



Celebrating Success: TechWell Project Officially Completed!

We are thrilled to announce the successful completion of the Technological Wellness Among Young People (TechWell) Project, funded by the European Union Erasmus+ Programme. Hosted proudly by Istanbul Technical University, the grand closing event brought together academics, researchers, educators, and NGO representatives to celebrate the culmination of this impactful international journey.

Over the course of the project, TechWell has closely examined the technology and smartphone habits of youth across Turkey, Italy, and France. The insights gathered from our extensive research and cross-border pilot implementations have opened up vital conversations on how to strengthen youth digital well-being for a healthier, more mindful future.



Mapping Digital Habits: A Sustainable European Alliance

The research results shared during our finale highlighted a critical truth: digital well-being is not just about reducing screen time, but deeply rooted in how we use technology and our overall level of awareness. Based on these insights, our specialized Digital Awareness Program was successfully piloted across three countries, training youth in essential topics like social media mindfulness, screen-time management, and digital balance.

This journey was made possible through a powerful multi-stakeholder European collaboration coordinated by ITU, alongside partners from France (Université Paris-Est Créteil), Italy (University of Padova), Greece (IASIS), and Turkey (Junior Achievement Turkey, the Governorship of Istanbul, Yeniden Association, and Act Know). While the official project timeline has concluded, the sustainable educational models and toolkits we've built will continue to be disseminated globally to empower future generations.

