



Agenzia Italiana
per la Gioventù



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

DIGITAL BREAK

Spazio Zero Aps
03/05/2026 - 10/05/2026



The background features a group of young people in an outdoor setting, possibly a courtyard or garden, with trees and a brick wall. Overlaid on this are several decorative elements: a large, bright yellow circle in the upper left containing the title, and two smaller circles in the upper right, one with a white and black diagonal striped pattern and another with a white and black horizontal striped pattern.

THE PROJECT

This project aims to support young people aged 18 - 25 in developing a healthier relationship with social media and technology. Recognizing both the benefits and risks of digital platforms, the initiative focuses on raising awareness about the negative effects of excessive screen time, such as addiction, reduced self-esteem, poor mental health and weakened social skills. Through workshops, digital detox strategies and real-life activities, participants will learn to manage their digital habits, improve emotional well-being and reconnect with meaningful offline experiences. The project also fosters essential life skills like time management, mindfulness and self-care, while promoting interpersonal relationships and the values of the Erasmus+ program, encouraging participants to explore non-formal education and international opportunities.

THE OBJECTIVES

Raise awareness of the negative effects of excessive screen time and promote mindful social media use

Equip young people with practical digital detox strategies to build healthier digital habits

Encourage reconnection with offline activities to support mental health and emotional well-being

Strengthen interpersonal relationships and social skills through non formal educational activities

Promote Erasmus+ opportunities and its values, inspiring youth to engage in non-formal education

Participant Profile

- **Young people motivated around the topic of the project**
- **Ages between 18 and 25**
- **Fully committed and active**
- **Able to disseminate the results**
- **Reside in: Poland, Greece, Italy, Hungary, Spain, Slovakia**

Each country organization will send 4 participants and 1 team-leader, who can be older than 25.

Location

The accomodation is Antico Convento San Francesco, based in Bagnacavallo, Ravenna, Italy

You will stay in common rooms with other 4-5 participants and each room will have its own bathroom. You will find bed sheets, blankets (if needed) and towels.

The accomodation provides also a dining room and activity room, as well as a nice outdoor space with a garden to relax.

Travel Information

- It is preferable that all participants fly to Bologna G. Marconi Airport (BLQ) for both arrival and departure.
- From Bologna Airport, you can take the Marconi Express to Bologna's central train station (€12.80 one-way). From there, trains to Bagnacavallo run every hour (see transfers on Trenitalia).
- Once you arrive at Bagnacavallo station, you will walk for 5 minutes and reach the venue.
- Alternatively, you can fly to Milan, travel to Milano Centrale train station and then take a direct train to Bagnacavallo, or one with a transfer in Bologna.

TRAVEL REFUND

rules & documents

In order to be refunded for your travel after the project you will need to send in a PDF format (not scanned):

- flight invoice, including name, surname, travel dates, destinations and price
- original boarding pass
- original bus/train tickets

Maximum amounts per country:

- Italy - 0,00€
- Greece - 309,00€
- Hungary - 309,00€
- Poland - 309,00€
- Slovakia - 309,00€
- Spain - 309,00€

What to bring

DOCUMENTS

Ensure you carry a valid passport or an appropriate identification document for international travel. Check its expiration date to ensure it remains valid for the entire youth exchange. Additionally, obtaining the European Health Insurance Card (EHIC) is mandatory to guarantee medical coverage in Italy.

CLOTHES

For outdoor activities, we recommend wearing comfortable clothing that allows free movement for both indoor and outdoor activities. As temperatures are expected to be high, there is no need for heavy clothing. However, we suggest bringing a hoodie for the night, as temperatures may drop slightly.

TRADITIONAL FOOD AND DRINKS

During the evening we will organise Intercultural Nights. For this occasion, don't forget to bring traditional food from your country!

Meet the team

DANAI NAKOU

Originally from Greece, I have been living in Italy for the past six years. I discovered Erasmus+ by participating in a project myself, and I was thrilled when my first project as a facilitator was approved. Since then, I have been working mainly with theatrical and role-playing methods on topics such as human rights, equality, and sustainability. I am an active youth worker at Spazio Zero APS, committed to making a positive impact on our local community by creating both international and local opportunities for young people.

LUKAS JURAK

My name is Lukas, born and raised in Slovakia, but I consider myself to be citizen of Europe. My first E+ project was to step out of comfort zone but later Erasmus became my comfort zone. I have done all sorts of activities erasmus is offering and now the time has come for me to give back to the community. I am graphic designer and video technician by studies, but traveller, volunteer and youth worker by passion. I focus on technology, sustainability, gamification but I am just a big fan of intercultural dialogue and languages too.