

Unplug & Reconnect



Erasmus+ Youth Exchange
May 2026



With the support of
the European Union

Unplug & Reconnect

Unplug & Reconnect was born from an everyday reality: digital devices and online spaces occupy an ever-growing part of young people's lives. Our aim was not to reject the digital world, but to show that it is worth stepping away from constant online presence from time to time and turning our attention back to ourselves, to one another and to the world around us.

During the 10-day youth exchange, participants explored their own digital habits, the effects of social media, mental wellbeing and the balance between online and offline life through non-formal, experience-based activities. Shared discussions, creative tasks, cultural programmes and nature-based experiences showed that there are many opportunities beyond screens: real conversations, new friendships, shared challenges and experiences that stay with us for a long time.



Throughout the programme, young people developed their communication and cooperation skills, self-awareness, creativity and initiative. Experiencing cultural diversity, reconnecting with nature and exploring more sustainable lifestyles also played an important role.

The message of Unplug & Reconnect does not end with the youth exchange. Our aim is for participants to carry what they learned into their own lives and communities, and to shape their relationship with the digital world, nature and one another more consciously.

About Erasmus+ youth exchanges

Erasmus+ youth exchanges give young people from different countries the opportunity to learn together, exchange experiences and build new community connections. Active participation, non-formal learning, cooperation and intercultural dialogue are at the heart of these programmes.

During Unplug & Reconnect, young people from four countries spent ten days together in Szilvásvár. They worked together through workshops, community and outdoor activities, cultural evenings and shared reflection, while gaining new skills, experiences and international connections.

Our partner organisations, with whom we implemented the programme:



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Our programme

Day 1 - Arrival and connection

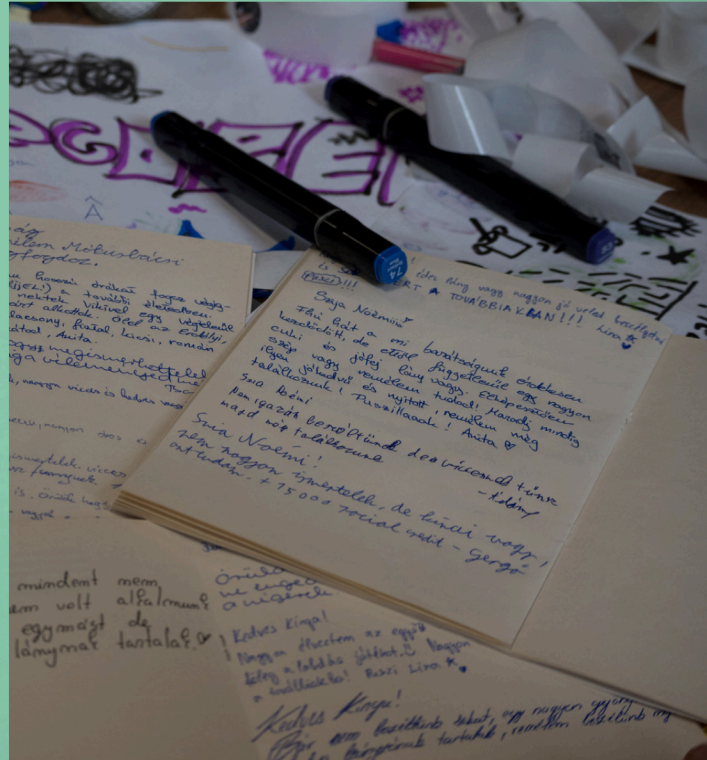
After arriving, participants got to know the aims of Unplug & Reconnect, created the programme framework and common rules together, and took part in playful introduction and team-building activities. The "Connecting without screens" exercises already showed on the first day how many ways there are to build genuine relationships without digital devices. The evening ended with playful introductions of the partner organisations.

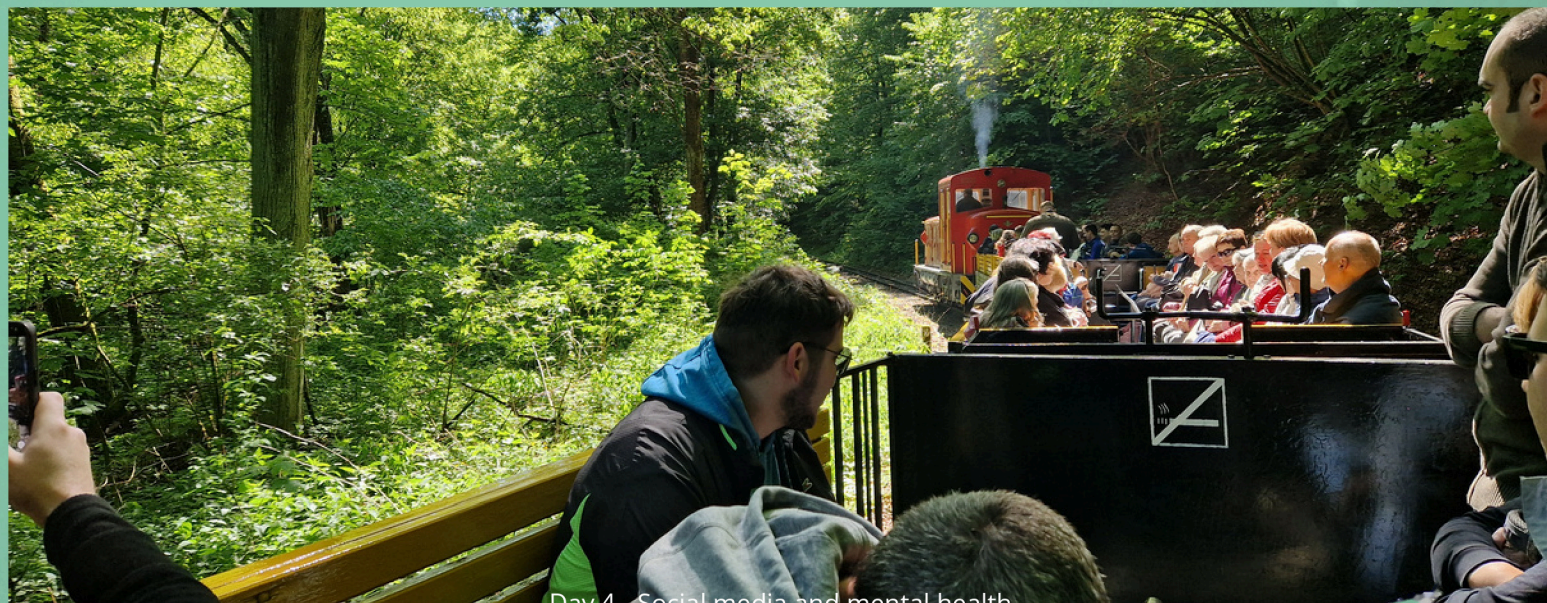
Day 2 - Digital habits and self-awareness

On the second day, young people learned about the European Union, Erasmus+ and Youthpass, then mapped their own media-use habits. Through interactive tasks, role plays and shared discussions, they explored how social media influences self-esteem and self-image. The day also included an EU quiz and the Hungarian cultural evening.

Day 3 - Digital dependency and offline experiences

The day focused on the psychology of digital dependency and becoming more aware of online habits. Participants reflected together on how digital routines develop and which experiences can help create a healthier balance between online and offline life. The surroundings of Szilvásvárad offered real offline experiences, followed by reflection and shared exchange.





Day 4 - Social media and mental health

Participants explored how social media shapes the way we see ourselves and others. Through a workshop on media and self-esteem, a film club and forum theatre exercises, they discussed real-life situations including FOMO, online feedback and conscious media use. The day ended with shared reflection, followed by the Ukrainian cultural evening.

Day 5 - Offline adventures in Szilvásvárad

The full-day outdoor programme focused on reconnecting with nature and with one another. Participants travelled on the Szilvásvárad Forest Railway and then hiked together to a prehistoric cave in the area. Time in nature, shared challenges and stepping away from digital devices strongly supported one of the project's key messages: the community-building power of offline experiences.

Day 6 - Digital wellbeing and inner balance

On the sixth day, young people explored practical ways to manage their digital habits more consciously. They created individual digital wellbeing action plans, then worked together in the "Inner Balance" workshop on stress management, mental wellbeing and supporting one another. Participants also developed their own ideas for creating a healthier balance between digital presence and offline life.





Day 9 - Creating and sharing

As the programme approached its end, participants planned how they could carry the message of Unplug & Reconnect into their own communities. Using earlier entries in their personal Toolkit journals, they collected their most important insights and developed campaign ideas and mini-workshops. During the creative presentations, they also practised facilitation, communication and presentation skills.

Day 10 - Outcomes, Youthpass and farewell

The final programme day focused on reviewing what had been achieved together. Participants looked back through their personal Toolkit journals and reflected on the knowledge, skills and experiences they had gained, as well as what they wanted to carry into everyday life. After recording their Youthpass learning outcomes, completing interviews and evaluation questionnaires, the certificates were presented. The ten shared days ended with a closing programme and celebration.





We are grateful to everyone who helped make Unplug & Reconnect a truly shared experience: to the young people for their openness and enthusiastic participation, to our partner organisations for their cooperation, and to everyone whose work and support contributed to the implementation of the programme.



Unplug,

SO YOU CAN RECONNECT
WITH YOURSELF AND OTHERS.