

KA153-YOU-ABDBE074

THE **AI**-AUGMENTED YOUTH WORKER:

FROM GUARDIAN TO GUIDE (DIGIGUARD)



**HUMAN
VALUES**

**AI
TOOLS**

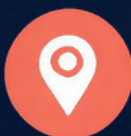
**YOUTH
IMPACT**



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**13-21
October 2026**



**Kloogaranna,
Estonia** 



**Erasmus+
KA153 Training Course**

ESTONIA • ITALY • BULGARIA • TÜRKIYE

About the Project

The core aim of this **training course** is to address the **growing skills gap between the digital reality of young people** (who are native users of AI) and the **capacity of youth workers to guide them effectively**.

During this mobility, we will work together to achieve **five main objectives**:

- Gain a functional understanding of **Generative AI** (such as LLMs and Image Generators) and how it impacts youth creativity.
- Identify how **social media algorithms** impact **youth mental health** (e.g., echo chambers, body image) to provide better counseling.
- Share **low-cost, high-impact digital tools** suitable for rural and isolated youth centers.
- Learn how to use **AI for administrative efficiency** (grant writing, reporting, activity design) to reduce burnout.
- Co-create a shared **"E-Safety Protocol"** for handling digital crises.

Participant Profile

This project brings together **32 participants** in total (8 from each partner country).

Target Group: Professional youth workers, trainers, NGO staff, and dedicated volunteers currently active in the youth sector.

Age: 18+ (there is no upper age limit).

Experience Level: The group is a curated mix of "Tech Enthusiasts" who can mentor others, and "Tech Skeptics" who want to build their digital confidence.

Host Organization: MTÜ Elama (Estonia)

Partner Organizations:

- Sdruzhenie "Zaedno za Mladen" (Bulgaria)
- ELPIS Culture (Italy)
- Gemlik Çevre Kültür ve Sürdürülebilirlik Derneği - GECSUD (Türkiye)

Travel Budget:

Estonia: 56 EUR

Bulgaria: 309 EUR

Italy: 395 EUR

Türkiye: 395 EUR



Reimbursements will be provided **within three months** after mobility, once participants have completed their **dissemination activities**.

Travel Non-Eligible Costs

Please note that the following costs **will NOT be reimbursed**:

- **Unapproved travel bookings** (tickets purchased without organizer confirmation)
- **Travel not directly related to the project**, such as personal trips, detours, or extended stays
- **Upgraded tickets or extra services** (first/business class, seat selection, extra legroom)
- **Unsustainable travel options** when greener alternatives are available (without justification)
- **Travel or health insurance** costs
- **Excess or oversized luggage** fees
- **Local transport for personal use** (taxis, car rentals, etc. outside project needs)
- **Unjustified changes or cancellations** (not due to valid reasons like emergencies)
- **Missing documents** (no tickets, invoices, or boarding passes)
- Costs **exceeding the Erasmus+ travel budget** (distance band)

About Your Expectations

This is **not a vacation** - while you have fun, the main focus is **learning, sharing and growing**. Feel free to explore on your own in your free time, but remember that **personal expenses are not reimbursed**; snacks, souvenirs, extra trips or anything beyond what the project covers is your responsibility.

Don't expect long lectures or passive sitting, this training is **hands-on, interactive, and full of movement**. Don't expect ready-made answers, **you'll be encouraged to think, create, solve and reflect together with others**, this is not a time to scroll on your phone as well. **Active participation is expected in all activities.**

Everyone is a learner - we are building a supportive inclusive space where **everyone's input matters. Don't be afraid to get out of your comfort zone.** You'll meet new people from **different cultures**, work in **diverse teams** and be challenged **to grow personally and professionally.**



Responsibilities Before the Project

To make sure everything runs smoothly, there are a few important things you need to take care of before the project starts.

Read the Info Pack

Make sure you carefully read this **info pack**. It contains all the essential information you need to prepare for the project.

Reflect on Your Expectations

Try to come with an **open mind** and enjoy the experience as it is. Still, it can be helpful to think about:

- What do you want to **learn** or **take with you** from this experience?
- How can you use the **skills and knowledge** you gain?
- How can you **share your experience** and **create an impact** in your community?

Prepare Your Travel Documents

Check that your **passport** or **ID** is valid for travel. If needed, arrange your **visa** or **special permissions** in advance.

It is strongly recommended to have **travel and health insurance** for the duration of the project.

Complete Pre-Mobility Tasks

You will be asked to fill in a **Google Form** before the project. This is important for **logistics, accommodation**, and **activity planning**, so make sure to complete it on time.

Take Care of Your Health

If you have any **medical conditions**, make sure to:

- Bring your **necessary medication**
- **Inform** the organizers in advance

Your **wellbeing** is very important.

Join the Communication Channels

You will be added to a **WhatsApp group** where all **important updates** (programme, logistics, announcements) will be shared. Make sure you stay active and follow the **information**.

Prepare for Intercultural Night

You will present your country and culture during the **intercultural evening**. You can bring:

- Traditional food or snacks
- Music and dances
- Cultural items or clothes
- Your country's flag

Be creative and ready to share your culture with others!

Responsibilities After the Project

Responsibilities After the Project

Your journey does not end when the **project** is over. You are encouraged to **continue using what you learned** and **create an impact** in your community.

Share Your Experience

You are expected to **share what you gained** during the project with others. You can do this by:

- Organizing a **small presentation, workshop, or meeting**
- Sharing **posts, photos, or videos** on social media
- Talking about your experience in your **school, university, or community**

Be an Active Multiplier

Use your new **skills and knowledge** to **inspire others** and raise awareness about environmental issues.

Try to:

- Promote **sustainable behaviors**
- **Encourage others** to get involved in similar projects
- Support **local initiatives** or **create your own ideas**

Complete Follow-Up Tasks

After the **project**, you may be asked to:

- Fill in a **final evaluation form**
- Participate in **feedback** or **reflection activities**
- Support **dissemination activities** of the project

Use Your Youthpass

You will receive a **Youthpass Certificate** recognizing your **learning outcomes**.

Take time to:

- **Reflect** on what you learned
- Use it in your **CV** or **future opportunities**

Stay Connected

Keep in touch with the people you met during the **project** and stay active in the **network**. This can lead to:

- New collaborations
- Future **Erasmus+** projects
- International friendships



Travel

The project will take place in **Kloogaranna**, which is located about **an hour away** from the capital of Estonia, **Tallinn**.

The closest airport is **Tallinn Airport (TLL)**. Additional information on how to reach the venue will be sent closer to the project dates.

You are expected to arrive to Estonia on **Tuesday, 13th October**, and leave on **Wednesday, 21st October**.

You can stay for **2 extra days** before or after the project **at your own expense**.

Do not buy any tickets without getting a confirmation from the organisers. **Any unapproved tickets will not be reimbursed!**



Accommodation



Kloogaranna
Puhkeküla



Akel's villa has 8 bedrooms, 30 beds, and 6 shower rooms.

It also features a sauna with a fireplace room and a small seminar room. The house is available for use year-round.

You will stay in the rooms up to 8 people with mixed nationalities.

Bed linens and towels are included but you need to bring your own personal care items.



MEET THE TRAINER



Ruben

International Trainer | Digital Education

Background/Experience

- **BSc. in Finance, MSc. in Teaching** (Secondary & Vocational), and **MSc. in Digital Education & ICT**. Background in **performing arts, yoga and wellbeing** as NFE methodologies.
- **Project Manager at Euro Mirada** with a solid track record leading European training courses and mobilities. Focuses on turning complex digital tools into accessible, low-barrier methods that youth workers can immediately transfer to their local communities.

Aim of the Training

"Technology should enhance human empathy, not replace it."
Throughout this training, we will turn **AI** into a **creative ally** for our daily youth work.





Thank you for your attention! See you soon...

If you have any questions, you can reach us!

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