



Disconnect to Reconnect II

29 AUGUST - 10 SEPTEMBER
WEISSIG, GERMANY
INFOPACK

THE PROJECT

"DISCONNECT TO RECONNECT II" is an 11-day youth exchange which will involve 30 young participants between 18 and 30 years from five different countries. The project seeks to **prevent the abusive and wrong use of new technologies**. Along with a process of abandonment of more **harmonious ways of living with nature**, this misuse of the so-called new technologies can lead to **mental diseases** such as stress, anxiety, depression or nomophobia, and also other chronic diseases caused by an extremely **sedentary lifestyle**, such as obesity.

During the YE, the participants will be provided with tools to face these problems present in our societies in order to be able to discover more **healthy technological habits**, and develop a more harmonious way of living, with a deeper **connection with the nature**, the world that surrounds us, and with their own emotions and instincts as human beings. All of this will be done through the use of non-formal education methods and techniques.



PARTICIPANTS ARE EXPECTED TO ARRIVE AT RATHEN'S TRAIN STATION ON AUGUST 29TH STARTING FROM 16.00 PM, AND TO LEAVE THE ACCOMMODATION ON SEPTEMBER 10TH IN THE MORNING

Redefine the relationship that participants have with technologies as virtual users

Present a vital **alternative** more harmonious with the planet and nature

Make a temporary **technological disconnection**

Enhance knowledge about different **artistic and body expressions**, manual works, and mental health preservation techniques

Enhance knowledge about **nature** and the environment

Allow participants to **reconnect with** the surrounding **environment**, with nature, and with themselves

Provide tools to **face the problems** that our society has, while still maintaining good mental health and an emotional balance

Move away from the pernicious uses of technology and be able to have a **wider overview** of the opportunities and threats that it represents

OBJECTIVES

ENJOY NATURE AND PEOPLE

Given the fact that the project will take place in a beautiful **natural area**, there will be many occasions to do activities and workshops outside.

We want to encourage you to enjoy the amazing surroundings during your free time. Hiking, walking, and meditating are only a few of all the activities you can do outside... The only limit is your own energy!

We ask you not to think of the project as a holiday trip or party camp, but as a **learning and growing experience**. In this sense, respecting the rural context of our accommodation and participating actively in the workshops will grant you the best possible experience!

THE TECHNOLOGICAL DISCONNECTION

How many times do you check your mobile phone every day? Have you ever reflected on this? **We want to challenge you!**

During the project, all the participants and staff members will take part in an ambitious social experiment: **a full digital detox!** Mobile phones, laptops, and other technological devices won't be used except for emergency reasons.

**BEFORE THE PROJECT, WE WILL
PROVIDE AN EMERGENCY NUMBER
FOR ANYONE WHO NEEDS TO REACH
YOU, SO DON'T PANIC!**

A POSITIVE CHALLENGE

We know that this can be challenging but that's the funny part! This project will give you the possibility to **go out of your comfort zone** in a safe space. You will discover many good reasons to take periods of digital detox, and the project will show you how!



EACH
NATIONAL TEAM
HAS A LEADER,
WHO SUPPORTS
THE OTHERS.



WHO CAN APPLY?

... ARE RESIDING IN ONE OF
THE PARTNER COUNTRIES:

Germany - [Dreaming Openly](#)

Spain - [Brujula](#)

France - [Ecofairly](#)

Latvia - [Liepaja Youth House](#)

Italy - [Associazione Kora](#)

YOUNGSTERS (18-30 YEARS OLD) THAT...

Participants with fewer opportunities
will be prioritized.

... SPEAK SOME BASIC ENGLISH

it will help you to follow the program.
If needed you can be supported by
another participant of your national
team.

... HAVE FACED PROBLEMS CAUSED BY NEW TECHNOLOGIES OR ARE INTERESTED IN THE TOPIC

**FILL OUR
APPLICATION FORM
TO APPLY!**

BEFORE THE PROJECT

Because of the current situation, to ensure the security of everyone, we ask **all participants** to do an **antigenic test in an official testing station** before travelling. Please bring your negative test result to the project. The costs are **reimbursable**!

We also ask you to be extra careful the days before your trip, to avoid big groups of people and wear an FFP2 Mask.

Please also check the measures in your residing country as well as eventual transition countries. Here you can check the German legislation:

<https://www.auswaertiges-amt.de/en/coronavirus/2317268>

COVID19 MEASURES

TRAVELLING TO THE PROJECT

To enter Germany currently, the German Government doesn't ask for any specific requirement (no test or vaccination is needed to enter the country).

Dreaming OPEnly will inform you about any possible change in the legislation. However keep in mind that, regardless of the official legislation, **every participant needs to provide a negative test result when arriving at the project** for everyone's safety.

DURING THE PROJECT

As the measures in Germany are changing frequently we will give you an update about this topic before you start your trip.

Generally, in Germany, you can expect that **FFP2 Masks are obligatory in Public Transport**.

There are many testing centres, and we can help you to arrange appointments in case you need one for returning to your country.





THE LOCATION

The Exchange will take place at the Herberge auf dem Kulm close to Dresden in eastern Germany. The closest train station, where we will pick you up is in **Kurort Rathen!**

Our hostel is a basic rural accommodation bordering the beautiful National Park of Saxon Switzerland (Sächsische Schweiz). The area is known for its sandstone cliffs, its rock formations along the river Elbe and its numerous hiking trails, that attract a lot of nature lovers every year.

The place invites all visitors to enjoy the stunning landscapes and its calmness and to disconnect from stressful urban routines.

You will be accommodated in the main house in shared rooms of 4 to 8 people. Also, the bathrooms are shared, divided by gender. The hostel provides common areas, a kitchen as well as a large outdoor space and a fully equipped indoor activity room.

Food will be provided by DOPE. There will be every day two main meals, plus breakfast and two coffee breaks. All food will be **entirely vegan.**

ADDRESS

Herberge auf dem Kulm
Weißig 7B
01796 Struppen OT Weißig
[Website](#)



INTERCULTURAL NIGHT

Each National Team will have the chance to organise an Intercultural Night to present their country to the others. For this you will have to:

- Organise a cooking workshop to share traditional recipes with the whole group.
- Prepare activities/games/performances to show your culture

MYTHS AND FABLES

Each country has its own Myths and Fables, which are rooted in its cultural identity. Do you have some stories? We want to discover them!

Each National Team has to search for some traditional Myths or Fables from their country to share during the project.



NATIONAL WORKSHOPS

Each National Team will have time and space for organising one session of workshops connected to the topic of the project.

Don't panic! Your sending organisation and group leader will support and guide you in this process.

WHAT TO BRING

- Covid Greenpass / Vaccine Certificate
- Your ID, Travel documents
- One **set of bedsheets** or **sleeping bag** (blankets will be provided)
- Towels
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Comfortable shoes and clothes, **Hiking shoes** if you have them!
- Warm clothes for chilly nights
- Slippers (or indoor shoes)
- Personal drinking bottle (less plastic, more fun!)
- Whatever you feel you would need for any time spent away from home
- **Good vibes!**

WHAT TO PREPARE



... TO BERLIN

2,5 hours by Bus to Dresden

Things to see:

Reichstag (German Parliament)

Berlin Wall

Checkpoint Charlie

Brandenburg Gate

Museums (e.g. Jewish Museum,
Pergamon Museum)



TRAVELLING

You can travel up to **2 days before** and
2 days after the project.

Therefore DOPE suggests travelling
either to Berlin or Prague. You can find
many economic flights to both cities.

They are very well connected to
Dresden, from where you will just have
to take a regional train to arrive at
Rathen (Kurort) Train Station, where
we will pick you up.



... TO PRAGUE

2 hours by Bus to Dresden

Things to see:

Old Town

St Vitus Cathedral

Charles Bridge

Prague Castle

Old Jewish Ghetto



USEFUL LINKS FOR YOUR TRIP

Flixbus for economic and regular bus connections between Berlin - Dresden and Prague - Dresden:

<https://global.flixbus.com/>

German railway company:

<https://www.bahn.com/>

Comparison website for flights:

<https://skyscanner.com>



FROM PRAGUE TO DRESDEN

- Take the Bus AE (Airport Express) from the Airport to the Main Railway Station: <https://www.dpp.cz/en/travelling/transp-ort-to-airport/ae-line>
- Take a Flixbus or Train to "Dresden Hauptbahnhof". **Tip:** Flixbuses are leaving regularly from Prague Main Railway Station and from UAN Florenc Bus Station.

FROM BERLIN TO DRESDEN

- Take an S-Bahn (Metro) or FEX Train to the Center or the station, where your Bus leaves. You can buy the tickets on place at machines, don't forget to stamp your Metro Tickets (see picture)
- Take a Flixbus or Train to "Dresden Hauptbahnhof". **Tip:** There is a Bus leaving for Dresden directly at BER Airport. If not "Berlin Südkreuz" is the shortest connection, but there are also Buses starting at Alexanderplatz or Central Station, so check carefully from where your Bus is leaving!



FROM DRESDEN TO RATHEN

S-Bahn (Line S1) to Rathen are regularly leaving from Dresden Hauptbahnhof (normally from Platform 13)

--> [see here](#) (you have to update the travel date!)

TIP

If you are flying with a low-cost airline take a screenshot of your boarding pass if you use the app, sometimes they get deleted right after your trip.

KEEP THE TICKETS

To get the reimbursement it is essential that you keep all your:

- Invoices
- Tickets (digital or printed)
- Boarding Passes

TIP

Get in contact with the rest of your Team! Travelling in a group gives security and more fun!

TRAVEL REIMBURSEMENT

Participants from Italy, Spain, Latvia, and France have a Travel Budget of 275€ coming and going, plus up to 100€ for Covid Tests. Participants from Italy and France have the option of **Green Travel (no flights) with an travel budget of **320€**.**



BUYING THE TICKETS

You are free to choose your itinerary as you want. We reimburse your costs up to 275€ if all invoices and tickets are provided! Hostel during the trip costs can not be refunded.

In case of economic difficulties with the purchase of your tickets, don't hesitate to contact us or your sending organisation.

TIP

Low-cost airlines like Ryanair charge a high price for Check-Ins at the airport! Don't forget to do it online before travelling.



OUR CONTACTS

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the European Union**