



Co-funded by
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Clear *Minds*

YOUTYH EXCHANGE

Clear Minds is a youth exchange, that aims to help young people with their screen time, social skills and social media management.



INFORMATION:

Location - Jõulumäe tervisespordikeskus

Activity dates - 8th - 16th August 2026

(8th and 16th are travel dates, activities are between those dates)

Participants - 14-17 y old participants and 1 group leader, who is 18+

- From every country there are 6 people + group leader

Participating countries - Estonia, Latvia, Hungary, Spain, Bulgaria and

E-mail - erasmus@interest.edu.ee

Phone - +372 53738285

Organizer's website - <https://interest.edu.ee/>

Venue's website - <https://joulumae.ee/en/home/>

Venue's location - <https://goo.gl/maps/3qdyR4ks9JmPrhHk6>

Venue's address - Jõulumäe Tervisespordikeskus, Leina küla, Häädemeeste vald 86504

Pärnumaa, Estonia

Reference number-

Project dates -



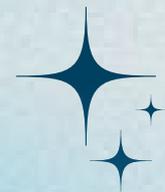
PROJECT DESCRIPTION



The aim of the project is to help young people deal with their screen time and learn new activities that can help them reduce their screen time. Through a week-long international youth exchange, participants will explore how the increase of screentime is affecting us, what we can do to decrease it and how to improve our social skills. The program encourages critical thinking, cooperation, and cultural exchange.

Participants will engage in practical workshops, team challenges, and simulation games that foster key entrepreneurial skills such as creativity, problem-solving, communication, and leadership. The exchange also promotes the development of the 8 key competences for lifelong learning and highlights non-formal education as a valuable method for youth empowerment. By working in multicultural teams, young people will strengthen their collaboration skills and build international friendships that may serve as a foundation for future projects.

The project provides a safe and motivating space for young people to gain confidence, experiment with ideas, and discover how they can contribute to their communities as active citizens and future changemakers.



IMPORTANT NOTES

- With your country group you have to organize and carry out a workshop - the topic is going to be given to you
- You have to do a follow up activity, such as a small scale action or a collaboration in their local community regarding the topic of this youth exchange.
- We expect you to be active, open minded and contributing in this youth exchange.
- We will have intercultural nights so bring food, drinks, music and be prepared to introduce your county.
- You should have travel insurance and **tickets bought 1 month before travel date.**

REIMBURSEMENTS

Your public transport costs are wired back to you in 3-6 months after the youth exchange.

Max travel reimbursements below. You should keep all receipts and also boarding passes for flights. Best if they are digital (PDFs or photos) and uploaded to our drive.

	Normal limit	Green travel
To be decided	211	285
Latvia	211	285
Estonia	211	285
Bulgaaria	309	Not available
Spain	580	Not available
Hungary	309	417

Why does it take so much time? After this project that is funded by the European Commission, we need to submit report that everything went well and after the report is approved we'll receive the last 20% of funding. We cannot complete payments for everybody, if we are missing the last 20%.

Before buying, please confirm travel dates and flight routes. Group leaders will collect all travel preferences from participants and submit it to project's email (written beginning of this infopack) and we will confirm those in 2 working day.

HOW TO GET HERE

1. Take a flight to RIX or TLL.
2. Take a Lux Express or Flixbus bus to Pärnu City.
3. If you come from Riga, it's easier to tell bus driver to make a stop on highway bus stop [here](#) and we will pick you up. Bus drivers have no idea where is that bus stop, so you have to tell the driver something like "please stop in 300 meters".
4. Take a regional bus to [Metsaküla bus stop](#) or [Jõulumäe venue bus stop](#). Here are [timetables for regional buses](#).
5. We will pick you up from Metsaküla if necessary.
Direct bus to Jõulumäe venue bus stop is only once a day so there is fair chance you need to go to Metsaküla.

Green travel - Sustainable means of transport is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bike, bus, train, or car-pooling.



Buses from Riga Coach station.

- [Luxexpress Riga](#)
- [Flixbus Riga](#)

Buses from Tallinn Coach station.

- [Luxexpress Tallinn](#)
- [Flixbus Tallinn](#)

With some Lux Express buses you can also be picked up from airport, search your route on website having starting point Riga airport or Tallinn airport. Some buses depart from only coach station, not picking up from airport. So you might have to travel to coach station from airport.

PROJECTS OBJECTIVES

- To promote international communication and intercultural understanding among young people through teamwork and cultural activities that foster idea exchange and cross-border collaboration.
- To strengthen young people's active participation in civil society and enhance their sense of responsibility for the well-being of their local communities.
- To teach and give young people the tools to reduce their screen time and make them aware how long term usage of social media and digital devices declines their health.
- To contribute to the improvement of the local living environment through the active involvement and engagement of young people.
- To raise awareness of the opportunities offered by the Erasmus+ programme and encourage young people to take part in international learning experiences.
- To support the development of the 8 key competences for lifelong learning and help young people recognise and reflect on their personal growth through non-formal education.

OUR VENUE

Jõulumäe Tervisespordikeskus - one of the best places for sports recreation. It's big and you can do different activities in your free time - running, trekking, football, basketball, disc golf, go for a swim. Check out this video if you have a moment: https://www.youtube.com/watch?v=dzdMcYm8O_0



You will have your own tiny little house for sleeping and you'll share it with 3 buddies. Some rooms are also in main house. Bathroom and toilet are nearby, but not in your room. Bathroom is a **shared bathroom** that is a big room with showers, like in schools.

- Beach is 40 minutes of walking
- Lake is 20 minutes of walking or 10 minutes of running.

FOOD EXPECTATIONS

This is what an average vegetarian meal looked like last summer. Meals are big, but prepare for simple cuisine. Estonian typical meal is a little bit of potato / rice / pasta, a little bit of salad, and a little bit of meat. Of course all requests for vegetarian, vegan, lactose intolerance and gluten intolerance are handled accordingly.



DISSEMINATION ACTIVITIES

Each group is expected to organize a dissemination activity once they return back to their countries. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are accepting the **responsibility of organizing the dissemination activity** in their community. More detailed information about this will be provided during a dedicated session, in one of the activity days.

WEATHER AND NATURE

We expect sunny weather and about 24 degrees, but the weather can vary a lot. Nights are chilly though, having **warm clothing** with you is a good idea.

There are no dangerous animals in the forest except ticks, who are common in most parts of the world. Ticks carry 2 infectious diseases, that can be very serious.

We personally think you should not worry, but should take precautions and check your skin on a regular basis. Finding ticks from your skin is common, but getting infected is quite rare. As we spend lots of time outside - look out for these.



SHOPPING

There are no shops nearby but you can buy simple stuff such as ice cream or lemonade from the venue's reception desk any time. We'll take some participants to shop (4 km) with a car every few days and they can handle your purchases.



SAFTEY

Have travel insurance that covers at least 50 000€ of medical expenses. Be mindful that we don't sit in a room for 7 days, but rather have outside activities every day. Also many insurance companies require insurance to be bought before buying flight tickets.

It's also recommended to **travel together**. It helps less experienced travelers to reach destinations with less stress and reduces other risks too.

Be sure to have the **phone number of your group leader and organizer** (find it in the beginning of this infopack) in your mobile device. When something happens while travelling or in the project, then you have the option to quickly reach somebody who can help.

Emergency phone number for police, ambulance and fire brigade is **112**. Emergency services are free in Estonia.

It is recommended to have a European **Health Insurance Card** that covers some medical cases too.

To be always informed about changes and other necessary information, be sure to join the **facebook or whatsapp group**. Invitation link is shared privately by your organization or group leader.

If you are **under 18** then you need a **parental consent** form on paper to be with you while you travel. Ask a template from your sending organization.

On first activity day of project we will have a session for:

- rules by the accommodation venue and rules from host organization (safety, cleaning etc)
- common agreements that we as participants together will make to have enjoyable and safe time together.

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If you have an issue that host organization cannot resolve then here are the contacts for Estonian coordinating agency:

Erasmus+ ja Euroopa Solidaarsuskorpuse agentuuri noorteprogrammide keskus

Phone: +372 6979 236

Web: <https://euroopanoored.eu>

End. See you soon!

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