12 - 20 November 2025

Osterholz-Scharmbeck, Germany

DIGITAL DETOX

RECONNECT WITH NATURE

DISCLAIMER

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CONTENTS

01. WHAT IS ERASMUS + ?

Erasmus+ is the European Union's programme that supports education, training, youth, and sport. It offers opportunities to study, train, or volunteer abroad, helping participants gain new skills, experiences, and cultural awareness.

The programme promotes

🍄 **COOPERATION**   🍄 **UNDERSTANDING**

🍄 **INNOVATION**   🍄 **FRIENDSHIP**

across Europe, preparing young people for a more connected and global future.

By participating in Erasmus+, students and staff enhance their skills, employability, and intercultural awareness, contributing to a more connected and inclusive Europe.

02. INTRODUCING THE PROJECT

The Erasmus+ youth exchange project "Digital Detox: Reconnect with Nature" is designed to help young people strike a healthier balance between their digital lives and their connection to the natural world.


In an era where social media plays a central role in the daily lives of many young individuals, this project addresses the need for a more mindful approach to digital engagement and highlights the benefits of reconnecting with nature.

02. INTRODUCING THE PROJECT
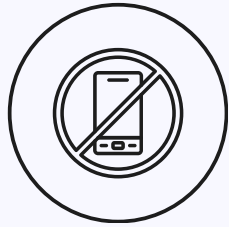
During the duration of this project all participants locked their phones in a box, with only 30 minutes per day allowed to contact their loved ones.

DETOX BOX
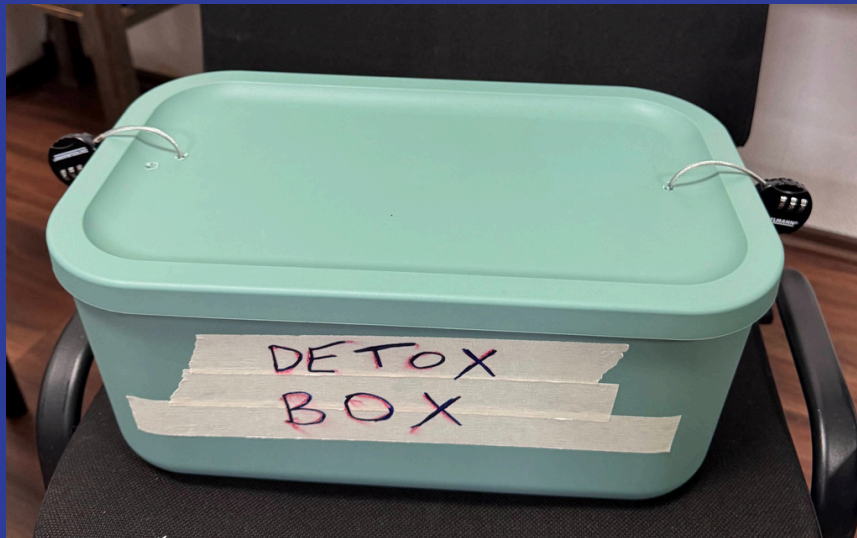
03. OBJECTIVES

SOCIAL MEDIA AWARENESS AND BALANCE

This project wants to promote a healthier balance between digital life and real life. It wants to raise awareness on a safe use of our phones and social media.

CONNECTION WITH NATURE AND SOCIAL ACTIVITIES

The location will be a house in the middle of the forest in the north of Germany. This will allow the participants to bathe in a green environment and appreciate nature.

MINDFULNESS AND CRITICAL THINKING

The workshops and activities will introduce the partcipants to mindfulness, journaling, yoga and allow them to get to know each other on a deeper level.

04.THE PARTICIPANTS

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GERMANY TEAM

04.THE PARTICIPANTS

NORTH MACEDONIA
TEAM

04.THE PARTICIPANTS

ROMANIA TEAM

04.THE PARTICIPANTS

04.THE PARTICIPANTS

SPAIN TEAM

05.THE WORKSHOPS

TEAM BUILDING ACTIVITIES TO CONNECT PEOPLE

The first day we focused a lot on building relationships and get to know each other. We played games to spark new conversations and to know each other's interests and personal traits.

We tried to do all the activities as much as possible outdoors even though sometimes the weather was making it challenging.

05. THE WORKSHOPS

BLINDFOLDED FOREST BATHING AND TREE HUGGING

The participants were divided in pairs and one at the time had to be guided blindfolded in the forest, until a chosen tree which they had to hug.
When the blindfold was taken off they had to recognise the tree.

This was a really mindful activity to build trust in each other, and to activate all senses to be fully connected with the surroundings.

Tree hugging felt grounding and therapeutic.

05.THE WORKSHOPS

🍄 **NATURE ART FOR NATURE CONNECITON AND NOURISHING CREATIVITY**

The participants divided in 5 groups had to create art using natural elements found in the forest. Everybody got creative and explored different themes such as environmental awareness, concept of life, survival in the forest at night, or simply they let flowing the creative state.

The activity brought together the team in a collaborative way, waking everybody's senses through touching the different textures that were found in nature.

05. THE WORKSHOPS

**DEBATE AND REFLECTION ON DIGITAL LIFE AND SOCIAL MEDIA**

In this afternoon session we discussed pros and cons of social media, how can it affect our attention spam and our creativity.
As well as our body image, and also the infulence of trends on each individual uniqueness.

A lot of interesting points were brought up and all of us shared some food for thought which we all reflected upon.

It made us more aware of a healthier use of the digital tools and soical media.

06.SOCIAL CAMPAIGN
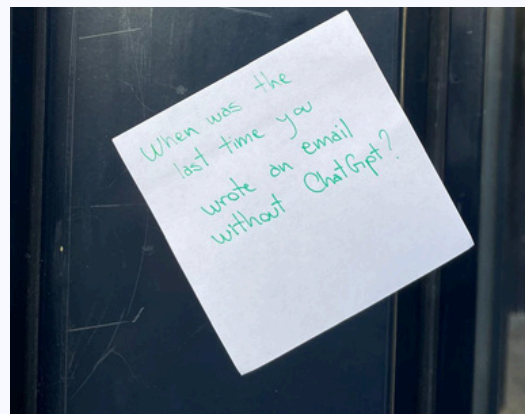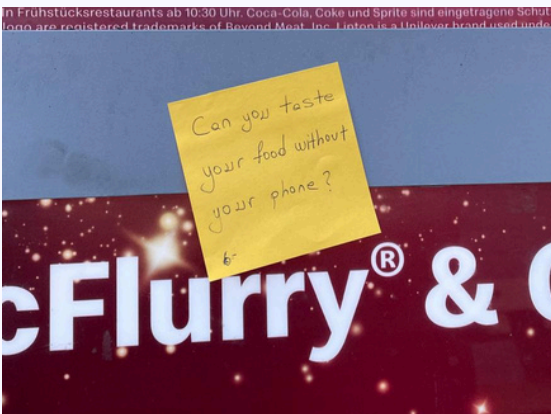
06.SOCIAL CAMPAIGN

LEAVING NOTES IN BREMEN AND INTERVIEWING PEOPLE

The participants were divided in groups and had to create posters and notes to distribute around the city or to people, in order to raise awareness on the digital overuse.

Posters such as "If you read this, good job, you are not looking at your phone" o r"Do not scroll your life away" or "Are you here for the memories or for the pictures?" were held in very busy areas of the city to capture most people's attention.

We also interviewed some people to spread knowledge about our initiative, the digital detox movement and about Erasmus+ projects.

07. RESULTS AND REFLECTION

The natural surroundings truly played a crucial role. The participants felt more grounded, connected with the nature: trees, mushrooms, rain. Small things we take for granted but should truly appreciate.

The result of this project was a strong awareness of the impact of our phones and other screens on our daily lives and long term lives such as attention spam and body image.

We all gathered more knowledge and tips on how to spend less time on the screens and more time with the people who surround us, appreciating social interactions and small activities of our daily lives.

"THERE IS NO BAD WEATHER, ONLY BAD CLOTHES"

"WE ARE NOT MADE OUT OF SUGAR"

"I CAN LIVE WITHOUT MY PHONE, BUT I CAN'T LIVE WITHOUT MY SPOTIFY"