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PARTICIPATORY TRAINING IN ITALY

PROJECT: “REAL: Restoring, Embracing And Living a REAL life off-line”

Agreement number: **2022-2-HU01-KA220-YOU-000097964**

Venue of the visit: Verona, Italy

Date: June 18th-20th, 2024.

Participants:

Matteo Tessaro and Zlatko Nikolaev Kolev from Oriel APS (Italy),
Letizia Maria Belia and David Dovhalyuk from Permacultura Cantabria (Spain) and
Róza Panti and Anna Palotás from Tudás Alapítvány (Hungary).

PURPOSE OF THE VISIT

To transfer tools and knowledge in online addictions and detox techniques carried out by Oriel APS (Italy) through a participatory training.

In addition, during this visit, Oriel APS will involve the participation of different organisations who carry out interesting initiatives in the adult field.

Learning objectives:

*Use Questionnaire (PIUQ), Problematic Online Gaming Questionnaire (POGQ), Internet Sex Screening Test (ISST), etc.

*Understand dysphoria, anhedonia, dopamine and other concepts.

*Understand the difference between hoarding and collector and its environmental impact.

*Acquisition of detox techniques.

*Learn the relevance of an active community in social change, especially in an unaware society that considers these behaviours as “normal”.

*Acquisition of knowledge of the policy recommendations given to the European Parliament.

*Acquisition of memory and recall techniques: The Link Method, Peg System, etc

VISIT PROGRAMME

Project manager: Sillian Ferrari

Trainer:

Content:

*Myths and realities of online addictions.

*How can the internet be addictive if there is not any physical consumption?

*How to identify “normalized” practices in youth?

*Young's Internet Addiction Diagnostic Questionnaire (IADQ).

*Problematic Internet Use Questionnaire (PIUQ).

*Problematic Online Gaming Questionnaire (POGQ).

*The Digital Distraction Test.

*Internet Sex Screening Test (ISST), etc.

*Getting over with the Internet overuse: How to implement a Digital Detox Process in youth?



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*How techniques to improve memory and concentration tackle the negative effects of PUI?
Techniques and exercises for youth.

*How to raise awareness of “normalised” behaviours in youth?