

YOUTH EXCHANGE PROGRAMME

CTRL+ME

Youth reclaiming attention in the digital era

2026

Digital guide

12 activities · 5 participating countries



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ACTIVITY

EBELTOFT, DENMARK

Introduction to Digital Education

Click here to access the materials ([QR code stations](#) and [Digital Passport](#)).

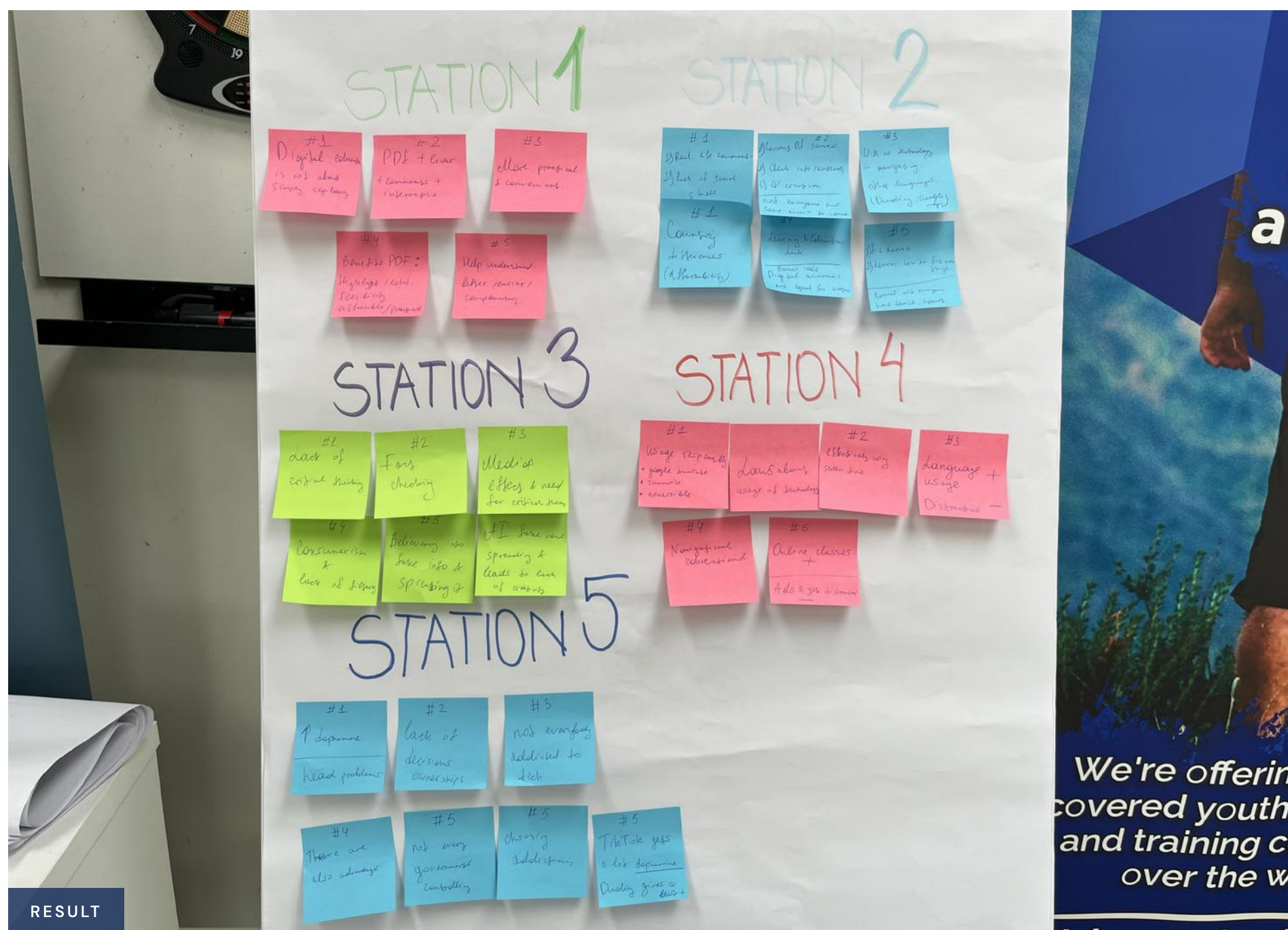
ABOUT THE ACTIVITY

- Introduction to digital education concepts, tools, and their role in supporting teaching and learning.
- Exploration of the benefits, challenges, and responsible use of digital technologies in educational environments.
- Groups had to go from one station to the other, listen or read the material, discuss and take notes in their Digital Passport.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Increased understanding of the role of technology in modern education.
- Knowledge of available digital tools and their practical applications.
- Awareness of opportunities and challenges related to digital learning.
- Improved readiness to use digital technologies effectively and responsibly in educational settings.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

The Importance of Attention

Click here to access the materials ([Facilitator materials](#) and [Activity materials](#)).

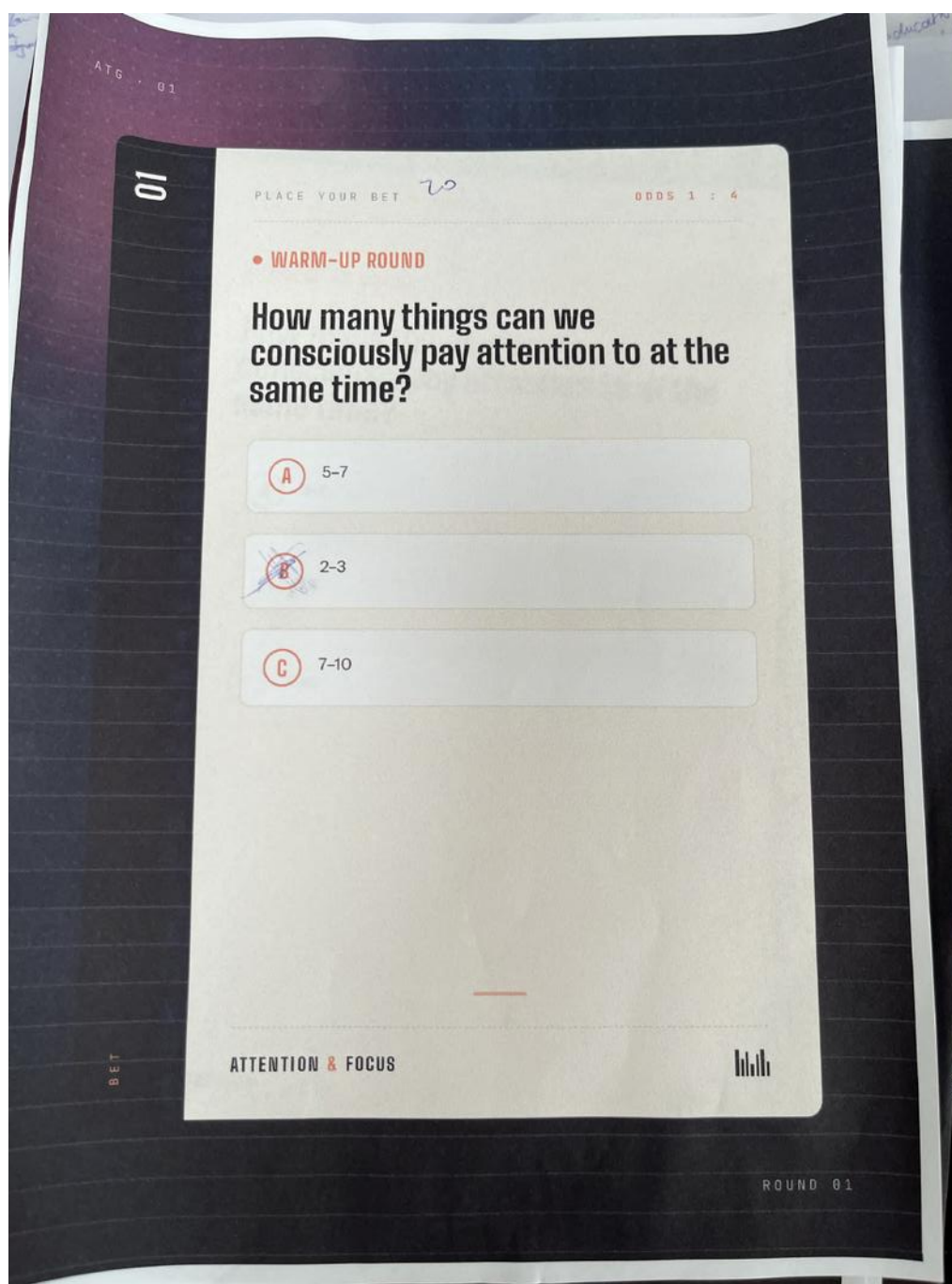
ABOUT THE ACTIVITY

- Introduction to how attention influences learning, daily activities, and overall performance.
- Exploration of different types of attention, key influencing factors and practical strategies.
- Groups had to bet on a secret question their attention points (starting with 100) and then discuss the question once revealed. The points were added if they got it right and deducted if wrong.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Better understanding of how attention affects perception, learning, and behavior.
- Increased awareness of factors that support or distract attention.
- Knowledge of practical techniques for improving focus and concentration.
- Enhanced ability to apply attention-management strategies in daily and learning activities.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

Focus in a World of Distraction

Click here to access the materials ([Activity materials](#), [Answers](#), [Flyer 1](#), [Flyer 2](#), [Flyer 3](#), [Flyer 4](#) and [Flyer 5](#)).

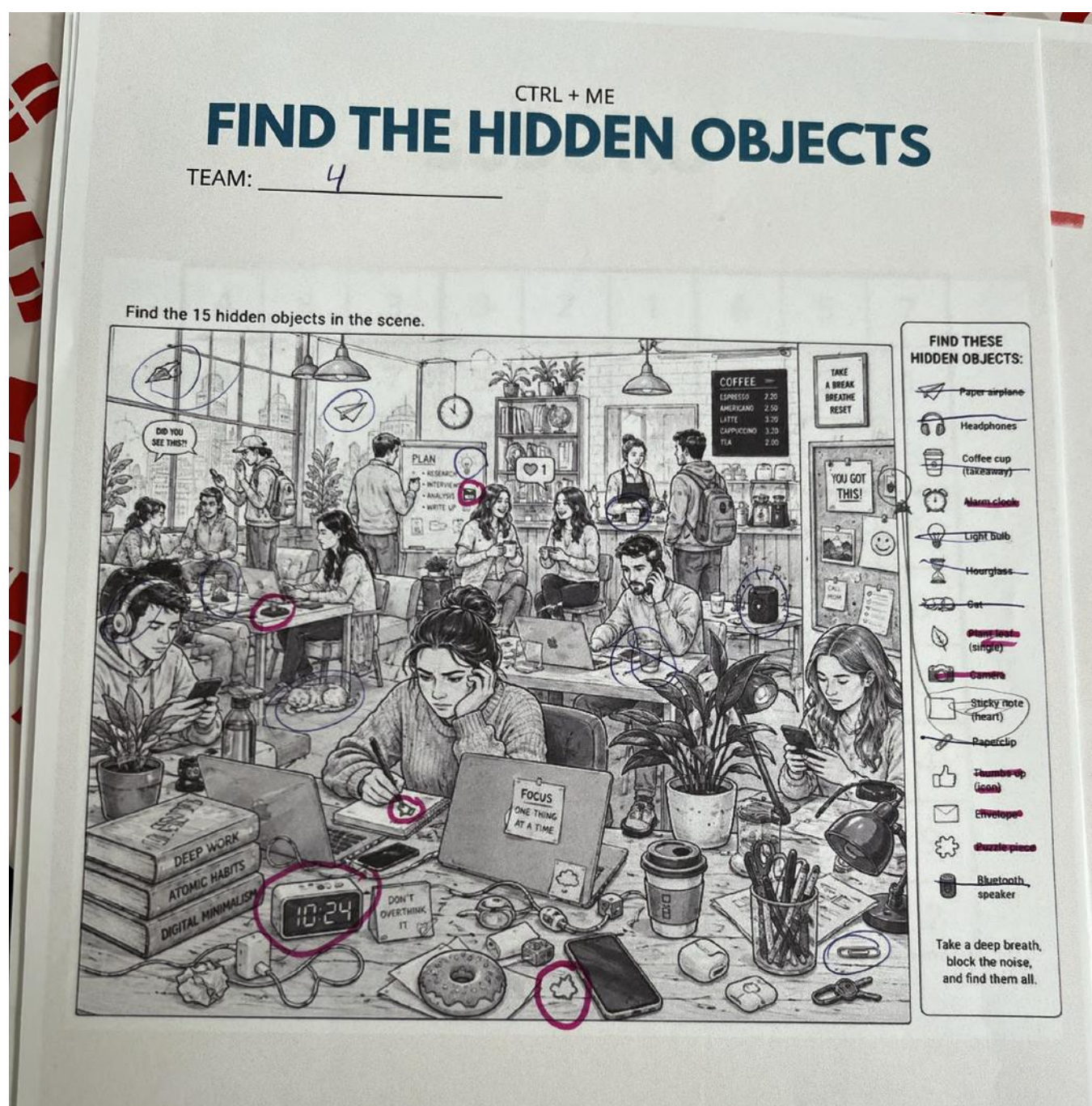
ABOUT THE ACTIVITY

- Complete puzzles and challenges while managing distractions in a fast-paced environment.
- Practice focus techniques and reflect on strategies that help maintain attention and performance.
- Groups had to solve exercises while being distracted by the staff in many different ways.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Improved ability to maintain focus in distracting environments.
- Greater awareness of how distractions impact attention and performance.
- Enhanced problem-solving and critical-thinking skills under pressure.
- Increased confidence in applying attention-management strategies in daily life and learning.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

Look Again - Trip to Aarhus

Click here to access the materials ([Activity material](#)).

ABOUT THE ACTIVITY

- Teams explore the city and complete challenges without relying on digital devices.
- Engage with local people and reflect on how technology influences daily life and social interactions.
- Practice mindfulness and identify places or situations affected by technology use.
- Create and share positive messages promoting digital balance and offline engagement.

LEARNINGS & OUTCOMES

- Increased awareness of the impact of technology on attention, well-being, and relationships.
- Improved critical thinking about digital habits and their effects on everyday life.
- Enhanced teamwork, communication, and observation skills through real-world exploration.
- Greater understanding of strategies for achieving a healthy balance between digital and offline life.

PHOTO FROM THE ACTIVITY

Aarhus: Look Again

An Attention Hunt — See What You Usually Miss

FIND SOMETHING...

OUR DISCOVERY



that reveals something about Danish culture

☐

that most people might walk past

☐

that made you stop and look twice

☐

that made you curious

☐

that you might have missed while scrolling

☐

RESULT

that shows a connection between the past and present

☐

ACTIVITY

EBELTOFT, DENMARK

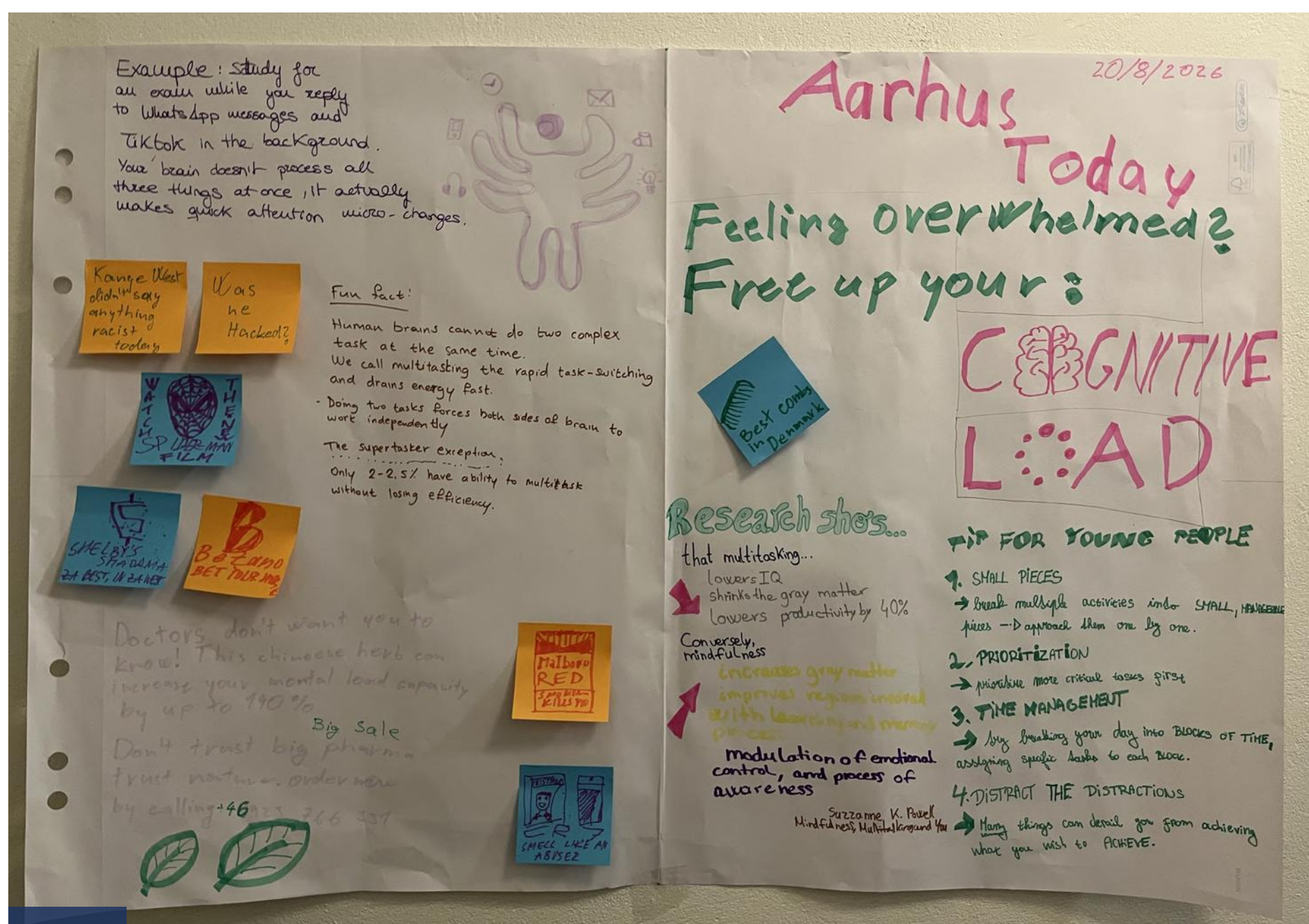
Multitasking

Click here to access the materials ([Activity material](#)).

ABOUT THE ACTIVITY

- Analyze a technology-related challenge, exploring its causes, impacts, and potential solutions through teamwork and discussion.
- Topics included: Attention Economy, Cognitive Load, Digital Burnout, Attention Residue, Multitasking.
- Present group findings represented in posters and engage in discussions on the impact of digital distractions on daily life.
- The activity ended with discussion and debriefing.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

How Does Technology Affect Us?

Click here to access the materials ([Activity material](#)).

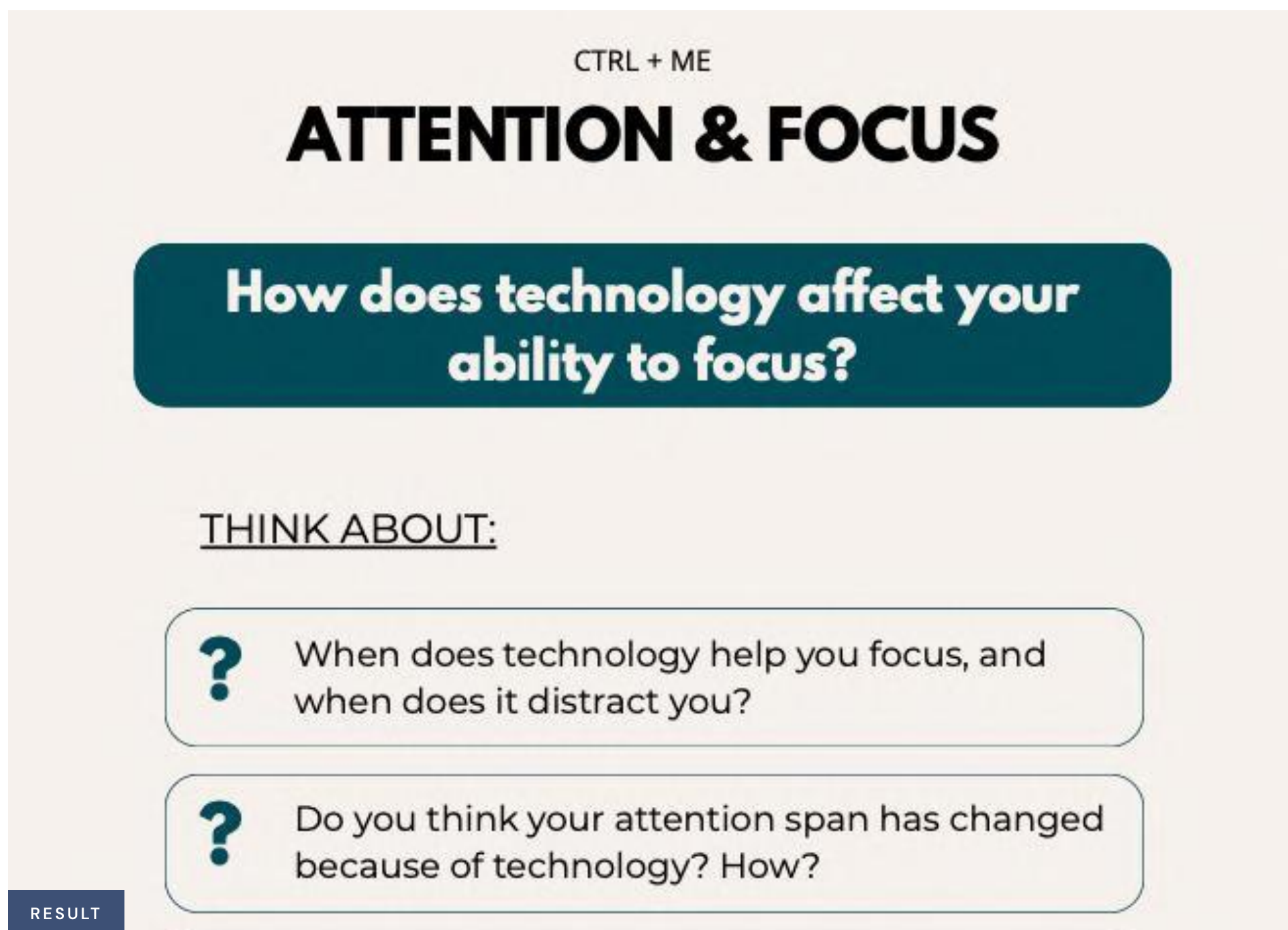
ABOUT THE ACTIVITY

- Reflect anonymously in groups on how technology impacts daily life and contribute to a collaborative collage of shared experiences.
- Groups write or draw their reflections on posters.
- Group discussion explores common challenges and perspectives related to digital distractions.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Increased awareness of technology's impact on daily life and well-being.
- Greater empathy and understanding of shared experiences with digital distractions.
- Reduced feelings of guilt and judgment related to technology use.
- Development of personal strategies for more mindful and balanced technology management.

PHOTO FROM THE ACTIVITY



ACTIVITY

EBELTOFT, DENMARK

Critical Thinking - Attention City

Click here to access the materials ([Facilitator materials](#), [Role cards](#) and [Money](#)).

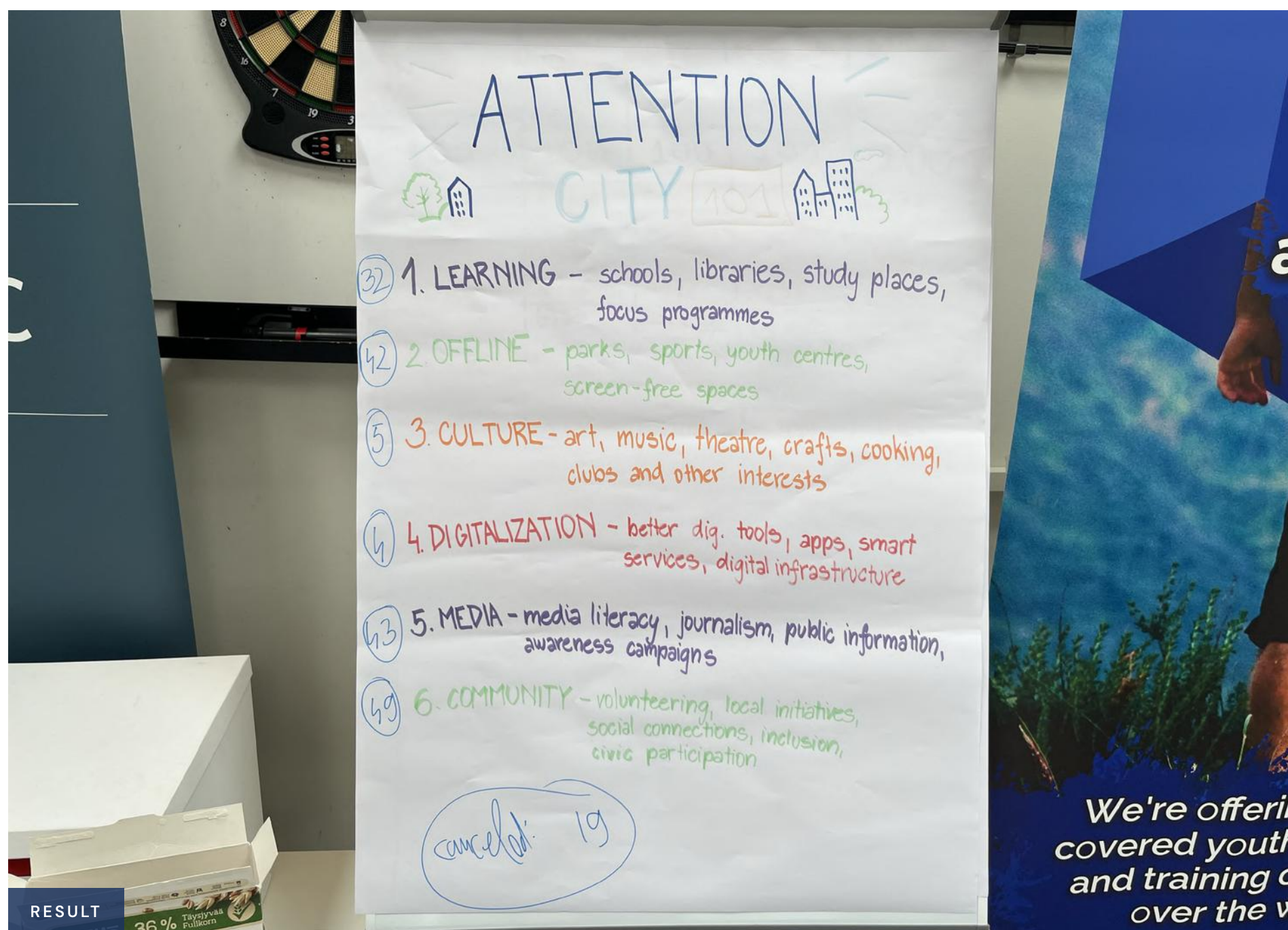
ABOUT THE ACTIVITY

- Practice critical thinking techniques to assess real, false, and misleading information to verify sources and assess credibility.
- Participants were given attention money and secret society roles.
- They had to vote secretly with their money for a shared cause after discussing with the rest of the participants.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Improved ability to identify false, misleading, or biased information online.
- Enhanced critical thinking and information evaluation skills.
- Increased confidence in using fact-checking tools and verification methods.
- Greater awareness of responsible digital citizenship and informed decision-making.

PHOTO FROM THE ACTIVITY



ACTIVITY

EBELTOFT, DENMARK

Digital Stress Reduction Plan

Click here to access the materials ([Activity material](#)).

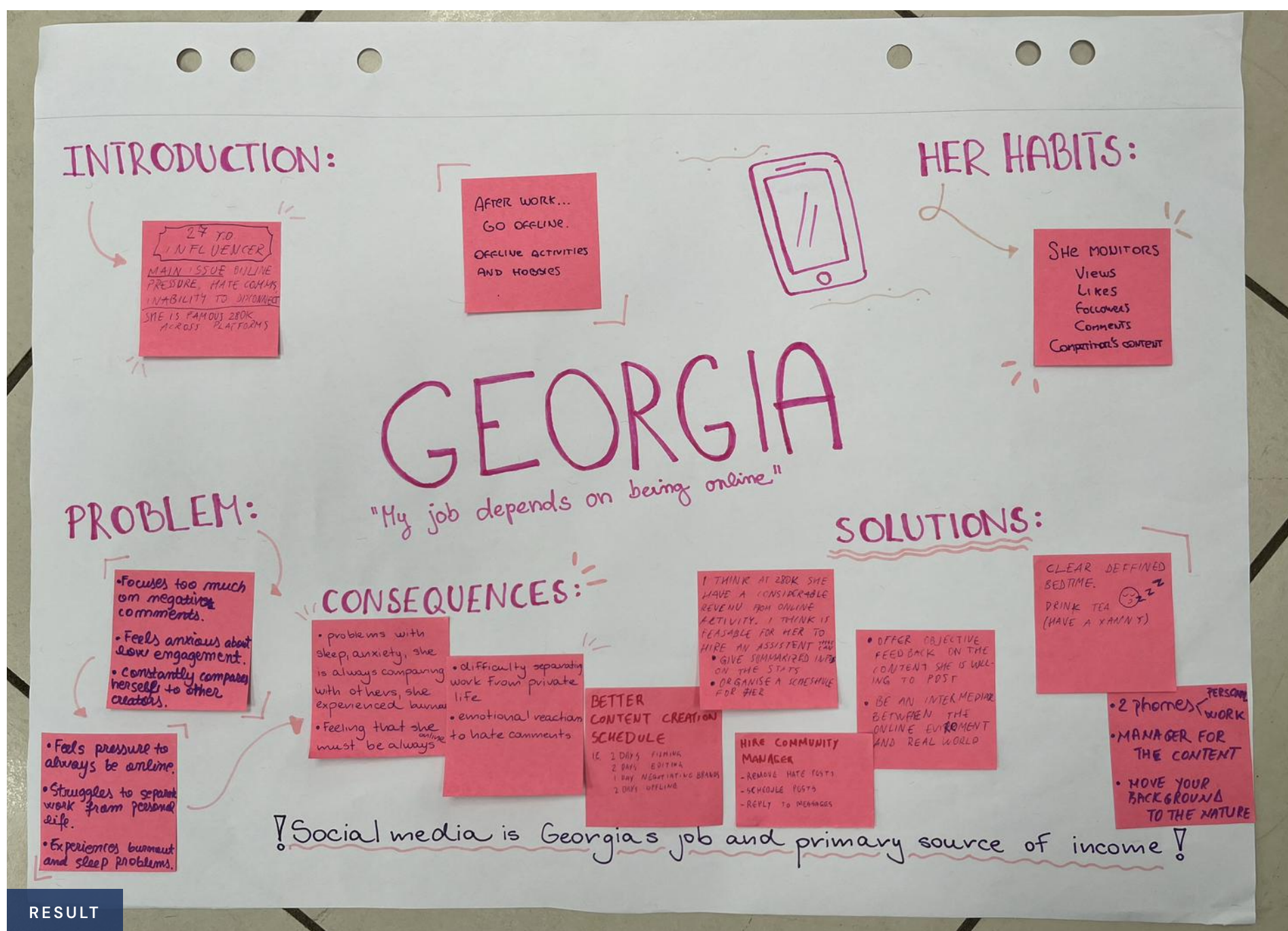
ABOUT THE ACTIVITY

- Introduction to digital stress, its causes, and its impact on mental well-being.
- Participants design a personalized plan to reduce stress related to technology use based on different personas.
- Exploration of practical strategies such as screen-time limits, tech-free zones, and regular digital breaks.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Increased awareness of the effects of digital stress on well-being and productivity.
- Improved ability to identify personal sources of digital stress.
- Development of practical strategies for healthier technology use and better focus.
- Creation of an actionable plan to support long-term digital well-being and balance.

PHOTO FROM THE ACTIVITY



ACTIVITY

EBELTOFT, DENMARK

Cybersecurity Basics

Click here to access the materials ([Presentation](#) and [Have You Been Pwned QR code](#)).

ABOUT THE ACTIVITY

- Introduction to basic cybersecurity and online safety practices.
- Participants checked for known data breaches using the “Have I Been Pwned” tool.
- Paired activity to explore each other’s public digital footprint online.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Increased awareness of cybersecurity risks and data breaches.
- Better understanding of digital footprints and online privacy.
- Improved knowledge of protecting personal information and accounts.
- Greater awareness of safe and responsible online habits.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

The Colour of Attention Challenge

Click here to access the materials ([Activity material](#)).

ABOUT THE ACTIVITY

- Teams explored the surrounding environment to discover and document their assigned colour through observation and creativity.
- Participants relied on their senses rather than their phones to notice details in nature and surroundings.
- Groups collected examples and reflections connected to their colour theme.
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Increased awareness of the importance of observation and focused attention.
- Enhanced creativity through exploring everyday environments from a new perspective.
- Improved teamwork and communication skills.
- Greater appreciation for mindfulness and being present in the moment.

PHOTO FROM THE ACTIVITY

Find together

- Three different textures
- The most distant sound you can hear
- Something moving slowly
- Something you would normally walk past without noticing
- A place where your colour feels strongest
- A smell that represents your colour
- A natural pattern
- One object you would like to sketch

RESULT

ACTIVITY

EBELTOFT, DENMARK

Setting Your Priorities

Click here to access the materials ([Facilitator materials](#), [Group 1](#), [Group 2](#), [Group 3](#), [Group 4](#) and [Group 5](#)).

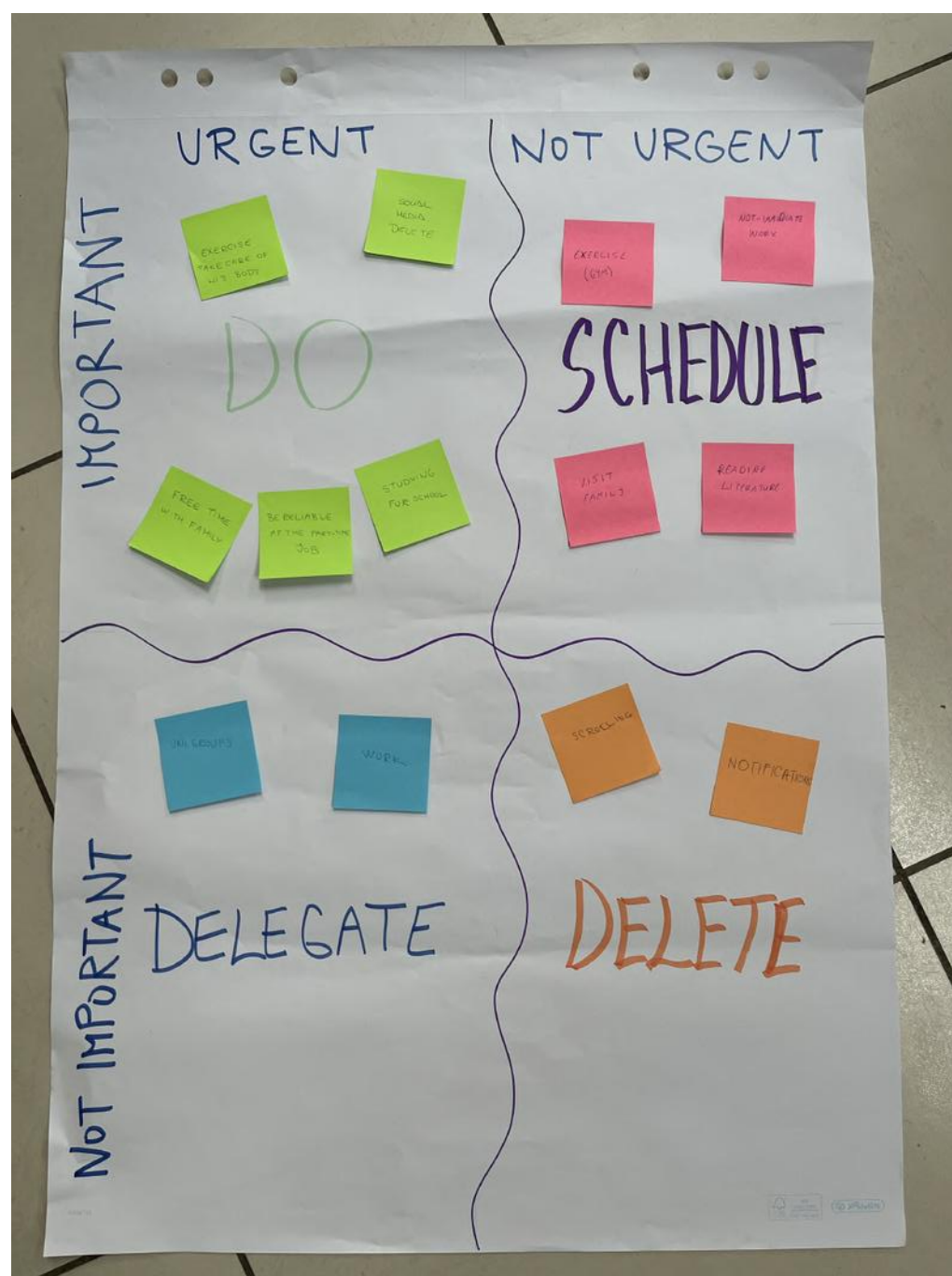
ABOUT THE ACTIVITY

- Introduction to the Eisenhower Matrix and its use for prioritizing tasks.
- Group exercise categorizing everyday digital and personal activities into the matrix quadrants.
- Groups create a personalized matrix based on the persona's area of life they were given (Education, Family, Health, Work, Free Time).
- The activity ended with discussion and debriefing.

LEARNINGS & OUTCOMES

- Improved ability to distinguish between urgent and important tasks.
- Increased awareness of how digital distractions affect productivity and well-being.
- Enhanced time-management and prioritization skills for daily life.
- Development of practical strategies to organize tasks and make more effective decisions.

PHOTO FROM THE ACTIVITY



RESULT

ACTIVITY

EBELTOFT, DENMARK

Offline Wellbeing and Digital Toolbox

Click here to access the materials ([Facilitator materials](#)).

ABOUT THE ACTIVITY

- Explore the concept of digital stress and its effects on focus, productivity and well-being.
- Create a personalized stress-reduction plan using strategies such as screen-time limits, tech-free zones and the Pomodoro method.
- Identify and evaluate digital tools that support concentration.
- Reflect on ways to maintain a healthy balance between technology use and real-life interactions.

LEARNINGS & OUTCOMES

- Increased awareness of the causes and impact of digital stress.
- Improved ability to apply practical techniques for focus and stress management.
- Knowledge of digital tools that can support healthier technology habits.
- Development of a personalized action plan to improve well-being, productivity, and digital balance.

PHOTO FROM THE ACTIVITY



RESULT

ABOUT THE GUIDE

About CTRL+ME

CTRL+ME – Youth reclaiming attention in the digital era was an Erasmus+ youth exchange that brought together 29 young people, 5 group leaders and 2 facilitators from Denmark, Cyprus, Spain, Romania and Slovakia in Ebeltoft, Denmark, from 16 to 24 August 2026. Through non-formal and peer learning, participants explored how constant connectivity affects attention and well-being, and practised concrete ways to use technology on their own terms.

ABOUT THIS GUIDE

- Twelve activities that were tested with the participants during the exchange.
- Each sheet describes the activity, its learning outcomes and what participants produced.
- The full programme also included sessions on mindfulness, sustained reading and deep work, as well as team-building, intercultural and reflection activities.

HOW TO USE IT

- Click the links under each activity title to download the facilitator and participant materials.
- Run the activities with your own group in a youth centre, school, club or exchange.
- Adapt, translate and share them freely under the open licence below.

PARTNER ORGANISATIONS

DK	The Nordic Crew	Denmark · coordinator
CY	Youth Dynamics	Cyprus
ES	Asociación Cultural Maditerránea	Spain
RO	Tineri pentru Formare – Romanian Youth Rise	Romania
SK	Youthfully Yours SK	Slovakia



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