



**ERASMUS YOUTH
EXCHANGE**



SCREENS OFF MINDS ON

07.08-17.08.2026 in Geldern Germany

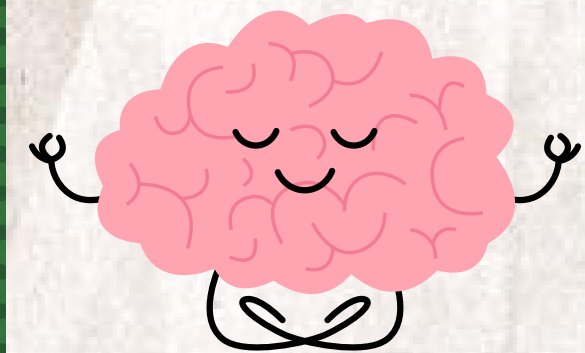
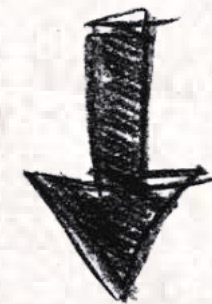


ABOUT THE PROJECT

Screens Off, Minds On (SOMO) is a youth exchange project, where we will **minimize our smartphone use for 10 days** to **focus on ourself, real-world connections and nature.** 🐝🐝

During the project we will live on a **permaculture farm** in the **countryside** where we will live, eat, sleep and do activities together as a small community for the whole duration of the youth exchange.

Do you also feel constantly stressed from digital noise, messages and having to be available 24/7?
Than this project is just **the right choice for you.**



ABOUT THE PROJECT

- break out from everyday stress / chance to **reconnect with yourself.**
- **meet like minded individuals** with no digital distractions.
- explore **hands-on activities.**
- chance to spend **10 days outside on a beautiful farm** surrounded by nature.



NATURE

COMMUNITY

TECH

Yoga



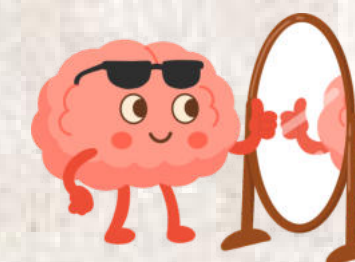
Nature Walks



Mindfulness Exercises



Personal Reflections



Outdoor Sports & Games



ACTIVITIES

Campfire Evenings



Team Workshops



Berry & Vegetable Picking



Creative Workshops



Cooking

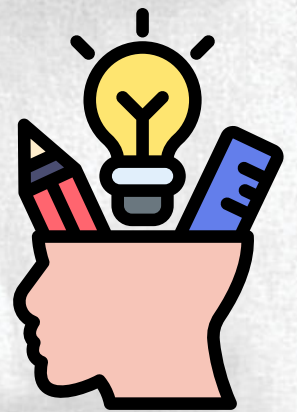


Journaling

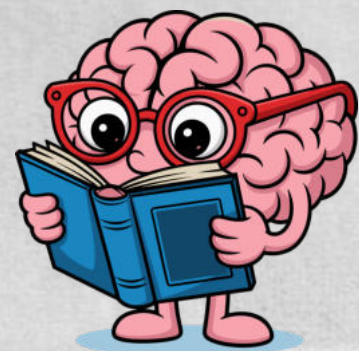


OVERVIEW

Before The Exchange - **Plant the Seeds**

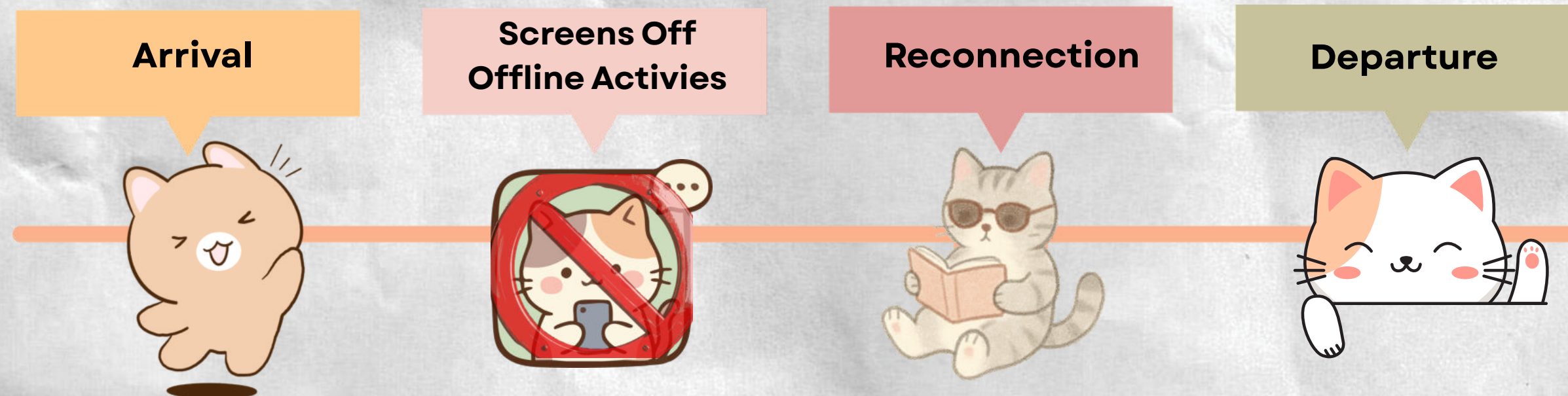


- Prepare a **creative workshop** with your national group. Let your imagination run wild. You can prepare something related to **sports, art, theater, or similar topics**.
- Prepare an **Introduction-video** about yourself.
- Get familiar with the topic of **digital detox**.
- Think about **what brings you joy and energy** when you are not on your phone. Implement this in the exchange and share it with others.



OVERVIEW

During the Exchange - **Growing Together**



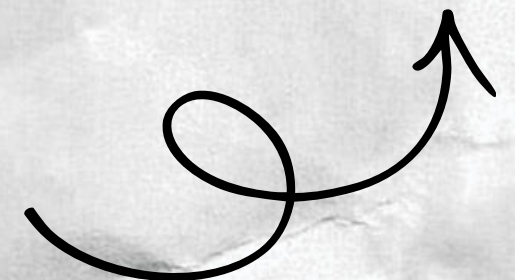
DAY

1

2 — 8

9

10



OVERVIEW

After the Exchange - **Harvest Our Results**

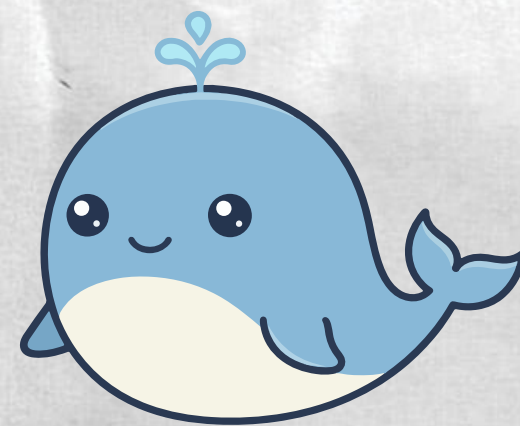
Each participant is expected to **spread the positive outcomes of digital detox** in their surrounding. You should **share the digital detox experience** in your local community, so that others can also benefit from your experience. Additionally, participants are expected to **take part in a video call** with the whole group from our youth exchange. There they can share and compare the results of their screen time, so that this youth exchange has a long living impact.



OVERVIEW

When:

07.08.2026 - Arrival Day
08.08 -16.08.2026 - Youth Exchange
17.08.2026 Departure Day



Where:

Geldern (near
Düsseldorf), Germany

Participants:

26 participants +2 facilitators
5-6 participants plus one group leader
per country

From:

Germany, Italy, Cyprus and Spain



RULES OF OUR DIGITAL DETOX



All smartphones will be collected and stored in a central location. You will have access to them so that, in exceptional cases, you can take care of important matters using your smartphone. However, you'll need to be prepared to go without them almost entirely during the youth exchangeso, so that you can reconnect with yourself.



PARTICIPANTS



We welcome and support young people with fewer opportunities in all of our projects.

Total: **26 Participants**

5-6 participants + 1 group leader per country

Profile of **participants**: people [**18-30 years old**] who are **interested in digital detox** and are potentially facing economic, social, or geographical obstacles.

Profile of **group leaders**: people [**21-30 years old**] who are interested **in the organization and facilitation** of educational activities for youth. **Motivated to assist and represent their national team** in all the phases of the project and be **responsible for the national group workshop**.



LOCATION

Our accommodation and learning spaces will all be located within the same **natural setting**. You'll be staying on a **beautiful farm**, **far away from big cities**. We'll shape our experiences together as a **community**, infuse the place with meaning, and adapt it to our vision and needs. **Vegetables and other plants are grown around the farm**, which are used, for example, for a large communal cooking sessions.



If you have a **cat allergy**, please note that there are *two cats on our farm*.



ACCOMODATION



Venue: Our small farm of Academy of Growth e.V., Geldern, Germany

The property has a high focus on its **nature connection**.

The accommodation & facilities for the participants are aligned with our core values about sustainable living. The participants will sleep in provided spacious tents, which each fit two people. **We will provide all the necessary sleeping gear**, such as mattresses, blankets, pillows, and extra sleeping bags in colder weather.

We have spacious **social spaces like our community barn and our nature classroom**, which can easily fit up to 30 people on a long dining table.

FACILITIES

The **shower and toilet** systems are built into **trailers**.

We have a **big shed** which serves as a **training room** for times of rainy weather. Otherwise, we plan to carry out most of the **activities outside in nature**. We have many **grass areas** and a **small outdoor gym**, which provides space for movement-based exercises such as **yoga, dance, breathwork, and meditation**.

Lastly, **we are alone** on the property so that we can focus truly on building a **thriving community** during these days.



FOOD

The Project will be supported by **two professional chefs**, who will cook delicious and healthy food for us.

In alignment with the values of our NGO, the food will be **mainly vegetarian/vegan**. For two special dinners, we will provide high-quality locally sourced meat.

Every dietary choice is welcomed and our chefs will make sure to support you with your own needs [**vegan, gluten-free, lactose-free...**].



COOKING TEAM

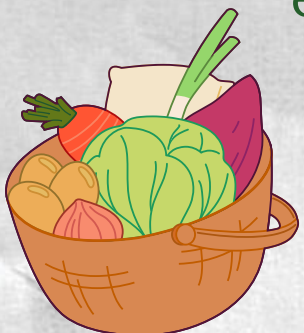


BIJAN

Hello! I'm Bijan. I grew up in Germany and have been spending most of my adult life in Berlin's gastronomy scene. After following my heart and nature's call, I moved to Greece in 2021 and happily spend my life between a mountain village and an orange farm on the beautiful Peloponnese.

My passion for cooking transformed into seeing food as an intricate part of a holistic lifestyle and an opportunity to contribute to people's health and happiness!

I am excited to bring this motivation to the training and hope to help to create an impactful learning experience!



STEVEN



Hello, I'm Steven!
I'm a Belgian national based in Seliana, Greece, where I've lived and worked for over a decade. At Liveloula AMKE, I help lead a regenerative landscape project rooted in holistic grazing, permaculture, and environmental education.

I'm also a certified naturopath and herborist with a strong passion for healthy, honest cooking. I love working with clean ingredients and seasonal produce to create nourishing meals that support wellbeing.

I have years of experience cooking for groups — from winter sports catering to Liveloula's annual retreats and camps, where I prepare balanced, flavourful dishes for up to 50 people. I bring calm organisation, creativity, and a warm presence to the kitchen, always aiming to cook food that feels good and brings people together.

FACILITATORS



BASTI

Hi my name is Basti!

Since I was a kid I loved spending my time outside with my friends in nature. These days, my favorite activities include long hikes, bike - and kayakpacking, sleeping under the stars and experiencing adventures in our beautiful nature with my friends or alone.

In my PhD my research focuses on the consequences of excessive media consumption, which is why I am delighted to have the opportunity to organize a project of this kind as part of a youth exchange. I cant wait to meet all of you :)



TOBI

Hello, dear future participants. My name is Tobi.

I'm 27 years old and have always worked as an environmental engineer in the field of environmental protection. My main areas of expertise are environmental law and air pollution control. However, I've always had a very social side, and I'm really looking forward to working with you to make this project a wonderful experience for everyone.

I'm a very open-minded person, always trying new things and happy to step outside my comfort zone. I do a lot of sports and am a big fan of games of all kinds. I'm sure we'll have a wonderful time.

HOSTS



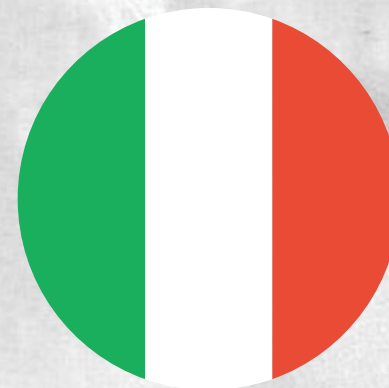
THOMAS AND MADDIE

Welcome! We are Maddy and Thomas, the founders of Academy of Growth e.V. We warmly invite you to our charming permaculture homestead, where our mission is to make everyone feel right at home. Whether it's offering practical help—like extra blankets—or providing heartfelt emotional support, we are here to guide you on your growth journey. Together with our dedicated kitchen and facilitation team, we create beautiful spaces and meaningful experiences. We're always happy to answer your questions and ensure you feel supported. We look forward to welcoming you!





Germany, Academy of Growth



Italy, Associazione Kora



Spain, Células Dormientes



Cyprus, Periklis Demetriou

OUR PARTNERS

TRAVEL



DISTANCE

AMOUNT

AMOUNT GREEN TRAVEL

GERMANY

10-99 KM

56€/PARTICIPANT

100-499 KM

285€/PARTICIPANT

ITALY

500-1999 KM

309€/PARTICIPANT

417€/PARTICIPANT

SPAIN

CYPRUS

2000 - 2999 KM

395€/PARTICIPANT

535€/PARTICIPANT

GREEN TRAVEL



Travel Sustainably & Enjoy Bonus Stopovers!

Green Travel = using low-emission transport (bus, train, carpooling).

Up to 2 extra nights covered (**71€**/night for stopovers (hostel & food)).

Applicable for journeys of 500 km or more & applies to both arrival & departure
– explore new cities on the way!

Example: Valencia → Geldern

1-night stopover: Valencia → Lyon (France) → Geldern (Germany)

2-night stopover: Valencia → Barcelona (Spain) → Brussels (Belgium) → Geldern (Germany)

Your Benefits

Eco-friendly travel – reduce your carbon footprint

Explore for less – visit new cities with € support

Less stress – break up long travel & arrive relaxed

More fun – travel together & connect before the project

Rules for Reimbursement

Stopovers must bring you closer
(no 2 nights in the same city).

Original receipts for
hostel & food required.

COSTS

Accommodation, food, and travel
costs will be covered by us.

To ensure a motivated and engaged group, we ask for a small **deposit** of **50 €** from each participant. **After** participating in the Project you will get **your money back**.

This deposit is meant to encourage full commitment to the project
However, we don't want financial obstacles to prevent anyone from joining. If the deposit is a burden for you, please apply anyway—we will find a way to support you!

JOIN AN UNFORGETTABLE
EXPERIENCE

APPLY NOW

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