

Back to the Roots

Erasmus + Youth Exchange

Neu-Nagelberg, Austria
4-11 July 2022



Co-funded by the
Erasmus+ Programme
of the European Union



Info about the project

"Back to the the Roots"

is a project focused on re-examining our relation with technology in order to develop healthier habits. Digital devices and social media have become an integral part of our everyday lives. Though this situation brings us many opportunities, it also comes with some dangers like digital addiction, insecurity and overwhelmedness.

Throughout the project, participants will be involved in activities which aim to support the development of healthier habits in digital life. They are going to participate in workshops, reflections, evaluations and they are also going to prepare activities by themselves. Moreover, it will be a great opportunity to meet new people in an international environment.



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Objectives of the project

This youth exchange will give you the chance to encounter activities beyond digital devices, create meaningful relationships, and express yourself through non-formal methods.

The aim is to help you connect with yourself and others by disconnecting from social media.



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Main activities during this youth exchange



- Reflection groups
- Group dynamic methods
- Journaling
- Theatre exercises
- Body movement activities
- Discussions
- Team work activities
- Open space for ideas
- Feedback and evaluation



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Digital detox



We believe that to be able to re-establish our relationship with technology, we should reflect on our usage of electronic devices by leaving them aside and spending some time without them.

Therefore participants will not have access to their electronic devices during the whole project.

Extra measures will be put into place to ensure the safety of participants during this total disconnection period.



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Who can participate?

You are invited to participate if you are an official resident of Austria, Italy, Hungary, Greece, Bulgaria or Poland.

A basic level of English comprehension is required. Apart from that, we would need the motivation and willingness from you to participate during the full programme. An open mind and interest to learn will definitely help to make everyone's experience more meaningful.

In this project, 30 young people between 18 and 26 years old* from different countries will meet.

***group leaders can be older**



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Venue



Hans Czettel Youth Hostel Neu Nagelberg

Neu Nagelberg 114

3871 Neu Nagelberg

<https://kinderfreunde.at/angebote/ferienhaeuser-camps-zeltplaetze/jugendherberge-neu-nagelberg>

Youth Hostel Neu Nagelberg!

The building is situated next to a small lake in the area of Gmünd. Marshes, ponds, 'Wackelsteine' and nature parks are the highlights of the northern Waldviertel. The peace, quiet and the woods around the hostel offer relaxation and contact with nature.



During the programme, you will live together in this hostel with other participants. There will be shared rooms, with shared showers and toilets.

You will be taking part in light housework, as part of a learning process in a group environment.

We will have meals 3 times a day and smaller coffee breaks will be available during the day.

We ask you not to drink alcohol or take drugs during the project with the intention to allow space for connection with yourself and with the ones around you.

Travel & reimbursement



Arrival date: 4th of July 2022

Departure date: 11th of July 2022

ARRIVING LATE OR LEAVING EARLY FROM THE PROJECT PROGRAM IS NOT ALLOWED!

It is obligatory to take part in whole project.

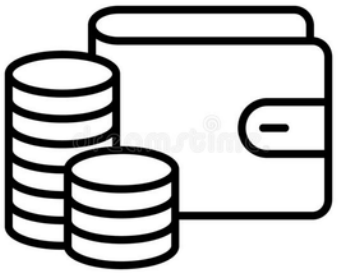
The project is co-funded by ERASMUS+, you can get your travel costs reimbursed up to the amount stated in the programme guide. We recommend that you proceed with the booking process as soon as you receive the confirmation letter since tickets are often much cheaper when bought earlier.



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Costs & reimbursement



The travel, accommodation, food and the program itself are co-funded by the European Union through the ERASMUS+ program.

We ask you to contribute with a participation fee of 30€, which you pay upon arrival.

The organizers will reimburse travel costs for the amount shown in the original boarding passes, tickets and invoices up to the limits indicated in the ERASMUS+ programme guide.

For this reason, it is essential that you keep and bring with you all the original tickets and invoices for the travel.

Please note that the amounts in the programme guide are the MAXIMUM amounts that will be reimbursed, all the costs exceeding these amounts will have to be covered by you.



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Covid-19 regulations

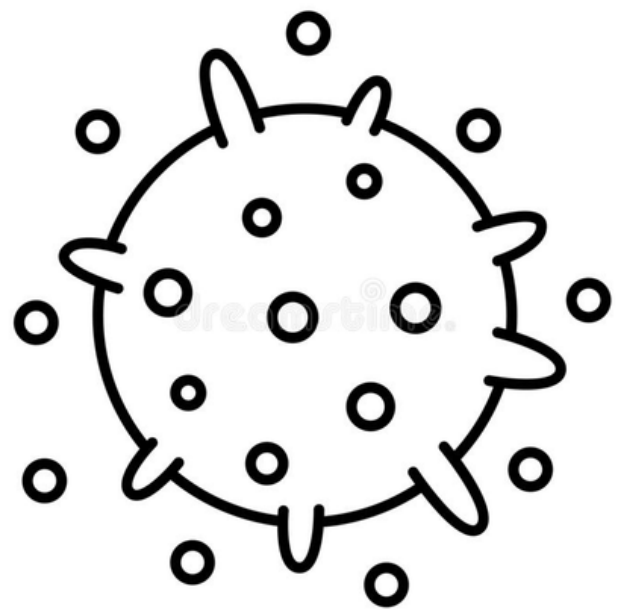
- In order to participate in this youth exchange, you must meet the requirements to enter Austria.

- Check out the requirements to enter Austria at this link:

https://www.oesterreich.gv.at/en/themen/coronavirus_in_oesterreich/pre-travel-clearance.html

- Be prepared to follow all COVID-19 measures, including possible changes that may take place over time.

- Bring your own FFP2 face masks to be used during your stay. The organization and the Venue staff will provide hand sanitizer in the common spaces.



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wEUnite

wEUnite is an NGO in Austria and was founded in 2014 by young people for young people. Its main aim is to give young people the opportunity to learn for life, see the world and establish social contacts throughout Europe. With non-formal education and strong support in local as well as international projects and workshops wEUnite empowers young people in finding their strengths and becoming active citizens. wEUnite's focus is put on offering a space for youngsters to develop themselves, getting to know their strengths and learning how to work with and on their weaknesses by taking part in exchanges and trainings to broaden their horizons and giving them new perspectives.



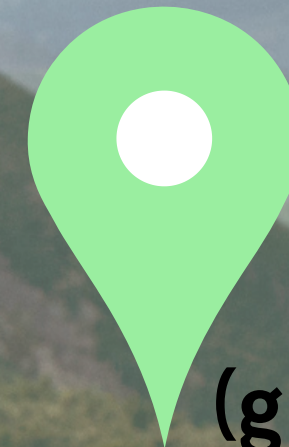
Apply if:



You are from Austria, Italy, Hungary, Greece, Bulgaria, or Poland



You are interested in the topic of the project



You are 18 to 26 years old
(group leaders can be older)

We are waiting for you!

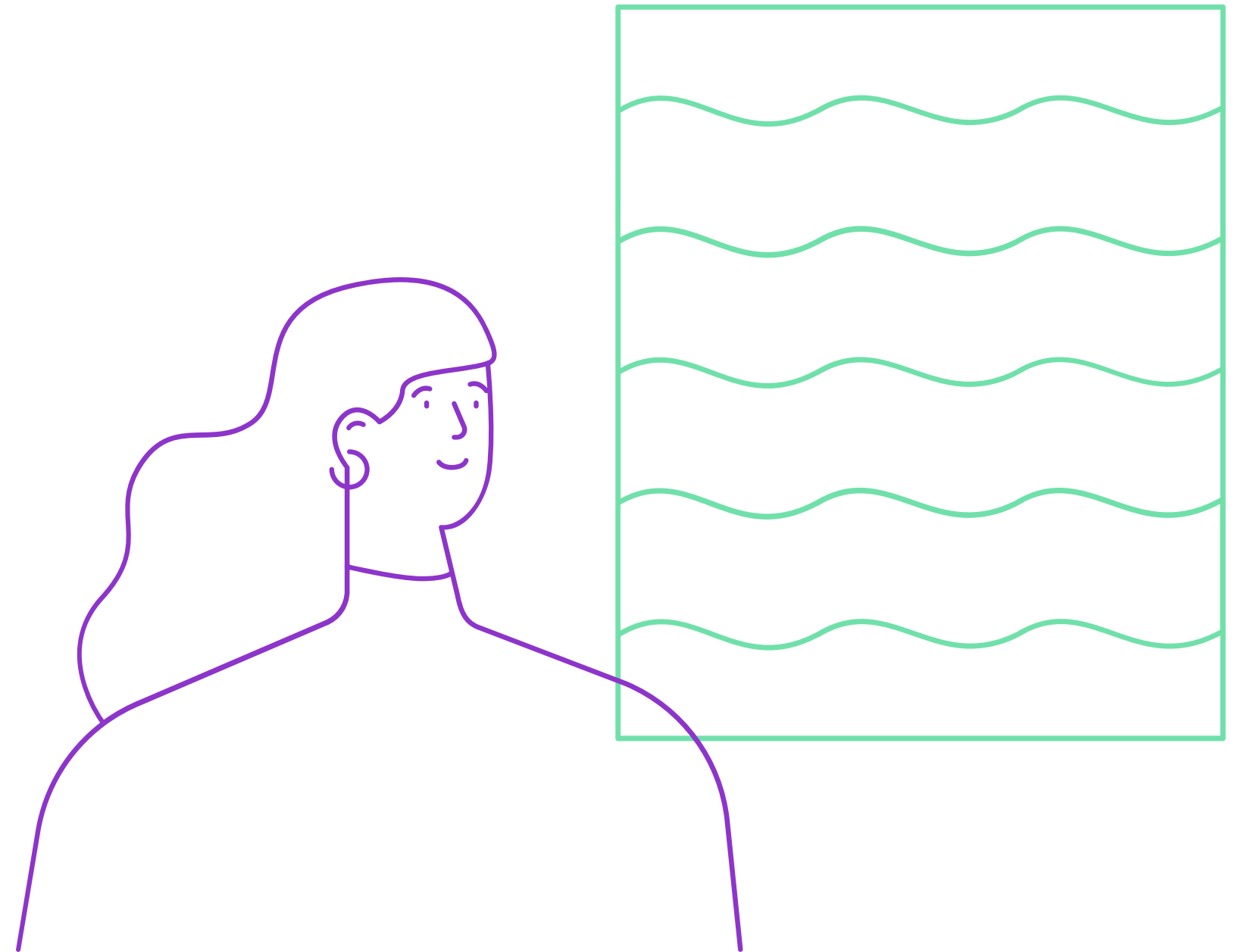


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Apply here:

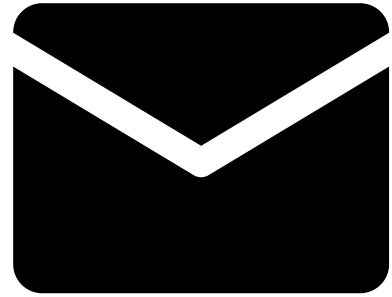
<https://forms.gle/PMyCmNW9u2y4yEuP7>



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weUnite

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<https://www.facebook.com/weuniteaustria/>



<https://www.weuniteaustria.eu/>

