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Blog Post #1

WELCOME TO TECHWELL PROJECT

"Balance Your Tech, Shape Your Future!"

Technology addiction, especially among young people, has emerged as a major problem worldwide in recent years. We are thrilled and enthusiastic to contribute to the solution of this problem with our new project, TechWell. A warm hello from the Project communication team!

Our recently launched project Technological Wellness for Young People (TechWell) addresses problematic use of smartphones and screen addiction among high school students. Given the digital transformation of the globe, especially after COVID-19, as well as the increasing number of teenagers suffering from smartphone addiction, this project aims at understanding the causes and the consequences of the smartphone addiction in different countries as well as tackling the problematic use of smartphones among youth.

During our project lifetime, (2024-2026) we will consider cultural and social differences among different regions and countries since our study will be conducted in three different countries: Türkiye, Italy, France with the support of NGOs/stakeholders from Greece.

Together with raising awareness on technology addiction, TechWell supports the digitalization of education, which is in line with the digital education action plan (2021-2027) of the EU which promotes the digital transformation in education. It considers the issues and the problems that come with this process such as health issues, degradation in students' academic performance as well as cyber and social loafing in education. Hence, it seeks to tackle this overuse of smartphones among high school pupils in order to make this digital transformation process successful.

Funded by the Erasmus+ Programme of the European Union and administered by the Turkish National Agency (Ulusal Ajans) and led by the Istanbul Technical University; TechWell has an interdisciplinary research team which consists of experts in the technological field, psychologists, educators well as economists from different parts of Europe. Our academic and civil society partners will be responsible for academic research, curriculum design and implementation of the pilot training on awareness raising on technology addiction among young people:

- ISTANBUL TECHNICAL UNIVERSITY, Türkiye (Project Leader)
- UNIVERSITE PARIS XII VAL DE MARNE, France
- UNIVERSITA DEGLI STUDI DI PADOVA, Italy
- JUNIOR ACHIEVEMENT OF TÜRKİYE (GENÇ BAŞARI EĞİTİM VAKFI), Türkiye
- IASIS, Greece
- GOVERNORSHIP OF ISTANBUL, Türkiye will facilitate access of the Project target group (youth, schools, teachers, parents and other stakeholders) to Project outcomes and materials.
- Yeniden Association, Türkiye
- ACT KNOW, Türkiye, is responsible for the Project communication and dissemination.

TechWell Project is founded on three key reasons: Investigating the causes and effects of smartphone addiction among young people (developing a scientifically-based methodology, conducting desk research, and performing in-depth interviews); addressing problematic smartphone use, and raising awareness about smartphone addiction among stakeholders.

A Pilot Training as a Main Output of the Project

Within the scope of the project a **pilot training model** will be designed and implemented in 3 different countries using various educational materials. The project clearly aims to develop solutions to address tech addiction. These solutions are based on the development, implementation, and feedback collection from pilot training programs. The potential impact of the project is to raise awareness and consciousness among young people about problematic smartphone use. While the pilot program primarily targets adolescents **aged 15-17** from the partner countries, the dissemination activities will reach a wide range of groups, including teachers, parents, researchers and policymakers at various levels. At both national and EU levels, we will actively disseminate the project outputs among policy-makers. This is important to pave the way for implementing the project results in national and European wide and creating an environment for the future projects to develop new solutions for technology addiction.

Over Thousand People Will Be Directly Reached in 3 Countries

The project's **dissemination strategy**, thus, is to be carefully designed and implemented to ensure a lasting and expanding the impact of the project with the aim to reach new geographical areas and engage with at least **600+** students, **240+** parents, **240+** teachers, and other stakeholders, including decision-makers, local, regional, and national administrative bodies, youth associations, and universities, to further the project's mission. Disseminating all project outputs, especially educational content, will help amplify the project's effect across Europe. Schools can access and download all project materials from the project website and apply the content to their target groups.

Act Know will implement a comprehensive strategy for the project's dissemination, with specific objectives to ensure a smooth flow of information among project partners and the various stakeholders involved at different stages of the project, and promote the sustainable utilization of the project outputs.

The project will use both online and offline methods to regularly inform and engage key stakeholders. To ensure targeted and effective communication, a database of relevant stakeholders will be created and continuously updated throughout the project. The creation of a dynamic project website is on progress to allow visitors to learn more about the TechWell project and connect with partners.

The website will feature infographics, videos, and presentations, providing an interactive self-learning environment. It will also include blog posts and project newsletters written by stakeholders, detailing project results and offering opinion pieces on the subject matter. To keep updated, please do not forget to subscribe on our website: tech-well.eu

Again, we would like to emphasize that we are very happy to reach you, at the beginning of this exciting journey.

Stay tuned for the updates!

LinkedIn: [TechWell Project](#)
Instagram: [@techwell_project](#)
X: [@TechwellProject](#)
Facebook: [Techwell Project](#)
Website: <https://tech-well.eu/>

See you soon!

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