

Sant Adrià del Besòs | 20-24 April 2026
INFOPACK TRAINING COURSE

Beyond the feed

DiGITAL
tools and dis
INFORMATION



taccbcn.com



Cofinançat per
la Unió Europea

Beyond the feed

In a world where information travels faster than ever, young people are constantly navigating a complex digital landscape shaped by **social media, algorithms, artificial intelligence, and political polarization**. **But how can we tell what is trustworthy? How do digital dynamics influence our emotional wellbeing, our beliefs, and even our democratic participation?**

The Training Course: **Beyond the Feed: Digital Tools and Disinformation** brings together **10 young people** from across Europe in Sant Adrià del Besòs (Barcelona) for five days of exploration, debate, and action.

Together, we will dive into key topics such as **combating online disinformation, strengthening critical thinking, and promoting healthy digital engagement and responsible activism**.

Through non-formal education methods, interactive activities, real-life case analysis, and visits to inspiring local initiatives, participants will not only reflect on the impact of digital environments but also design practical solutions to counter disinformation and foster meaningful digital activism within their communities.



This training will bring together one motivated young professional or youth worker from each participating country, creating a diverse group. We will welcome participants from **Estonia, Greece, Romania, Italy, Belgium, Slovakia, Serbia, Poland, and Spain** — each bringing their different perspectives.

Participants will have the opportunity to engage in **intercultural dialogue, share their local experiences**, and create a booklet compiling strategies, good practices, and tools to promote healthy digital participation among young people.

Young people today are not passive consumers of content — they go *Beyond the Feed*. This training empowers participants to transform their digital skills into tools for positive impact.

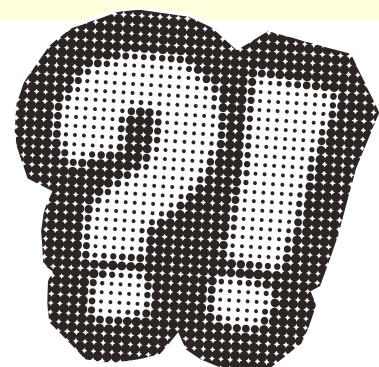
Join us in shaping a generation that doesn't just scroll, but thinks, questions, and acts.



Objectives

The objectives set for this training are:

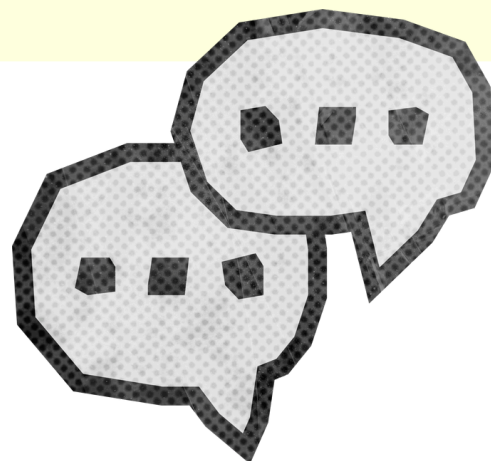
1. **Explore the impact of disinformation, social media, and artificial intelligence** on young people's beliefs, emotional wellbeing, and democratic participation — understanding not just what is happening online, but why it matters.
2. **Expose the hidden mechanics of the digital sphere**, exploring how algorithms, mainstream media narratives, emotional manipulation, and online polarization shape public opinion and influence youth attitudes.
3. **Create an intercultural learning space**, where participants exchange experiences, challenges, and initiatives from their different local contexts through dynamic activities.
4. **Design practical solutions** to counter disinformation, promote healthy relations with social media, engage in relevant digital activism within local youth communities.
5. **Empower young people as informed digital citizens** capable of taking an active role in online environments and contributing meaningfully to democracy.
6. **Reinforce European cooperation and shared values**, promoting relations between young people in Europe, while deepening participants' understanding of the European Union.



A glimpse into the activities

Some of the planned topic activities for the training are:

- **Disinformation in the digital age:** how do we identify it and effectively counter it?
- **Artificial Intelligence and the arts:** exploring the role of AI in creative processes
- **Political polarization on social media:** understanding its causes and consequences for democracy
- **Mental health and digital life:** promoting healthy and balanced use of social media among youth
- **Digital activism in action:** analysing real campaigns and community-based digital initiatives that worked



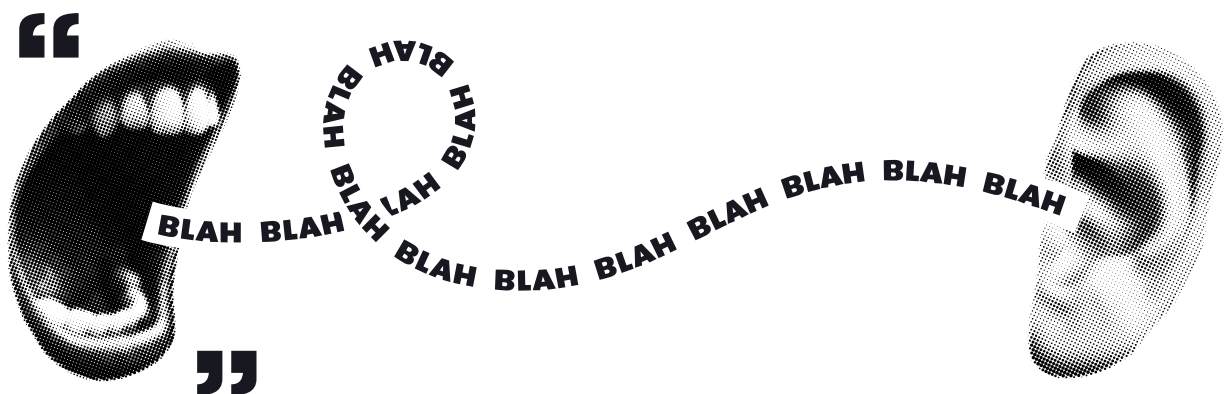
Logistical aspects

Dates: The TC will take place from **20th to 24th April 2026**. **19th April** and **25th April** are travelling days.

Location: The TC will be held in **Sant Adrià del Besòs**, a municipality next to Barcelona, well connected by **metro, bus, tram, and train**, making it easily accessible.

Accommodation: Participants will stay in Sant Adrià del Besòs or a nearby place that is well connected. The detailed information about the accommodation will be shared privately with selected participants.

Travel Information: Participants are expected to arrive the **19th of April** and reach the meeting point by **19:00**. Departure is scheduled for the morning of the **25th of April**, and participants are free to leave at their convenience.



Travel information

There are several ways to go from the airport to Sant Adrià del Besòs.

1. To reach Barcelona city center, you can take the **Airport Metro or the AeroBus**.
2. From Barcelona city center to Sant Adrià del Besòs, you can take **the train line R1, the metro line L2, or the tram**.

The maximum travel budget per participant is determined by the official Erasmus+ distance calculator, based on the distance between your hometown and Sant Adrià del Besòs:

Estonia: 395.00 €

Slovakia: 309.00€

Romania: 309.00 €

Italy: 309.00 €

Greece: 309.00 €

Serbia: 309.00 €

Poland: 309.00€

Belgium: 309.00 €

You can calculate the distance using the official distance calculator:
<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Before purchasing your tickets, please send us your proposed travel itinerary (including flight details and prices) for prior approval.

Remember to keep all the tickets and boarding passes (train, bus, flight...) for the reimbursements.

Rules for the correct development of the TC

- Participants will use a digital platform to stay in touch and share photos, but it should not be used for asking logistical questions within the group.
- Every participant must prepare a presentation about their organisation.
- Every participant is requested to respect the schedule and to be on time and ready to actively participate in every activity.
- Bringing food and eating inside the living and working places are not allowed.
- Smoking inside the living and working places is not allowed.
- It is mandatory to keep in order common rooms and to collaborate to keep private rooms clean. Guests will be expected to reimburse for any damage caused by inappropriate behavior during their stay.
- Every participant must bring his/her own towel and hygienic products. Sheets and blankets are provided.
- Every participant must respect the silence time at the hostel from 00:00 and MUST be back at the building before 1:00 a.m.

Useful vocabulary in Catalan and Spanish

Hello (EN) | Hola (CAT) | Hola (SP)

Goodbye | Adéu | Adiós

Good morning | Bon dia | Buenos días

Good night | Bona nit | Buenas noches

How are you? | Com estàs? | ¿Cómo estás?

I'm fine | Estic bé | Estoy bien

Nice to meet you | Encantat/ada de coneixe't |

Encantado/a de conocerte

Do you speak English? | Parles anglès? | ¿Hablas inglés?

I don't understand | No t'entenc | No te entiendo

Please | Si us plau | Por favor

Thank you | Gràcies | Gracias

Excuse me / Sorry | Perdó | Perdón



Sorry, I got lost | Perdó, m'he perdut | Perdón, me he perdido

Excuse me, could you help me? | Perdó, em podries ajudar? |

Perdón, ¿me podrías ayudar?

Could you tell me how to get to (place) | Em podries dir com arribar a (place) | ¿Podrías decirme cómo llegar a (place)?

Do you know where the (place) is? | Em pots indicar on està (place)? | ¿Me podrías indicar como llegar a (place)?

How much does it/this cost? | Quant costa això? |

¿Cuánto cuesta esto?

May I pay with credit card/by cash? | Puc pagar amb targeta/en efectiu? | ¿Puedo pagar con tarjeta/en efectivo?

Could I have the receipt? | Em pots donar el tiquet, si us plau? | ¿Me puedes dar el tiquet, por favor?

Participants



TDM 2000
(Belgium)



Aristotales
(Greece)



Youthfully Yours SK
(Slovakia)



Abruzzo (Italy)



Serbia on the Move
(Serbia)



Taller d'Art, Cultura i
Creació (Spain)



Seiklejate Vennaskond

Seiklejate Vennaskond
(Estonia)



Filologisme (Romania)



Semper Avanti (Poland)

Collaborators



Ajuntament
de Sant Adrià de Besòs

Emergency contacts

Alicia Kerekes Ispas
Taller d'Art, Cultura i Creació
alicia.kerekes@taccbcn.com
(+34) 691148747



EMERGENCY NUMBER

112



