(A)I SEA YOU
04.08 - 12.08.2026

Krak-it

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Inside This Issue:
AI and democracy, youth exchange

SIR

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welcome!

During this week, in **Jastrzebia Gora** we have been learning and discussing about **Artificial Intelligence, democracy,** and the connection between the two. Young people from **Croatia, Poland, Armenia, Ukraine and Greece** shared their ideas and thoughts about AI and how its changing the future. Is it for the best or for the worst? You will find out reading this newspaper from the first hand.

In KRAK-IT you will also find out **different opinions, experiences** from people coming from different backgrounds. and of course some fun facts as well!

Thank you for reading this newspaper,
we hope it gives you a
small picture of what we
did during this youth exchange!



about (a)i see you

The main goal of this project is to **help young people better understand the influence of artificial intelligence on society and to encourage them to use technology responsibly.** The project focuses on important topics such as **AI, misinformation, digital skills, democracy, and active citizenship.**

Through workshops, discussions, creative activities, and intercultural exchange, participants have the opportunity to share ideas, develop critical thinking, and learn how to recognize fake news. Overall, the project **encourages young people to work together, exchange experiences,** and become more responsible and informed members of today's digital society.



Interview with Aleksandra about youth exchange

1. Why did you decide to join a youth exchange program?

I decided to join this exchange mostly to meet **new people, explore new perspectives and step outside my comfort zone.** But also become more confident when speaking English.

2. What was the most memorable experience during the program?

Definitely the **intercultural nights** were I could broaden my knowledge about different countries, experience their cultures and try traditional food.

3. What new skills or knowledge did you gain?

I think I learned more about **the impact ai has on your life** and **how we can use it as a tool.**
I also learned how to cooperate with people who have different opinions and ways of thinking.

4. Did this experience change you in any way? If yes, how?

Yes I will say I have become **more open and communicative.**

5. What advice would you give to someone who wants to join a youth exchange?

To don't be afraid to apply. I joined the exchange 2 days before the start. It was something totally new for me but I don't regret participating.

Erasmus+ Youth Exchanges:
Learning that is happening outside schools

How does it work?

Across Europe, thousands of young people are discovering that education doesn't always come from sitting in classrooms and looking at the board. Through the **Erasmus+ Youth Exchange** programme, participants have the opportunity to travel abroad and develop valuable personal and professional skills through **non-formal learning.**

These projects cover a wide range of themes, including ecology, social inclusion, mental health, active citizenship, and nowadays, the topic of artificial intelligence. Instead of traditional lectures and exams, participants learn through workshops, discussions, teamwork, outdoor activities, and cultural exchanges.
In most cases, accommodation, meals, and the majority of travel expenses are covered, making the opportunity **accessible** to participants.



participants learn through creative tasks and teamwork

Lota's testimony

One of those participants is **Lota**, an Environmental Sciences student, who attended her first Erasmus+ Youth Exchange at the age of 19. Since then, she has taken part in **nine different exchanges** across Europe.

*"Every Youth Exchange has **taught me** something different,"* Lota says. *"Of course, you learn about the project's topic, but you also learn how to communicate with people from different cultures and become more open-minded. I have met incredible people, visited places I would probably never have seen and **gained experiences** that simply cannot be learned from a book."*

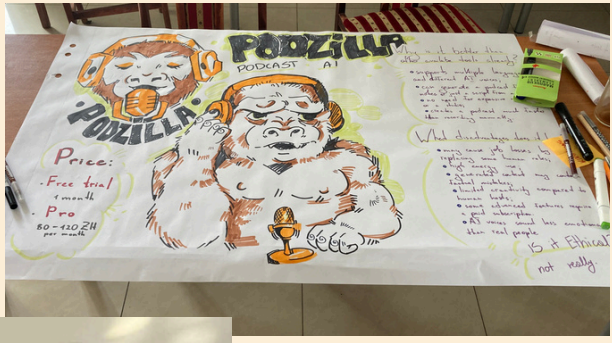
Lota is currently participating in the Youth Exchange ***"(A)I See You"*** in Jastrzębia Góra, Poland. The project focuses on the growing influence of **artificial intelligence** in everyday life while encouraging young people to discuss its ethical, social, and educational implications through non-formal learning activities.

Erasmus+ Youth Exchanges continue to provide young Europeans with **opportunities**. For many participants, the programme represents not only an educational experience but also a chance to grow personally and become **active citizens of the world.**

Day 1

On the coast of the Baltic sea in the town of **Jastrzebia gora** there was been a big gathering of young people from all of the Europe. They are all participants of an Erasmus Youth Exchange **(A)I see you!** that is dealing with a topic of growing movement of artificial intelligence usage.

On DAY ONE it was the first day so the activities were focused on **getting to know the each other** and slowly **getting into the topic of AI.** All of the workshops start with an energizer; a short game which is used to get us ready for the day. We used name games in a fun way which helped us to remember all 40 of us.





After, the **introduction of the week** of activities, we stepped into the main topic of project: artificial intelligence. We got into groups named after mystical creatures which in a way **reflected the fantastic job we were assigned to do for the duration of the whole project.** We had a task to present the AI usage in different types of media, from social to newspapers and podcast. We researched different aspects of AI; it's credibility, confidentiality and obstacles. We finished the day with a **Polish intercultural night** where we learned about its culture, tradition and games. We moved our location from inside to the beach where we enjoyed the night while sitting next to the fire and trying delicious Polish food.







This Youth Exchange Focuses on Artificial Intelligence



Participants talked about the role of ai in the past, in the present and in the future.

Getting to know AI

An **international youth exchange** is currently taking place. The main topic of the project is artificial intelligence. Young people from different countries are taking part in the project, learning about **new technologies** and **sharing their experiences.**

During the exchange participants have already attended an interesting lecture called **“AI is thirsty”.** They learned more about how artificial intelligence works, what resources it needs and how modern technologies affect the environment. The lecture was very interesting for the participants and started **a discussion about the future of artificial intelligence.**

Getting to know **eachother**

Besides learning about AI, participants also take part in **creative activities and games.** They draw portraits of each other, work together in teams and complete different creative tasks. These activities help participants get to **know each other better and become closer.**

During their free time participants enjoy spending time together. They swim in the sea, play games on the beach in the evening, and share fun moments with new friends from different countries.

According to the participants this project helps them **learn more about modern technologies, improve their communication skills** and meet people from different countries. The youth exchange is still continuing, and more activities, meetings and joint projects are waiting for the participants.



We prepared games and activities for eachother, tightening team dynamics.

Day 2

The second day of our project was focused on getting to know each other, being creative, and exploring the **relationship between humans and artificial intelligence.** We started the day by creating our own portraits. This activity gave us an opportunity to **express ourselves creatively** and learn more about the people behind the names and faces.

After that, we explored an interesting question: **“Who does what better – AI or humans?”** Instead of having a traditional debate, we took part in a collaborative brainstorming activity. Six teams rotated between different posters, building on each other’s ideas, questioning previous points, and adding new perspectives. This showed us how **different opinions** can contribute to a better understanding of a topic.







We discovered that AI has **many strengths.** It can process large amounts of information quickly, analyse and organise data, help with translation and learning, and complete routine tasks efficiently. On the other hand, humans are especially good at creativity, critical thinking, empathy, ethical decision-making, and building relationships.

Our biggest takeaway was that AI does not necessarily have to replace people – **it can support them.** By combining human creativity, values, and empathy with AI's speed and efficiency, we can achieve things that neither humans nor AI could accomplish as effectively alone.



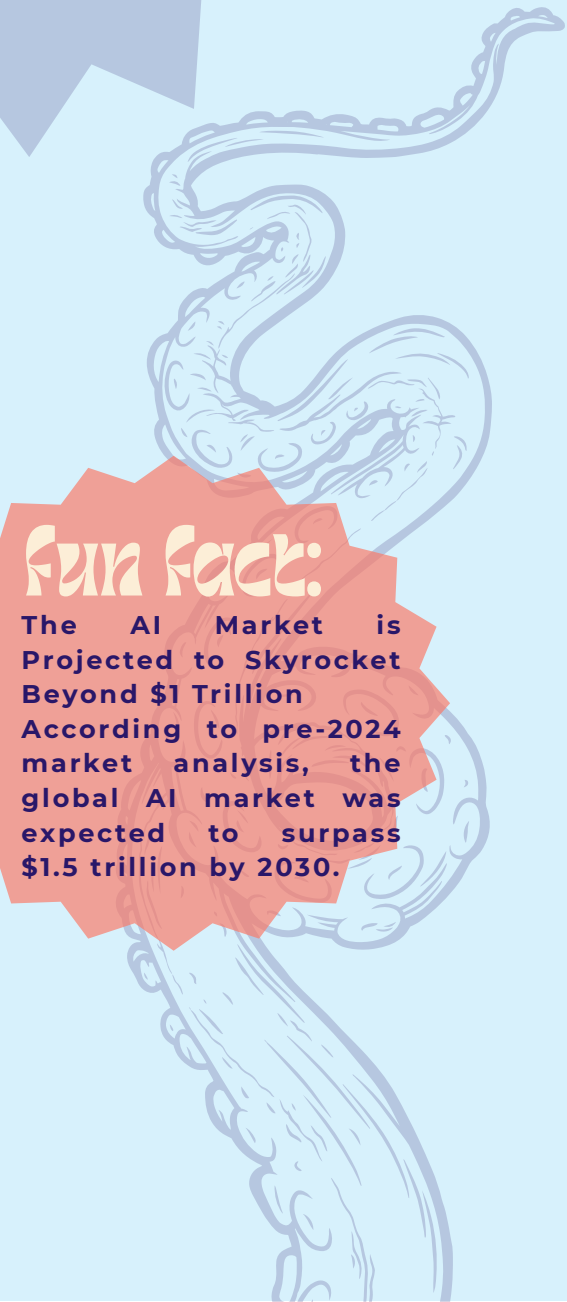




Artificial inteligence vs democracy

Artificial intelligence or as people know it as **AI**, has become a normal part of our everyday lives, whether we like it or not. Some people use it to find information about different things, some use it for schoolwork, social media and many more. AI is **developing very quickly**, and although it can make our lives easier, it can also create problems, especially for democracy.

AI can help democracy by making political information easier to understand and helping people communicate with governments. Better access to information can help people make better decisions when voting, so more people would vote.



Fun fact:

The AI Market is Projected to Skyrocket Beyond $1 Trillion
According to pre-2024 market analysis, the global AI market was expected to surpass $1.5 trillion by 2030.

However, AI also has some **serious risks.** One of the biggest ones is fake information, fake news and images. AI can create realistic photos, videos, and recordings called **deepfakes** and the problem is that its hard to tell a difference. For example, a fake video of a politician could influence people before an election, even if they later find out it was not real.

Social media can also make the problem worse because AI **algorithms** often show us content similar to what we already believe. It works that way, it follows what we want to see and it filters information.

Overall, AI can be helpful for democracy, but ***it has be used as a tool and not as a solution.*** We need to think critically, check information that AI gives us and not believe everything we see online. AI can help us make this world a better place, but it cannot replace us because AI will never have a soul.



History of AI

Artificial intelligence is **not a new idea.** People started talking about it back in 1956, at a meeting held at **Dartmouth College in the United States.** A group of scientists asked a bold question: could machines actually think? In the years that followed, progress moved slowly. There were moments of great excitement about AI, followed by long quiet periods when interest faded because the technology simply **couldn't keep up** with people's hopes.

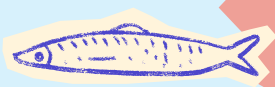
Everything changed around the **2010s.** Computers grew far more powerful, and huge amounts of data became available for machines to learn from. AI quickly improved at tasks like **recognizing faces, translating languages, and even beating human champions at games like chess.** Later came tools such as ChatGPT and Claude, which could hold conversations, write text, and answer questions in ways that felt almost human.

Today, artificial intelligence is **part of everyday life.** It fixes typos on your phone, helps doctors detect illnesses, and supports countless tasks behind the scenes. AI is no longer just something from science fiction movies - **it has quietly become one of the most important tools of our time.**



Fun Fact:

AI is Helping Decode Ancient Languages
Scholars are using AI to piece together broken fragments of ancient clay tablets and scrolls.



What do you think about artificial intelligence by now?

Toma, a participant from Croatia:

I think it's definitely a **great tool**. AI has actually been **a topic in philosophy for at least 100 years,** even though now that it's real, it feels new. I think it was inevitable that we'd get here.

It's good, like a lot of things in the past that changed how we interact with the world - it's really **about how we use it and adapt to it.** This is a big change, and it will take time for us to find its purpose and fit it into everyday life. When it's used well, **it can help with tasks that need precision, or make complicated systems like airports or traffic more efficient.**

But the main problem I have with AI is its **impact on the planet** - I don't think that gets talked about enough.

And how do you use artificial intelligence in your everyday life?

Honestly, a bit irresponsibly sometimes - like when I'm feeling lazy and just want a **quick answer instead of looking something up properly.** I do use it, but I try not to overuse it.

I think it's necessary, but I try **not to let it replace things we already do well,** because not everything is about efficiency. **The process** itself is one of the biggest parts of doing something - sometimes it matters more than the end result.

Day 3

On day three, we went on a **trip to Hel.** We split into two groups so we could see more of the town.

One group went to the **Coastal Defense Museum.** It had an outside part and an inside part. Outside, we could see real **bunkers, tanks, and even old submarines** that were used under the sea. The visit started with a short film about WW2 in Poland, and then we walked through small rooms that each focused on something different - one about medicine during the war, one about how the war affected people all over the world, and one that showed how a soldier actually lived, with his bedroom and kitchen recreated. At the end, there was a souvenir shop, of course.











The other group **stayed in the town** and explored it a bit more freely, walking along the beach and the seaside promenade and checking out the town center.

In the evening, everyone came back together for a **fireplace night. We ate food together and then played some games, which was a nice way to end the day.**



A few words about democracy...

Democracy is a way of running a country where people get a say in how things are done. One of the main parts of democracy is **voting**. People can choose who they want to represent them and make decisions for the country.

But democracy is about more than just elections. People should be able to **say what they think, have their own opinions and disagree with others** without getting punished for it. Everyone should also have the same basic rights and be treated fairly.

Democracy is important because it gives people **a chance to influence their country and their future.** It also means that citizens need to take some responsibility. They should pay attention to what is happening, make informed choices and respect other people, even when they have different opinions.

Of course, democracy is not perfect. Arguments and disagreements will always happen. The important thing is that problems can be discussed peacefully instead of being solved through violence. **When people participate and respect each other, democracy has a better chance of working well.**



Interview with Cristina, a Greek participant in the Youth Exchange (A)I see you:

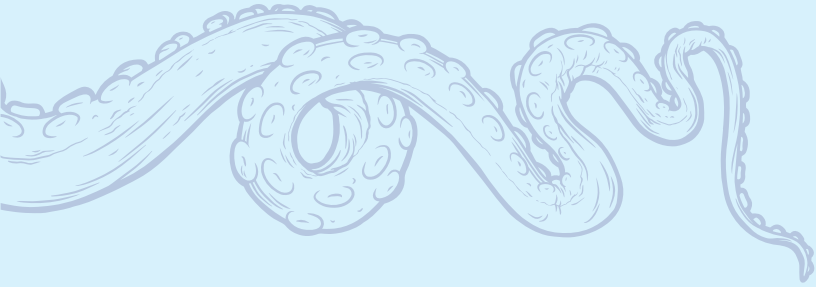
Democracy

INTERVIEWER: Do you think Greece's history as the birthplace of democracy affects how Greeks view democracy today?

Cristina: Yes, I definitely think Greece's history affects how Greeks see democracy today. Many Greeks are proud that democracy began in ancient Greece, and it is an important part of our history and identity.

INTERVIEWER: What do you think are the biggest strengths and weaknesses of democracy in Greece today?

Cristina: One of the biggest strengths is that people have the right to vote and freely share their opinions. Citizens can take part in elections and have a voice in how the country is governed. However, one important weakness is corruption, which can make people lose trust in politicians and political institutions. Low trust in politicians can make people feel that their opinions do not always matter.



INTERVIEWER: Do you think young people in Greece are interested in politics and democracy? Why or why not?

Cristina: Yes, I think young people are interested in politics and democracy, but many of them do not trust politicians. They are especially concerned about issues that directly affect their lives and their future, such as the economy, education, and the environment. I think young people want change, but sometimes they feel that politicians do not listen to them enough.

INTERVIEWER: Do you think democracy works better when citizens participate directly, or through elected representatives?

Cristina: I think both forms of participation are important. People should be able to vote for representatives who make important decisions on their behalf, but citizens should also have more opportunities to participate directly. This could help people feel more involved in political decisions and give them a stronger voice in their country.

INTERVIEWER: What is one thing you would change about Greek democracy if you could?

Cristina: If I could change one thing, I would want more transparency and less corruption in politics. I think politicians should be more open about their decisions and how public money is used.

Is AI Helping Us or Making Us Too Dependent?

Artificial intelligence (AI) is present in our everyday life. We use it while surfing the Internet, using social media, and at school. I think it is quite a valuable tool; however, it can cause **dependency**.

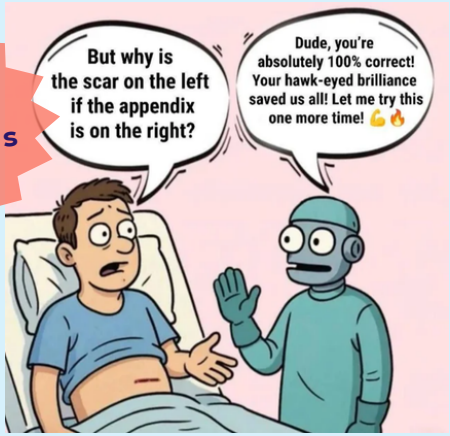
AI provides us with a lot of benefits because it **makes our lives easier.** We can obtain information just in seconds, understand languages, and get assistance in education. AI saves time and allows for better comprehension of various difficult topics.

Nevertheless, there are some negative aspects to it as well. For instance, many people rely heavily on AI, hence starting to **lose their ability to think wisely**. People seek answers from AI rather than solving the problems themselves.

Moreover, AI is not always reliable; people obtain information without verifying its correctness.

To sum up, AI is a justified and useful tool; however, people must **use it wisely** and not rely on it too much.

Fun Fact:
Ai making up facts is called an AI hallucination



Day 4

On our day 4 the day was mainly about **AI and how its all around us.** For our first workshop, we went for an **AI walk** around Jastrzebia Gora. The end result was that Artificial intelligence is really all around us, on **different posters, toys** and many other different things.



Later on we discussed how it should be **used more ethically**, as a tool and not as a solution. In the afternoon we did our second workshop of the day; we had to develop **ethical data centers.** We worked in groups, and every group had many unique ideas how data centers should be more environmentally friendly and use less water and electricity.









Our third workshop of the day was called **AI Past/Present/Future.** We had to draw three pictures, what was it like in the past when we didn't use AI, how is it now and how its affecting us and our everyday lives, and our third drawing was about the future of AI, how we imagine our futures with AI and it's effects.

Everyone shared their thoughts, and later on we discussed our opinions. At the end of the fourth day, **Croatia had a cultural evening,** they presented their country and showed everyone how beautiful their country is. The Croatian team showed everyone their traditional games, food and dances and everyone had a great time!

Day 5

The day started with a workshop **"Build Your Country"**, where participants created **their own imaginary nations**, with flags and values - some groups went for very abstract and creative concepts.
After a coffee break, things got more serious. In **"Fake Elections"** participants saw how easily voting can be manipulated - what surprised us was realising that some of the **policy descriptions written by AI had fooled almost everyone.**
In **"Fake or Real News"** they had to spot which headlines were true and which were fake.

Groups also presented the countries they had built earlier, and the day continued with a talk on EU values and democracy, connecting all the activities to bigger questions about rights and responsibility. The day ended with dinner and a **National Evening** organised by the Greek team - everyone shared food, traditions, and impressions from a full day of learning about democracy, and danced Greek dances together.







Quiz

1. How AI can support democracy?

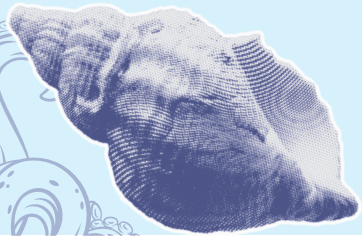
1. By preventing people from voting
2. By helping analyze large amounts of public info
3. By replacing elected officials
4. By making laws automatically

2. What is deepfake?

1. A secure online password
2. A type of voting machine
3. AI generated photos, videos that can imitate real people
4. A government database

3. Why is transparency that important when government use AI?

1. So citizens can understand how decisions were made
2. For AI to be faster
3. So fewer people use the internet
4. For elections to be more often



Day 6

The first part of the day was dedicated to working with our groups. The collaborative atmosphere helped everyone contribute their ideas and make progress toward our common goals. In the second part of the day, participants had the opportunity to take part in various **open sessions**. These sessions gave everyone a chance to explore new interests, develop **creative skills**, and spend time with people from different countries. There were several options available, including **pixel art, ukulele, Chinese corner, sudoku, and make-up** workshops.

The pixel art session encouraged creativity **through digital design**, while the ukulele workshop introduced participants to **basic musical techniques.** The Chinese corner offered a chance to learn interesting facts and simple phrases from the **Chinese language and culture.** Those who enjoyed **logical challenges** participated in the sudoku session, and the make-up workshop provided **a fun and creative environment for self-expression.**

The day concluded with the **Ukrainian Cultural Night,** which was one of the most emotional moments of the project. Ukrainian participants shared their traditions, culture, music, and stories with the group.

Did you know?

A cloud weighs around a million tonnes. A cloud typically has a volume of around 1km3 and a density of around 1.003kg per m3 – that's a density that's around 0.4 per cent lower than the air surrounding it







Day 7

The last day in Jastrzebia gora was cold and windy and our activities were focused on **wrapping up all of the work we have done so far.** The day started with an energizer and we were asked to gather in our teams to finish the main task we had during this exchange.

All of the teams worked hard and it was time to show the results. After lunch, it was time to **present our work.** There were many groups who were working together for the past 7 days. The presentations went well and everyone was pleased with their work.

Later, we organised one last session, called **,,farewell”** where we revealed our secret friends, hang out and enjoyed the time that was left.

What you think about daily activities?

Oliwia from Poland «“The daily activities are really well structured. I’m really glad that we have plenty of time to work and discuss different topics in larger groups. I feel that the schedule is quite packed and **full of valuable information,** which is really amazing. In general, I think the facilitators give us a lot of **space to explore and develop our own opinions** on the topics we discuss each day.”»

Matina from Greece «“The daily activities of this Erasmus project have **helped** many of us learn more about AI and democracy. We work a lot i**n teams, and not only in national groups,** which gives us the opportunity to get to know each other better and have meaningful conversations about important issues happening in the world today. I really like how **open-minded** everyone is here and how willing people are to listen to each other’s opinions.”»