

## KA151YOU – “CTRL + FACT”

1st October - 7th October

Erasmus+ Youth Exchange  
KA151-YOU | 2026



## Details

**1. Project title:** CTRL + FACT

**2. Project type:** Erasmus+ Youth Exchange  
(KA151-YOU)

**3. Dates:** 1st October - 7th October (1st  
October is arrival day and 7th October is  
departure day)

**4. Venue:** Katowice, Poland

**5. Number of participants:** 6  
(5 young people + 1 group leader)

**5. Age of participants:** 19–25 years old

**6. Working language:** English



## Participating countries

The youth exchange will involve participants from European Union Member States and Erasmus+ Programme Associated Countries, as well as Erasmus+ Programme Non-Associated Countries.

The project will be implemented in cooperation with partner organisations from different parts of Europe to ensure:

- geographical diversity,
- cultural and social diversity,
- inclusive participation of young people with fewer opportunities.

Each participating country will be represented by:

- young people aged 19–25,
- one group leader supporting the group throughout the activity.

The international composition of the group will create a safe intercultural learning environment and support mutual understanding, dialogue and cooperation among young people.





## About the project

Young people today are deeply immersed in digital environments, where they encounter a wide range of **artificial intelligence tools, algorithm-driven social media content, and intentionally designed platforms that shape what they see, read, and think.**

While these technologies offer opportunities for connection, creativity, and civic participation, they also introduce challenges such as filter bubbles, echo chambers, and the spread of misinformation, including AI-generated content like deepfakes, which can blur the line between reality and manipulation.

As digital spaces evolve, young people are not only consumers of information but also active contributors, shaping public conversations through posts, campaigns, and digital activism. This shift raises concerns about **ethical AI, the responsibilities of digital platforms, and the role of technology in democratic processes.**

It also highlights the importance of fostering the dialogue about the state of our current **cyberspaces.**





## About the project

However, many young people still face gaps in their ability to critically evaluate online information, recognize manipulation techniques, or understand the broader implications of digital technologies. These gaps often stem from a lack of structured guidance on topics like **computational bias, data privacy, the environmental impact of AI and data centers, and how technology influences public opinion and decision-making.**

Interactive workshops, simulations, and intercultural discussions can play a key role in bridging these gaps. By exploring how artificial intelligence, disinformation, and digital tools shape societies, democracy, and civic engagement, **participants can develop stronger media literacy, critical thinking, and fact-checking skills.**

These activities also encourage the exchange of diverse perspectives, fostering a deeper understanding of how digital technologies impact environmental sustainability, intercultural dialogue, and youth participation.

Through these experiences, young people can become better equipped to **use** digital tools responsibly, **advocate** for informed civic engagement, and **contribute** meaningfully to democratic discourse, empowering them to navigate the digital world with confidence and awareness.





## Who are we?

An NGO organisation established in 2020 with an idea of a holistic approach to meet the needs of modern society, both on local and global level.



Our field of expertise has grown from in-depth look on Silesian citizens' problems, that occur on local level, but those issues concern not only them, but all Europeans.



We are a constantly developing team of active, young people that want to have impact on how the modern world is sharpened.



We work with a whole spectrum of age groups: youngsters, young adults and seniors with holistic approach to civic education.



## Pańka's General Staff



**Michał Budny**  
*President, Founder*



**Rafał Kowalik**  
*Vicepresident*



**Klaudia Żubryk**  
*COO*



**Patryk Strzałkowski**  
*Head of Marketing*



**Ewelina Michalik**  
*Administration*



**Dominik Białka**  
*Administration*

## Project Powered by: Golden Team



**Klaudia Żubryk**

*COO, Accreditation  
Coordinator, Trainer*



**Wiktoria Szada**

*Trainer, Coordinator*



**Marta Warczek**

*Assistant, Editor,  
Graphic Artist*



**Ania Cembala**

*Assistant, Editor, Group  
Leader*



## Venue - Katowice

Katowice - a city with powiat rights in Poland, the seat of the authorities of the Silesian Voivodeship, the main center of the Upper Silesian Industrial District, the largest city in the Upper Silesian conurbation in terms of population, the seat of the Upper Silesian-Zagłębie Metropolis, the largest city in Upper Silesia.



## Hotel

Hotel Załęże, Gliwicka 106, 40-857 Katowice



# Travel

## We will be travelling together by Van!

Perhaps you have more questions about the trip. Please read this section carefully and feel free to contact us if you need any clarifications.

Participants will travel by the organization's vehicle. The trip will begin on the **1/09/2026 from Lithuania**. You are expected to arrive at the venue on the **same day in the evening**. The trip back will be organized in the same way. We expect you to be back in Lithuania on the **7th of October, later in the day or at night**.

Participants will be driving the vehicle during the whole trip. You will need to pay for diesel and road taxes during the trip. These **expenses will be reimbursed** after you return home and present all **original invoices**.

Before departure, all participants must **sign the rules** for using the vehicle. Each invoice must include the following **organization details**:

Tavo Europa  
Mozuriskiu g. 17-8  
LT-06298 Vilnius  
Registration Code: 304638334



# Reimbuirsment

1. Only tickets approved before the activity by the hosting organization will be reimbursed!
2. Remember to keep all your receipts and tickets!
3. You have to participate in all the sessions of the training to get the reimbursement!

## How does it work?

Before the training you will have to purchase your tickets to travel to Poland. During the activity, we will collect all the receipts and tickets, sign the reimbursement contract and send you the transfer back within around 2 weeks after the activity.





# Travel Limits

Austria up to €275  
Belgium up to €275  
Bulgaria up to €275  
Croatia up to €275  
Cyprus up to €360  
Czech Republic up to €180  
Denmark up to €275  
Estonia up to €275  
Finland up to €275  
France up to €275  
Germany up to €180  
Greece up to €360  
Hungary up to €180  
Ireland up to €360  
Italy up to €275  
Latvia up to €275  
Lithuania up to €180

Luxembourg up to €275  
Malta up to €360  
Netherlands up to €275  
Portugal up to €360  
Romania up to €275  
Slovakia up to €180  
Slovenia up to €275  
Spain up to €360  
Sweden up to €275  
Iceland up to €360  
Liechtenstein up to €275  
North Macedonia up to €275  
Norway up to €275  
Serbia up to €275  
Türkiye up to €309





# Travel Limits

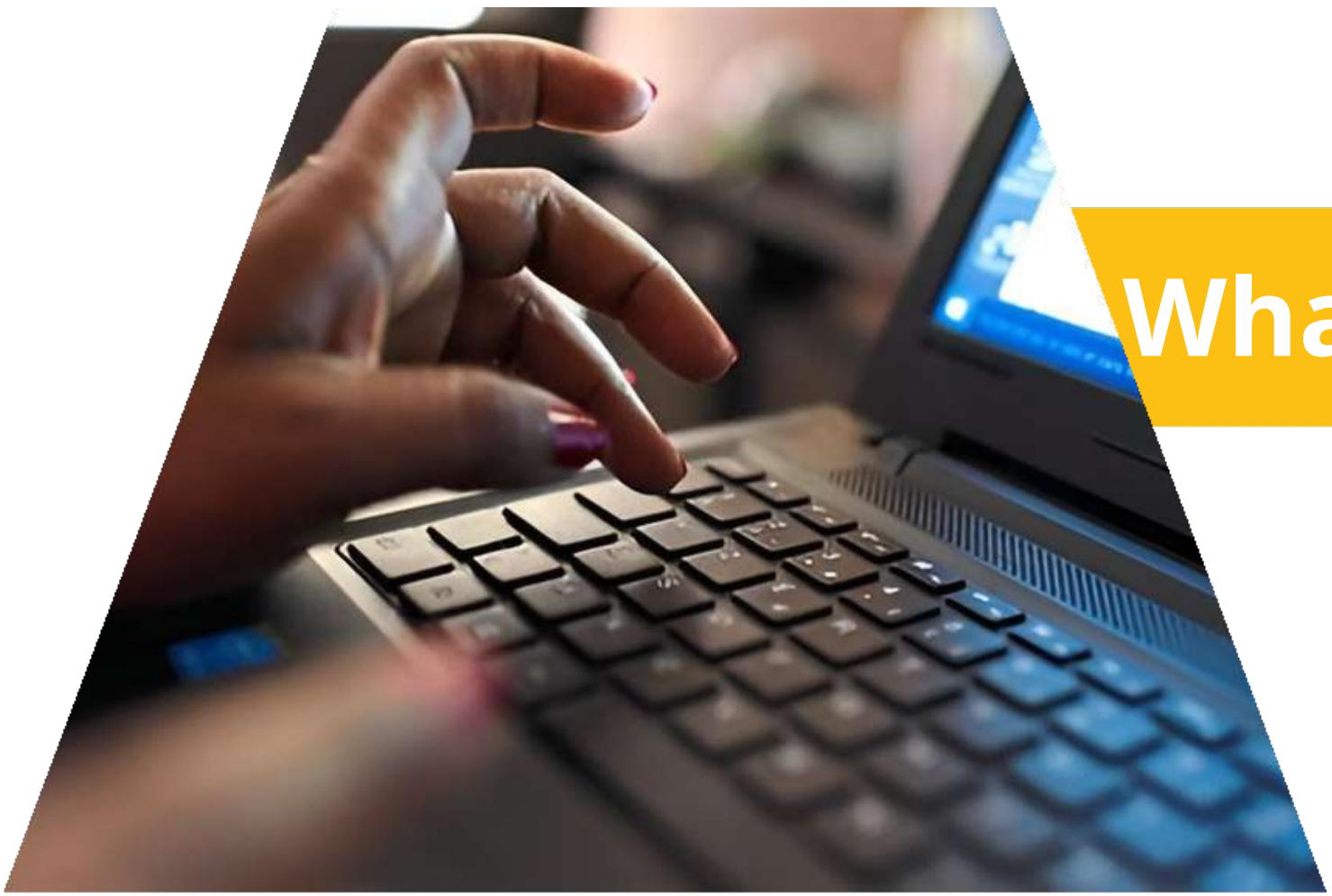
For Non-Associated Countries, the travel limits will be consulted personally.





# Schedule

| TIME          | 1 OCT<br>(THU) | 2 OCT<br>(FRI)                                               | 3 OCT<br>(SAT)                                                    | 4 OCT<br>(SUN)                                                                                        | 5 OCT<br>(MON)                                                                         | 6 OCT<br>(TUE)                 | 7 OCT<br>(WED)                    |
|---------------|----------------|--------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------|-----------------------------------|
| 08:00 – 09:30 | ARRIVAL DAY    | BREAKFAST                                                    | BREAKFAST                                                         | BREAKFAST                                                                                             | BREAKFAST                                                                              | BREAKFAST                      | BREAKFAST                         |
| 10:00 – 13:00 | ARRIVAL DAY    | SESSION 1:<br>Misinformation<br>and the Digital<br>Ecosystem | SESSION 2:<br>Psychological<br>Mechanisms<br>Behind The<br>Scenes | SESSION 3:<br>Social Media,<br>Artificial<br>Intelligence and<br>the Transformation<br>of Information | SESSION 4:<br>Media Framing,<br>Diverse Perspectives<br>and Democratic<br>Implications | SESSION 5:<br>OXFORD<br>DEBATE | SESSION 6:<br>What Comes<br>Next? |
| 14:30 – 15:30 | ARRIVAL DAY    | LUNCH                                                        | LUNCH                                                             | LUNCH                                                                                                 | LUNCH                                                                                  | LUNCH                          | DEPARTURE                         |
| 15:30 – 18:00 | ARRIVAL DAY    | TASK 1                                                       | TASK 2                                                            | TASK 3                                                                                                | TASK 4                                                                                 | FREE TIME                      | DEPARTURE                         |
| 18:00 – 19:00 | INTEGRATION    | DINNER                                                       | DINNER                                                            | DINNER                                                                                                | DINNER                                                                                 | DINNER                         | DEPARTURE                         |
| 19:00 – 20:00 | INTEGRATION    | EVALUATION /<br>FREE TIME                                    | EVALUATION /<br>FREE TIME                                         | EVALUATION /<br>FREE TIME                                                                             | INTERCULTURAL<br>EVENING                                                               | YOUTHPASS &<br>REFLECTION      | DEPARTURE                         |



# What do you get from participating?

## Skills

- Fact-checking
- Media and AI literacy
- Critical thinking
- AI literacy
- Information verification
- Research and information analysis
- Presentation and public speaking
- Creative problem-solving
- Adaptability to emerging digital technologies
- Digital advocacy
- Online campaign development
- Content creation

## Personal Development

- Digital leadership capabilities
- More self-confidence
- Greater independence
- Better understanding of yourself and others
- Increased motivation to take action
- Stronger sense of responsibility

## Social & Intercultural Experience

- Community engagement
- New international friendships
- Better intercultural understanding
- Openness to diversity
- Experience in working with people from different backgrounds





# What do you get from participating?

## Civic & Environmental Awareness

- Knowledge about youth participation and democracy in digital spaces
- Understanding of common values in the context of digital citizenship
- Greater awareness of sustainability and climate challenges linked to digital technologies
- Inspiration to create local initiatives for informed civic engagement

## Opportunities

- Erasmus+ and Eurodesk opportunities
- Youthpass certificate
- Future international projects
- Networking with youth organisations across Europe

Most Important:  
**Your voice matters.**  
**You can create change.**





# What to bring?

The list of equipment regarding the weather will be shared on the WhatsApp group (the last slide) a few days before the exchange.

## **Besides that you should bring:**

1. your student's card or an equivalent (if you are qualified for discounts)
2. a device with a good camera or any electronic device that allows you film making
3. your travel tickets or any receipts for travel making,
4. good humour and openness,
5. if important: your personal medicine you are taking on daily bases.



# About cultural evening

## **The cultural evening will be organised as one big event. What you should bring?**

1. Snacks and drinks popular in your country that will not get damaged during travel.
2. Prepare a short presentation (10 minutes) about your customs and culture (in national groups). If you want to wear some traditional clothing, that is okay, remember to bring it!
3. Ideas of integration games and activities (dances, songs).

## Join with Tavo Europa !

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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>



## Contact Us!

Project Coordinator in Lithuania:

Laura Vanagaitė

[laura@tavo-europa.eu](mailto:laura@tavo-europa.eu)