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Real

**REAL: Restoring, Embracing And Living a REAL life
off-line (2022-2-HU01-KA220-YOU-000097964)**

INFOPACK
Training course

PROJECT SUMMARY

FROM 5TH – 13TH SEPTEMBER 2023

This Training course aims to **provide a safe space for youngsters and youth workers to tackle negative behaviors in the digital world.** This Training course is the main activity of the Erasmus+ project: **-REAL: Restoring,**

Embracing And Living a REAL life off-line

(2022-2-HU01-KA220-YOU-000097964)- and will take place from **5th to 13th** of September 2023 **in Penagos (Spain).**

PLANNING

WHEN	TUESDAY 5 TH	WEDNESDAY 6 TH	THURSDAY 7 TH	FRIDAY 8 TH	SATURDAY 9 TH	SUNDAY 10 TH	MONDAY 11 TH	TUESDAY 12 TH	WEDNESDAY 13 TH	
8:30-9:15	BREAKFAST									
9:30-11:30	ARRIVAL	Introduction: What kind of negative behaviour can we identify on the Digital World? Types of Digital Problems	What is Emotional Management? Why is it useful to overcome negatives behavior online?	Non Violent, Inclusive and assertive Communication tools		Be a positive activist: Tools to create awareness campaigns	Case studies of wounded people. Who are haters or trolls?	Local visit		
11:30-12:00		BREAK		BREAK	Local visit	BREAK				
12:00-13:30		Factors that contribute to injuring a person. Neurosciences: how does our brain work.	Consequences of Hate Speech. How to cope with Digital Problems?: Creativity	My healthy lifestyle Challenge! Why is important to be outside the Digital World?: Body awareness		Awareness Video Making: Videos Script Writing and Pre-Production Planning	How can we contribute in creating a healthy Digital World? My personal branding on social media. Taking action to reduce the FOMO Effect			
13:30-15:00	17h: Warm-up Activities	LUNCH								
15:00-19:30		Group work I: Negative impact of being injured, specially on mental health.	Group work II: Negative impact of being injured, specially on mental health	Group work Presentations	Local visit	Awareness Video Making II: Videos Shooting	Initiatives and Videos Presentation	Final evaluation and Europass Certificates	DEPARTURE	
19:30-20:00	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	FINAL EVALUATION		
20:00-21:00	DINNER									
21:00-23:00		Intercultural night			Group activities (optional)				Farewell party	

This planning is a general proposal, some activities and visits could change depending on the weather or other factors.

(*) If the weather is good, there will be hiking. The hiking is a 12 km trail through mountain areas. Please wear appropriate footwear and clothing.