

Infopack

Digital
EXPRESS



About the project



Type of activity: Erasmus+ Youth Mobility

Dates of the mobility: 14-25 January 2026 (14th & 25th of January are travel days)

Location: Jedlnia-Letnisko, Poland

Participants: 37 participants from Poland, Lithuania and Italy, 5 youth leaders, 1 facilitator

Partners



The leading organisation from Poland, which focuses on bridging the gap between education and career. Visit [SoMe here](#).



The partner organisation from Lithuania, which empowers youth through european opportunities
Visit [SoMe here](#).



The partner organisation from Italy, which supports young people in their leadership and development.
Visit [SoMe here](#).

About the project



Digital EXPRESS is a two-week Erasmus+ youth exchange project that aims to empower young people through the intersection of digital education and self-expression. By combining workshops on digital skills, online safety, and media awareness with creative sessions on artistic expression (such as poetry, improvisation, and fashion), the project will support participants in developing their voice—both online and offline.

*Here's why we chose
these topics:)*



Because expression heals. In a world that moves fast and often asks us to stay quiet, we believe in giving you space to speak, move, create, and be seen. Art, words, and movement can be gentle ways to understand our emotions, find clarity, and feel lighter. And as we express ourselves, we also need to stay aware— navigating the digital world with confidence, truth, and care. This project blends creativity and digital wisdom to help you grow inside and out.

Main objectives



- To develop soft skills such as teamwork, public speaking, improvisation, and self-confidence through creative and theatrical methods.
- To foster self-expression using various artistic tools – including theatre, poetry, digital media, and photography – as a way of exploring identity, communication and improving mental health.
- To enhance digital competences among young people, especially in the context of social media, visual storytelling, and CV creation.
- To raise awareness of online risks, including misinformation, cyberbullying, and the distortion of reality on social platforms.
- To improve English language skills through intercultural exchange, collaborative activities, and workshops held entirely in English.
- To empower young people to be active, visible, and expressive members of their communities and future workplaces.
- To promote safe and inclusive spaces for young people to express themselves freely, without fear of judgment or online hate.
- To encourage critical thinking when interacting with digital content and platforms.

Participant profile



Target group:

- youth aged 15-19
- eager to develop their competencies
- interested in the project's topics or willing to learn more about them
- gender balance is highly encouraged
- **LOTS OF POSITIVITY:)**

What to expect?



Creative, hands-on workshops that help you express yourself through poetry, art, movement, fashion, and digital media. You'll gain confidence, learn to share your story, and explore how self-expression supports mental health and emotional wellbeing. From public speaking to podcasting, from journaling to social media—get ready to grow, reflect, and create.

Project facilitator

Natalia Róžańska



Natalia is the board director at My Future. She has graduated from Marketing and Global Management at University in Denmark and has working experience from L'Oreal, Business Consulting as well as teaching at University. Natalia is 35 years old.

Project leader

Gabriela Michalec



Gabi is an 18-year-old high school senior who finds comfort and clarity in self-expression. For her, poetry is more than words—it's a way to process emotions and connect with others. She also finds joy in fashion design, using style as a quiet form of storytelling. Gabi believes that expression—whether spoken, written, or worn—can heal, empower, and bring people together. Through the Digital Express project, she hopes to create a space where everyone feels safe to be themselves, where every voice is valued, and where no one feels alone.

Project leader

Tomasz Kruk



Tomek is an 18-year-old humanities student with a big love for theatre, stories, and being on stage. He's passionate about traveling, meeting new people, and discovering the world in all its flavors. Erasmus+ has been part of his life since primary school – and it still feels like the best way to grow. Digital EXPRESS speaks to what he values most: creativity, self-expression, and making space to be fully yourself.

Accommodation



Participants will be accommodated in rooms of **2-5 people**. In addition, they will be able to use of the common space and garden. It is the organisers who decide on the assignment to the rooms - participants will find out about the assignment at the airport.

Each room has:

- Bathroom
- TV
- linens and towels;
- internet access

Food



During the project, participants are provided with **2 meals per day**:

- **breakfast in a form of a buffet** (cheese, ham, salads, yogurt, musli, juice, tea, eggs etc)
- **lunch/dinner** (e.g. chicken nuggets, fish, pasta etc.)

Any allergies and dietary restrictions must be reported at least **2 weeks** before the project starts.

The meals will be served in restaurant located right next to the hotel - you can see it [here](#).

ZERO food waste!



We sincerely ask that you follow the **ZERO FOOD WASTE** rule! Let's take care together not to waste food. Put as much as can you eat on your plate, you can always go back for seconds!:)

going→
ZERO
WASTE

Jedlnia-Letnisko



Jedlnia-Letnisko is a charming small town located in the heart of Poland, known for its beautiful nature surroundings, rich history, and cultural heritage. Visitors can also indulge in outdoor activities such as hiking, cycling, and fishing in the nearby scenic areas. The town has 2 supermarkets, a pharmacy and restaurants.



Radom



Radom is a bigger city located 12 km from Jedlnia-Letnisko. The city offers a range of attractions for young people aged 15-19. The city has a vibrant shopping and dining scene, with a variety of shops and restaurants that cater to different tastes and budgets. Additionally, Radom has several museums and cultural attractions that offer educational and engaging experiences for young people. The city is committed to creating a welcoming and inclusive community that fosters social cohesion among its residents.



Inclusion and diversity



During the project, we should also remember how important respect for different nationalities, orientations and genders is for building a society based on equality, tolerance and respect for all individuals. It is about valuing diversity, accepting others regardless of our differences. By building communities based on respect and equality, we can create a more harmonious, just and inclusive society for all its members.



Keep in mind!



In accordance with Polish law, individuals under the age of 18 are strictly prohibited from consuming alcohol or smoking/vaping. Any participant found violating these regulations may face immediate disqualification from the project and may be held responsible for covering the associated project costs.



Environment



Please remember that during the trip, you are representing our country as its ambassadors. We kindly ask you to maintain cleanliness and order in your rooms and shared spaces. Additionally, we encourage you to care for the environment—turn off the lights when leaving your room and be mindful to properly sort and dispose of waste.



What should you pack?



- Passport or ID
- EKUZ card or valid insurance (especially for non-EU participants)
- Snacks for the flight (first meal = dinner on arrival)
- Reusable water bottle (preferably with a filter)
- Clothing:
 - Warm winter clothes
 - Smart casual outfit (for the final dinner & certificate ceremony)
 - Party outfit- **check out the next page!;**)
- Laptop (if you have one)
- Pocket money (Revolut is a good option)
- Cosmetics & toiletries
- Liquids under 100ml in a clear bag (if in hand luggage)
- Phone + charger (no adapter needed in Poland)
- **Positive energy and a big smile! :)**

Final party



January 24th — the final day of the project — **deserves something unforgettable.** We're planning a **party** to close it all off with good music, good energy, and the best people. One last night to celebrate everything we've experienced together, take a million photos, dance like there's no tomorrow, and make it a send-off to remember.

But what's the THEME of the party?;)



Welcome to...



Dresscode;)

Welcome to **Darkwinter Academy** — the mysterious high school for vampires, werewolves, witches, and other night creatures. Think gothic meets glam, spooky with a sparkle.

Dresscode? Channel your inner monster-in-style. Velvet capes, dramatic eyeliner, lacy gloves, fangs, glowing eyes, corsets, chains, or just your coolest dark-academia look with a twist. Cute, creepy, or both — your call.

It's prom night at Darkwinter, and you're on the guest list.



Cooperation and commitment



We are creating this project together, so we want everyone to be an important part of it. If you have any ideas on what else would be worth adding to the mobility agenda - let us know!

Also key for us is the ability to manage time and punctuality - only in this way can we implement ideas and achieve our goals



Contact Us!



Project Coordinator in Lithuania
Julija Staniulyte: julija@tavo-europa.eu

Join with Tavo Europa!

Explorer Pass 2025 You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year!

This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

