

A black and white photograph of a group of approximately 15 young people posing for a group photo outdoors. They are arranged in two rows, with some standing and some sitting or crouching in front. The background shows a calm lake with trees and buildings in the distance. The image is overlaid with a purple and blue geometric design in the top right and bottom left corners.

**CTRL + FIND YOUR
DIGITAL SELF: OUR E+
LEARNING JOURNEY**

MARKUTIŠKES, LITHUANIA

OCTOBER 02 - 09, 2025

WHY ARE WE HERE

This brochure captures our shared journey of learning, discovery, and connection during this Erasmus+ Youth Exchange.

Inside, you'll find the story of how the project was created, the aims behind it, the activities we explored, and the experiences we shared together.

ABOUT THIS PROJECT

In today's world, our screens play a huge role in how we live and understand what's happening around us. This project brought young people together to explore that digital reality, reflect on how media shapes us, and rethink our own place in the online world. Through shared moments and creative activities, participants gained a clearer, more conscious perspective on the digital spaces they use every day.

OUR AIM

The goal of the project is to support young people in building the digital skills they need to understand and use media in a conscious, informed way.

WHAT DO WE WANT TO REACH ?

OBJECTIVES

1. Understand how media informs, educates, and entertains, and how these roles impact our daily lives.
2. Develop key digital skills: critical thinking, self-awareness, and self-organisation—for better online self-management.
3. Gain confidence in using digital tools for personal and professional growth through activities on self-expression, communication, and virtual networking..

A person is silhouetted against a calm lake at dusk, standing on a wooden pier and holding a fishing rod. The sky is a mix of purple and blue, and the water reflects the light. In the background, there are dark silhouettes of trees and a small building.

ABOUT THE PROJECT

THE STORY

The story of this project started with a simple moment in Gliwice, Poland, when five participants: Greta, Kristaps, Giulia, Markus and Natalia, noticed how often they were reaching for their phones instead of focusing on each other. This sparked an honest conversation about digital overload and the feeling of being constantly pulled into the online world. Wanting to understand this better, they began researching the topic and asking themselves how young people could feel more in control of their digital lives. Encouraged to develop their ideas further, they shaped a Youth Exchange that helps people understand their digital habits, learn new skills, and feel more in control of their online lives.

OUR METHODOLOGY

NON-FORMAL EDUCATION

CREATIVE / INTERACTIVE METHODS

Participants took part in theatre-based workshops, role-playing scenarios, simulations, and dynamic group tasks.



CREATIVE DIGITAL METHODS



We explored AI tools and social media, creating images, videos, and music tracks while discovering new ways to express ourselves online.



COLLABORATIVE /INTERCULTURAL METHODS

Participants worked in mixed-nationality teams, shared perspectives, and learned from each other

FRIENDSHIP

Mateusz POLAND

It was my first time participating in an Erasmus project and I really enjoyed it. I'm already looking forward to joining more projects like this. The topic was close to me, I learned something new, but the best part was meeting new people and discovering different cultures. I'm also happy that I could speak English without big problems and improve my language skills overall. Thank you!

”

TESTIMONIALS

BEST EXPERIENCE

Vincenzo ITALY

The project's theme was very interesting and relevant to society today. The activities were engaging and enjoyable, making the whole experience both educational and fun. I also had the chance to meet and interact with some very nice people.

”

BEST EXPERIENCE

Piergiulio ITALY

It was very interesting and useful to discuss how digitalisation could impact our future lives. I really enjoyed the project not only because of the topic but also because of the amazing group I met here. A great experience!”

CHANGING LIFE

Alina ESTONIA

It was a really cool project, the program was very rich and the people were very friendly

”

Indrė LITHUANIA

This project was very helpful for me because it expanded my knowledge on technology and digitalisation, AI, misinformation and disinformation. The location, facilitators were really nice. This project made me want to explore other Erasmus opportunities.

BEST MEMORIES

Lorete LATVIA

So far this project has been really great. I love meeting new people and learning about their cultures — that's why the culture nights are my favourite, they've all been wonderful. The activities have been fun and interesting, and I especially loved making videos and working in teams

DIGITALISATION

THE ORGANISATIONS



CET Platform Lithuania promotes non-formal education and active citizenship, supporting youth through international projects and community initiatives.



Pollino Digital Lab is an Italian organisation that offers community projects and learning experiences that help youth explore technology and develop new skills.



FEIO is a Polish foundation working with youth and local communities, focusing on non-formal education, inclusion, and international cooperation.

THE ORGANISATIONS



Talantu Kalve is a Latvian organisation that works to develop talents, encourage self-expression, and promote personal growth through non-formal learning.

Seiklejate Vennaskond promotes intercultural learning, youth exchanges, volunteering, human rights, and non-formal education in Estonia.

**SEIKLEJATE
VENNASKOND**

OUR TEAM



WHAT IS ERASMUS+?



Erasmus+ is an EU programme that supports learning, inclusion, and mobility for young people.

It offers opportunities where you can build new skills, explore important topics, and learn through real experiences.



By taking part, you grow personally and connect with young people from all over Europe.

WHY IT MATTERS

Culture and
connections with
people



European values
and unity



Learning
and growth



Opportunities
and future



**ARE YOU
INTERESTED IN
JOINING ERASMUS
OPPORTUNITIES?**



HOW TO FIND THEM:



Search on the European Youth Portal:

The official EU website where you can find Erasmus+ Youth Exchanges, Training Courses, and ESC volunteering projects.



Join Facebook/Whatsapp groups for Erasmus+ opportunities:

They post daily open calls.

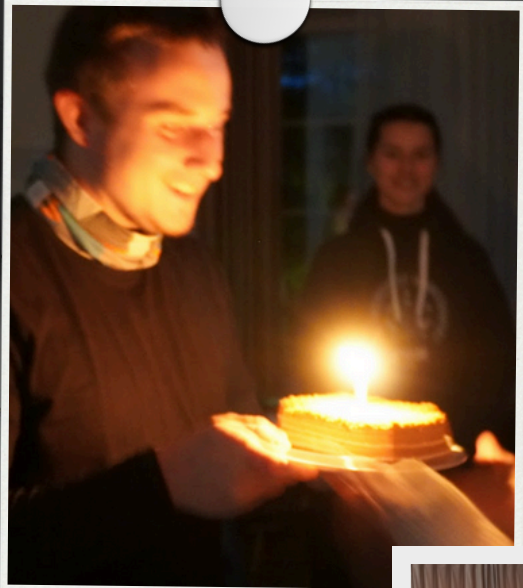


Follow local/ international NGOs and youth centers social media channels:

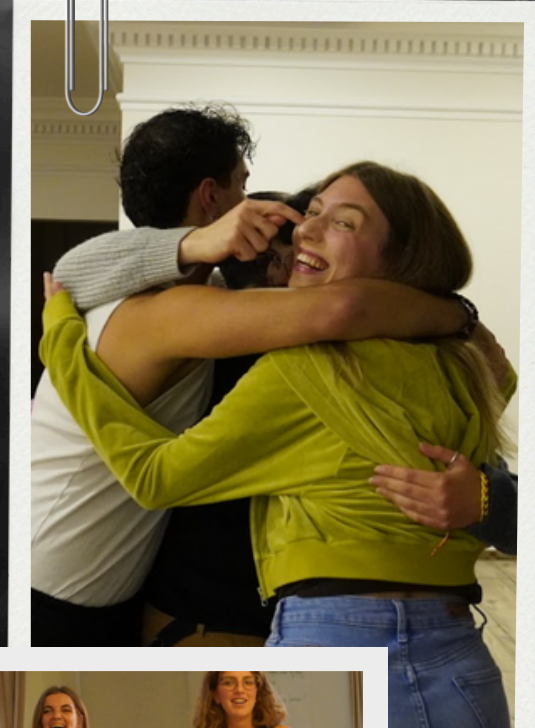
Many organisations share their open calls on Instagram, Facebook, and their websites. Follow them to stay updated!



WHAT YOU BRING HOME!



IT IS THE PEOPLE YOU MEET.



AND THE MOMENTS YOU SHARE TOGETHER.



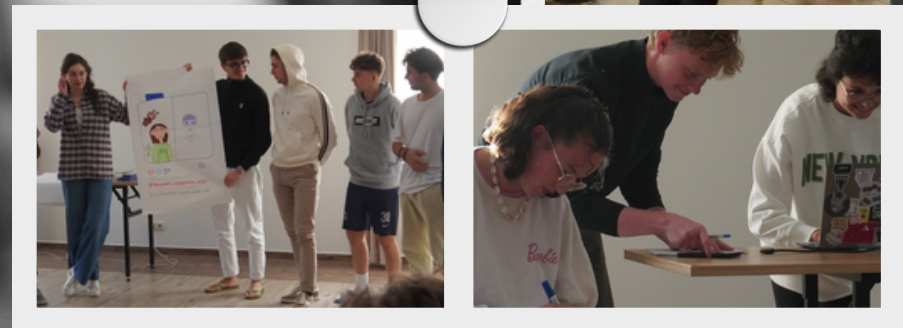
IT IS NOT JUST A PROJECT



WHAT YOU BRING HOME!



THE COMMUNITY YOU CREATE



THE MAGIC OF LEARNING TOGETHER

AND A FAMILY YOU FIND ON THE WAY.

CONCLUSION

Erasmus+ projects like this Youth Exchange show how powerful **learning** can be when it happens through real life experiences, shared moments, and meaningful conversations.

During this journey, participants explored new ideas, developed skills, and learned from one another through **peer-to-peer exchange**.



But the most valuable part is the **people**, meeting young Europeans from different cultures, backgrounds, and perspectives. These connections, friendships, and shared memories are what make Erasmus+ truly life-changing.

