

LOG OFF

**Strengthening Digital Well-Being
Competences for a Healthier, More
Balanced Youth Lifestyle**

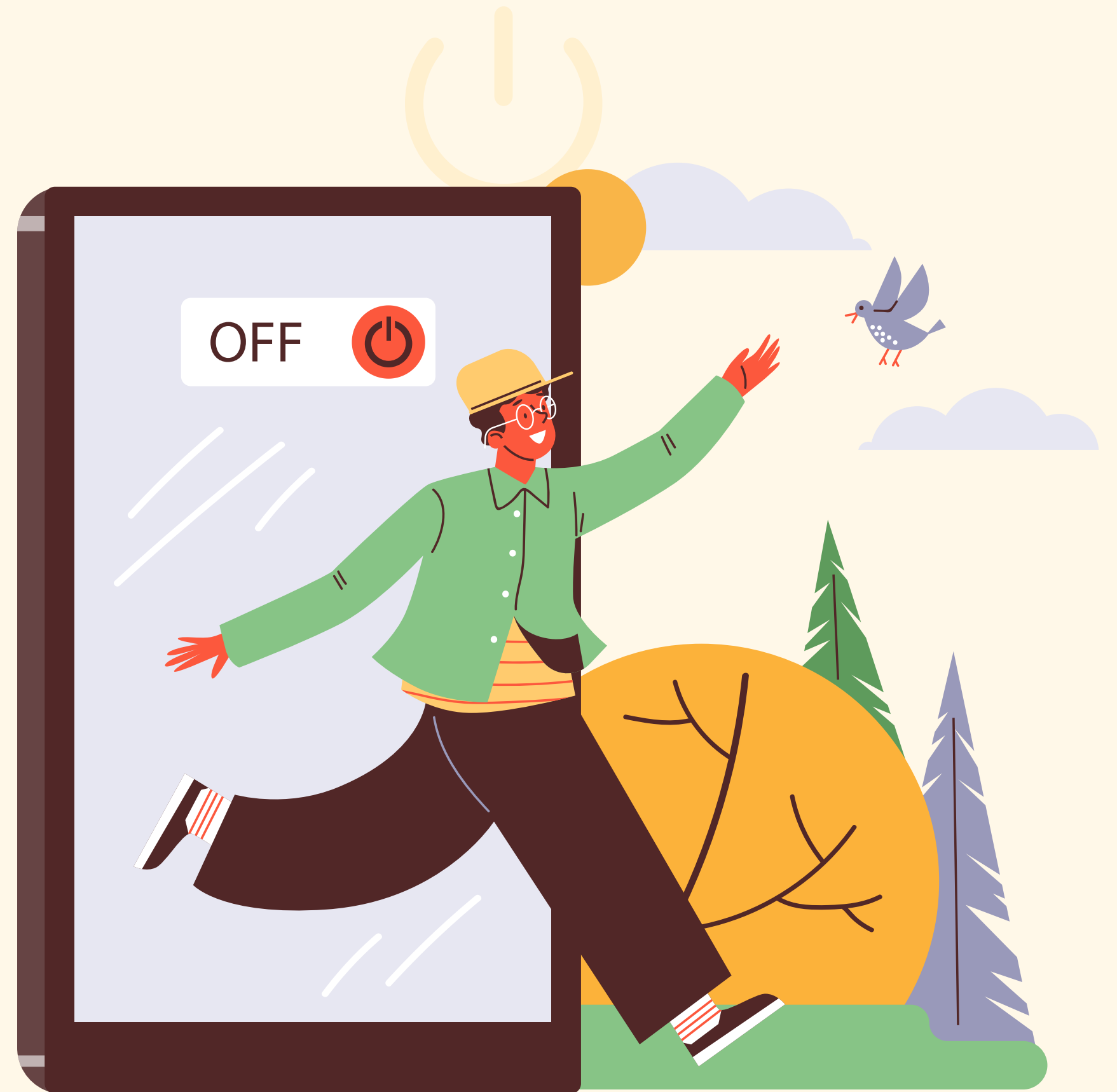
INFOPACK

2-part Youth Exchange

**Part 1: 16th to 23rd October 2026
Orrefors, Sweden**



Co-funded by
the European Union



About the Project:



LOG OFF is a two-part youth exchange co-funded by Erasmus+, developed in cooperation with organisations from Germany, Italy, Portugal, Spain and Sweden. Its purpose is to **support young people in building a healthier and more balanced relationship with technology while strengthening their digital well-being.**

Through immersive nature experiences, creative workshops, intercultural learning, and hands-on activities, the project offers a unique opportunity to **disconnect** from constant screen time, **reconnect** with yourself and others, and **discover** practical ways to create healthier digital habits. Along the way, you'll develop critical thinking, media literacy, and the confidence to inspire positive change in your own community.

Main objectives:



- Raise awareness of how digital technologies affect our well-being, relationships, and the environment;
- Build healthier and more balanced digital habits;
- Strengthen critical thinking and media literacy to navigate the online world safely and responsibly;
- Reconnect with nature through immersive, screen-free experiences that promote mindfulness and well-being;
- Discover creative offline activities that encourage self-expression, emotional well-being, and meaningful connection.

How is the project planned?



Part 1

YE1: Nature Reset – Orrefors, Sweden – 16th to 23rd October 2026

Discover how the digital world shapes your emotions, attention, relationships, and everyday habits. Through immersive, screen-free experiences in nature, you'll reconnect with yourself and others, practise mindfulness and self-regulation, and develop a healthier, more conscious relationship with technology.

Part 2

YE2: Creative Balance – Lunigiana, Italy – May 2027

Turn awareness into action by exploring practical ways to create a healthier digital balance in your everyday life. Through creative workshops, arts-based activities, and nature-inspired experiences, you'll discover enjoyable offline alternatives to screen time while building the confidence and leadership skills to inspire positive change and share what you've learned in your own community.

Participant Profile:



18–30 years old
Group leaders
can be +30 years old



Participants should be
able to communicate
and understand English.



Motivated to support
follow-up local
actions and
dissemination



Residing in Germany, Italy,
Spain, Sweden, and
Portugal
migrants and
refugees welcomed!



Participants are
expected to join both
mobilities.



Open-minded people,
interested in the topic,
committed to learn
and cooperate.

Raincoat

Camera; board
game; cards

Swimming
suit

A MUST:
Comfortable
indoor
shoes/slippers

earplugs

At least one
computer per group

clothes for outdoor
activities

medication if needed

Personal toiletries

Warm clothes for evenings
and rainy days

shops are not
near – bring
what you need

Comfortable
outdoor
shoes

Cultural snacks

The most important - bring Good Mood !



What do you need to bring?

Accommodation



ORREFORS VANDRARHEM

A Good place for Good people

Hostel is located in south of Sweden, Småland area, which is the most popular vacation area. It's newly renovated place where cultural heritage meets art and crazy ideas. You all will be accommodated in double and triple rooms with shared bathrooms and showers. Towels and duvets are included. Hostel has a big outdoor area, close to forests and lake.



 [booking.com - Orrefors Vandrarhem](https://www.booking.com/orreforsvandrarhem)

 [@orreforsvandrarhem](https://www.instagram.com/orreforsvandrarhem)



Travel Tips

Arrival day: 16th October
Departure day: 23rd October

Flying is the easiest way to reach the venue for this project. Unless you are coming from Germany or Sweden, in which case we recommend you travel by train/bus.

Book the route that works best for your schedule and budget.

How? Book a flight into **Copenhagen (CPH)**, then a short train transfer to reach us near **Nybro**.

Final spot: Silversparegatan 14, 380 40 Orrefors, Sweden.



The best way is to fly into **Copenhagen Airport (CPH)**, then continue to Nybro city, from where we will pick you up. **It's important that we know your arrival time, so that we can plan pickups.**

Flight search & booking:
[google.com/flights](https://www.google.com/flights), [skyscanner.com](https://www.skyscanner.com)

Find train tickets: [sj.se](https://www.sj.se) and [omio.com](https://www.omio.com)

Other airports further from the venue:

- Gothenburg Airport
- Stockholm Airport

Good to know:
Copenhagen Airport (CPH) has the widest choice of direct flights from across Europe, with easy and frequent train connections to Nybro.





From Portugal to Orrefors, Sweden

Suggested Flight Route — total journey ~7–9 hours

Recommended route:

1. Portugal → Copenhagen (CPH): Direct flights from Lisbon or Porto with SAS, TAP Air Portugal, easyJet or Norwegian (~4–4.5h)
2. Copenhagen → Nybro (train ~3h)
3. Nybro → Venue (Silverspångsgatan 14, 380 40 Orrefors): We will arrange your pickup and transport from Nybro based on your arrival information — please share your flight/transfer details as soon as you book.



From Germany to Orrefors, Sweden

Suggested Route — total journey with plane ~3–5 hours // with trains ~10h

Recommended route:

Germany → Copenhagen (CPH): Direct flights from Berlin, Hamburg, Frankfurt, Munich or Düsseldorf (~1–1.5h)

OR

Germany → Copenhagen (CPH): Trains in direction to Hamburg + train Hamburg-Copenhagen (~4h) – **IDEAL CHOICE**

and then

Copenhagen → Nybro: Train (~3h)

Nybro → Venue (Silversparegatan 14, 380 40 Orrefors): We will arrange your pickup and transport from Nybro based on your arrival information — please share your arrival details as soon as you book.



From Italy to Orrefors, Sweden

Suggested Flight Route — total journey ~5–7 hours

Recommended route:

1. Italy → Copenhagen (CPH): Direct flights from Rome, Milan, Bologna, Venice or Naples with SAS, easyJet, Norwegian and others (~2–2.5h)
2. Copenhagen → Nybro (train ~3h)
3. Nybro → Venue (Silversparegatan 14, 380 40 Orrefors): We will arrange your pickup and transport from Nybro based on your arrival information — please share your arrival details as soon as you book.

A decorative graphic on the left side of the slide. It features a winding orange path that starts from the top left and curves downwards. At the top left, there are three green pine trees. At the bottom left, there is a blue suitcase with a red handle, a black map with a red line, a small airplane icon, and a green line graph. The path leads towards a light pink rounded rectangle containing text.

From Spain to Orrefors, Sweden

Suggested Flight Route — total journey ~4–7 hours

Recommended route:

1. Via Copenhagen: From Madrid or Barcelona, fly direct to Copenhagen (CPH) with SAS, Norwegian or Vueling (~3h).
2. Copenhagen → Nybro (train ~3h)
3. Nybro → Venue (Silversparegatan 14, 380 40 Orrefors): We will arrange your pickup and transport from Nybro based on your arrival information — please share your flight/transfer details as soon as you book.

Travel Reimbursement



The **travel reimbursement** will be done by bank transfer to the participants who will take responsibility for their ticket purchasing. The reimbursement will be done only when the following steps are done by the person in charge of purchasing:

Collect and provide the tickets and invoices;
Make sure there is the price and name of the person on the tickets;
Collect and provide the boarding passes
Engage in follow-up actions

Do not buy any tickets without confirmation from your national team. Before purchasing the tickets, you should always send the travel plan to your sending organization for confirmation, before you proceed.

Country	Budget for green travel	Budget for standard (non-green) travel
Germany	417€	309€
Spain	-	309€
Italy	-	309€
Portugal	-	395€
Sweden	285€	211€

Project Partners



Coordinator & host of first YE
GOODNESS OF PEOPLE
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STERNA
STERNA



FONDAZIONE
TOSCANA SOSTENIBILE

Host of second YE
Fondazione Toscana Sostenibile



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