

PROJECT INFORMATION



CONNECTED YOUTH

For the responsible use of new technologies and social networks

Project summary and objectives

The project **“Connected Youth: For the Responsible Use of New Technologies and Social Networks”** is a youth exchange under the Erasmus+ programme (KA152-YOU) aimed at promoting conscious, safe and critical use of digital environments among young Europeans. The initiative is coordinated by INTEGRA – Voluntariado Joven (Spain), in partnership with Asociatia Prietenii Orasului Victoria (Romania) and Comune di Ghedi (Italy).

The exchange will bring together 18 young people (6 per country), accompanied by 3 youth leaders and one facilitator. The total mobility duration will be 9 days, including 2 travel days and 7 full days of activities at La Nave Training Centre in Torrellas (Zaragoza, Spain).

The project responds to current challenges related to the intensive use of digital technologies and social media among adolescents and young people. While digital tools offer important opportunities for learning, communication and participation, they also involve risks such as cyberbullying, disinformation, loss of privacy, social pressure, digital addiction and online gender-based violence. In this context, it is essential to provide young people with practical tools and competences to navigate digital spaces in an ethical and responsible way.

Throughout the seven activity days, participants will engage in participatory workshops, group dynamics, youth-led activities, intercultural evenings, artistic and sports activities, as well as reflection and evaluation sessions. Key topics will include digital citizenship, cyberbullying prevention, fake news identification, digital well-being and youth leadership in technological environments. The methodology will be based on non-formal education principles, encouraging peer learning, critical thinking, international cooperation and active participation.

The project places strong emphasis on inclusion, ensuring the participation of young people with fewer opportunities and promoting gender balance. It also supports the development of the 8 European Key Competences, particularly digital competence, social and civic competences, multilingual skills and cultural awareness.

As a result, participants are expected to increase their awareness of both risks and opportunities within digital environments, improve their social and intercultural skills, strengthen their sense of active European citizenship and act as multipliers within their local communities. The learning outcomes will be formally recognised through the Youthpass certificate.

Participating organizations

- INTEGRA Association - Young Volunteering (Spain)
- Asociatia Prietenii Orasului Victoria (Romania)
- Arcus e Comune di Ghedi (Italy)

Participants

A total of **18 young people** will take part in the youth exchange, 6 from each partner country (Spain, Italy and Romania), aged between **15 and 17 yo**. Each national group will be **accompanied by one adult youth leader**, experienced in youth work and international projects, **making a total of 3 group leaders**. In addition, the exchange will include one facilitator, responsible for energising the activities, coordinating the methodology and ensuring the smooth implementation of the programme.

Gender balance will be ensured in the composition of the groups, and the participation of young people with fewer opportunities will be actively promoted, fostering inclusion and equality within the project.

Planned activities

The following types of activities will be implemented: workshops focused on the core theme of the exchange (responsible use of new technologies, cyberbullying prevention, digital privacy, disinformation, digital well-being and active digital citizenship). These workshops will be delivered through non-formal education methodologies, using participatory dynamics that encourage the active involvement of young people in their own learning process. Methods will include information research and analysis, case studies, cooperative work in international teams, guided debates and simulations. Each workshop will last between 2 and 4 hours, depending on the specific topic and objectives addressed.

- Youth-led activities

Throughout the programme, activities designed and facilitated by the participants themselves will be developed, organised by both national and international teams. These activities will be directly connected to the project theme, addressing topics such as digital citizenship, cyberbullying prevention, critical use of social media and fake news identification. Each group will prepare participatory dynamics (role plays, interactive debates, creative presentations or simulations) that promote peer learning and the exchange of experiences about the digital reality in Spain, Italy and Romania.

- Nature, artistic and cultural activities

Transversally, the programme will include activities that combine digital well-being with environmental awareness, culture and creativity. Excursions to the nearby natural environment will be organised, encouraging reflection on the balance between online and offline life. In addition, theatre-based activities, performances and artistic expressions focused on real-life situations related to social media, digital pressure or online coexistence will be carried out, fostering critical reflection through experiential and creative methodologies.

- Evening activities

Intercultural evenings will have a dynamic and participatory character, serving as spaces for coexistence, group cohesion and cultural exchange. Through cooperative games, ice-breakers, music, theatre and cultural activities prepared by each country, European values such as respect, diversity and solidarity will be reinforced. These evenings will also provide informal opportunities to work on intercultural communication and the positive use of social media as a tool for connecting cultures.

- Games and sports

Sports activities and cooperative games will be organised with a non-competitive approach, aimed at promoting a healthy lifestyle and overall well-being, including digital well-being. These dynamics will contribute to strengthening peaceful coexistence, teamwork and healthy time management, encouraging a balanced relationship between technology use and physical activity.

Working language

During the activities of the **“Connected Youth”** exchange, the main working language will be **English**. Therefore, participants are required to have a basic level of comprehension and communication skills that allow them to actively engage in workshops, debates and group dynamics.

In activities shared with other groups present at the centre, as well as during service shifts and daily organisational tasks, **Spanish** will mainly be used. In these cases, the Spanish group leader and the facilitator will provide linguistic support to participants from Romania and Italy to ensure their full understanding and active participation.

Meeting place

The centre is located in **Torrellas, Zaragoza, 90 km from the provincial capital**. The municipality has a public swimming pool, a social centre, a pharmacy, two shops, two bars and a medical office open from Monday to Friday. Torrellas also benefits from its proximity to the **Moncayo Natural Park**, located 12 km away.

Five kilometres away is the city of **Tarazona**, the regional capital, which has a High-Resolution Health Centre with emergency services. At a distance of 21 km is the **Reina Sofía General Hospital in Tudela (Navarra)**.

Therefore, the location allows participants to enjoy one of the best natural environments in the province of Zaragoza, in a municipality with adequate infrastructure and services and within a region that guarantees access to medical facilities and equipment if needed.

During the exchange, the venue will be shared with other associations and youth groups carrying out their summer camps and activities. In total, approximately 100 young people and 30 educators are expected to be present across all activities taking place at the centre.

The young people participating in the other camps will be between 13 and 18 years old, similar to the participants of the programme. The educators involved in those activities will be experienced youth workers and will also support the activities of the “Connected Youth” exchange.

All participants are expected to sleep in mixed shared rooms with bunk beds. Fitted sheets and pillows will be provided; however, participants must bring a sleeping bag or additional sheets. They should also bring personal hygiene products, comfortable clothing for activities, a towel and a swimsuit.

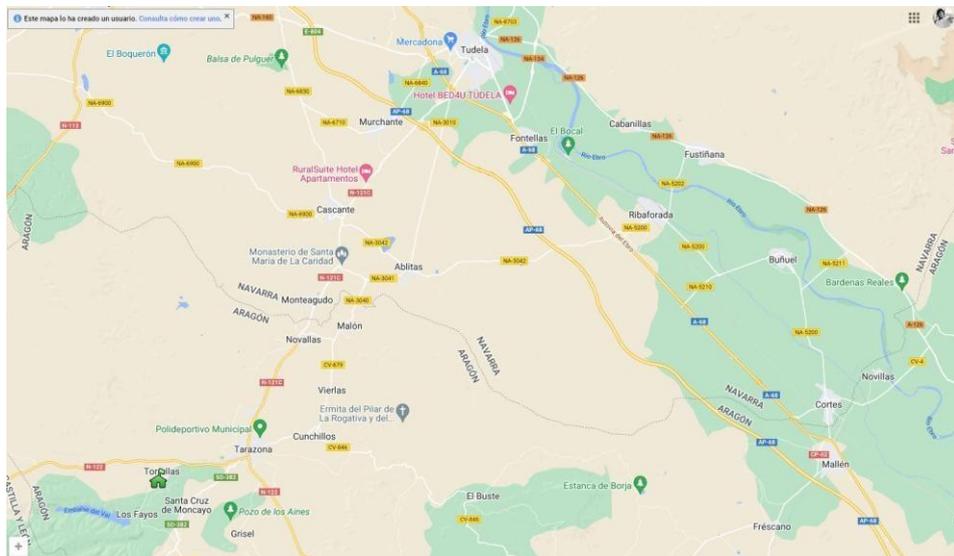
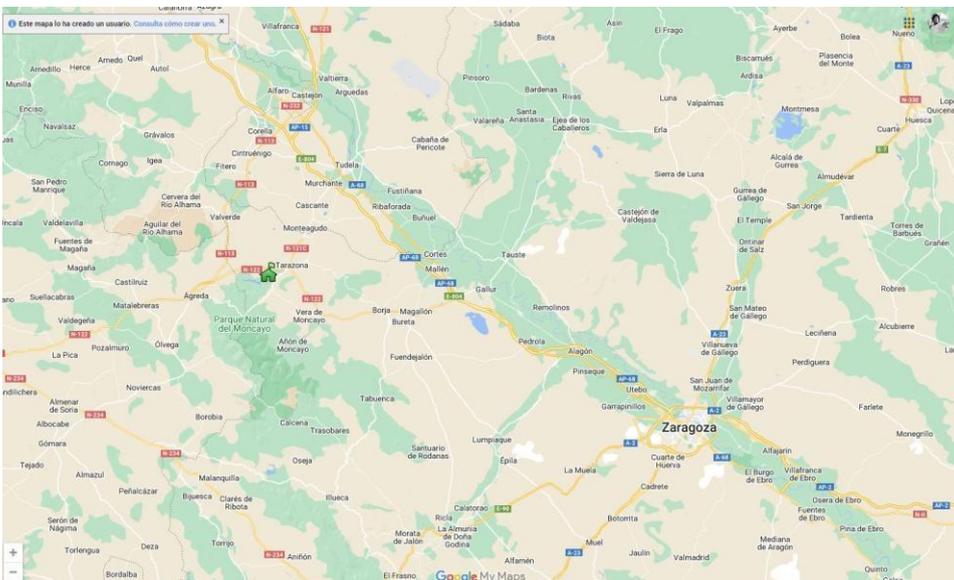
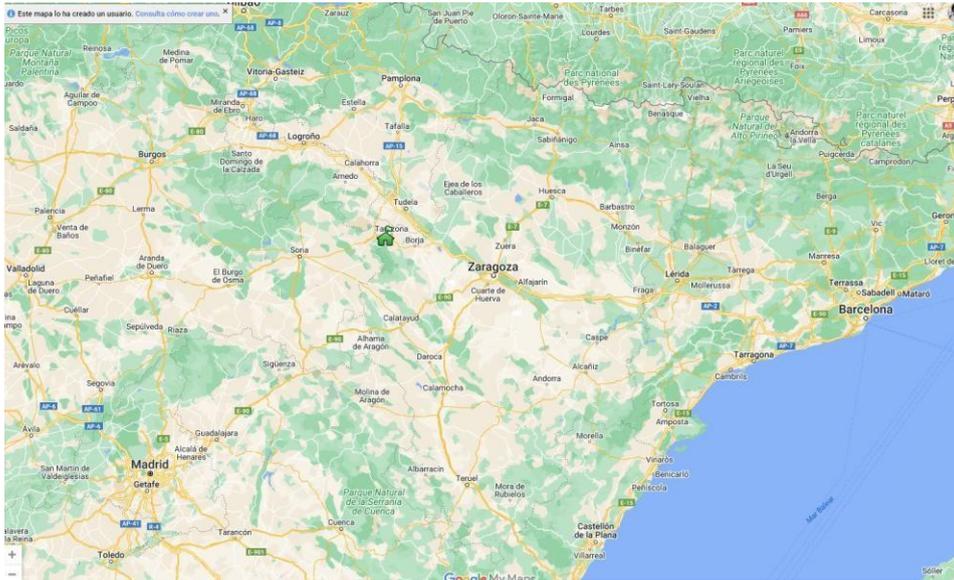
Information about the space can be consulted at <https://centrodeformacionlanave.com/>

and the common summer meeting at <https://vacacionesprogresistas.com/inicio/>.





Location and How to Get There



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INTEGRA will organise a bus transfer on **1 July at 18:30** from Zaragoza to Torrellas (we will inform you if the time is modified). Therefore, participants may travel directly to Zaragoza or fly to Madrid or Barcelona and then take a bus or train to Zaragoza. Once in Zaragoza, the bus organised by INTEGRA will transfer the group to La Nave Training Centre.

There is a direct flight from Milan to Zaragoza operating on Wednesdays (the planned arrival day). The return journey could also be organised on a Wednesday, facilitating a direct air connection.

If it is not possible to arrive in Zaragoza at 18:30 on 1 July, participants may take a train from Madrid or Barcelona to **Tudela**, where an INTEGRA representative will collect them and transfer them to the centre.

There are also regular bus connections from Zaragoza to Torrellas. Timetables and tickets can be consulted at: http://www.therpasa.es/compra_billetes.php

Travel Costs

Travel costs will be covered according to the country of origin of the participants and within the limits established by the Erasmus+ programme. The exact amount shown on the ticket will be accepted.

Travel must be carried out in **economy class and by public transport**.

Reimbursement will be made based on the actual costs incurred and upon presentation of the following documentation:

- Invoice for the flight or transport ticket.
- Boarding pass or travel document clearly indicating the passenger's name.

The maximum travel budget per participant is as follows:

- **Romania (01/07 – 07/07/2026): €395 per participant**
- **Italy (01/07 – 07/07/2026): €309 per participant**

Reimbursement will be made up to the maximum amount indicated for each country and always based on the actual documented costs, upon submission of the required documentation (invoices and boarding passes or transport tickets).

Other Relevant Information

Health Documentation

Participants must have a valid **European Health Insurance Card (EHIC)** for the entire duration of the mobility.

Organisation and Coexistence

During the exchange, rotating cleaning and service shifts will be organised and distributed among international groups, with the aim of promoting shared responsibility, coexistence and active participation in community life. Each group will carry out between **4 and 6 shifts** throughout the exchange.

No racist, sexist, violent or discriminatory behaviour will be tolerated. In the event of such behaviour, pedagogical measures will be adopted. If the situation is not corrected, it may result in expulsion from the exchange, in coordination with the leader of the organisation concerned.

Given the age of the participants, **alcohol consumption is strictly prohibited** throughout the activity. Failure to comply with this rule may result in disciplinary measures and, in serious cases, expulsion from the project.

Use of Devices and Free Time

The centre provides **free WiFi access** for participants. However, responsible use of electronic devices will be encouraged, in line with the project theme and the digital well-being objectives addressed during the exchange.

Participants will have supervised free time between activities, during which they may leave the centre provided they remain within the municipality of Torrellas. The centre will close at **23:00**, and leaving the premises will not be permitted until the following morning.

Meals

During the exchange, **five meals per day** will be provided: breakfast, mid-morning snack, lunch, afternoon snack and dinner. In the evening, the centre has a cafeteria where any additional consumption must be paid individually.

Adapted menus are available for different dietary needs (vegetarian, vegan, halal, gluten-free, lactose-free and allergy-related adaptations). Any specific dietary requirement must be indicated at the time of registration.

Adaptations and Special Needs

Activities may be adapted, where possible, to meet the specific needs of participants (health issues, minor disabilities, cultural circumstances or economic situations). Participants are kindly requested to inform the organisation in advance if any specific needs exist, in order to assess and guarantee their full participation.