

INFOPACK

ALTERNATIVE WEGE UND DIGITALISIERUNG ZUR BEKÄMPFUNG DER SOZIAL-MEDIA-SUCHT

ALTERNATIVE WAYS AND DIGITALISATION FOR TACKLING SOCIAL MEDIA ADDICTION

2023-1-DE04-KA152-YOU-000123783

YOUTH EXCHANGE

Youth Exchange Date	: 20 th -26 th of MAY 2024
Arrival Date	: 19 th of May 2024
Departure Date	: 27 th of May 2024

VENUE : KÖYCEĞİZ / MUĞLA / TÜRKİYE

ABOUT THE PROJECT

Individuals use social media to communicate even if they are sitting in the same environment. Here is a double-edged sword: even if these sites and digital tools offer new portals for entertainment, communication, education, social interaction, on the other hand, it should be considered that their unlimited involvement with the media digital causes serious problems. In this sense, it can be considered that people, especially young people, live a virtual life. According to the results, the excessive use of social media causes depression, social anxiety, lower life satisfaction, poor academic performance, psychophysical problems, addiction, cyberbullying.

The target group of this project is the youth population who are not aware of the disadvantages and nature of social media which are not entirely suitable for them.

OBJECTIVES OF OUR PROJECT:

- create awareness on the excessive and improper use of social media;
- improve digital skills;
- explore alternative ways of spending time instead of social media;
- create awareness of cyberbullying;
- improve the use and effective management of their time online;
- involve disadvantaged groups and provide them with opportunities;
- improve communication / linguistic skills, personal development, social harmony, innovation, creativity
- provide opportunities for intercultural understanding / European citizenship.

PARTNERSHIP

COUNTRY	ORGANISATION	TRAVEL	BUDGET	PARTICIPANTS
GERMANY (Coordinator)	IYEP International Youth and Education Platform (UGEP) e.V.	-	360 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+)
BULGARIA	Vox Humana-2020	GREEN TRAVEL	320 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+)
NORTH MACEDONIA	Association for increasing economic and cultural development "Cooperation" Bitola	GREEN TRAVEL	320 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+)
ITALY	Romagna+	-	275 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+)
TURKEY	Dijital Aktif Yenilikçi Sosyal Gençlik Derneği	GREEN TRAVEL	23 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+) 1 FACILITATOR
LITHUANIA	Asociacija Tavo Europa	-	275 €	5 PARTICIPANTS (18-25 AGED) 1 GROUP LEADER (25+)

PARTICIPANTS' PROFILE

- **Young People between 18 and 25**
- **able to communicate in English**
- **motivated to meet people from different countries, explore topics related to digitalization and social media addiction**
- **motivated to share and enhance new approaches, insights & practices**
- **motivation to take part in a mutual learning process in a very intercultural setting**
- **wish and ability to participate fully in the event**
- **demonstrate respect and diversity of backgrounds within the group**

! IMPORTANT NOTE ABOUT PARTICIPANTS !

From each partner country;

- At least 2 of the 5 participants must be from disadvantaged groups (Economic / Geographical / Social Disadvantage and Cultural Differences)
- At least 3 of the 5 participants must be female because of the principle of positive discrimination

ABOUT THE ACCOMMODATION

Tango Pension

Address : Ulucami, Ali İhsan Kalmaz Cd. No:84, 48800 Köyceğiz/Muğla / TÜRKİYE

Phone: (+90 252) 262 25 01

Web Site : <https://www.tangopansiyon.com/en/index.html>

- Only 200 m from Koycegiz Lake, offers air-conditioned accommodation with a private bathroom and free Wi-Fi.
- Featuring tiled floors, the rooms of Tango Pension include a satellite TV, heating and a wardrobe. The bathrooms come with a toilet, shower and a hairdryer.
- You can start the day with a strong breakfast served in the garden or in the dining room of the pension.
- Koycegiz town centre is just 300 m from the pension. Dalaman Airport is 35 km away.

The participants will be accommodated in shared rooms, 2-4 per room. Breakfasts will be provided by the pension.

ABOUT KÖYCEĞİZ

Köyceğiz is a wonderful rural town and region in Muğla surrounding the vast coastal Köyceğiz Lake that leads into Dalyan. Known for its honey, forest creeks, oriental sweet gum trees and thermal hot springs, Köyceğiz is the perfect day trip getaway

Located off the beaten path for many vacationers, Köyceğiz is a wonderful destination to discover that is rich in both history and nature. It boasts a picturesque and quintessential Turkish town that joined Cittaslow ranks in 2019, as well as multiple neighboring destinations that include thermal and mud baths, endemic sweet gum forests and restaurants with platforms set above flowing creeks in the forests.

INFORMATION ABOUT TRAVEL

- **The accommodation and food will be covered 100% by the grant of Erasmus+ programme.**
- **We have a limited budget for travel costs. According to the restrictions of the Erasmus+ Programme we can only refund up to some of the travel cost, if the following points are fulfilled:**
 - 1. Your travel route is from your hometown to the venue and back**
 - 2. Your travel dates are according to the programme**
 - 3. You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets**

IMPORTANT NOTE

Please do not buy any tickets before consulting and confirming with the Project Coordinator. The Coordinator will not take any responsibility for tickets bought without confirmation.

!HOW TO COME!

TRAVEL DETAILS WILL BE EXPLAINED BY THE HOST
DURING ONLINE MEETING.

MEETING WILL BE ORGANISED ON 22ND OF JANUARY AT
14:00 P.M CET.

WHAT TO BRING !

- **Materials for Intercultural Evening:** please bring food, drinks, music, or anything you find relevant to present your culture and/or country during the intercultural evening.
- **Flyers, small information packs** to represent any initiative or organization for networking.
- **A method/game/tool** that could be useful for youth event.
- **A sustainable gift of symbolic value**, to give away something homemade, organic., a little tool etc.
- **Health insurance documents:** the health/travel insurance is in the responsibility of the participants, make sure you are covered during your stay in Türkiye!
- **Towel, swimming suit, slippers** for swimming in free times

VERY IMPORTANT !!!

PARTICIPANTS WILL BE DETERMINED TILL THE END OF JANUARY BY PARTNER ORGANISATIONS. THE LIST OF PARTICIPANTS MUST BE SENT TILL 31ST OF JANUARY 2024. WE WILL SEND YOU AN EMPTY LIST OF PARTICIPANTS WITH NEEDED INFORMATION IN JANUARY.

WE WILL ASK FOR THE BOARDING PASSES, BUS /TRAIN PARTICIPANTS MUST BE SURE TO KEEP THEM!

SPECIAL TASKS OF PARTNERS

- COORDINATOR and TÜRKİYE will design the project website and update it regularly.
- LITHUANIA will design a calendar based on photos of the event and distribute the calendar to relevant organizations.
- MACEDONIA prepares and publishes a project e-magazine about project content, goals, activities and results with contributions from other partners.
- ITALY creates a YouTube channel for the project and shares videos of project activities with the contributions of other partners
- BULGARIA regularly updates the Facebook page.

SEE YOU IN TÜRKİYE...

