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OCHOTNICZE HUFCE PRACY
warzyńsko-mazurskie



„DigitalYOU”

Hotel Manor, Olsztyn 9-18.01.2026

Duration:

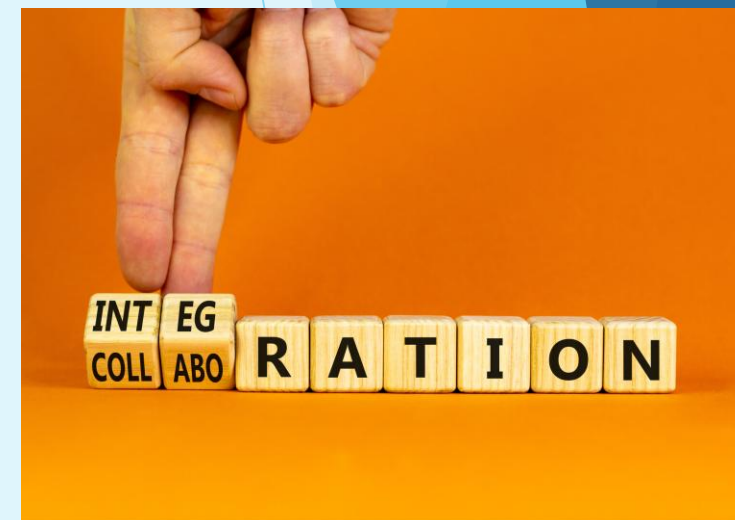
- **APV: 2-4.12.2025** (1 group leader per country)
- **YE: 9 days** (Arrival on January 9th, 2026, before 5 PM; Departure on January 18th, 2026 - travel day)

Venue: Olsztyn (Poland), Hotel Manor, ul. Kanarkowa 47

Groups: 5 young people (aged 17-23) plus 1 group leader (aged 18+),
6 people per country

Working language: English (but a high level of English is not required)

Partner Organizations: Warmińsko-Mazurska Wojewódzka Komenda OHP (Poland), ASOCIACIJA AKTYVISTAI (Lithuania), MLADOEVRÓPANI (Czech Republic), Asociatia Together Romania (Romania), STEP (Slovakia), R.E.C.R.E.O. (Spain).



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ABOUT THE PROJECT

The aim of the **DigitalYOU** project is to **enhance the digital competences of young people** by developing the knowledge, skills, and attitudes necessary for conscious, critical, and responsible participation in the digital environment.

The project focuses on increasing awareness and competencies in the following areas:

- recognizing and countering **disinformation and fake news**,
- understanding the **basics of artificial intelligence (AI)** and its impact on everyday life,
- ensuring **safe and ethical use of digital media**,
- developing **critical thinking and information literacy**,
- building a **positive digital identity** and maintaining a **balance between online and offline life**.

The **DigitalYOU** project aims not only to transfer knowledge but also to **empower young people as conscious citizens of the digital world**, capable of using technology for learning, collaboration, personal development, and social engagement.

Through the use of **non-formal education methods, project-based learning, and experiential learning techniques**, participants will develop **practical digital, media, and critical-thinking skills**, which will strengthen their resilience to information manipulation and prepare them for **active participation in an evolving digital society**.



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ACTIVITIES

- Name games, ice-breaking games, trust games, team-building, Energizers, Presentation of Erasmus+, Youthpass certificate, Debates, Role play, Presentation of national practices, Video creation - Instagram Reels, TikTok, and dissemination materials for promotion, Follow-up, Dissemination activities, Reflection (swimming pool, sauna, bowling, billiards - evening activities).
- Workshops: Language animation, and other sessions related to the project topic.
- Sightseeing in Olsztyn (city game, ice skating ring, etc.).
- Intercultural evenings (Each group should bring some typical food from their country and a flag. During the intercultural evening, each group will make a short presentation of their country in a creative way - feel free to be as creative as you like! 😊).
- Reflection & evaluations: Every day, we will have time for a short reflection and evaluation of the day (activities, skills, knowledge, feelings, experiences, etc.). At the end of the project, we will have time for a final evaluation.
- Open Space: If you have anything that you would like to share with the whole group, you will have the opportunity to do so during the exchange.
- Active (daily) reporting of project activities on social media.



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YOU NEED TO PREPARE:

Leaders: Prepare the group before coming to Poland, name games, team-building games, energizers, have knowledge about Youthpass and the Erasmus+ Program.

National groups:

- Prepare one workshop (related to the project topic) for other participants - details will be provided during the Advance Planning Visit (APV).
- National Evening - It's your choice what you want to do and how you want to present your country - feel free! 😊
- Be open to learning more about the topic.
- Bring positive energy, curiosity to discover something new, and a good mood! 😊

All participants

- Must fill out the **Participants Form** (send it to your organization) before coming to Poland, and send a scanned (photo) signed **Participant Agreement**, **Personal Data Permission** to the email: barbaraleszczynska2009@wp.pl.



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PROFILE OF PARTICIPANTS

- Age: 17-23.
- Each country should send 5 participants plus 1 group leader (18+). Please try to maintain gender balance in your groups.
- The Erasmus Program supports disadvantaged young people, so we would like to make this project open to those with fewer opportunities. Do not hesitate to include participants from underprivileged backgrounds in your group.
- English is our working language, but it is not mandatory. We will have workshops, meetings, and discussions in English, so at least a basic knowledge of English or translation support in your group is recommended. Don't be afraid of language barriers—we will find a way to solve them. We will also include language animation activities.
- We are looking for motivated young people who are willing to share the spirit of volunteering.
- Participants should be interested in the project topic.
- We welcome young, motivated, friendly, and cheerful participants.
- Each participant must fill out the Participant Questionnaire <https://forms.gle/Axd8Y8PDGW5tYYZA8> , Personal data permission and Participant Agreement and send it back to us as scan first, than take with you as original on YE (You will find all the documents with your **group leader**)



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YOUTHPASS

Each participant will receive a Youthpass.

TRANSPORT

- You can choose your mode of travel: **plane, bus, carpooling, train, or local transport.**
- You can book your flight to **Warsaw**, and from there, you can take a train or bus to **Olsztyn**.

IMPORTANT: Please consult with us before buying tickets! **WE MUST CONFIRM** your booking! To ensure that you can catch the train from **Warsaw to Olsztyn and back**, send us your travel details **before** booking your flight. We will inform you whether your itinerary is suitable.

REMEMBER: Only confirmed tickets will be **reimbursed** after the exchange.

As soon as possible after buying your tickets, send all your travel details, including an **e-ticket as final confirmation of your participation**, to barbaraleszczynska2009@wp.pl. This will also allow us to provide you with more details on the easiest ways to reach **Olsztyn** based on your flight schedule.



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MONEY

- We provide accommodation, food, and program activities.

IMPORTANT: We reimburse transport costs **ONLY** if the participant **ACTIVELY** takes part in the entire project. Reimbursement will be processed **after we receive all your boarding passes, original bus tickets, train tickets, etc.** Travel costs will be reimbursed **only to the organization's bank account!**

💡 You must keep all bills, boarding passes, and every type of ticket (including local transport) with you so that we can reimburse your expenses.

Reimbursement youth exchange:

- Slovakia: 417 EUR per participant (green transport) / 309 EUR - APV non-green travel
- Romania: 417 EUR per participant (green transport) / 309 EUR - APV non-green travel
- Czech Republic: 417 EUR per participant (green transport) 309 EUR - APV non-green travel
- Spain: 395 EUR per participant / 395 EUR - APV non-green travel
- Lithuania: 285 EUR per participant (green transport) / 211 EUR - APV non-green travel

FOOD

The hotel will serve a standard diet, and if you require a special diet, they can provide only three options: vegetarian, lactose-free, and gluten-free.

ACCOMODATION

You will stay at **Manor Hotel in Olsztyn:** <https://manorolsztyn.pl/>. This hotel has a swimming pool and sauna, so remember to bring a bathrobe (if you need it), flip-flops, and an extra towel (the hotel does not provide towels for the swimming pool and sauna).

You will be accommodated in rooms for **2, 3 to 4 people.**



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FOR MORE INFORMATION CONTACT:

Barbara Leszczyńska - *Project Coordinator / polish group leader*

e-mail: barbaraleszczynska2009@wp.pl



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