

SCREEN KIDS - GREEN KIDS (SKGK)

Project 2026-1-BG01-KA153-YOU-000393201



Project Title	SCREEN KIDS - GREEN KIDS (SKGK)
	Erasmus+, Mobility of youth workers (KA153-YOU)
Main Mobility Dates	September 26 – October 4, 2026 (including travel days)
APV Dates	August 8 – August 9, 2026
Venue / Location	Osika Park, Milanovo Village, Svoje Municipality, Sofia Province, Bulgaria
Total Participants	35 youth workers (5 participants per country)
Partner Countries	Bulgaria, Czech Republic, Turkey, Italy, Greece, Spain, Portugal
Participant Profile	Youth workers, educators, and volunteers aged 18+ working with children prone to digital addiction or/and using “green” (outdoor) methods for working with youngsters.
Focus	Reducing screen dependency through nature-based methods

Dear Participants,

We are thrilled to welcome you to “Screen kids - green kids (SKGK)” - project that will take place in [Milanovo village](#), Svoje region, Bulgaria. Situated beautifully in the mountains of the Iskar Gorge, this location has been carefully chosen to act as a natural setting for a digital detox and to assist everyone in reconnecting with the therapeutic forces of nature.

Na tento projekt pojedíš s

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Vyslající organizací pro české účastníky je Mladiinfo ČR. Co to znamená?

- Na tvé cestě tě budeme podporovat a se vším ti pomůžeme.
- S vybranými účastníky si domluvíme společný videocall, kde se česká skupina seznámí, vymění si kontakty a naplánuje společnou cestu.
- Společně vymyslíme plán propagace projektu, např. příspěvky na sociálních sítích či na našem webu.
- Kontaktovat nás můžeš na **kancelar@mladiinfo.cz**.

Neustále hledáme nové dobrovolníky!

Baví tě psát články, sleduješ trendy na sociálních sítích, zajímáš se o chod neziskové organizace jako je Mladiinfo? Neustále **hledáme šikovné lidi**, kteří mají zájem se zapojit. Dej nám o sobě **vědět**





1. What's the Idea?

In the digital age, children spend unprecedented time interacting with screens (t > 2 hours daily according to the [APA](#)), which significantly increases the risk of emotional, behavioral, and social difficulties. The project "Screen kids - green kids" aims to empower 35 youth workers with tools, methods, and a replicable framework to establish a healthy balance between the digital space and outdoor experiences.

Instead of completely rejecting technology, the project develops the concept of "Green Screens"—using digital devices consciously and moderately for education and active citizenship, while emphasizing the primary "green screen" of nature as the space children touch, explore, and live in.



2. Main Activity Mobility Timeline (26 Sep – 4 Oct 2026)

Day 1: Arrival

Participants shall arrive at **18:30 the latest at the Lakatnik trainstation**.

Day 2: Group Bonding & Topic Introduction

Ice breaking games and topic introduction

Day 3: Identification & Intervention Frameworks

Understanding the early signs of screen addiction and Practical workshops on primary intervention strategies.

Day 4: Innovative Methodologies & Digital Balance

Focusing on hands-on tools

Day 5: Inclusive Youth Work & Study Visit

Addressing the vulnerabilities of children from remote areas, low-income families, or marginalized groups. Afternoon study visit to a local sustainable organization or educational facility working in this sector.

Day 6: Good Practices Exchange & Simulation

Each national team shares successful local campaigns and good practices. Visit of a young people facility.

Day 7 & 8: Output Creation, Evaluation & Local Dissemination

Co-designing video materials and educational tools. Launching results before local community stakeholders, public authorities, and youth in Svoje/Milanovo

Day 9: Departure



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3. Advance Preparatory Visit (APV) Timeline (8 – 9 August 2026)

The APV takes place on **August 8th and 9th** to finalize organizational arrangements, assess the venue safety, align participant selection criteria, and conduct initial non-formal simulations with the group leaders.

4. Accommodation & Logistics

Venue Website: <https://osika.bg/bg>

Participants will stay at **Osika Park, located in Milanovo village**. The venue is fully equipped to serve as an eco-friendly educational and accommodation hub. It features modern and comfortable lodging options tailored for group dynamics, cozy common spaces for non-formal learning activities, outdoor areas perfectly suited for digital detox practices. Participants will be accommodated as **3 to 4 people in a room**.



5. Travel Guidelines & Support

Bulgarian Railways timetable: <https://razpisanie.bdz.bg/en>

All participants are expected to arrive at the designated meeting point: **Lakatnik train station by 18:30 on the arrival day, where organized shuttle transport to Osika Park in Milanovo will be arranged**. Travel costs will be reimbursed according to standard Erasmus+ distance bands upon submitting valid original tickets and boarding passes.

- **Czechia - 309,00 €**
- **Portugal - 309,00 €**
- **Italy - 309,00 €**
- **Spain - 395,00 €**
- **Greece - 417,00 € (Green Travel)**
- **Turkey - 285,00 € (Green Travel)**



6. What to bring with you?

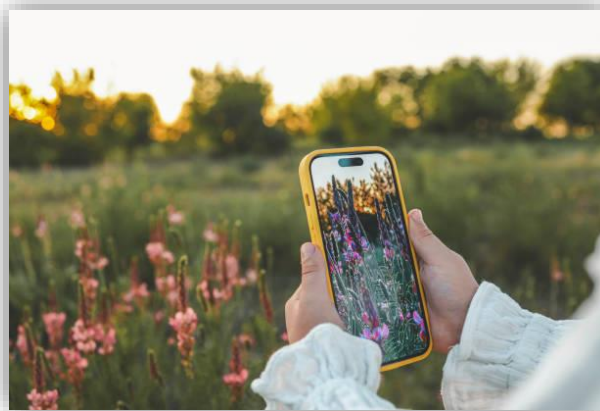
There will be many outdoor activities, and the end of September might be a bit rainy, so don't forget to take

- ✓  **Comfortable outdoor shoes**
- ✓  **Waterproof jacket**
- ✓  **Outdoor clothing**
- ✓  **Mosquito repellent**
- ✓  **Materials for cultural evening**

7. What to prepare before arrival?

During the preparatory phase, each national group of youth workers will be tasked with **researching the situation in their own country**, including statistics on children's screen time, national campaigns for the prevention of online risks, and existing practices for alternative leisure activities. **A practical presentation of method for working with youngsters**, using the “green screens” (outdoor activities etc.) will be well accepted. This information and the practices will be presented during the mobility as part of the international exchange of good practices.

In addition, each team will prepare **a cultural evening** presenting traditions, games, and practices related to connection with nature and family life, serving as a counterbalance to digital isolation. There will be the option of cooking a traditional dinner for all the participants. So, Please inform us if some products will be needed.



 **Ready for a digital detox? Don't forget to pack your outdoor shoes and clear your mind for a nature-connected experience!**