



ALONE TOGETHER:

Digital isolation and the crisis
of real human connection

09.09.2026 – 15.09.2026

Lyceum 1
named after Kotlyarevsky in
Poltava, Ukraine;
Broniewski primary school 16;
SKC No 13 in Rzeszów, Poland




ALONE TOGETHER

Digital Isolation and the Crisis of Real Human Connection



We are always online
Yet we feel lonely
We communicate every day -
but real emotions are
disappearing behind screens.




Date
 **WEDNESDAY**
9.09.2026
TUESDAY
15.09.2026

Alone Together
is an international youth project
about digital isolation, empathy,
and the loss of real human
connection.

Our activities:

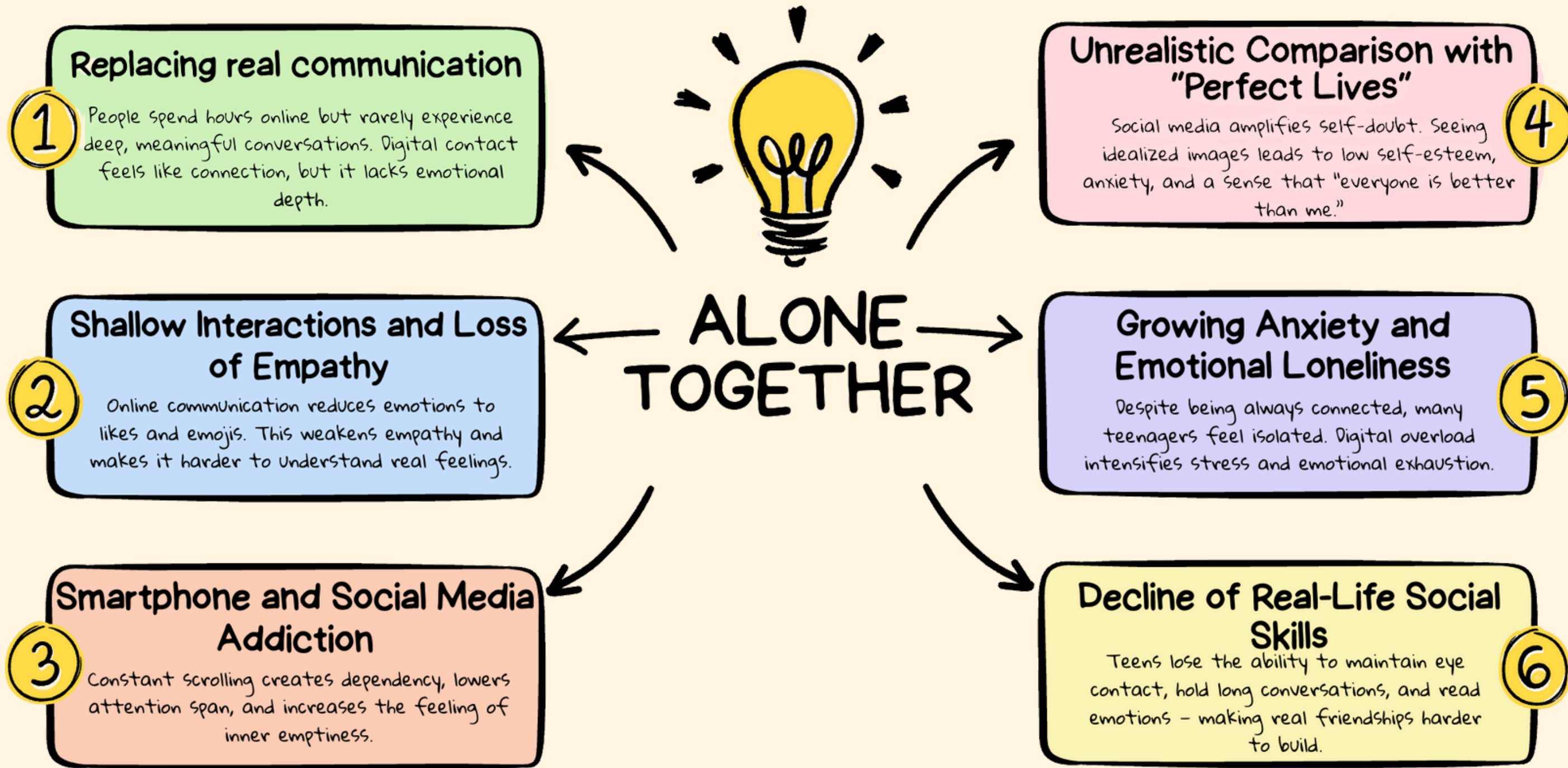
- Work shops
- Creative activities
- Reflection phases
- Exploring the impact of digital media on emotions, empathy, and relationships



Who can join?
Young people 14+ from
 Germany &  Poland &  Ukraine



RELEVANT QUESTIONS:



What does online communication mean to you?




Scan the QR code and write your opinion in three words!



<https://www.menti.com/alpqn451711s>



TIMETABLE:

	Day 1 (09.09 Wednesday)	Day 2 (10.09 Thursday)	Day 3 (11.09 Friday)	Day 4 (12.09 Saturday)	Day 5 (13.09 Sunday)	Day 6 (14.09 Monday)	Day 7 (15.09 Tuesday)
Topic	Day of empathy	Day without smartphones	Virtual or real communication	Perfect social media life	Real skills	Enjoying life at the moment	Alone Together
Morning (9.30 - 12 a.m)	Arrival	Challenge "2 hours without phone" (phones are taken away, grouping up into international teams, producing ideas for spending time without online communication. For example: boarding, dancing, sport, language games; walk to the forest, making photos, etc.)	Trip to Oldenburg for interviewing local people "Do you prefer online or offline discussion" (Google form or real life Interview). Free time and shopping	Social media workshop: 1) Social media iceberg; 2) scrolling diary; 3) rolling game (subscriber, blogger, etc.)	Quest in forest (logical quest) making marks for other team to get the goal with using maps, compass and wild nature	Workshop "One candy meditation" (focusing on the small things and enjoying the moment). Go for the trip to Bremen	Workshop "Letters we never send" (psychological support for yourself). Memory video puzzle (each group makes video with tips from memorable events)
Day (13.30 - 17.30 p.m)	Introduction Meeting games (meeting each other by games: four secrets, autograph hunt, basket market game). Video clips about each others' schools which we made by our selves at homes. Quiz "What we know about our schools"	Time with the expert: "Nomophobia: what is it and how to prevent it?"	Round table: analysing interviews and brainstorming time	Real talk-cafe "Types of feedback". Practical experience (commenting real posts in internet)	Culture-talent show	Coming to Bremen, visiting Jade Park to get emotions from real life, not digital one. Free time in Bremen and shopping	Departure of the Ukrainian and Polish groups
Evening (19 - 20 p.m)	Empathy party and trust games (blind trust- trust fall) + disco	Quiz "How to survive in difficult life situations without smartphones"	Picnic (instead of dinner), singing songs and dancing	Compliments' circle (making compliments to each participant of the group)	Marshmallow party. Conclusion with candle	Neon-secret party (Neon bracelets/ neon make up)	
							

DAY 1:

Empathy day: loss of empathy is a major problem since AI has been created



Morning:

Our participants arrive to Blockhaus Ahlhorn and settle in.

Afternoon:

Introduction. We start with meeting and getting to know each other.

Evening:

“Empathy & Trust Games”: building up and stirring participant’s sympathy. Disco party.



DAY 2: No smartphone day: how to have fun without devices

FEBRUARY 6

A DAY WITHOUT A
MOBILE PHONE



Morning:

Challenge: “2 Hours Without Phone”.

Afternoon:

Time with the expert: “Nomophobia: what is it and how to prevent it?”

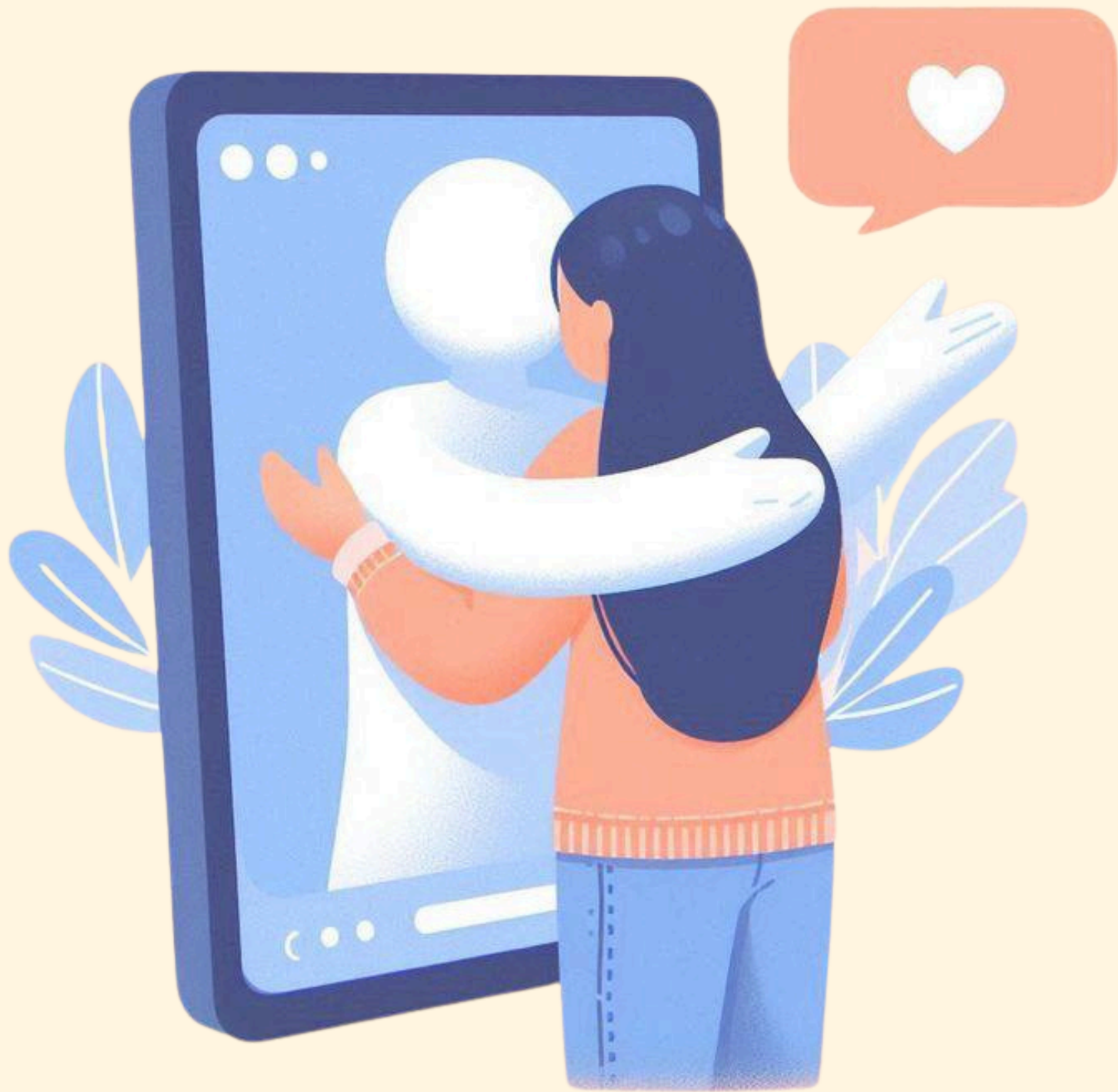
Evening

Quiz “How to survive in difficult life situations without smartphones”



DAY 3:

Virtual VS Real communication: why we should maintain face-to-face contact



Morning:

Trip to Oldenburg for interviewing local people “Do you prefer online or offline discussion”. Free time and shopping.

Afternoon:

Round table: analysing interviews and brainstorming time.

Evening:

Speaking circle during picnic, singing songs and dancing.



DAY 4:

Perfect social media life: or not so perfect?



Morning:

Social Media Workshop:

1. Social Media Iceberg
2. Scrolling Diary
3. Rolling Game

Afternoon:

Real talk-cafe “Types of feedback”.
Practical experience.

Evening:

Compliments’ circle: let’s highlight best sides of one another!



DAY 5: Real skills: how to exist outside the digital world



Morning:

Quest in the forest.

Afternoon:

Culture-talent show.

Evening:

Marshmallow party. Conclusion with candle.



DAY 6: Cherish every moment of your life!



Morning:

Workshop “One candy meditation”.
Heading off to Bremen.

Afternoon:

Fun time at the Jade park to feel real
emotion.

Free time and shopping in Bremen.

Evening:

Neon-Secret Party.



DAY 7: Alone together–conclusion



Morning:

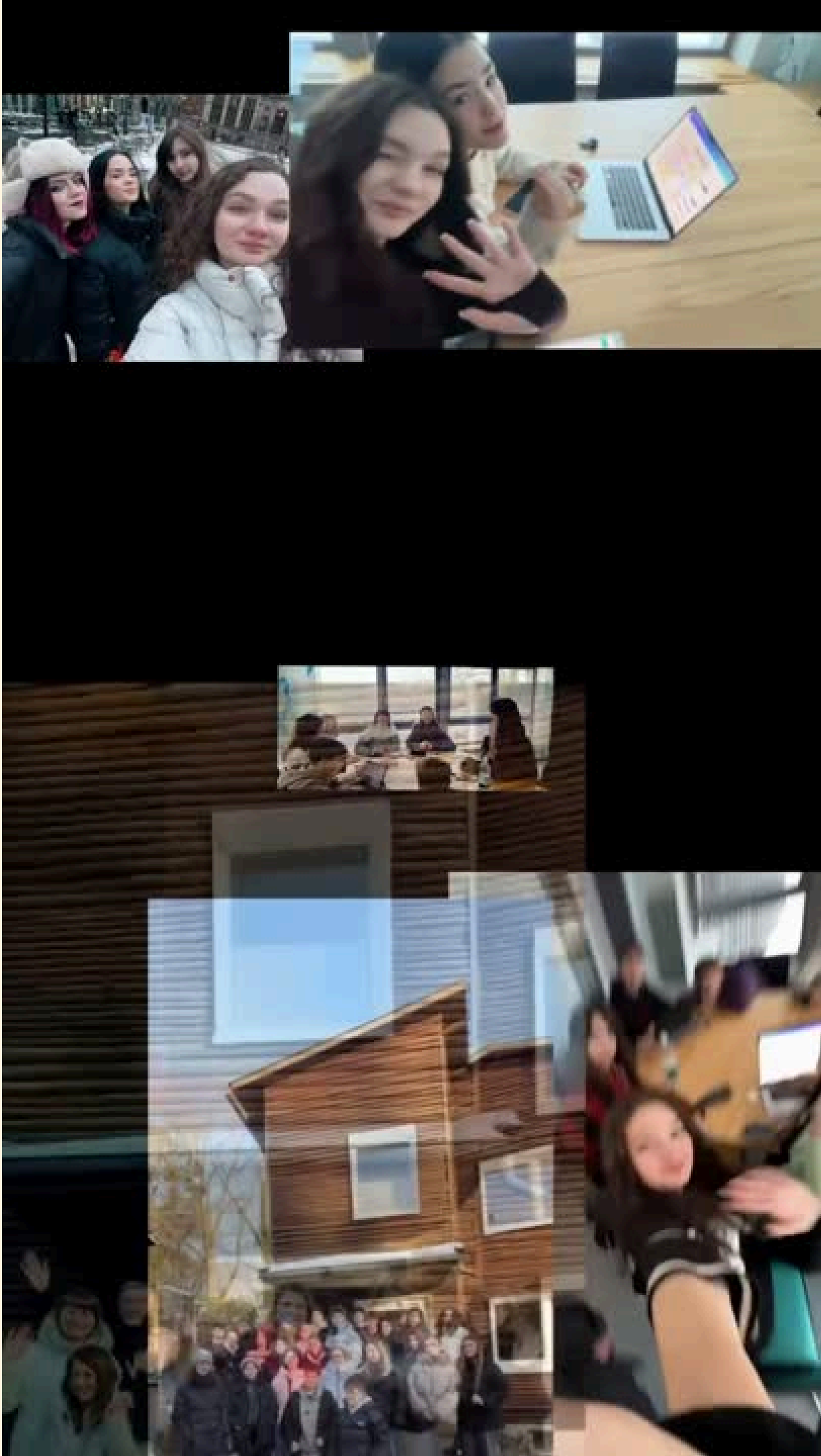
Workshop: “Letters we never send”.
“Memory Video” – creative video-
visualisation of the whole week: photos,
videos words, symbols.

Afternoon-evening:

Departure of the Ukrainian and Polish
groups.



MEMORY VIDEO:



**THANK YOU
FOR YOUR
ATTENTION!**

