

YOUTH EXCHANGE



WAKE UP AND MOVE

LA CARRASQUETA, ALCOI

10-17 APRIL 2023



SUMMARY OF THE PROJECT:

In recent years in Spain and most of Europe we have suffered the effects of confinement due to COVID-19 and among them is the technological dependence or addiction that has increased among young people in our communities. A study by the University of Valencia and the Mapfre Foundation concludes that around 15% of adolescents make excessive use of new technologies and 2.5% are pathologically hooked, an addiction that could have increased during confinement, when the Internet and cell phones became the only tool to maintain social contact with the outside world. The same happens with social networks, where 25% of the women surveyed are on the verge of being pathologically hooked and 8.9% already have an addiction problem, compared to 13% and 4% in boys. Adolescent girls are more concerned about being permanently active on the networks and the mood of many of them can be modified depending on the number of 'likes' obtained. Over the past year, the use of computer screens and mobile devices has increased dramatically around the world. A staggering 76% of the 16-24 population is spending more time on their phones, while 45% have increased the amount of time they spend on their laptops. And it's not just phones and laptops that are to blame for this increase in digital technology use: 34% of the population is spending more time watching TV, while 22% have increased their use of tablets.

Some of the problems that technological addiction brings are the following:

- Decreased concentration/attention.
- Overstimulation of the retina
- Fatigue, insomnia, delayed sleep (due to screen brightness and its effect on the terin response; also disruption of melatonin production in the body)
- Vision changes and headaches
- Loneliness and isolation
- Lack of motivation/creativity
- Increased stress related to overexposure to media.
- Technostress: fatigue, irritability, insomnia, frustration, perceived increased mental workload and time pressure, skepticism, sense of ineffectiveness.

Technologies are not bad, but addiction to them, like any other addiction, can be very bad for people's physical and psychological health. For this reason, we want to promote among young people a healthy lifestyle that combines sport and the healthy use of technologies. Among our objectives are:

- 1- Promote a healthy lifestyle through sport.
- 2- Promote the feeling of unity and teamwork.
- 3- To fight against technological and social network addiction.
- 4- Promote inclusion and equality through sports activities.
- 5- Promote a healthy use of technologies among young people.
- 6- Promote mutual understanding among young people from different countries.
- 7- To promote the feeling of European citizenship.



Target group:

- Youngster 13-17 year old (4 per country) + 1 leader (Not age limit)
- Participants that have an active attitude!

Hosting Organization:

ACD La Hoya is Spanish Sport and Culture association dedicated to promoting activities in the community , also dedicated to the successful implementation and participation of European projects to bring the youth perspective to the table.

Our main aim is the support of local, regional and international initiatives and the development of competences in the local community.

There are 4 sectors in our association: "Theater" "Sport", "European Projects" " Youth Center"

Our activities aim at increasing employability and personal development of elderly and marginalized persons and participation in the local community of young people.

During the year we develop different art activities, performances, workshops, courses, sport, summer camps, festival, exhibitions, expositions, etc.

In the association we are 8 people in the working team and 25 volunteers, we give opportunities for around 600 people in La Hoya

Since 2002 we are involve in European and international projects, youth in action, Erasmus+ Grundtvig, Leonardo or Comenius.



Place of the project: (Mountain Camp, La Carrasqueta)



The participants can bring if they want/need sleeping bag.

Financial aspects

- Food, activities and accommodation is FREE.
- Participants will be reimbursed for the unit travel cost using the rules of the Erasmus +

Reimbursement conditions:

The activity dates are 11th April -16th May 2023. The travel dates are 10th April(arrival) and 17th April (departure). Please keep in mind that we provide lodging only for the duration of the project and not more.

The organizers will reimburse for the unit travel cost using the rules of the Erasmus + from the home city to La Carrasqueta (Alicante) and from La Carrasqueta (Alicante) back home (**NOT taxi and NOT car**).

Reimbursement of your travel costs can only be done upon submitting **ALL** the original tickets, invoices, boarding passes tags, etc. - or upon presenting the payment evidence along with the original ticket or e-ticket (with the boarding pass wherever applicable) and submitting us the respective copies.

To be reimbursed the participants need to take part in all the duration of the Youth exchange and all the activities.

All the requested documents serve as supporting documentation for the Project Final Reporting (and reimbursement).

Reimbursement will be done in EURO, based on the exchange rates given by the Erasmus + Programme specifically the Spanish National Agency, and the rules for reimbursement and reporting.

The reimbursements will be done through **bank transfer** to one account number for each partner organization upon receiving all the original tickets, invoices and boarding tags **or in the Youth Exchange if you have all the documents.**

! Four your reimbursement it is essential that you travel directly without any longer stop-over from your home town to Alicante in order to arrive and departure on the given project dates!

! Note: The organisers will not provide any accommodation for an additional stay in SPAIN. If participants plan to arrive a 1 day earlier or depart 1 days later, they are kindly requested to inform organisers before to buy any ticket, because we need to contact our national agency for the approval, if it's approve we will help in the process.



Maximum amount Reimburse:

Considering that each one of you is coming from different direction, there will be different cities from which you will take your connection to ALICANTE, Spain. First and most important thing is that you check what is the allowed amount of money that you can spend on your travel:

Country	Amount per participant
ROMANIA	360€
SPAIN	0€
CZECH REPUBLIC	275€
HUNGARY	275€
SLOVAKIA	275€

4 participants + 1 leader per country

We will pick all groups at the same time with a bus in airport/ train/bus station in Alicante. The schedule of the bus will be depending the last group arriving and for the departure day depending on the first group leaving, boths trips will transport all the groups at the same time as we said.

(more info, when we know the arrival of all the groups)

Safety & Insurance:

Responsibility of the participants (make the European insurance card for the Project)

DISSEMINATION:

Dissemination of the project in local and organization level

Please before, during and after make some dissemination of the project at local level in your webpage, Facebook group and save all this things to send to us for the final report.

During the project the participants will be divided in 4 different mixed groups to take care of different “jobs” like:

- Photography
- Videomaking
- Articles
- Tiktok Sport



THINGS TO TAKE WITH YOU:

Towel.

Hygiene things

Comfortable shoes

Sun cream

Sleeping Bag (if you need) (Check temperature)

Bring positive and Good mood

Bring smile!!!

WEATHER IN LA LA CARRASQUETA

<https://www.tiempo.es/alicante-carrasqueta-esyy07685.html>

EXTRA INFORMATION:

During the project the participants will be divided in different mixed groups in order to help with the breakfast, lunch and dinner to the host organization, everyday a different group will be responsible for this.



DRAFT PROGRAM

	10 APRIL	11 APRIL	12 APRIL	13 APRIL	14 APRIL	15 APRIL	16 APRIL	17 APRIL
9:00-9:45	BREAKFAST							
10:00-11:30	ARRIVAL	PRESENTATION OF THE EXCHANGE GAMES TO KNOW EACH OTHER RULES	SOLUTIONS AGAINST TECHNOLOGY ADDICTION (ROMANIA)	SPORT AGAINST TECHNOLOGY ADDICTION (HUNGARY)	VISIT ELCHE	CREATION OF AWARENESS POSTERS	PRESENTATION OF THE RESULTS CREATED ON AWARENESS-RAISING	BYE BYE
11:30-11:45	BREAK							
11:45-13:15	ARRIVAL	EXPECTATIONS AND CONTRIBUTIONS YOUTH PASS WORKING GROUPS GROUP GAME	OUTDOOR GROUP GAMES (CZECH REPUBLIC)	OUTDOOR GROUP GAMES (CZECH REPUBLIC)	VISIT ELCHE	CREATION OF AWARENESS POSTERS	PRESENTATION OF THE RESULTS CREATED ON AWARENESS-RAISING	BYE BYE
13:15-16:00	LUNCH							
16:00-17:30	ARRIVAL	PRESENTATION (NGO'S) WHAT IS TECHNOLOGICAL ADDICTION (SPAIN)	CREATIVITY (SPAIN)	RESPONSIBLE USE OF TECHNOLOGY (SLOVAKIA)	VISIT ELCHE	CREATION OF AWARENESS VIDEOS	YOUTHPASS IDEAS FOR FUTURE COOPERATION EVALUATION	BYE BYE
17:30-18:00	BREAK							
18:00-19:30	PRESENTATION OF THE PLACE AND AREA + RULES	GROUP GAMES	TEAMWORK ACTIVITIES	GHYMKANA	VISIT ELCHE	CREATION OF AWARENESS VIDEOS	FINAL EVALUATION OF THE PROJECT	BYE BYE
19:30 – 20:00	EVALUATION							
20:00- 20:30	DINNER							
20:45-22:00	GAMES TO KNOW EACH OTHER	INTERCULTURAL NIGHT HUNGARY	INTERCULTURAL NIGHT ROMANIA	INTERCULTURAL NIGHT SLOVAKIA	MOVIE NIGHT	INTERCULTURAL NIGHT CZECH REPUBLIC	INTERCULTURAL NIGHT SPAIN	



Any question, contact us.

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