

ERASMUS+ YOUTH EXCHANGE

# SCREEN SMART

Vrsar, Croatia,  
May 13th - 21st 2026.



**Reflect, navigate and use digital media more mindfully!**

**Screen Smart** is an 8-day Youth Exchange in the small seaside town of Vrsar, Croatia. It will gather 36 participants from Croatia, Ukraine, Kosovo, Finland, Slovenia and Germany.

In a supportive environment, participants will **explore digital stress and learn how to use digital media and social networks in a healthier and more mindful way.**

[\*\*CLICK HERE  
TO APPLY!\*\*](#)

**DEADLINE  
8.3. at 23.59!**



## Hosted by Amazonas

**Amazonas Association** was registered in Zagreb in 2004. Our vision is an open, playful and solidary society. Our values are inclusiveness, optimism and change. Our activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community.

We have three main areas of work:

1. Social support - empowering of children, youngsters and families at risk of social exclusion
2. Active and mobile youth - non formal learning of young people, for young people, including mobility projects
3. Educations of experts - training courses as well as development of the education materials for experts in the field of youth and social support.

Through our work we are very much movement based and we use capoeira as well as various sport and movement forms, as a tool to reach positive psychosocial change.

More info find on our [website](#).

### PARTNERS:

**SVOI**  
(Ukraine)

**Building the Balkans**  
(Kosovo)

**Youth Services of**  
**Järvenpää**  
(Finland)

**NO EXCUSE**  
(Slovenia)

**NaturKultur**  
(Germany)



Co-funded by  
the European Union







## YE objectives

The overall aim is to offer an empowering and supportive experience that helps young people understand digital stress, strengthen their mental wellbeing and build empathy-based skills for healthier relationships online and offline.

- *To reflect on how the digital environment influences well-being, everyday life and relationships.*
- *To raise awareness and learn about healthy digital habits.*
- *To engage in activities that promote empathy and healthy online communication.*
- *To create practical activities and guidelines in video format on digital wellbeing that can be shared locally.*

**The digital world is a big part of young people's everyday lives.** Online tools can help us learn, create and stay in touch, but they can also cause stress. Constant notifications, endless scrolling, comparison with others and polarised content can make young people feel distracted, anxious, overstimulated or emotionally drained. Hate speech, cyberbullying and misinformation can increase fear and conflict, and negatively affect sleep, concentration, self-esteem and mental wellbeing.

**Digital stress is not just an individual problem** – it also affects relationships and communication. Empathy-based communication and peer support can make online spaces safer and more inclusive and improve overall well-being.

**With this project,** we want to support young people's mental health by **raising awareness about digital wellbeing**, strengthening emotional self-regulation through movement, and developing empathy and communication skills for healthier online interactions.



## WHO CAN APPLY

- **Young people aged 20–30** who are interested in exploring digital wellbeing and digital self-confidence through experiential activities, meaningful discussions and shared experiences with other participants.
- **6 young people** from each partner country, plus **1 group leader**.
- Group leaders can be **older than 30**, but must be **at least 21** years old.
- The main selection criteria is the **motivation of the young person to take part in the youth exchange**.







## PARTICIPANTS CONTRIBUTION

Before coming to the Youth exchange, **each country group MUST PREPARE:**

### INDIVIDUAL TASK

Each participant will **think about and prepare a situation or personal example related to the digital environment**, such as:

- negative impact on their well-being, self-esteem, or relationships
- online conflict, misunderstanding, or cyberbullying, and how it was handled
- setting digital boundaries (reducing screen time, digital detox, managing notifications, etc.)
- an experience of healthy or unhealthy online communication

### GROUP TASK

Each country will prepare and lead an activity/workshop **focusing on one aspect of digital well-being.**

The activity should be interactive, based on real-life experiences, and encourage reflection and group discussion. (The topic will be chosen in advance by the YE leaders, who will also provide guidelines to the group leaders.)

### FINAL RESULT

We will **create practical activities and guidelines in video format** on digital well-being, **which can be shared locally.** The video content will be created for social media, including short and engaging reels, as well as a longer YouTube video.

### INTERCULTURAL EVENING

... is one time evening program where each country will present their country in a way they choose. It can be through traditional dances, sketches, food, quiz, poster.

You can bring specific food / drinks /accessories you want to share at intercultural evening

There will be 3 IE by two countries presenting in one night..

# ACCOMMODATION



**Riva Apartments** are situated right on the Vrsar waterfront by the promenade. It is a 12-minute walk from the beach.

The balconies offer superb views of the historic quarter and the fishing boats in the port. Riva is also near the Pineta Hotel where we will have meals, workshops, and free entry to the swimming pool. So, bring your swimming suits ;)

Participants will be accommodated in **rooms with 3 beds, and rooms with 4 beds.**

**Sessions will be held in the conference hall at Hotel Pineta, above the apartments, and can be reached by several stairs in a couple of minutes.**

More information about accommodation find here [HERE](#)



# LOCATION

**Vrsar is a small seaside town and a municipality in Istria, Croatia.** The historical centre is located on the top of a hill, including the St. Martin parish church and the 40-meter high bell tower. It is a popular summer destination with large campsites, private accommodation units and a modern marina.



## HOW to REACH Vrsar

Participants arriving by plane **can fly to Pula Airport (PUY), the closest airport to Vrsar. Other nearby airports include Trieste (TRS), Venice Marco Polo (VCE), Treviso (TSF), Ljubljana (LJU) and Rijeka (RJK).** From these airports, participants can continue by bus or train to Poreč, Rovinj or Pula, and then take a local bus or taxi to Vrsar.

Participants travelling **by bus can reach Vrsar directly from Zagreb, Pula, Poreč and Rovinj.** Detailed travel instructions and schedules will be shared with selected participants in March/April.

**Travel costs will be reimbursed** according to Erasmus+ **distance calculator**, depending on your place of origin (in the country of your sending organization).

**ARRIVAL DATE 13<sup>TH</sup> OF MAY**

**DEPARTURE DATE 21<sup>ST</sup> OF MAY**

DISTANCE	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	28 EUR	56 EUR
100-499	211 EUR	285 EUR
500-1999	309 EUR	417 EUR
2000-2999	395 EUR	535 EUR
3000-3999	580 EUR	785 EUR
4000-7999	1188 EUR	1188 EUR

## MONEY / COSTS

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's are available in Vrsar.

**PLEASE **APPLY BY MARCH 8TH AT 23.59****  
**USING THE LINK ON THE FIRST PAGE!**

**WE LOOK FORWARD TO SEEING YOU IN VRSAR!**



**amazonas**



**Co-funded by  
the European Union**