



Blog Post #24

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Two Years of Impact: The Techwell Project Journey

Over the past two years, the TechWell project has brought together universities, public institutions, NGOs, and experts from across Europe with one common goal:

Promoting technological wellness among young people and addressing the growing challenge of smartphone and technology addiction.

Project is implemented under the Erasmus+ KA220-YOU Cooperation Partnerships in Youth programme. TechWell Project created a strong international collaboration platform between partners from Türkiye, France, Italy, and Greece. The project focused on understanding the causes and consequences of problematic smartphone use among young people while developing practical educational solutions that support healthier digital habits.

From the beginning, the project was built on a simple but urgent reality that technology is now an inseparable part of young people's lives. Smartphones provide opportunities for communication, learning, and creativity, but excessive use increasingly affects mental health, concentration, social interaction, and well-being. TechWell aimed not only to investigate this issue scientifically, but also to create practical tools that empower young people, educators, and youth workers to respond to it effectively.

Research Phase of the Project

The consortium conducted extensive research activities to better understand the patterns behind smartphone addiction and problematic technology use among young people. Through desk research, interviews, discussions with educators and youth professionals, and exchanges between partner organisations, the project identified key challenges faced by today's youth in maintaining a healthy relationship with digital technologies. At the end of this phase, consortium presented three national report:

Türkiye, France and Italy that demonstrate critical insights into the context and trends among adolescents in these countries.

The findings clearly demonstrated that technological addiction is not simply about screen time. It is closely linked to emotional well-being, social pressure, mental health, academic performance, and lifestyle habits. This deeper understanding helped the partnership shape educational approaches that focus not on restricting technology entirely, but on encouraging balanced and conscious use.



Implementation of the Pilot Trainings

One of the most important phases of the TechWell project was the implementation of pilot trainings carried out in Türkiye, Italy, and France. Within the scope of the project,

Two rounds of pilot trainings were organised for students, teachers, and parents in order to test and improve the developed educational content and methodologies.

During the pilot activities, students explored issues related to smartphone addiction, screen time, social media use, and digital balance through interactive and engaging sessions. Teachers were equipped with practical methods and educational tools to better support young people in developing healthier technology habits, while parents gained awareness about the psychological and social effects of excessive technology use and learned strategies to guide their children more effectively in the digital age.

Following each pilot phase, comprehensive feedback was collected from all participant groups. The consortium carefully analysed the feedback received from students, teachers, and parents to evaluate the effectiveness, accessibility, and impact of the training materials. This evaluation process enabled the partnership to further improve the project outputs and ensure that the developed methodologies responded effectively to the real needs of young people and their families in different educational and cultural contexts.

Continuing the Impact Beyond the Project Lifetime

As the project comes to an end, the partnership leaves behind not only educational materials and research findings, but also stronger institutional cooperation, increased awareness, and a shared commitment to supporting young people in navigating today's digital world. The experiences, methodologies, and connections developed throughout these two years will continue to inspire future initiatives in youth work, education, and technological wellness.

The TechWell journey has shown that addressing technology addiction requires collaboration, empathy, research, and innovation. The partners have taken meaningful steps toward building healthier digital habits and promoting the well-being of future generations.

Although the project has officially come to an end, its results and impact will continue.

All project outputs, educational materials, and resources are available on our website for educators, parents, youth workers, and anyone interested in promoting healthier digital habits among young people.



<https://techwell.itu.edu.tr/>



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