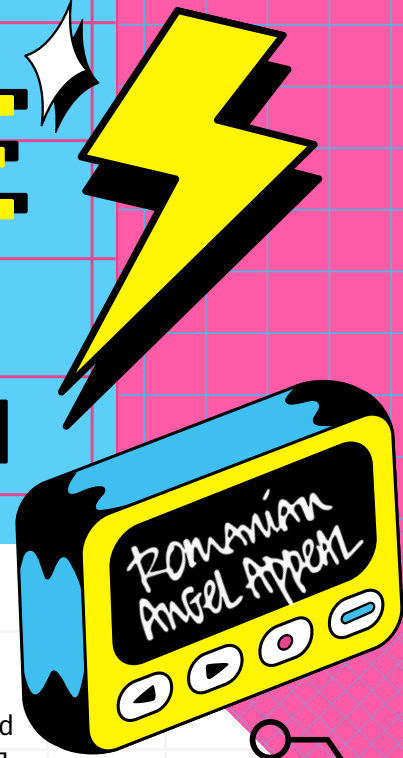


# YOUTH EXCHANGE

## TECH-SAVVY TEENS:

## CONQUERING THE DIGITAL REALM



## WHAT AND WHY



Teenagers today are growing up in a digital world, characterized by the extensive use of technology, including smartphones, social media, and the internet. It's important to note that technology is not inherently harmful, and when used mindfully and appropriately, it can be a valuable tool for learning, development, and connection. The challenge is to balance the benefits of the digital world with the potential risks and to promote healthy digital habits among teenagers.

Recommendations for a Balanced Digital Life include:

- **Digital Literacy Education:** Schools should focus on teaching digital literacy skills to help teenagers navigate the digital world responsibly.
- **Time Management:** Encouraging teenagers to manage their screen time effectively and take regular breaks can help in maintaining a balanced digital life.
- **Promote Healthy Habits:** Encouraging physical activity, healthy eating, and adequate sleep can mitigate some of the negative effects of excessive screen time.



## GENERAL INFO

**Location:**

Bcharest, Romania

**Language:**

English

**Arrival date:**

14th of November

**Departure Date:**

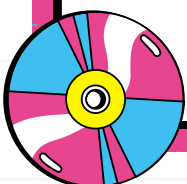
22th of November

## HOW WILL DO IT

The Youth exchange will propose non-formal education activities such as interviews, design thinking, brainstorming, videos, world cafe, music, storytelling, open space, facilitated discussions aimed to fulfill the objectives.

## OBECTIVES

- **Exchange Best Practices:** Facilitate the sharing of exemplary digital practices from partner countries to reinforce common European values in youth activities.
- **Understand Digital Living:** Develop skills to comprehend the advantages and disadvantages of a digital world, fostering a balanced digital and offline life.
- **Youth Empowerment:** Enable 30 youths to identify tools and construct their "Digital Survival Kit" as a strategic e-learning instrument.



# WHO WE ARE?

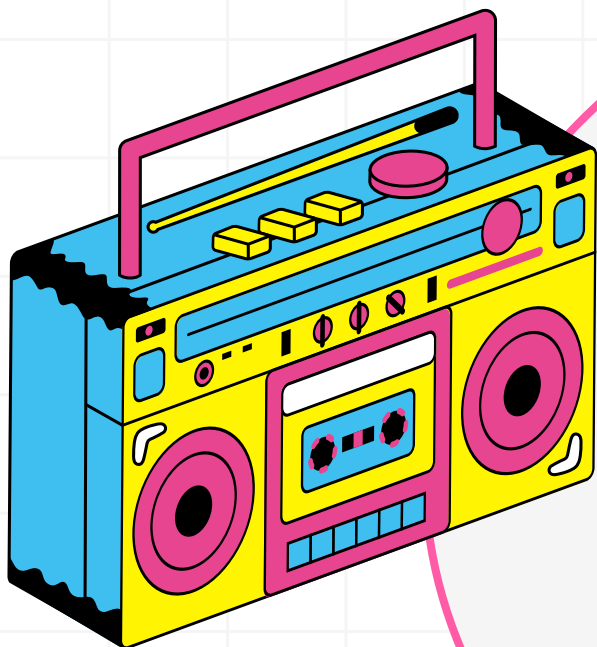


*And why you should trust us?*

# WHAT WE EXPECT

All organizations are responsible for the preparation, support, and monitoring of your representatives in the youth exchange;

- Each partner will select their participants. The selections will be made taking into account the skills of the youth leader/worker and their motivation, making sure that the profile of the participants is compatible with the planned activities.
- Each partner will participate in and support the follow-up activities and will contribute to establish strategies for the dissemination and use of the project's results together with their participants.



**Romanian Angel Appeal Foundation** is a non-governmental organization working since 1991 to improve the quality of life and mitigate the risk of discrimination and social exclusion of children and adults in need.

**Our vision:** 

A fair world in which every child, young and adult reaches their full potential.

**Our mission:** 

Romanian Angel Appeal's mission is to build a fair world for every child, young and adult through actions with impact and sustainable results in the educational, social, and medical field. To achieve its mission, RAA acts in multiple directions – improving the quality of the medical and social services, improving health, social and educational policies, conducting research and supporting the professional development of a variety of specialists through residential and online training.

# DEAR PARTICIPANTS

- All the participants will be expected to be present and active in all the activities.
- Unauthorized absence from the activities and workshops won't be tolerated.
- Be on time every session.
- Respect the schedule.
- Don't disturb after midnight.
- **We are curious about your countries and culture, do not hesitate to bring something meaningful to show us, can be food.**
- Travel reimbursement can be fully removed to the people who don't respect this common sense rules.

# PROGRAM



The exact training schedule will be agreed on the first day together with all the participants, to match the needs and customs of the group (i.e. starting time in the morning, length of lunch break, time for cultural activities, distribution of hours and subjects...).

## 14th November 2023:

- Arrival and get to know each other+dinner;

## 15th November 2023:

- Setting up the context + team building activities;

## 16th November 2023:

- The social-media era: navigating the digital sea;

## 17th November 2023:

- FOMO - JOMO, how to feel relevant in a world that keeps changing daily;

## 18th November 2023:

- Mind mastery: decoding the facts fake news, Safety measures on internet;
- Reality check: breaking the illusion;
- NetProtect: staying safe in the cyber jungle;

## 19th November 2023:

- Building on a survival kit in a digital world for young persons;

## 20th November 2023:

- Building on a survival kit in a digital world for young persons

## 21th November 2023:

- Conclusions, next steps and youth pass;

## 22th November 2023:

- Departure

## WHAT SHOULD YOU DO AFTER GOING BACK HOME

After the amazing experience of participating in this project we expect you to not be selfish.

So tell other young people about what happened, what you've learned, how you found out about this project and encourage them to take opportunities like this and PARTICIPATE. You can organize a meeting with your school colleagues or with your friends, you can write an article for the community newspaper or you can organize a flash mob. Imagination has no limits.

## CONTACT PERSONS



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+40-770-369-950

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+40-770-560-741

## USEFUL PHONE NUMBERS

In case of emergency, call  
**112**

For further info go to the website of the Romanian Police:

**www.politiaromana.ro**

Prefix for Romania: +40;

Border Police:

**+40-212-013-309**

**www.politiadefrontiera.ro**

Bucharest Otopeni Airport:

**+40-212-041-000**

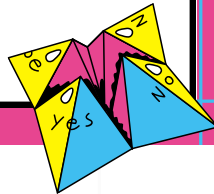
**www.otp-airport.ro**

Railways Information

(Bucharest):

**+40-219-521**

**www.cfrcalatori.ro**



Every day there will be two moments facilitated by the participants in the national groups:

The morning moment which aims to energize all the participants and give us the necessary energy throughout the day;





The evening moment, after the end of the activity when the participants will organize the intercultural evening.

# ACCOMMODATION


The accommodation, meals and training will be provided by the organizers in the Students Complex Tei, Oltetului nr 30, sector 2, Bucharest ([www.ccsstei.ro](http://www.ccsstei.ro))




## WHAT TO BRING WITH YOU

- ID card or passport and visa (if required) 
- comfortable cloths and shoes for indoor and outdoor activities 
- fact sheet/ presentation about how digitalization changes the life of youngsters in the home country (printed or online, A3, canva or infographic) 
- traditional snacks for the intercultural moments 

## TRAVEL AND PARTICIPATION COSTS

Travel costs will be reimbursed up to the ceiling of the distance band for mobility events. 

All the other costs (transport from and to the airport,  accommodation and meals) will be ensured by the organizers.

## CURRENCY

The Romanian currency is LEI (RON). 1 Euro is 4.94 lei (aprox 5 lei)

In Romania, all types of credit cards valid in the European Union are accepted.

## HEALTH INSURANCE

We recommend that you buy a Health insurance for the exchange period. The costs cannot be covered from the project.

