



CALL FOR PARTNERS

Project Title: A Guide to Digital Well-being (Erasmus+ KA152-YOU / Youth Exchange, Call 2026)

Venue: Istanbul, Türkiye

Duration of Mobilty: 9 days (7 activity + 2 travel), preceded by a 2-day APV

Number of Participants: 6 per partner organisation

Project Summary

Today's youth are growing up in an environment of constant stimulation created by social media and the internet. Constant comparison with filtered lives, a continuous flow of notifications, and the "fear of missing out" (FOMO) keep minds perpetually oriented outward. This situation leads to consequences such as feelings of inadequacy, anxiety, distraction, and unbalanced dopamine cycles.

With this project, we aim to consciously turn inward by stepping away from external stimuli for a while. Our goal is not to reject the digital world, but to gain awareness by putting a healthy distance between it and ourselves. In this regard, we redirect our attention from screens to our bodies and the present moment through yoga, sports, and various physical activities. Furthermore, we bring together individuals from different age groups to share intergenerational experiences and perspectives.

At the end of the project, we aim to share the personal awareness we have gained, first within our immediate circles, and then with wider audiences through social media and the internet. Thus, instead of rejecting the digital realm, we learn to use it consciously and sustainably, aiming to establish an applicable and lasting mental balance in daily life.

What We Seek

We are looking for mutual and long-term partner organisations interested in disaster awareness, civic responsibility, community engagement and youth participation. Partners are expected to involve motivated young people aged 18–30, participate in both the APV and Youth Exchange, actively contribute to the project development process, and support dissemination activities after the project.

How to apply – send to contact@pacemyouth.org by 15 August 2026:

- 1) Your Partner Information Form (PIF)
- 2) a short text of two paragraphs: (a) the partnership and cooperation gap in youth work in your own country; (b) your organisation's previous work in this field (networking, international cooperation, capacity building).

