



## Hello TechWell Community!

TechWell is an Erasmus+ Project aims to struggle with technology addiction among young people.

We are aware of the importance of helping young people enjoy the benefits of the digital world while protecting them from the negative impacts of technology addiction. That's why we've launched the Techwell Project, aimed at raising awareness of technology dependence and helping young people develop healthier digital habits.

*Together, let's promote a more mindful digital lifestyle!*

Let's get started



Funded by  
the European Union

## A New EU Project in addressing Technology Addiction: TechWell

Technological Wellness for Young People (TechWell) is launched as a new EU Erasmus+ Project to address the growing concern of technology addiction among

[Click for more](#)

## Inaugural Meeting of the TechWell Project Focusing on Technology Addiction was Held



## Kickoff Meeting of the Techwell Project

"The kick-off meeting of our new project addressing technology addiction among young people took place"

Excited to collaborate with this passionate team to raise awareness, promote balance, and create solutions for a healthier digital future. Let's make a difference together!

[Click for more](#)



## Our Blog Posts Published

To raise awareness about technology addiction among young people, we're regularly publishing new blog posts on our website. Don't miss out on articles focused on finding a healthy balance in the digital world, expert insights, and experiences from young people!

[Click for more](#)

**Stay tuned!**

**let's take steps toward a more mindful digital life together!**



If you don't want to receive e-mails from us

[Click here for unsubscribe](#)



*Copyright (C) 2024 TechWell Project. All rights reserved.*

Our mailing address is:

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)