

# MINDFUL SWIPES AND OUTDOOR VIBES



Georgia



11 17th to 26th of July 2024

## WHAT IS THIS YOUTH EXCHANGE ABOUT?

Do you feel like your smartphone has become an extension of your arm? Does its use dominate your time and does it have negative impact on your well-being? Are you curious about how other young people from other cultures experience this?

⇒ Continue reading through this infopack and check if the topic, expectations and the outdoor setting of this project align with you!

This youth exchange acknowledges the integral role of technology in modern life and focuses on **cultivating healthy relationships with digital tools**. The project emphasizes the importance of integrating mindful practices into daily routines to counteract the negative effects of excessive usage of technology (mainly smartphone usage, social media, microblogging, etc.).

The project provides the opportunity to **learn from one another and share experiences, knowledge and perspectives** on the use of for example smartphone.

In exploring alternative ways of spending time, this project will incorporate **creative activities, sports and outdoor activities**. Participants are encouraged to contribute their personal input in this regard.

## WHAT ARE ITS AIMS AND OBJECTIVES?

1. To increase awareness and understanding of the **impact** of technology on **personal well-being**, including mental health, social interactions and productivity.
2. To promote healthier technology habits and the development of a **balanced approach to digital usage**, focusing on moderation and mindful engagement.
3. To encourage **active participation in offline activities**, such as creative pursuits, sports and outdoor adventures, fostering personal growth and interpersonal connections.
4. To empower participants to **recognize and address negative patterns** of digital usage, providing tools and strategies for self-regulation and boundary-setting.
5. To facilitate **meaningful dialogue and knowledge-sharing** among participants from diverse cultural backgrounds, promoting empathy, understanding, and cross-cultural exchange.

*The youth exchange "Mindful swipes and outdoor vibes" offers a holistic approach to addressing digital addiction by empowering individuals to reclaim control over their digital lives and embrace mindful living in the digital age.*

Applicant and coordinating organization: JOETZ



Facilitating partner: ICPI



with the support of:



**Erasmus+**  
Enriching lives, opening minds.



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## HOW WILL THE PROGRAM LOOK LIKE?

The program of this youth exchange is a **group effort**, shaped by the input of group leaders from all participating partner countries.

Each leader acts as a vital link between the program and participants from their own national group. By working like this we foster an **inclusive environment where every voice is valued**. This collective effort ensures that the final program is a product of **shared ownership, empowering each participant**.

**We encourage everyone to push their boundaries and contribute to the project.** We love the diverse contributions each participant brings, offering opportunities for personal growth and expression. Whether leading a session, sharing insights or simply being present, your involvement shapes the collective narrative!

## AM I THE PARTICIPANT YOU'RE LOOKING FOR?

### Are you matching with the participant profile?

- 21-30 years old (NO age limit for group leaders **1**)
- Interested in gaining insight into your own use of digital technology, as well as that of others and youth in general across cultures.
- Interested in exploring alternatives and/or finding a healthy balance between the use of digital technology and non-technological ways of spending time
- Open attitude towards all participants and recognizing the value and qualities of everyone present
- Intermediate to advanced level of English (as it is the language of instruction and communication during the youth exchange)

## Are you willing to engage in the project as follows?

### Before

- Organize your **travel plans** and transportation with the support of your group leader and/or sending organization;
- Pay the travel costs yourselves or have your sending organization arrange payment **2** (reimbursement after participation);
- Check your emails/Whatsapp regularly;
- Be present during (online) pre-departure meeting(s) organized by your group leader. **Together with the group leader, you will explore how your group can contribute to shaping the program**

### During

- attend all the workshops with an **active and motivated attitude**;
- share your **knowledge and experience** with the other participants;

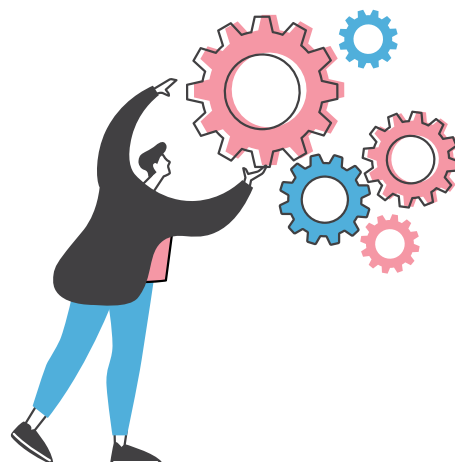
### After

- If necessary, be present and take an active role during (online) post-project meetings organized by your group leader.
- Be **committed to sharing the insights and learning experiences gained during the project with your own network** (family, friends, fellow students, colleagues, etc.), whether individually or with other participants. *We request you to demonstrate your commitment afterward because we are curious about who you have been able to reach with your incredible adventures! Who knows, you might inspire other young people (psst... this is actually an important goal of these Erasmus+ projects).*
- check on your emails/Whatsapp regularly regarding the further practical/ financial handling and follow-up of the project.



**1.** Group leaders will have additional responsibilities and will be required to attend online preparatory meetings before the youth exchange. It's highly recommended for group leaders to have previous experience in Erasmus+.

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## WHO IS ORGANIZING THIS YOUTH EXCHANGE BESIDES GROUP LEADERS AND PARTICIPANTS?

### Applicant, coordinating organization: JOETZ

JOETZ is a **recognized national youth association** by the Flemish government. JOETZ's mission is to be a **health promoter for children and young people** (3-30 years old) in Flanders and Brussels.

JOETZ wants to achieve this mission through **various health projects** (healthy workshops, online and offline health content, health campaigns), activities (children's and youth holidays, playground activities, children's events) & training (animator/youth leader trainings, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: in a fun and playful non-formal way. JOETZ's specific core tasks are: health projects, activities & holidays, trainings for our unpaid youth workers, international youth work and giving a voice to young people.

### Contact

**Liselotte Bekaert**, coordinator international youth work JOETZ  
[www.internationaaljeugdwerk.be](http://www.internationaaljeugdwerk.be)  
[instagram.com/joetzinternational](https://www.instagram.com/joetzinternational)

### Facilitating partner: ICPI

**International Center for Peace and Integration (ICPI)** is a Georgian not-for-profit non-governmental organization with a mission to provide the platform for the development of self-aware, progressive and engaged youth in civil society. ICPI encourages personal growth, innovation and positive change through critical thinking, intercultural understanding, support for new initiatives and collaboration. ICPI believes in the power of education as a means to plant the seeds of change in attitude and action. The team of ICPI promotes democratic values, peace-building and social entrepreneurship for a more sustainable society.

ICPI was founded in 2011 by young people with more than 10 years of working experience in the non-governmental sector.

ICPI works in different social, educational and cultural fields with several target groups such as: youth, IDPs, people with fewer opportunities, etc. ICPI is actively involved in the Erasmus+ Programme and cooperates with different state institutions and organizations in Georgia, in Europe and partner countries.

### Contact

**Khatuna Chaladze**, co-founder ICPI and project coordinator  
[www.icpi.ge](http://www.icpi.ge)  
[instagram.com/icpi\\_georgia](https://www.instagram.com/icpi_georgia)

## WHO ARE THE OTHER PARTICIPATING COUNTRIES?

Each partner country brings along 1 group leader and 5 participants.

Organization	Country
JOETZ	Belgium
ICPI	Georgia
Asociación "Para la inteligencia social" PLIS	Spain
Lifeshaker Association	Portugal
Skautsky Institut	Czech Republic

## WHAT WILL IT COST ME TO PARTICIPATE IN THIS YOUTH EXCHANGE?

The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a **fixed budget for transport** with tram, bus, train and plane according to the travel distance calculator indicated by the EU.

If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you (or your sending organization) will have to pay for the difference.

### REIMBURSEMENT IS ONLY POSSIBLE WHEN:

- **JOETZ is in possession of your personal details and copies of your tickets/boarding passes as proof of transport costs incurred.** Therefore a google drive folder will be used.
- We are in possession of your **follow-up activity, in which you show us what you have done to share your experiences and inspire others.**

Reimbursement takes place **after the end of the project and from the moment we are in the possession of what is asked for here above.** Food, accommodation and transportation are included only during the project dates. Overnight stays outside this period is at your own costs. There is **no participation fee.**

MAXIMUM TRAVEL REIMBURSEMENT		
Country	Standard	Green travel
Belgium	580 Euro	780 Euro
Georgia	/	/
Spain	1188 Euro	1188 Euro
Portugal	1188 Euro	1188 Euro
Czech Republic	395 Euro	535 Euro

### Green travel

We highly recommend to take in consideration our **ecological footprint.** We understand that there are often very long distances. However, we encourage you to consider using at least public transportation or car-pooling from your home base to the airport.

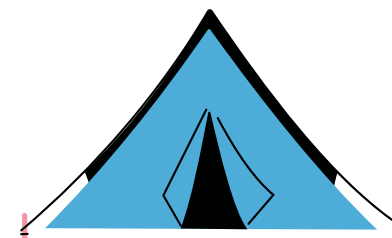
## WHERE WILL THE PROJECT TAKE PLACE?

Somewhere in an outdoor setting in Georgia ... Selected participants will receive the exact location and more details about the project venue in a technical infopack.

We already emphasize that the project will be **entirely outdoor.** This entails certain extra expectations from a participant.

- Participants will be settled in a **camping site** in Georgia
- The site will be equipped with a kitchen for cooking, access to cold and warm water, electricity, showers and toilets.
- Waterproof tents will be divided according to same gender and different nationalities.
- Each day, participants will be provided with three main meals and two healthy breaks with fruits.
- Before the project all selected participants will be asked about their dietary requirements (vegan, vegetarian, halal, allergies, etc.)
- During group hikes, participants will have to carry their essential gear
- Participants will need to cover longer walks
- **The camping area will be a home for the project time.** Therefore, as a group, participants will take care of the shared environment together. Participants will be divided in 'Care Groups'. There will be a role system exchanging each other on different tasks. During the project, each group will be responsible 1 day for helping the cooks, cleaning and taking care of the fireplace.

**Several days of camping in an outdoor setting can have an impact on ones well-being. Be aware of the setting of the project and decide for yourself if it aligns with your preferences.**



## CAN I PROVIDE PROOF OF MY PARTICIPATION IN THIS PROJECT?

**Youthpass** is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes. So this also counts for your participation in this project. Further explanation about this will be provided during the youth exchange.

## CAN I VISIT GEORGIA BEFORE OR AFTER THE PROJECT?

Since this is a group exchange, we encourage groups to travel together: **“together in, together out.”**

Furthermore, some young people may perceive traveling as stepping far out of their comfort zones and may need to travel in groups. We highly encourage traveling together as it fosters a sense of unity!

It's up to the group leader to discuss with the participants of its group when you wish to arrive and depart as a group.

### Arrival and Departure

The project team will provide transportation from a meeting point in Tbilisi to and from the project venue in Georgia. Please, take into account the indicated hours for arrival on the arrival day and for departure on the departure day. This will be provided soon after participants have been selected in order to tailor the travel plan accordingly.

#### Possible travel days

Participants can use up to 2 extra travel days. These days are NOT covered by the project regarding food and accommodation.

Arrival	Departure
15/07	26/07
17/07	26/07
17/07	27/07
17/07	28/07
16/07	27/07
16/07	26/07

## WHAT ABOUT MY PRIVACY, SAFETY AND HEALTH?

### Privacy

Please note that all the partner organizations in this project may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you do not wish to appear in these digital materials, please inform us.

### Well-being and integrity

JOETZ attaches great importance to guaranteeing everyone's well-being and integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, etc.). **We therefore do not accept any form of transgressive behavior.**

Transgressive behavior refers to a specific form of physical, sexual, moral or psychological conduct that goes beyond your own or someone else's boundaries (for example: aggression, sexually transgressive behavior, bullying, discrimination, peer pressure or pressure carried out from one person, etc.).

If you have a question, comment or complaint regarding (sexually) transgressive behavior or physical and (sexual) integrity you can address the Integrity Contact Person during the project which is the facilitator. You can also contact the Integrity Contact Persons of JOETZ on our website. Therefore visit our contact page on [www.internationaljeugdwerk.be](http://www.internationaljeugdwerk.be). The Integrity Contact Persons will listen to your question or story, provide advice and refer you if necessary.



### Health

**Use of alcohol or drugs during the project cycle will be forbidden also on cultural evenings.**

It is necessary for participants to have **travel and health insurance (not covered by project!)**. We will ask prove of having this.

You have to be responsible for your health, **bring your own first aid kit for You and necessary medicines.**

## I WANT TO APPLY!

### Selection procedure, purchasing tickets and deadlines

1. Carefully read the info pack
2. Apply by completing this digital forms:  
<https://forms.gle/epRbMi5u2xIW1vz36>  
**Deadline for application: 20/05/2024**



You will hear from your country's partner organization no later than 2 weeks after the application deadline whether you have been selected or not. Keep a close eye on your mailbox.

3. After selection we ask you to sign a document agreeing to the project terms.
4. After your selection is confirmed, you can also start looking for travel options. This will be done together with your group leader and/or sending organization. They will send travel proposals to JOETZ.
5. Always wait for confirmation from JOETZ before buying tickets!
6. After the travel proposals are confirmed, purchase of tickets and insurance (if necessary) can start.  
Only the most ecological and/or economical option transportation will be reimbursed. Travel must be economy/2nd class for a plane, train or bus ticket. **No taxi costs** will be refunded unless there is no public transport that covers your journey.  
**Deadline for having bought the tickets: 07/06/2024**
7. Last step: both the agreement on project terms, the purchased tickets and proof of insurance must be uploaded for each participant in a Google Drive folder. Your group leader and/or sending organization will take care of this.  
**Deadline for having uploaded all the documents: 07/06/2024**

## STAY IN CONTACT

For questions before, during or after the project, ask your sending organization in the first place.