

Youth Exchange

@thenordiccrew

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# CTRL + ME

**Youth reclaiming attention in the digital era**

16-24. August  
Ebeltoft, Denmark



Co-funded by the  
Erasmus+ Programme  
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NORDIC  
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[www.thenordiccrew.com](http://www.thenordiccrew.com)

A quick  
overview of the  
youth exchange

# THE PROJECT

This mobility addresses a growing challenge faced in youth work practice: the negative impact of constant digital distractions on young people's ability to concentrate, stay motivated, and be present in their daily lives. As youth workers increasingly observe signs of digital fatigue, lack of focus, and reduced attention spans among the young people they support, there is a clear need for tools, strategies, and educational approaches that can empower youth to reclaim their focus and develop digital balance.

We aim to equip both youth and youth workers with the knowledge, skills, and attitudes to use technology intentionally and responsibly, rather than being dominated by it. Through youth-led, non-formal activities, participants will explore the effects of technology on their attention and mental well-being, learn techniques to manage distractions, and build habits that promote digital well-being, deep focus, mindfulness, and cognitive skills.



# MAIN OBJECTIVES

- Raise awareness about the impact of technology on attention
- Develop digital literacy and digital skills for real-life needs
- Help young people create their own digital balance strategies
- Strengthen the role of youth work in promoting presence, focus, and healthy tech use

- Improve focus and attention through practical tools and structured methods
- Promote critical thinking and decision-making skills in the digital environment
- Teach stress management techniques and support emotional well-being



What are you going to learn in this project?



Who will join the youth exchange?

# PARTICIPANT COUNTRIES



In this project, we are welcoming 7 participants (including the group leader) from Cyprus, Spain, Romania, Slovakia and Denmark. The age of the participants is expected to be between 18-30 years old.

Each national team will have one group leader with no age limit, who will be responsible for their national group, follow-up activities, dissemination and submitting the necessary documents for the reimbursement process.

Can you find yourself below?

- You are between 18 and 30 years old (the group leader can be over 30).
- You have a genuine desire to develop yourself and an interest in digital well-being.
- You are curious about other cultures and open to learning from diverse perspectives.
- You are ready to be actively involved in social and educational activities.
- You are open to working in an international team and collaborating with peers from different backgrounds.
- You speak English at least at a basic level and are eager to improve it.

# PARTICIPANT'S PROFILE



- You are committed to take action in your local community and implement follow-up activities.

- You are willing to disseminate the project's results at local and regional level.

The venue is a spacious holiday home located in Ebeltoft, Denmark's oldest market town. It offers nine cozy bedrooms (4-5 participants per room), each with a private bathroom and TV. A highlight of the house is the swimming pool area with a large jacuzzi accommodating up to six people. Surrounded by natural beauty, the house is just a 12-minute walk from the beach.

# THE VENUE

Godthåbsvej 4  
8400 Ebeltoft

Participants will be accommodated in same-gender rooms. To ensure a rich multicultural experience for all participants, there will be mixed nationalities in each room.

It is participants' responsibility to keep their room and bathroom clean throughout the project.





# FOOD

Breakfast, lunch, and dinner will be served daily in our spacious canteen. Between sessions, you can enjoy a cup of coffee or tea and have a bite of authentic Danish sweets.

If you have any special requests regarding the meals (e.g. vegetarian, vegan food), or have any allergies, please mention this in the registration form.

**NOTE:** while we will do our best to accommodate your dietary requests, we cannot guarantee that we will fulfill them entirely.

Most of the meals are buffet-style



# TRANSPORT



## Getting to Denmark - flight, bus, train or car?

To get to Denmark, you can either fly to Billund, Aarhus, Aalborg, or Copenhagen Airport. You have to arrive in Denmark latest on **16th August at 17:00**. Otherwise there is a high risk that you will miss the last train/bus to the venue.

Remember to send us an email before booking your flight tickets, as we have to confirm your itinerary and the price of your tickets. Be aware that we do not reimburse tickets purchased through travel agencies (e.g. Skyscanner, Kiwi etc.). Therefore, please book the tickets directly from the airline company's website.

## Would you like to travel around?

If you would like to spend some extra days in Denmark, feel free to do so. You are allowed to spend up to 6 extra days outside the project dates. However, you'll have to cover the expenses for food and accommodation yourself for the extra days.

# TRANSPORT



We encourage you to make use of green travel options for reaching Denmark. Therefore, if you use train and/or bus, your final stop should be **Aarhus Central Station**. From there, we will arrange the transport for you to reach the project venue.

In case you will be travelling by flight, you **MUST** book your flight tickets latest by **1<sup>st</sup> July**. This is very important because we need to buy in advance the local train/bus tickets for you to get to the project venue. Public transport is very expensive in Denmark and that's why we need to book local tickets 4-5 weeks before. Do not book any tickets for regional transport in Denmark, as we will arrange this for you.

If you book your flight tickets after 1<sup>st</sup> July, there is a high risk of going over the travel budget, as the train tickets from Copenhagen to Aarhus usually cost around 120 EUR for a return ticket per person, compared to 30-40 EUR if we book it in advance for you.

The cost of the local train/bus tickets in Denmark will, of course, be included in your travel budget.



# FINANCIAL

Accommodation, meals, and travel costs will be covered for all participants. However, the upper limit for the travel budget varies for each country, as outlined below.

	Without Green Travel	With Green Travel
<b>Cyprus</b>	<b>395 EUR</b>	<b>-</b>
<b>Spain</b>	<b>395 EUR</b>	<b>535 EUR</b>
<b>Romania</b>	<b>309 EUR</b>	<b>417 EUR</b>
<b>Slovakia</b>	<b>309 EUR</b>	<b>417 EUR</b>
<b>Denmark</b>	<b>28 EUR</b>	<b>56 EUR</b>

Obs. we do not charge any participation fee.

The currency in Denmark is Danish Krone (DKK)

1 EUR = 7.50 DKK



# FINANCIAL

As a general rule, participants are requested to keep all tickets, invoices and, if applicable, boarding passes, in order to be eligible for refunding. We strongly recommend that you check-in online for your flights and take a screenshot of the boarding passes.

In order to receive the travel reimbursement for the whole group, the group leaders from each country must follow 2 simple steps:

**Step 1.** Group leader gathers ALL the travel documents from its national team, electronically. These include, but are not limited to: bus/train tickets, flights, invoices and any other relevant receipts.

**Step 2.** Group leader fills out the Reimbursement Form below and uploads ALL travel documentation directly in the reimbursement form.

Timeline for the reimbursement process:

- **26. August – 01. October:** group leaders submit the travel documentation via the Reimbursement Form below.
- **01. October – 01. November:** we process the travel documents.
- **01. November – 15. November:** we send an overview with the final amounts for each national group for confirmation.
- **15. November – 15. December:** we finalize the payment and transfer the funds to you.

[Reimbursement Form](#)





Additional information

# WHAT TO BRING?

Weather in Denmark is usually warm during summer. Therefore, bring appropriate clothes with you.

Also, take some basic pills with you in case you get sick or catch a cold. If you follow a special treatment which requires specific medication, remember to take it along with you as well.

Regarding the **intercultural evenings**, feel free to bring your flag together with traditional food, snacks or drinks with you. However, the maximum limit for alcohol is 5 Litres per country.



Additional information

# TOWELS & LAUNDRY

We will provide two towels for each participant. You are also welcome to bring your own if you prefer.

For your convenience, a washing machine and a dryer will be available during the exchange. The cost for using them is 5 EUR per cycle (washing and drying).



Additional information

# INSURANCE

It is mandatory that you bring along your European Health Insurance card which covers you for medical emergencies.

Alternatively, you can take a private medical insurance instead.

In addition, we strongly advise you to have a travel insurance covering any potential flight changes, cancellations, etc. Please note that we will not be responsible for reimbursing any additional costs related to missed connections, delays, etc.

Optional trip

# LEGOLAND ADVENTURE

Upon request, we can organize a special visit to Legoland Billund, one of Denmark's most iconic attractions!

Get ready for a full day of excitement, discovery, and creativity. From incredible Lego-built cities to thrilling rides, interactive shows, and playful zones for all ages – Legoland offers something magical for everyone.

This is an additional activity, outside the programme of the youth exchange, that we can organize for the participants. The cost of the trip is 95 EUR and it includes transportation, a full-day ticket at Legoland with access to all attractions and a free lunch buffet. We can organize the trip if at least 25 participants sign up for it.

Organized  
during  
free time



# HOW TO APPLY?

In order to apply for this youth exchange, please **refer to our local partners from each participating country**. They are solely responsible to recruit and select participants. On the next page you have the contact details for each of them.

Applicants from Denmark can contact us directly using the details at the bottom of this infopack.



# OUR PARTNERS



**Youth Dynamics**  
youthdynamicscy@gmail.com



**Youthfully Yours SK**  
info@youthfullyyours.sk



**Tineri Pentru Formare**  
romanianyouthrise@gmail.com



**Asociación Maditerránea**  
infomaditerranea@gmail.com



**If you get selected** to participate in this youth exchange and you are confirmed by your sending organisation, please fill in the Registration Form below by simply clicking on it.

Please have your flight tickets ready, as you will have to upload them in the form.

# REGISTRATION FORM

**Deadline: 10. July 2026**



# CONTACT US

If you have any questions feel free to reach out and we'll be more than happy to assist you.

THE  
**NORDIC**  
CREW



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