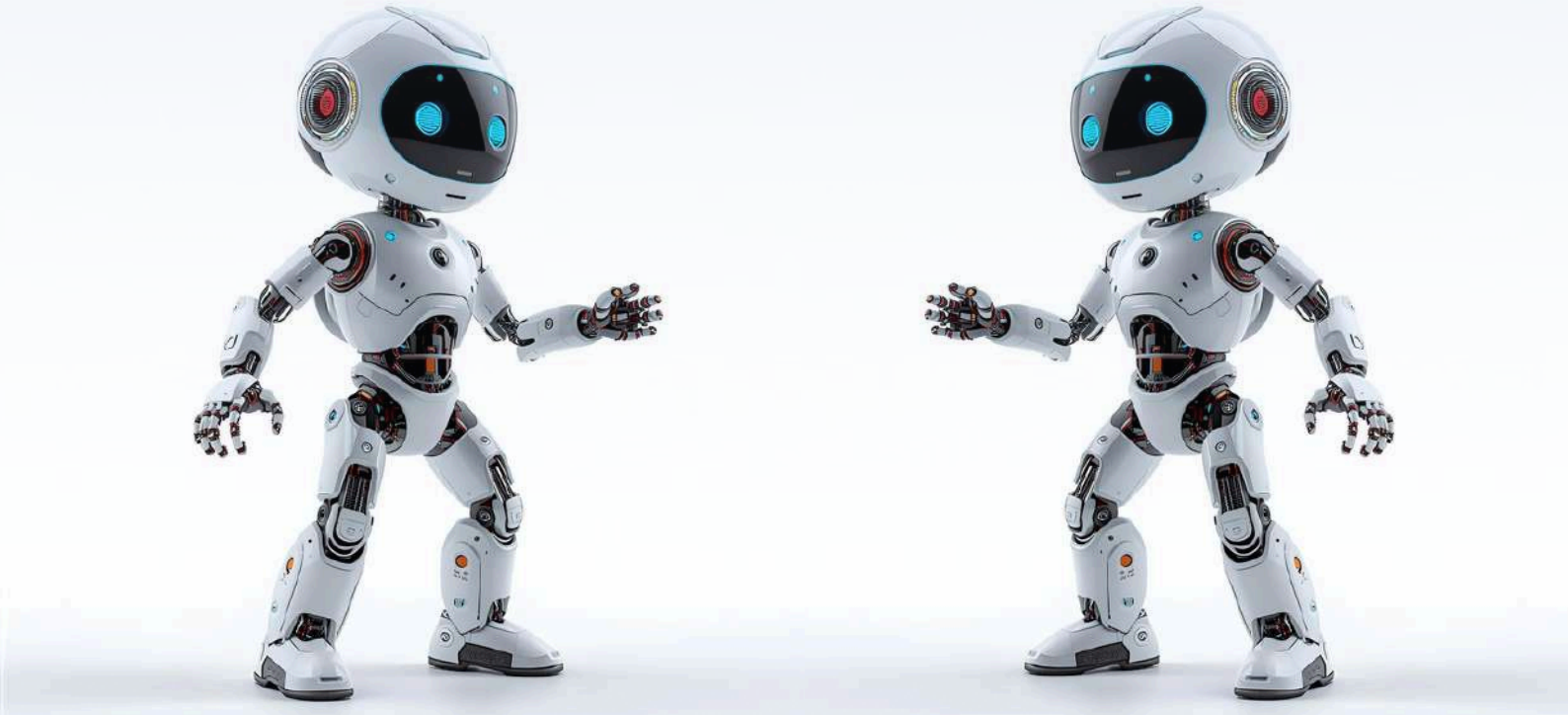
AI in motion

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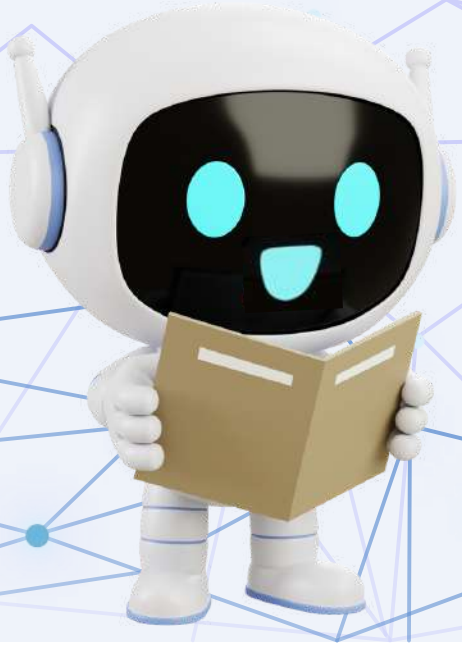
follow-up activities booklet



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1. Introduction

AI in Motion (2024-3-LT02-KA153-YOU-000288818) is an Erasmus+ project coordinated by Asociacija IVAIGO in Lithuania with partners: Incirliova Genclik Kultur Sanat ve Gelisim Dernegi from Türkiye, NEW HORIZONS from Italy, and Stowarzyszenie EDUQ from Poland. The project focuses on strengthening the digital skills of youth workers by introducing practical AI tools that can be used in non-formal education. It also aims to promote digital well-being among young people, especially those affected by excessive screen time, social media use, or online addiction.

Throughout the project, international training courses and workshops helped youth workers explore the benefits and challenges of AI, learn new digital tools, and understand how to support young people in using technology responsibly.

This follow-up booklet compiles the dissemination activities carried out in Lithuania, Turkey, Poland, and Italy after the first training that was held in Vilnius, Lithuania. Each activity demonstrates how the project's knowledge, tools, and methods are being shared locally — inspiring young people, raising awareness about digital balance, and encouraging participation in Erasmus+ opportunities.

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2. Follow-Up Activities by Country



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2.1 Turkey
Eren Yılmaz – Social Media Addiction Presentation

Name of the activity:
Social Media Addiction Presentation

Developed by:
Eren Yılmaz, Turkey

Summary of the activity:
Becoming aware of social media addiction.

Aims/Objectives:
It is aimed to raise people's awareness and encourage them to be more careful.

Learning outcomes:
People will become more conscious when using social media.

Target group:
Young people

Timing:
45 minutes



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Instructions:

In this presentation, Eren Yılmaz discussed the growing issue of social media addiction in today's world. He examined the effects of social media on individuals' psychology, daily life, and social relationships. Additionally, he explored how addiction develops and how people can become influenced without even realizing it.

The presentation included both scientific data and real-life examples. Finally, Eren shared suggestions and awareness strategies for achieving a more balanced use of social media.

Debriefing and evaluation:

It was an effective presentation for the attendees.

Materials and Space:

Ege University conference hall

Additional information/Notes:

The participants were very satisfied.



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İlker Balıkçı – Presentation of IVAIGO and “AI in Motion” Project at Manisa Celal Bayar University

Name of the activity:

Presentation of IVAIGO and “AI in Motion” Project at Manisa Celal Bayar University

Developed by:

İlker Balıkçı, Türkiye

Summary of the activity:

İlker Balıkçı organized an interactive presentation to introduce the Lithuanian NGO IVAIGO and the Erasmus+ project “AI in Motion” to university students. The aim was to share project outcomes, raise awareness about digital well-being, and encourage young people to join international youth initiatives.

Aims/Objectives:

- To promote IVAIGO’s mission of inclusive education and digital awareness.
- To highlight how AI tools can help youth workers address digital addiction.

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- To encourage reflection on the effects of social media and smartphone overuse.
- To inspire students to participate in Erasmus+ and similar youth projects.

Learning outcomes:

Students learned about the use of AI in non-formal education and the impact of digital addiction on mental well-being. They also reflected on how to manage screen time more consciously.

Target group:

18-19 year old young students at Manisa Celal Bayar University

Timing:

40 minutes

Instructions:

The session began with a short introduction about IVAIGO, its objectives, and the “AI in Motion” project. İlker explained how the project supports youth workers in using AI tools to promote digital well-being and prevent online addiction.

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He then asked the audience interactive questions such as “What do you think are the main harms of social media addiction?” and “What can we do to reduce our dependence on smartphones?” Students shared their opinions, discussed daily habits, and compared ideas.

İlker also presented photos, short videos, and examples from the project’s activities in Vilnius.

Debriefing and evaluation:

At the end of the presentation, students summarized their key takeaways about responsible digital use and the importance of self-awareness in online behavior. They found the interactive format motivating and relatable. Several participants expressed interest in Erasmus+ projects. Feedback showed that the activity successfully increased understanding and engagement around digital well-being.

Materials and Space:

- Laptop and projector for PowerPoint presentation
- IVAIGO and AI in Motion visuals (logos, photos, videos)
- Seminar classroom with seating for discussion

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Additional information/Notes:

This presentation was organized as part of the Erasmus+ project “AI in Motion” (No. 2024-3-LT02-KA153-YOU-000288818), coordinated by Asociacija IVAIGO in Lithuania. The session aimed to disseminate project results and promote youth awareness on digital balance, well-being, and the use of AI for positive impact.



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Ozan Özer – Presentation of the Results of the Project “AI in Motion”

Name of the activity:

Presentation of the results of the project “AI in Motion”

Developed by:

Ozan Özer, Türkiye

Summary of the activity:

Ozan Özer organized an informal presentation for his colleagues at Fethiye Municipality, focusing on the topics learned from the AI in Motion project. His goal was to convey the project's goals, roadmap, and key results to a non-expert audience. The event raised awareness of the project’s outcomes and encouraged his colleagues to consider the broader impact of AI on daily life and use AI more effectively in the workplace. This event contributed to increasing the project's visibility within the institution and in people’s private lives.

Aims/Objectives:

To disseminate the results of the AI in Motion project in an accessible way, to introduce AI to the whole life of expert audiences in the field and to raise awareness and informally promote the role and impact of AI.

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Learning outcomes:

Participants gained a basic understanding of the project's objectives and results, and increased awareness of AI applications and their implications in everyday life.

Target group:

Fethiye Municipality employees with no formal background in AI

Timing:

1–2 hours

Instructions:

The event was held as an informal presentation in a relaxed atmosphere at Fethiye Municipality. The presenter provided a brief introduction to the AI in Motion project, highlighting its goals and key findings in a non-technical manner. Visual aids such as slides and images were used to illustrate key points. After the presentation, participants asked questions, shared perspectives, and discussed how the project outcomes relate to their personal experiences with technology.

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The session encouraged open dialogue, curiosity, and mutual learning.

Debriefing and evaluation:

At the end of the presentation, Ozan summarized the discussion and reflected on what was learned from the participants' reactions. Evaluation was done through informal feedback and self-reflection on how effectively the project results were communicated.

Materials and Space:

- Comfortable informal setting
- Laptop and phone for slides or visuals



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2.2 Poland

Maria Bartuś – Presentation of the Project During a Meeting with Friends

Name of the activity:

Presentation of the project during a meeting with friends.

Developed by:

Maria Bartuś, Poland

Summary of the activity:

Maria Bartuś organized an informal meeting for a group of friends. She made a presentation about the AI in Motion project and showed them photos from the activities carried out in Vilnius.

Aims/Objectives:

The main aim was to show her friends how interesting IVAIGO's projects are and to encourage them to take part in similar initiatives in the future.

Learning outcomes:

Maria's friends said they would use the AI tools she demonstrated. They were surprised that so many tools are available.

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Target group:
University students aged 18–20.

Timing:
About 1 hour.

Instructions:
Maria presented information about the AI in Motion project to her friends. She explained the AI tools she learned about during the training and demonstrated how to use them. She also shared what she learned about screen addiction and gave several practical tips on how to manage it.

Lastly, she presented the videos and photos created during the project to show how valuable and engaging the experience was.

Debriefing and evaluation:
Maria's friends said that the presentation sounded very interesting and that they are excited to join another IVAIGO project in the future.

Materials and Space:
Informal meeting in a dormitory room; laptop.

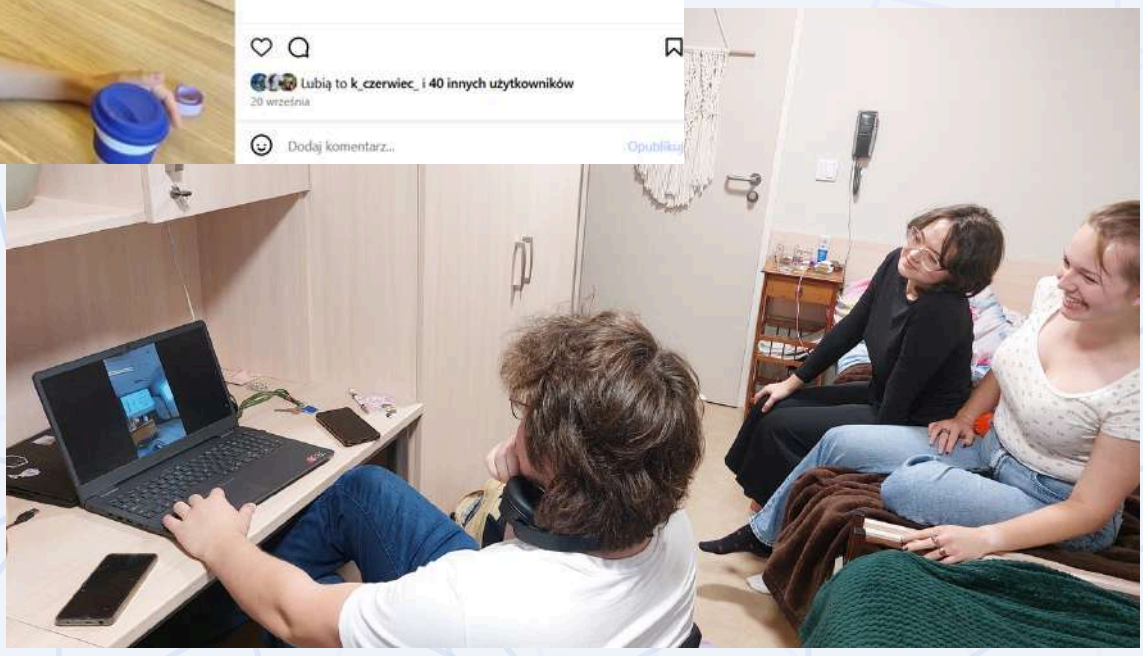


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Weronika Bukowska – Presentation of Results of the Project on a Meeting with Friends

Name of the activity:

Presentation of results of the project on a meeting with friends

Developed by:

Weronika Bukowska, Poland

Summary of the activity:

As part of the dissemination activities for the AI in Motion project, Weronika Bukowska organized an informal presentation for a group of friends. Its purpose was to present the project's objectives, methodology, and key findings in a clear and engaging way for a non-specialist audience

Aims/Objectives:

- To share the results of the project in a clear way.
- To help non-experts understand them.
- To spark informal conversations about the role and impact of artificial intelligence.

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Learning outcomes:

Participants gained a basic understanding of the project's goals and results and became more aware of how AI is used and what it means in daily life.

Target group:

Young adults aged 22–24.

Timing:

About 1 hour.

Instructions:

Participants gained a basic understanding of the project's goals and results. They became more aware of how AI is used and what it means in daily life.

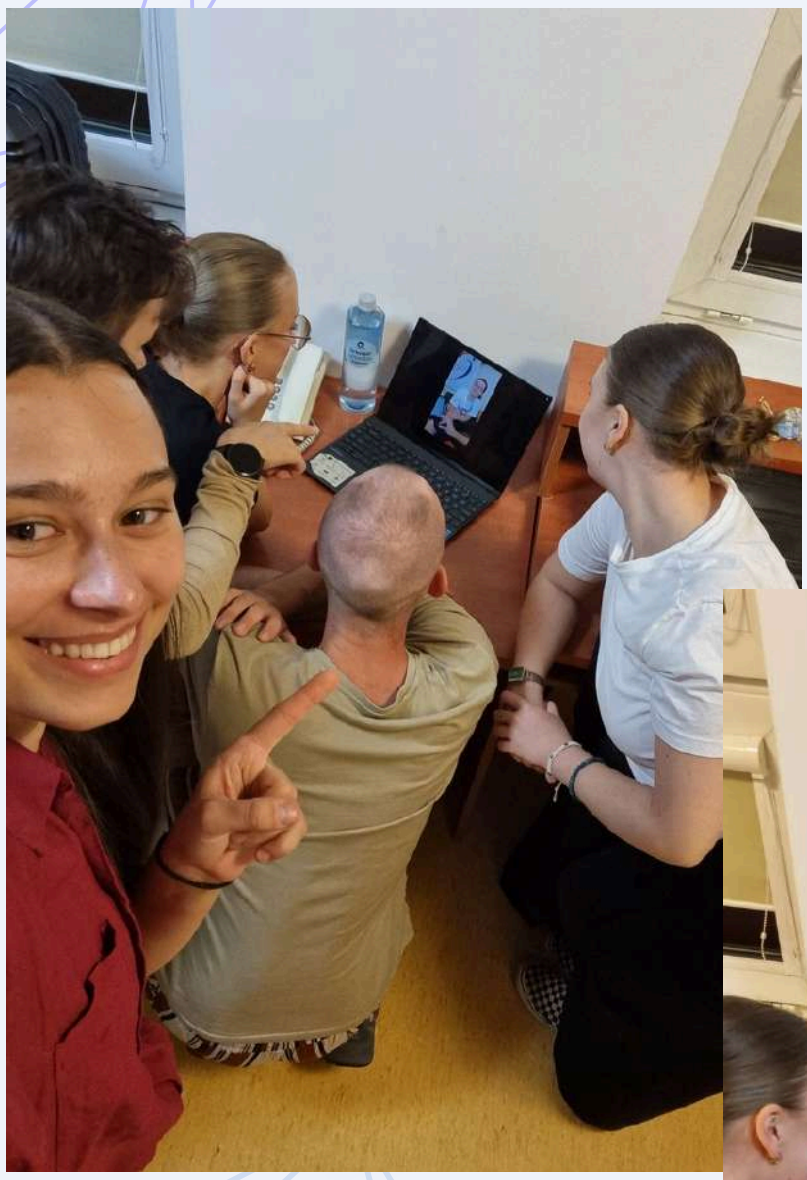
Debriefing and evaluation:

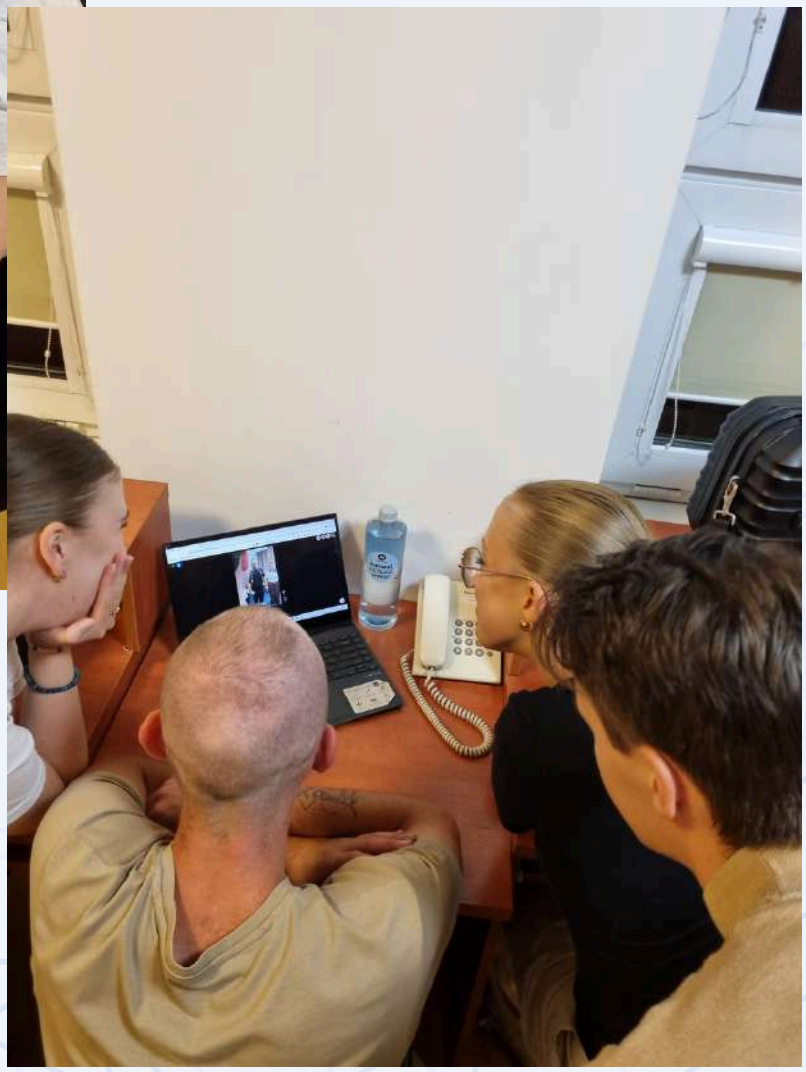
The presenter summarized the discussion, highlighted the most relevant questions raised, and reflected on what was learned from the group's reactions. The activity was evaluated informally through participant feedback and the presenter's own reflection on how effectively the project results were communicated.

Materials and Space:

Informal meeting, laptop and phones.

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Andrzej Oberski – Presentation of the Results of the Project AI in Motion

Name of the activity:

Presentation of the results of the project AI in Motion

Developed by:

Andrzej Oberski, Poland

Summary of the activity:

As part of the dissemination of the AI in Motion project, Andrzej Oberski organized an informal presentation for a group of peers. The aim was to communicate the project's objectives, methodology, and key results in an accessible manner to a non-specialist audience. The activity fostered dialogue, raised awareness of the project outcomes, and encouraged reflection on the broader implications of artificial intelligence in everyday life.

Aims/Objectives:

- To disseminate the results of the AI in Motion project in an accessible way.
- To raise awareness among non-specialist audiences.

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- To stimulate informal discussion about the role and impact of artificial intelligence.

Learning outcomes:

Participants gained a basic understanding of the project's objectives and results, increased awareness of AI applications and implications in everyday life, and developed critical reflection through open discussion and peer exchange.

Target group:

Friends and peers without a formal background in AI, representing a general audience.

Timing:

1–2 hours.

Instructions:

The activity was organized as an informal presentation in a relaxed setting (e.g., at home or in a casual meeting space). Andrzej began with a short introduction to the AI in Motion project, highlighting its goals and main findings in a non-technical way. Visual aids such as slides or images were used to illustrate key points. After the presentation, participants were invited to ask questions, share their views, and reflect on how the project outcomes connect to their personal experiences with technology.

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The session encouraged open dialogue, curiosity, and mutual learning.

Debriefing and evaluation:

At the end of the activity, the presenter summarized the discussion, highlighted the most relevant questions raised, and briefly reflected on what was learned from participants' reactions. Evaluation was done informally through feedback and self-reflection on how effectively the project results were communicated.

Materials and Space:

A comfortable, informal setting, laptop and phone for slides, refreshments.



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Emilia Rynkiewicz – Creation and Sharing of a Reel Encouraging Youth to Participate in Erasmus+ Projects

Name of the activity:

Creation and sharing of a reel encouraging youth to participate in Erasmus+ projects by utilizing video materials from the project

Developed by:

Emilia Rynkiewicz, Poland

Summary of the activity:

A short video in the form of a reel was created using videos from the project and a voice-over that presented why joining Erasmus+ is worthwhile, set to a rap soundtrack.

Aims/Objectives:

- Promoting the project.
- Promoting Erasmus+ opportunities among youth.

Learning outcomes:

The tools learned about during the project (such as AI and CapCut) were used to create the reel, and the overall response on social media was positive.

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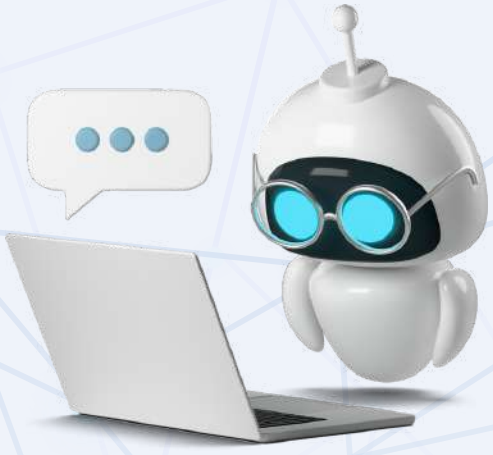
Target group:
European youth.

Timing:
Shared in September.

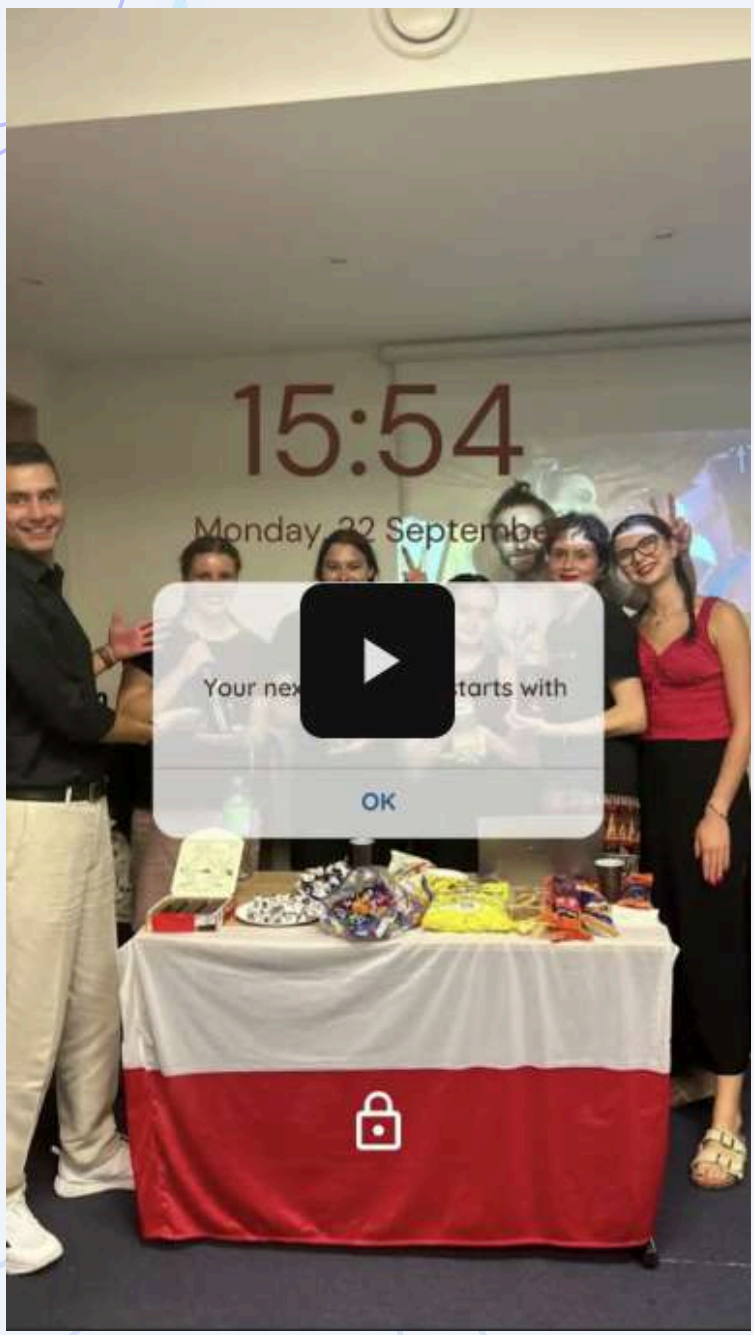
Instructions:
Video materials filmed during the project were gathered to create a short video encouraging youth to participate in Erasmus+. The footage was edited in CapCut, and AI was used to generate short slogans for the video. A voice-over was added, and the final reel was shared in the project group and on Instagram, where it received positive feedback.

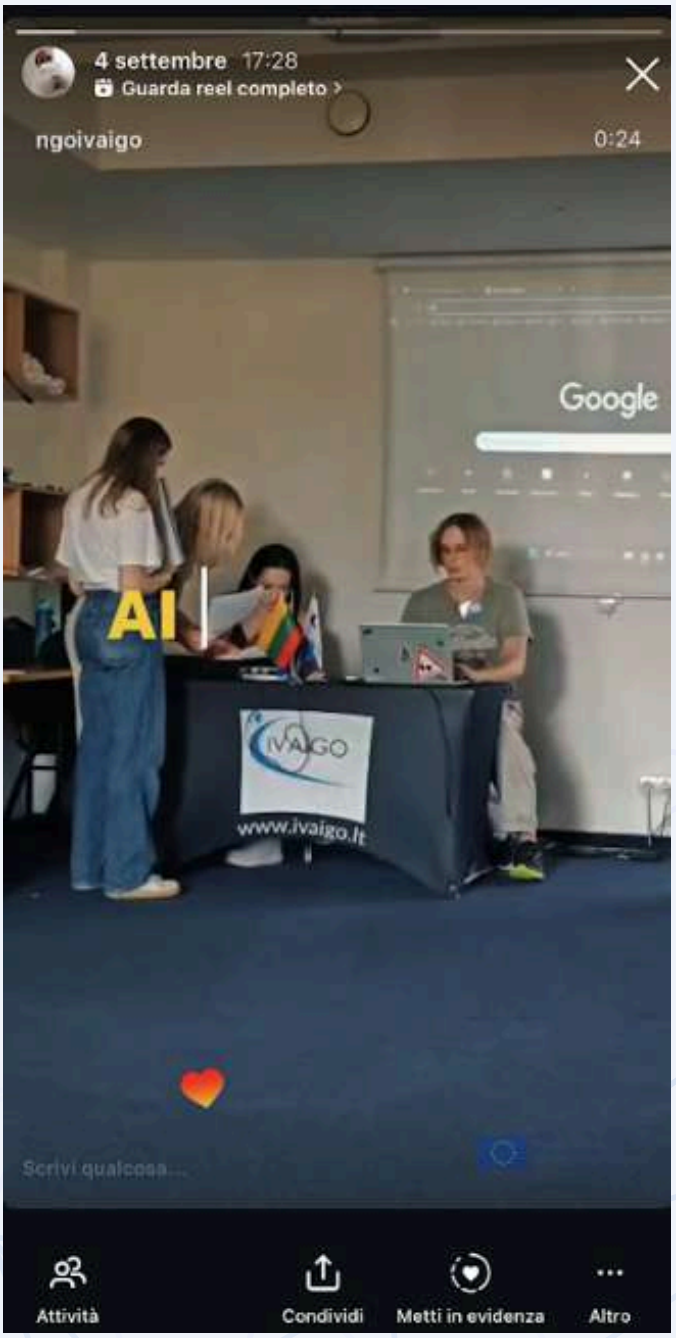
Debriefing and evaluation:
Several people asked for more details on how to apply for projects and what one can learn there, which shows that the method was effective.

Materials and Space:
Video posted on social media.



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Emilia Rynkiewicz – Sharing the Videos and Photos from the Project

Name of the activity:

Sharing the videos and photos from the project, showing the process and the results of the activities we engaged in

Developed by:

Emilia Rynkiewicz, Poland

Summary of the activity:

Videos and photos from the project were shared, showing both the process and the results of the activities carried out.

Aims/Objectives:

To share the project's process and outcomes and inspire others to use AI tools and explore Erasmus+ opportunities.

Learning outcomes:

Viewers got inspired to use more AI tools (like CapCut) and learned about Erasmus+ and IVAIGO opportunities.

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Target group:
Social media users.

Timing:
September.

Instructions:
Photos and video materials that best showcased the project's activities and results were selected and then shared on Emilia's Instagram account, tagging other members of the Polish team and IVAIGO. She also responded to messages from friends who became interested in the project.

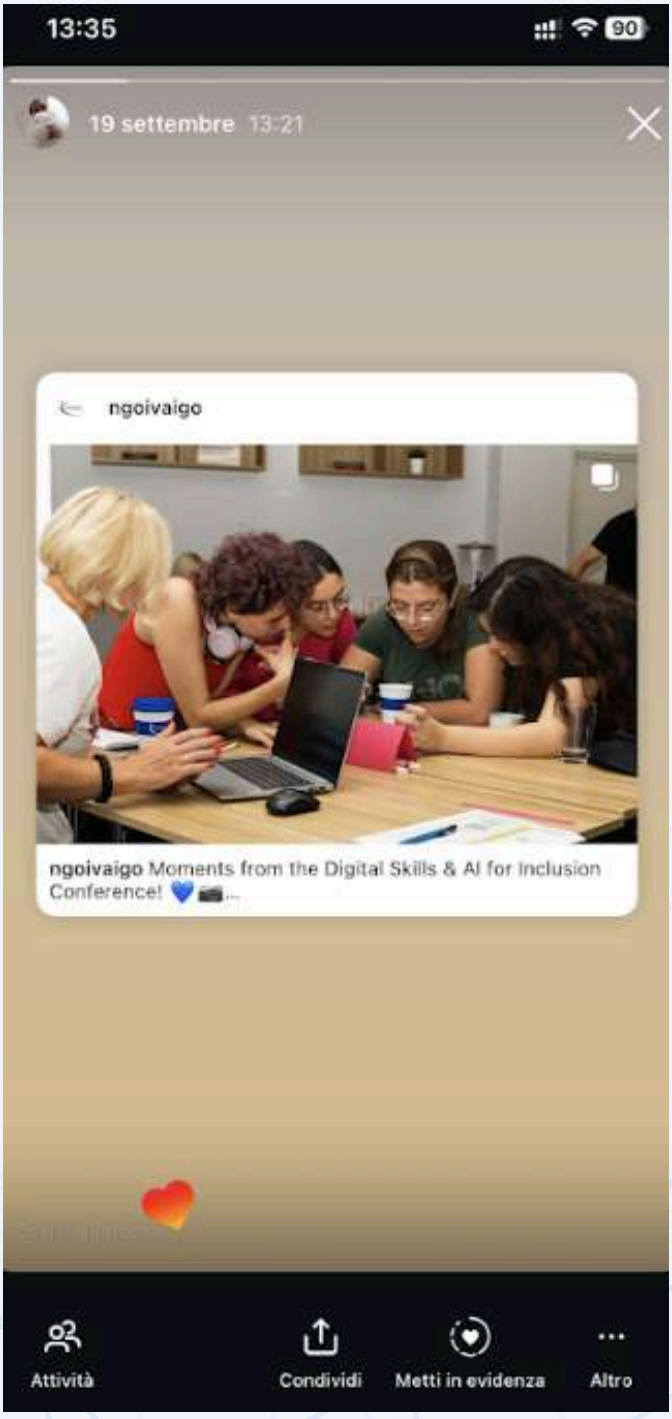
Debriefing and evaluation:
The shared materials gained attention and engagement, so the method proved to be effective.

Materials and Space:
Videos, photos, and posts shared on social media.



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2.3 Lithuania

Nida Vitkevičiūtė – Presentation of Project “AI in Motion” and IVAIGO Organisation

Name of the activity:

Presentation of project “AI in Motion” and IVAIGO organisation

Developed by:

Nida Vitkevičiūtė, Lithuania

Summary of the activity:

A presentation about the training course “AI in Motion” was delivered, sharing the knowledge gained during it and explaining how youth can join projects organised by IVAIGO.

Aims/Objectives:

- Share knowledge about AI tools.
- Discuss what digital well-being means and how to achieve it.
- Invite youth to participate in EU-funded projects.

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Learning outcomes:

- Youth gained understanding about AI addictions and digital well-being.
- They discussed various AI tools and how they can be used.

Target group:

Youth aged 17–18, their teachers, and other youth workers.

Timing:

Approximately 45 minutes.

Instructions:

A session was delivered at one of Kaunas' high schools, which has prior experience with Erasmus+ projects. During the presentation, youth aged 17–18 showed strong interest in AI topics and demonstrated solid background knowledge. The facilitator discussed possible risks of excessive AI use and ways to improve digital well-being. Opportunities offered by IVAIGO were introduced, along with guidance on how students can join future international projects.

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Debriefing and evaluation:

Positive feedback was received from youth, teachers, and youth workers.

Materials and Space:

Classroom, projector, screen, and presentation materials from the training course and IVAIGO organisation.

Additional information/Notes:

The class was highly engaged and actively participated in the discussion.





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Ugnė Kučinskaitė & Edvin Klim – AI in Motion Project Dissemination at Vilnius University of Applied Sciences Career Day

Name of the activity:

AI in Motion Project Dissemination at Vilnius University of Applied Sciences Career Day

Developed by:

Ugnė Kučinskaitė, Edvin Klim

Summary of the activity:

A dissemination event presenting the Erasmus+ project *AI in Motion* (2024-3-LT02-KA153-YOU-000288818) was held during the Career Day at Vilnius University of Applied Sciences on September 25, 2025. The activity included a project presentation, a video screening of project activities, and a discussion of results with students aged 19–25. The event raised awareness about AI technologies and Erasmus+ mobility opportunities among young people.



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Aims/Objectives:

- Disseminate the results and outcomes of the AI in Motion Erasmus+ project.
- Raise awareness about Erasmus+ opportunities among students.
- Promote interest in artificial intelligence and its applications.
- Engage young people in dialogue about youth mobility and non-formal education.
- Inspire future participation in similar European youth projects.

Learning outcomes:

- Students gained knowledge about the AI in Motion project and its achievements.
- They understood the opportunities provided by Erasmus+ for youth.
- They learned about practical applications of AI in youth work.
- They developed awareness of European youth mobility opportunities.
- They expressed increased motivation to participate in future international projects.

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Target group:

Students aged 19–25 years attending Vilnius University of Applied Sciences Career Day.

Timing:

September 25, 2025 — Duration: approximately 45–60 minutes.

Instructions:

The dissemination activity was organised as an interactive presentation session during the Career Day event. It began with an introduction to the Erasmus+ programme and the AI in Motion project, including its objectives and structure. Representatives delivered a structured presentation using official programme logos and visual materials. A video showcasing project activities was screened for visual engagement. The session concluded with a discussion and an open Q&A, during which students expressed interest in future participation.



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Debriefing and evaluation:

Participants showed great interest and asked questions about AI applications and Erasmus+ opportunities. Feedback indicated high engagement and enthusiasm for future participation in similar projects.

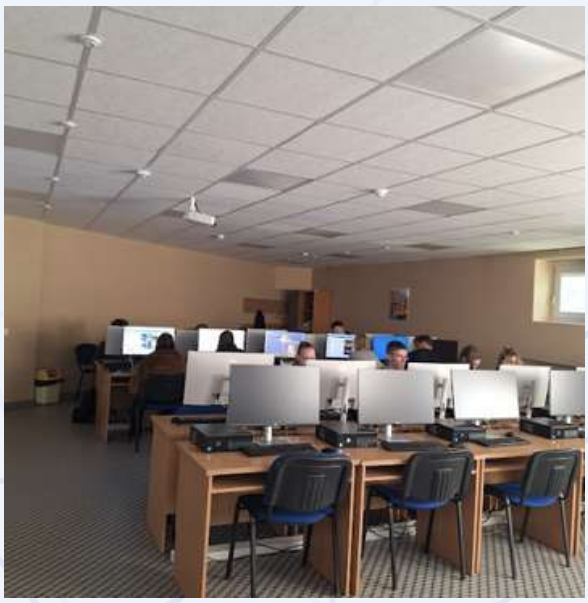
Materials and Space:

Presentation slides, Erasmus+ and AI in Motion logos, video of project activities, projector, sound system, and conference room.

Additional information/Notes:

The event contributed to the broader dissemination of the AI in Motion project by reaching a significant number of students at a higher education institution.





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Asociacija IVAIGO – Erasmus Days 2025 Online Conference

Name of the activity:

Erasmus Days 2025 Online Conference

Developed by:

Asociacija IVAIGO, Lithuania

Summary of the activity:

The online conference *Erasmus Days 2025*, organised by Asociacija IVAIGO, was held on October 14th, 2025, as part of the official Erasmus Days celebration. The 80-minute event promoted international cooperation, increased the visibility of Erasmus+ projects, and facilitated networking among NGOs, youth organisations, and educational institutions across Europe.

Aims/Objectives:

- Promote Erasmus+ project visibility and international cooperation.
- Showcase AI in Motion and other IVAIGO projects.
- Facilitate networking and partnership building between European organisations.

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- Encourage participation in new Erasmus+ initiatives.

Learning outcomes:

Participants learned about best practices, ongoing Erasmus+ projects, and collaboration opportunities. They also gained insights into the AI in Motion project's contribution to digital well-being and youth empowerment.

Target group:

Representatives of NGOs, youth organisations, and educational institutions from across Europe.

Timing:

October 14th, 2025 — Duration: 80 minutes.

Instructions:

The session included presentations from various organisations, an Erasmus+ quiz, and breakout rooms for networking. IVAIGO presented the AI in Motion project, highlighting its objectives, results, and contributions to youth empowerment and inclusion. The event provided a platform for organisations to exchange best practices, establish new partnerships, and strengthen collaboration networks.

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Debriefing and evaluation:

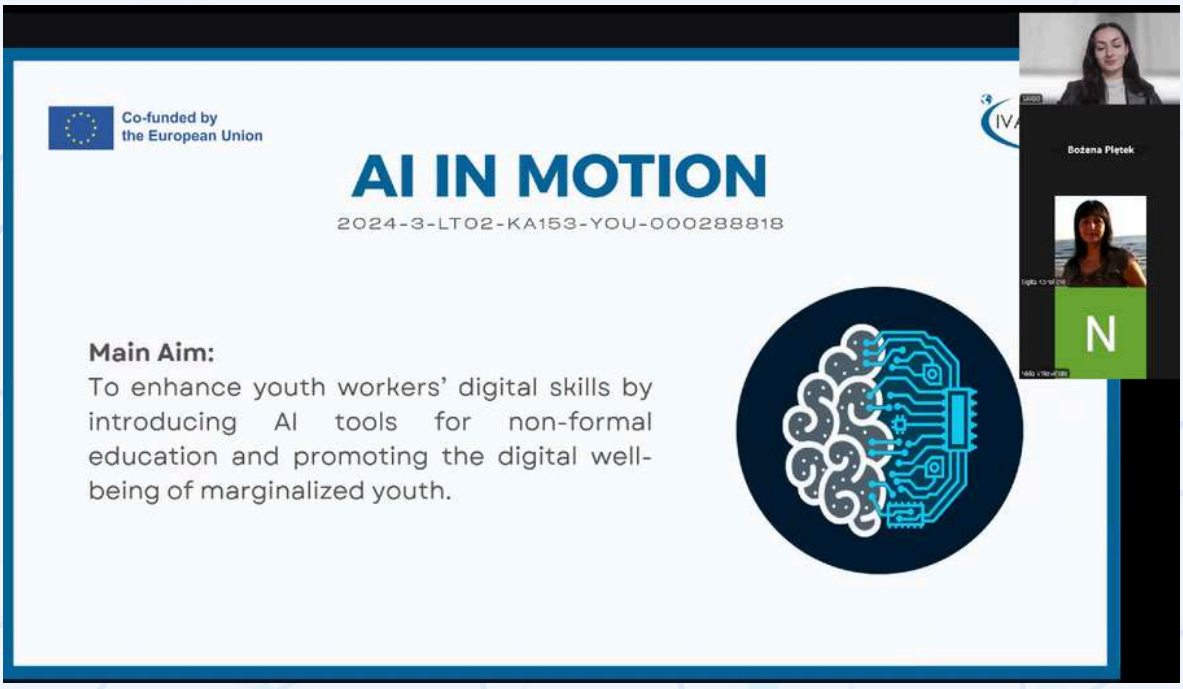
The event gathered 32 participants from 14 organisations across Europe. Feedback was positive, highlighting the interactive format and the relevance of the presented topics.

Materials and Space:

Online conference tools (video platform), presentations, and visual materials shared digitally.

Additional information/Notes:

The event demonstrated strong engagement and encouraged participants to continue building Erasmus+ partnerships and collaborations.



2.4 Italy

All Italian Participants – Dissemination Evening Talk "Possibilities, Challenges, and the Future of AI"

Name of the activity:

Dissemination Evening Talk: "Possibilities, Challenges, and the Future of AI"

Developed by:

All Italian participants

Summary of the activity:

An online evening talk was held on September 10, 2025, where participants took turns presenting the main issues and themes tackled during the AI in Motion training course. The discussion focused on both the strengths and challenges related to artificial intelligence, highlighting practical examples and reflections from the team's experience in Vilnius.

Aims/Objectives:

- To empower and educate people in the network about the uses of AI.
- To share insights gained from the AI in Motion training course.
- To promote awareness of digital well-being and responsible technology use.

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Learning outcomes:

- Increased awareness of commonly used AI tools (e.g., Leonardo.AI, Gamma, ChatGPT).
- Better understanding of challenges linked to AI and digital addiction.
- Improved knowledge of digital well-being practices and digital detox strategies.

Target group:

Peers and a network of interested individuals.

Timing:

September 10, 2025, at 9:15 PM.

Instructions:

The activity consisted of an online evening talk titled “Possibilities, Challenges, and the Future of AI,” organised by the Italian team after returning from Vilnius. Individuals from the team's social and personal networks were invited to join. The session began with a short introduction about IVAIGO and the experience in Vilnius. Participants presented key benefits and challenges of AI, including reduced attention span and physical strain caused by excessive screen time.

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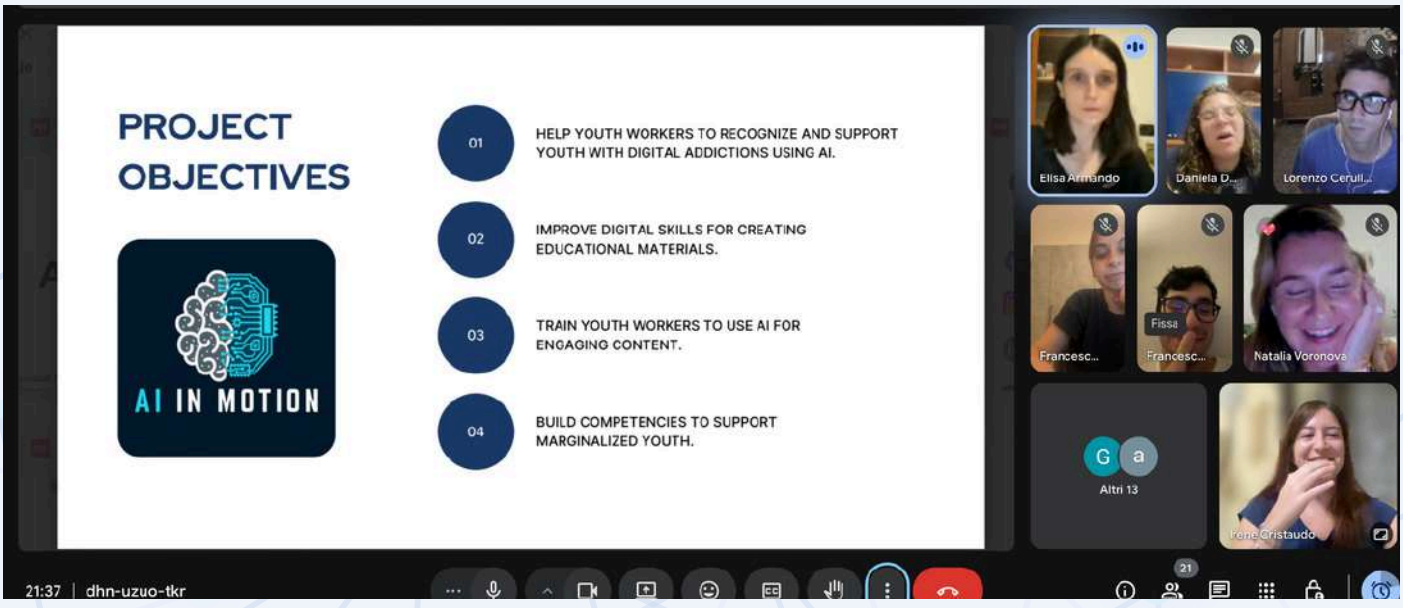
The talk continued with a discussion on digital well-being and digital detox practices. The event concluded with a Q&A session and feedback, which was highly positive.

Debriefing and evaluation:

The talk successfully achieved its goals. Most participants expressed satisfaction and shared that their understanding of AI had improved.

Materials and Space:

Google Meet (online), IVAIGO materials, and slides.



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Isabelle Coelho Nunes de Paiva – LinkedIn Post About AI in Motion Training Course

Name of the activity:

LinkedIn post about AI in Motion training course

Developed by:

Isabelle Coelho Nunes de Paiva, Italy

Summary of the activity:

A LinkedIn post was published by Isabelle Coelho Nunes de Paiva, sharing key insights and reflections from the AI in Motion Erasmus+ training. The post highlighted the role of AI in youth work and digital well-being.

Aims/Objectives:

- Disseminate the training outcomes to a wider professional network.
- Raise awareness about AI as a tool supporting youth workers.
- Inspire dialogue and knowledge sharing among peers.

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Learning outcomes:

- Increased visibility of the project and its goals.
- Engagement from professional contacts around digital well-being topics.
- Opportunities for networking and collaboration beyond the training group.

Target group:

Youth workers, educators, colleagues, and professional contacts on LinkedIn.

Timing:

Approximately 10 minutes to prepare and publish the post, followed by ongoing engagement through comments and reactions.

Instructions:

The participant prepared a concise and engaging LinkedIn post summarizing the training experience. The post emphasized practical uses of AI in youth work, ethical aspects, and the collaborative spirit of the project. It also included the official project link for further reference.

Debriefing and evaluation:

Engagement in the form of likes, comments, and shares was monitored to assess the dissemination's reach and networking impact.

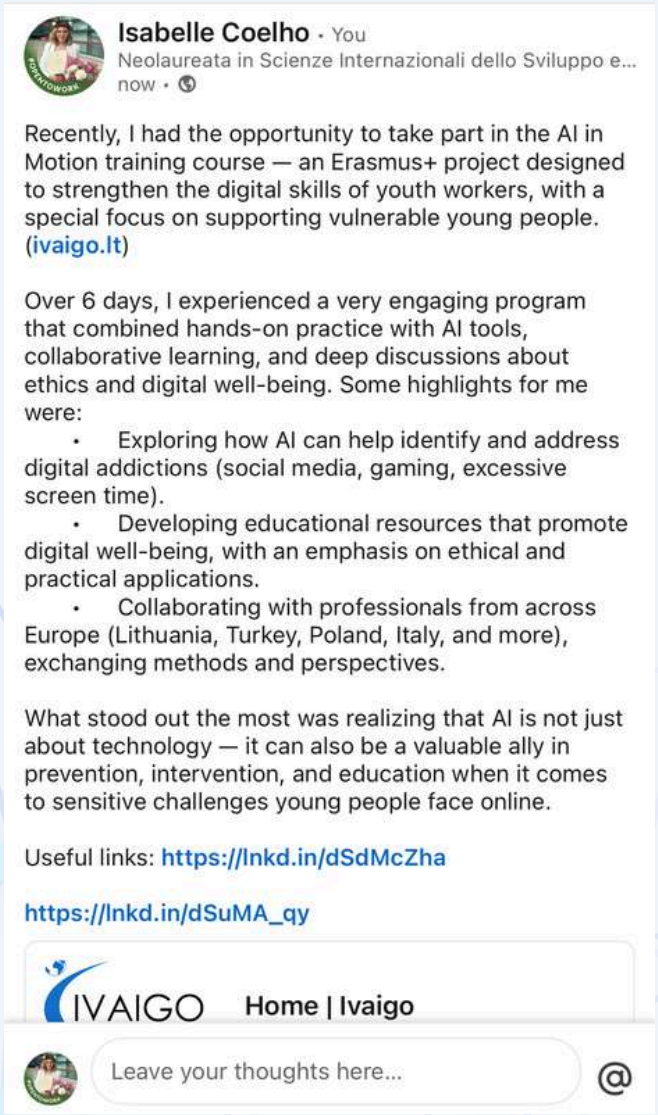
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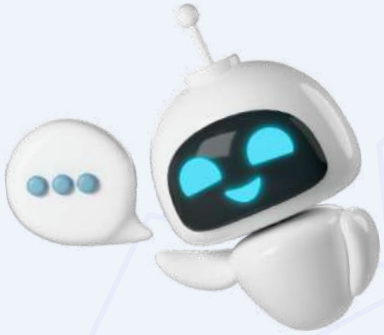
Materials and Space:

LinkedIn profile, internet connection, official project link.

Additional information/Notes:

This dissemination activity extended the project's impact by reaching professionals beyond direct participants.





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Lorenzo Cerullo Bruno – Dissemination Post on LinkedIn

Name of the activity:
Dissemination Post on LinkedIn

Developed by:
Lorenzo Cerullo Bruno, Italy

Summary of the activity:
A short LinkedIn post was created to share Lorenzo's experience from the AI in Motion Erasmus+ training course.

Aims/Objectives:

- To engage people in his professional network and raise interest in Erasmus+ opportunities.
- To increase awareness about the AI in Motion project and youth training possibilities.

Learning outcomes:
Viewers of the post became aware of the existence and benefits of Erasmus+ projects.

Target group:
Contacts and network of people interested in international cooperation and youth work.

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Timing:

September 30, 2025, at 8:15 PM.

Instructions:

The activity consisted of a dissemination post on LinkedIn aimed at colleagues, peers, and other members of Lorenzo's network. The post briefly described his experience and encouraged others to explore Erasmus+ opportunities.

Debriefing and evaluation:

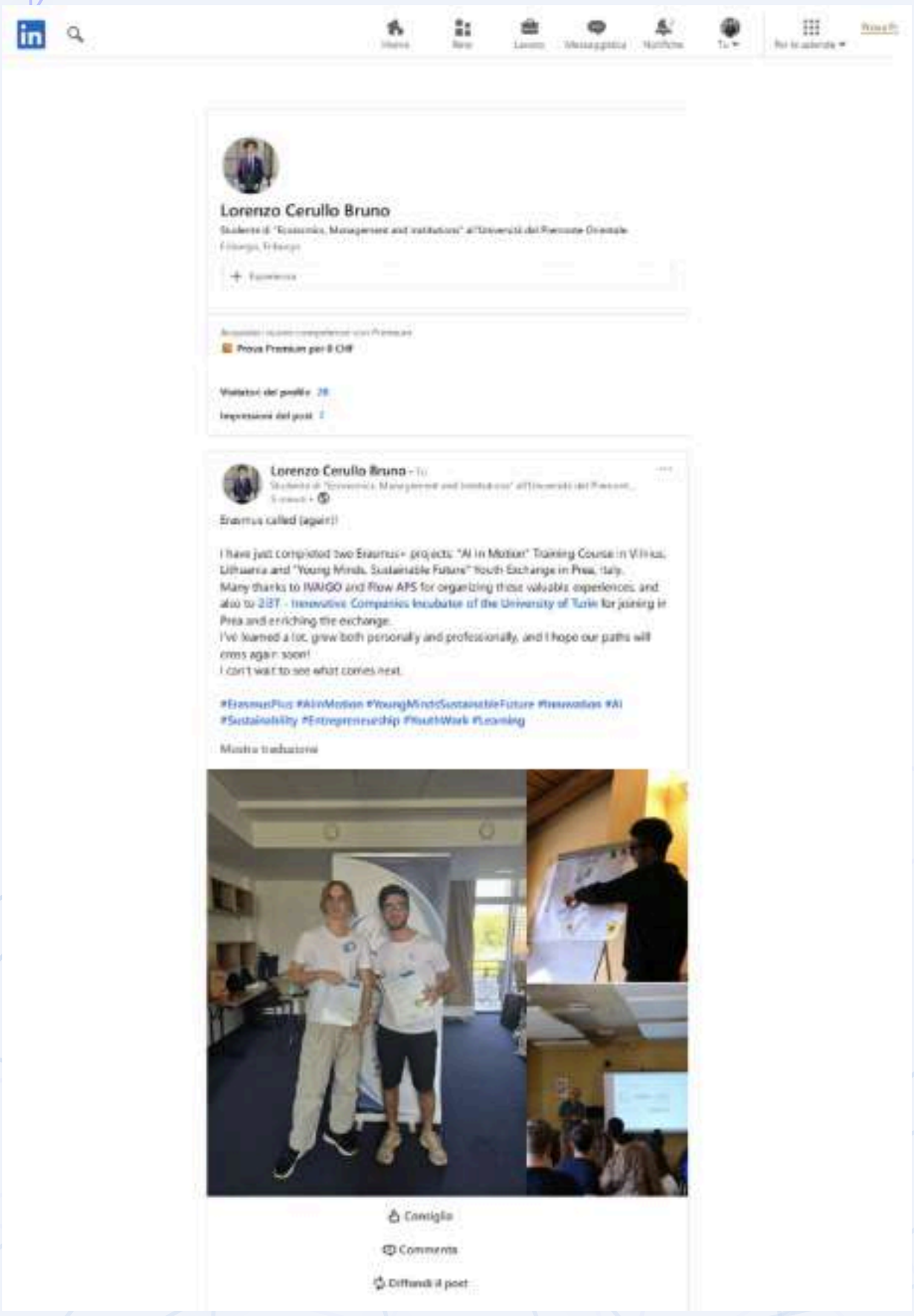
The post inspired curiosity and motivated several people to ask about or research Erasmus+ projects on their own.

Materials and Space:

LinkedIn platform, photos from the training event.



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