

# REAL: RESTORING, EMBRACING AND LIVING A REAL LIFE OFF-LINE

## AGREEMENT N°: (2022-2-HU01-KAZZO-YOU-000097964)



### WHAT Re@l IS ABOUT?

The Internet has helped us in several ways to stay up to date with global events, keep easy communications, increase productivity, etc.

However, the fast transition has led to the incursion of portable ICTs into our daily life, with few awareness and social norms of how to deal with this. More often, we watch youngsters who are psychologically absent in the real world with an excessive use of the Internet.

We need to start working on this situation urgently, otherwise we will fail our youth communities. If we do not act on this, we will contribute to the transformation of our society into a “phubbing society”.

#### Objectives:

- ★ To CONNECT our experience, tools and know-how of negative behaviors on the Internet and its impacts.
- ★ To ENGAGE youngsters and youth workers in the identification, counteraction and prevention of negative behaviors on the Internet.
- ★ To EMPOWER youth communities in confronting “normal” negative behaviors.

### WHAT IS ALREADY DONE?

-A kick off meeting was held in Santander (Spain) from 20th to 21st of June 2023. The main aim of the meeting was to review the entire project, to meet our respective teams in person and help us to establish a good basis for communication and collaboration.

-A training course was implemented in Penagos (Spain) from the 5th to the 13th of September 2023. It was aimed to provide a safe space for youngsters and youth workers to tackle negative behaviors in the digital world. 24 participants from Hungary, Spain and Italy attended the training course. The course successfully connected expertise, engaged youth and youth workers, and empowered communities to address negative behaviors on the Internet.

-From the 7th to the 9th of November 2023, has been carried out the Participatory Training in Hungary. This training provides a comprehensive understanding of internet-related behavioral disorders. The program aimed to equip individuals with an in-depth comprehension of the side effects resulting from excessive internet use.



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## DO YOU WISH TO KNOW MORE?

A summary video of the training was also published



## WHAT IS NEXT?

-A mid term meeting in Verona (Italy) is planned for April 2024. The main aim of the meeting is to review the first year of the project, the results and impact achieved so far, as well as adjusting the activities and dissemination plan for next year.

-A Participatory Training in Verona (Italy) is planned for June 2024 to transfer tools and knowledge in online addictions and detox techniques.

-Publication of the Interactive Book and the Audiobook for November 2024: The main result of the project is a cutting-edge Interactive Book for youth workers to identify, tackle and counteract negative behaviors on themselves and especially on the youngsters they work with. This Interactive Book will be also available for any youngster who does not have the opportunity to be a learner in our entities (for distance or any other reason) and would like to obtain all its tools for free.

We will develop free audio versions of the book for people with reading difficulties or impairments. Both formats will be free, fast and easily available. We will publish versions in English, Hungarian, Spanish and Italian.

-Final meeting in Hungary for March 2025: To give closure to the project and discuss further actions to sustain it.

## CHECK THE PROJECT'S WEB

