

REAL: RESTORING, EMBRACING AND LIVING A REAL LIFE OFF-LINE AGREEMENT N°: (2022-2-HU01-KAZZO-YOU-000097964)

WHAT Real 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?

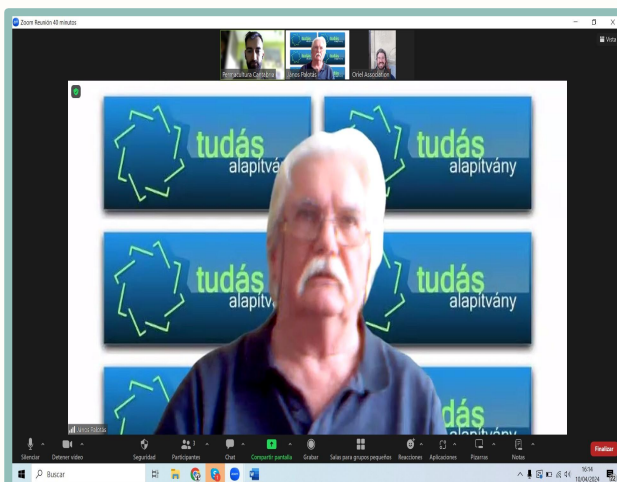
-A kick off meeting was held in Santander (Spain) from 20th to 21st of June 2023. The main aim of the meeting was to review the entire project, to meet our respective teams in person and help us to establish a good basis for communication and collaboration.

-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.

-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 10th of April, we had an intermediate online meeting to check pending tasks and gather documentation.

-From the 18th to the 20th of June, 2024, it was carried out a Participatory Visit in Italy, to transfer tools and knowledge in online addictions and detox techniques.



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WHAT IS NEXT?

We are reaching the final stage of the REAL Project! 🎉

✨ With all key activities completed, only the Final Meeting and the last dissemination efforts remain. We are preparing one Conference in each country and several Internal Workshops to share our results and maximize the project's impact! 💪

Let's keep working together to share our insights and promote a healthier digital balance. Stay tuned for the final updates! ➡️📢

WHAT WAS DONE?

📖 The interactive book and audiobooks have been completed in English, Hungarian, Italian, and Spanish. 🌍 You can access them and explore its insights on digital well-being. Check them out here:

REAL project website: <https://tudasalapitvany.hu/real/>

Interactive Book. English Version:



Audiobooks. English Version:

