MINDTECH

TECHNICAL DETAILS

Project name: MindTech-Strategies for Managing Digital Addiction and Promoting Well-being for Youth

Program and Call: KA220-YOU - Cooperation partnerships in youth

Reference 2025-1-TR01-KA220-YOU-000359776

Coordination: Istanbul Valiligi (TR)

Partnership entities: ABD (ES), ISTANBUL MEDIPOL ÜNIVERSİTES (TR), İSTANBULÇOCUK LARI VAKFI (TR), Meta4 Innovations (AT), Forum Citoyens (BE) and Ergon Training (EL)

Project duration: 01/12/2025 - 30/11/2027

Action Area: Austria, Belgium, Greece, Spain and Turkey

The **MindTech** project aims to equip professionals with skills and tools to promote **digital wellbeing, prevent addiction to digital devices**, and **strengthen self-regulation and digital literacy** among **young people** through an online learning platform and a set of tools, pilot activities, discussion groups, and national conferences.

GENERAL AND SPECIFIC OBJECTIVES

- **Reduce digital addiction** and **promote healthier digital habits** among **young people.**
- **Strengthen digital literacy and critical thinking** among youngsters.
- **Improve psychological well-being and resilience** with mindfulness-based activities and gamified tools.
- **Enhance the capacity of professionals working with young people and their families** to effectively address challenging situations.
- **Ensure long-term impact and transferability at European level** by testing, evaluating and disseminating the methodologies developed.

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MAIN ACTIVITIES

- **Five discussion groups and consultations with experts** will promote dialogue, awareness and the integration of digital wellbeing practices in youth work and educational frameworks, helping to generate a competency framework for professionals, resulting in **5 national reports**.
- **Competency framework for digital balance** aimed at professionals to understand and correctly address digital addictions.
- **Creation of the CyberWell Academy**, an online learning platform with personalised training pathways, five training modules and open educational resources to train professionals and families.
- **Joint design and development of the WiseScreen Toolkit,** a set of practical tools, educational activities, teaching materials and interactive resources.
- Implementation of **pilot sessions** in educational and community settings **with 10 professionals** and **25 young people** to test, refine and validate the **CyberWell Academy** and the **WiseScreen Toolkit**
- **Dissemination, transferability and sustainability actions at European level**: national dissemination conferences, digital activities, final reports and strategies.

EXPECTED RESULTS AND IMPACT

- **Improved well-being and digital literacy for 25 young people**, enhancing their self-regulation, critical thinking and emotional resilience, and reducing associated risks.
- **Strengthened professional capacity for 10 professionals** working with young people and teachers, who will have acquired effective tools and skills.
- **5,000 people and stakeholders** involved in dissemination and visibility actions.
- **More than 500 users** will access the CyberWell Academy.
- **Five national reports** providing a comprehensive assessment of digital wellbeing and technology addiction specific to each territory.
- **The CyberWell Academy** and **the WiseScreen Toolkit** tested and validated in the pilot sessions, as freely accessible educational resources to support ongoing efforts in digital wellbeing, ensuring relevance, transferability and impact at European level beyond the duration of the project.

GROUP ABD

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