KICK OFF MEETING IN SPAIN

PROJECT: „REAL: Restoring, Embracing And Living a REAL life off-line”

Agreement number: **2022-2-HU01-KA220-YOU-000097964**

Venue of the meeting: Calle Luis Salgado Lodeiro 1A, Santander (Cantabria), Spain.

Date: 20th and 21st June 2023.

Participants:
János Palotás and Róza Pánti from TUDÁS ALAPÍTVÁNY (Hungary),
Óscar Argumosa and Jon Galdós from PERMACULTURA CANTABRIA (Spain) and
Sillian Ferrari and Gilberto Ferrari from ORIEL APS (Italy).

AGENDA

Tuesday 20.06.2023 (9.00-17.OO)

09.00-09.15   **Welcome speech**
Óscar Argumosa (Permacultura Cantabria)

09.15-9.45   **Participants' introduction**
János Palotás (Tudás Alapítvány)
Róza Pánti (Tudás Alapítvány)
Sillian Ferrari (Oriel APS)
Gilberto Ferrari (Oriel APS)
Óscar Argumosa (Permacultura Cantabria)
Jon Galdós (Permacultura Cantabria)

09.45-10.15   **Project overview and goals**
János Palotás (Tudás Alapítvány)
Q&A from other partners

Work team, task distribution and deadlines
All partners

10.15-10.30   **Coffee Break**

10.30-13.30   **Main activities**
Óscar Argumosa (Permacultura Cantabria)
János Palotás (Tudás Alapítvány)
Sillian Ferrari (Oriel APS)

13.00-14.30   **Lunch break**

14.30-15.30   **Payment plan**
János Palotás (Tudás Alapítvány)
Q&A from other partners

15.30-17.00   **Financial control**
János Palotás (Tudás Alapítvány)
Q&A from other partners

Wednesday 21.06.2023 (9.00-13.OO)

09.00-09.45   **Reporting**
János Palotás (Tudás Alapítvány)
Q&A from other partners

09.45-10.15   **Potencial problems and solutions**
János Palotás (Tudás Alapítvány)
Q&A from other partners

10.15-10.30   **Coffee Break**

10.30-12.00   **Review of the working plan, timeline and commitments**
All partners

12.00-13.00   **Evaluation and closing (certificates delivery)**
Óscar Argumosa (Permacultura Cantabria)

13.00-14.00   **Lunch**
Return trip

DETAILED AGENDA

The Internet has helped us in several ways to stay up to date with global events, keep easy communications, increase productivity, etc.

However, the fast transition has led to the incursion of portable ICTs into our daily life, with few awareness and social norms of how to deal with this. More often, we watch youngsters who are psychologically absent in the real world with an excessive use of the Internet. According to Eurostat numbers, 81 % of EU citizens use the internet at least once per week, and 72 % use it daily. This represents a sharp increase compared with the respective 56 % and 43 % measured 10 years ago. In 2021, 95 % of youngsters aged 16-29 years in the EU reported using the internet.

Many daily/social activities, social cues, etc. have been shifted in the digital world. We are witnessing a world of young ghosts with mobiles who are physically with their friends, family, school, jobs, etc., but, at the same time, they are more active on the Internet. In those moments, their few physical interactions can give the sensation that "they are there" but not really.

The Internet overuse and the absence in the real world, can fuel different negative behaviors. The range of behaviors observed in the growing population of internet users has in recent years become so complex that scientists have defined these phenomena as 'Problematic Use of the Internet' (PUI), for behaviors such as gambling, pornography viewing, social networking, etc.

The study "Cross-cultural study of PUI in 9 EU countries" scientists investigated the relationships between PUI, time, activities spent online, and psychopathology in 5593 internet users, from 9 European countries. The prevalence of PUI ranged from 14% to 55%. PUI and other behaviors are considered in our society as "normalized" practices without realizing the big problem our society is immersed in.

We need to start working on this situation urgently, otherwise we will fail our youth communities. If we do not act on this, we will contribute to the transformation of our society into a "phubbing society".

- Objective 1: To CONNECT our experience, tools and know-how of negative behaviors on the Internet and its impacts.
- Objective 2: To ENGAGE youngsters and youth workers in the identification, counteraction and prevention of negative behaviors on the Internet.
- Objective 3: To EMPOWER youth communities in confronting "normal" negative behaviors.

MAIN ACTIVITIES

Timeline of the Project:

https://docs.google.com/spreadsheets/d/1YCebcX_fa_PZerr3mvouWlOJC4vk6qxd/edit#gid=1388646594

Work package nº1 - Project management

We will have three transnational meetings:

- **Kick off Meeting in Spain (June 2023).**
- **Mid-term Project Meeting in Italy (June 2024).**
- **Final meeting at the project ends in Hungary (March 2025).**

All three transnational meetings will be attended by 2 people per partner.

Work package nº2 - Learning phase

We will carry out the following activities to provide tools and best practices in bad behaviors online:

-**3 day Participatory Training in Hungary** to transfer tools and knowledge in negative behaviors on the Internet. **01/08/2023 - 03/08/2023**. **2 participants per partner.**

-**3 day Participatory Training in Italy** to transfer tools and knowledge in online addictions and detox techniques. **11/12/2023 - 13/12/2023. 2 participants per partner.**

-**Online workshop** to develop and test a framework to identify, prevent and counteract negative behaviors online. **01/09/2023 - 30/11/2023.**

Work package nº3 - Creation of the REAL framework phase

To develop and test a framework to identify, prevent and counteract negative behaviors online:

-Development of the **interactive book** that documents the REAL framework. **01/07/2023 - 31/12/2024.**

-**Course in Spain** where the Framework and book will be evaluated. **01/07/2024 - 08/07/2024. 8 participants per entity.**

To provide a safe space for youngsters and youth workers to tackle negative behaviors:

-Creation of a **community. 01/04/2024 - 31/07/2024.**

The REAL Framework will be documented in an interactive book with an easy language that can be understood by any person not specialized in the topic. We will

develop free audio versions of the book for people with reading difficulties or impairments.

Work package nº4 - Dissemination campaign phase

To support and motivate project participants in becoming multipliers by transferring the REAL Framework:

-**Conference** in Hungary (06/01/2025), in Spain (13/01/2025) and in Italy (20/01/2025):

At least 40 people will take part in the 1-day event, including relevant stakeholders (local NGOs working with disadvantaged youth, activists, coaches, local authorities, public youth education, youth community, media).

-**Internal workshops** in Hungary, in Spain and in Italy (01/02/2025 - 31/03/2025):

Each entity will organize 4 internal workshops. At least 20 people will attend each internal workshop.

-**Consultation Sessions** in Hungary, in Spain and in Italy (01/02/2025 - 31/03/2025):

Each entity will organize at least 15.

To raise awareness of the importance in tackling "normal" negative behaviors:

-**Other dissemination activities** (01/05/2023 - 31/03/2025).

Dissemination campaign

More than 1000 persons from Hungary, Spain and Italy will have access to the REAL Framework. These 1000 persons will be reached through more than 200 multiplier entities and public figures who are part of the target audience. Furthermore, 5000 persons will be reached from other countries from Europe and worldwide. Both calculations were determined considering the existing number of national, European and international contacts from Tudás Alapítvány, Permacultura Cantabria, Oriel and associated partners.

We will use the following channels:

- Website of the entities.
  o Tudás Alapítvány: https://tudasalapitvany.hu/real/
  o Permacultura Cantabria: https://www.permaculturacantabria.com/real/
- YouTube (to upload the course video and the summaries of the visits).
- Social Media: Facebook, Instagram, Twitter.
- Multiplier events.
- Internal Workshops.
- Consultation period.
- EU Platforms.

- Conferences.
- Dissemination materials: Digital posters, infographics, articles, newsletter.

Another important result of the campaign is that the project and the interactive book will be permanently available. Even after the project ends, youth communities will have free access to the project, interactive book and methodology, from any part of the world. We expect to reduce the economic, geographical and cultural obstacles offering online high quality materials free of charge. The Strategy of offering these materials in English and Spanish will increase the access of youth communities in Latin American countries and almost the rest of the world.

Each partner should add their dissemination links to this file:

https://docs.google.com/spreadsheets/d/1StdUxRUGYAxuet9ic2tczq1zAbtCQipO/edit#gid=204063617

Learning activities

C1: PARTICIPATORY TRAINING TO HUNGARY

- **Date:** 01/08/2023-03/08/2023 according to the application.
- **Participants:** 2 book developers per entity.
- **Venue:** Hódmezővásárhely. Sending entities will have an infopack for participants 2 months before the course starts.
- **Learning objectives:** share knowledge and tools regarding the Problematic Use of the Internet and other negative behaviors.
- **Program:**
*PUI and its Manifesto
*Youth Gaming Culture
*Youth with Cyberchondria
*e-Gambling and its types
*The Online Shopping Attitude among Youth
*Pornography in youth and its dangers
*Youth in Social Networking
*Youth with different types of FOMO
*Digital hoarding practices and types
*How does digital hoarding affect our environment?
*1,2,3..smile! What is the multiple pictures effect?

C2: PARTICIPATORY TRAINING TO ITALY

- **Date:** 11/12/2023-13/12/2023 according to the application.
- **Participants:** 2 book developers per entity.
- **Venue:** Verona. Sending entities will have an infopack for participants 2 months before the course starts.
- **Learning objectives:** share knowledge and tools regarding Addictions and Detox techniques.
- **Program:**
*Myths and realities of online addictions

*How can the internet be addictive if there is not any physical consumption?
*How to identify "normalized" practices in youth?
*Young's Internet Addiction Diagnostic Questionnaire (IADQ)
*Problematic Internet Use Questionnaire (PIUQ)
*Problematic Online Gaming Questionnaire (POGQ)
*The Digital Distraction Test
*Internet Sex Screening Test (ISST), etc.
*Getting over with the Internet overuse: How to implement a Digital Detox Process in youth?
*How techniques to improve memory and concentration tackle the negative effects of
*PUI? Techniques and exercises for
youth.
*How to raise awareness of "normalized" behaviors in youth?

C3: Course in Spain

- **Date:** 01/07/2024-08/07/2024 according to the application.
- **Participants:** 8 from each entity: 2 book developers, 4 youth workers and 2 youngsters who are part of our organizations.
- **Venue:** Penagos. Sending entities will have an infopack for participants 2 months before the course starts.
- **Learning objectives:** develop and test a framework to identify, prevent and counteract negative behaviors online.
- **Program:**
Developers will transfer the REAL Framework to youth workers and youngsters, so they can apply the new tools with themselves and peers. Associated Partners and participants will test the book, evaluating that the book is coherent with the course. Functionality and practicality of the book will also be analyzed. Each day, participants will provide their evaluations, constructive feedback, ideas and recommendations.

Round tables: 1.FOMO, not only on the online world. 2.What can our governments do to reduce these behaviors?

WORK TEAM, TASK DISTRIBUTION AND DEADLINES

Tudás Alapítvány
Project manager: János Palotás.
Dissemination manager: Róza Pánti.
Book Developers: Harianna Havasi and Gábor Palotás.
Associated partners: Bethlen Gábor Grammar School, ÉK Assiciation, KIÚT Foundation and The Hungarian Interchurch.
Contact person: János Palotás +36 30 680 8275

Permacultura Cantabria
Project manager: Óscar Argumosa.
Dissemination manager: Begoña Cueli.
Book Developers: Yolanda Saiz and Virginia Pañeda.

Associated partners: General Council of Equality and Women in Cantabria, Social Services Institute in Cantabria, Espacio Joven and European Affairs Office.
Contact person: Óscar Argumosa +34 660 79 84 85

<u>Oriel APS</u>
Project manager: Sillian Ferrari.
Dissemination manager: Manuel Berto.
Book Developers: Silvia de Paoli and Francesco Bugnola.
Associated partners: Telefono Azzurro, Verona Reception Center, Italian Mental Health Association and Verona Volunteering Center.
Contact person: Sillian Ferrari +39 347 168 2976

PROJECT RESULTS

REAL framework.

Interactive book + audiobook.

Main target groups: Youth, youth workers, other staff from our entities, youngsters.

Result Languages: English, Hungarian, Italian, Spanish.

Deadline: December 2024.

The main result is a cutting-edge Framework for youth workers to identify, tackle and counteract negative behaviors on themselves and especially on the youngsters they work with. This Framework will be also available for any youngster who does not have the opportunity to be a learner in our entities (for distance or any other reason) and would like to obtain all its tools for free.

The REAL Framework will be documented in an interactive book with an easy language that can be understood by any person not specialized in the topic.
We will develop free audio versions of the book for people with reading difficulties or impairments.

Both formats will be free, fast and easy available in our social networks, websites, EU Platforms, etc. Any person from any part of the world will have access.

INTERACTIVE BOOK CREATION: All partners will participate

Tasks:

INFORMATION ANALYSIS
Before training activities (WP2): Each entity will conduct an in-depth analysis of their tools, best practices and knowledge, as well as in other exemplary entities from their countries.

After training activities: Participants will compile and analyze the information learned to create the Framework.

WRITING
Our partnership agreed on the index and the basic chapters' content before the submission of this proposal. Our entities could suggest further changes on the index as long as they provide an added value. To keep ideas synchronized, developers will work with Google Drive, as many users can work on the same document, at the same time.

CONTENT REVISION AND CORRECTIONS
-All developers will review a chapter when it is finished.
-When developers approve the chapter, project coordinators will review it.
-After the test in Spain, developers will modify the content according to the participants' feedback.
-New changes will be validated and approved by our entities.

INTERACTIVE LAYOUT
The book will include interactive features and illustrations to catch the attention of youngsters. Interactive features will foster learning: embedded videos, QR codes, animations, responsive touch slider, podcasts, etc. It will have quizzes so readers can revise their knowledge learned.

TRANSLATION
One of our goals is to provide interactive books in Hungarian, Spanish, Italian and English to raise the attention of non- english speakers in our countries. Therefore, each partner will translate the book into its native language. The English version will also be published to reach other youth communities around Europe and the world.

AUDIOBOOK
The translated book will be recited and recorded by our organizations. The sound will be edited to ensure a high quality audiobook. PC will record the English version.

Index proposal:

THE FAST DIGITAL TRANSITION: THE "NEW NORMAL" LIFE
PUI: PROBLEMATIC USE OF THE INTERNET
What is PUI?
The PUI Umbrella
Gaming
Gambling
Purchasing
Viewing pornography
Social networking
Cyberchondria
The PUI Manifesto

OTHER BEHAVIORS OUTSIDE THE PUI UMBRELLA
Digital hoarder
Types of hoarder

Consequences

Driving and its risks

FOMO
FOBO
MOMO
ROMO
FOJI
JOMO

Streaming and videos overuse
The multiple pictures effect

THE DIGITAL WORLD'S SIDE EFFECTS THAT WE BARELY KNOW
Side effects on our brains
Side effects on our sleep patterns
Side effects on our relationships
Side effects on the society
Side effects on productivity
Side effects on work-life Balance
Side effects on mental health

AM I ADDICTED TO TECHNICAL DEVICES?
Addictions and its effects
Warning signs of internet addiction
Internet Addiction Test
The Digital Distraction Test
Internet addiction in Europe
Videogames addiction Test
Other tests
Signs of data hoarding

DIGITAL DETOX
Benefits
Dysphoria
The Detox Process
Tools useful for the Detox Process
Exercises and techniques to improve memory and concentration
From hoarder to collector

EMOTIONAL MANAGEMENT
Importance of Emotional Management in youth
Emotional Management tools and best practices to prevent and confront PUI and other behaviors

WHAT'S NEXT IN POLICIES? POLICY OPTIONS PROVIDED TO THE EUROPEAN PARLIAMENT

NEED ADDITIONAL SUPPORT?
Addiction entities from Spain, Hungary and Italy
Mental health entities from Spain, Hungary and Italy
Suicide prevention entities from Spain, Hungary and Italy

FINANCIAL CONTROL

*Permacultura Cantabria will support Tudás Alapítvány with the financial control.

*Each partner must report their expenses at the end of each month with supporting documents (scanned invoices issued to their organization) to Permacultura Cantabria. Thus, we can plan possible transfers between budget items.

*Original documents may be requested during the controls, the Partner is liable to submit original copies of the documents and to keep accounting reports. The Commission may carry out inspections or evaluations within 5 years as of the date of application of the contract and the date on which the person is paid (as the total budget exceeds EUR 60 000).

Budget Items	Allocated amount (EUR)
Work package nº1 Project Management	22.905
Work package nº2 Learning phase	5.762
Work package nº3 REAL framework	79.333
Work package nº4 Dissemination	12.000
Total	120.000

Payment plan

The NA will pay the coordinator 80% and 20%. However, the partnership agreed that the coordinator will pay their partners 40,40,20%:

Summary	40% (EUR)	40% (EUR)	20% (EUR)	Total Economic Distribution (EUR)
Tudás Alapítvány (Hungary)	14.356,4	14.356,4	7.178,2	35.891

Permacultura Cantabria (Spain)	15.030	15.030	7.515	37.575
Oriel APS (Italy)	18.613,6	18.613,6	9.306,8	46.534
Total	48.000	48.000	24.000	120.000
Payment date	Agreement signature	Middle of the project (01.05.2024)	Approval of the final report	

In case that, during the implementation of the project, a beneficiary needs to modify the budget allocated to a work package/activity, this can be done only by requesting an amendment. Budget transfers between work packages are acceptable only if work packages are nor already completed (and declared as such in a financial statement) and are justified by the technical implementation of the action. In this sense, the granting authority will assess any such request for amendment on a case-by-case basis.

REPORTING

The Project runs for 23 months starting on 01.05.2023 and finishing on 31.03.2025.

Interim report: Not applicable.

Final report: within 60 days of the deadline for completion of the project, the coordinator must submit the final report on the implementation of the project to the Commission using the reporting tools and upload the project results, if any, on the Erasmus+ Project Results Platform. The report shall contain all the information required and demonstrates the lump sum grant requested. The final report shall be considered as a request for payment of the balance of the grant.

BUDGET DISTRIBUTION

Summary	Economic Distribution (eur)	Payment plan suggested		
		40%	40%	20%
FoK (HU) (Applicant)	35891	14356,4	14356,4	7178,2
Permacultura (Spain)	37575	15030	15030	7515
ORIEL	46534	18613,6	18613,6	9306,8
	120000	Agreement signature	Middle of the project (01.05.2024)	Approval of the final report

Item 1	Organisation	Management (WP1)	Meetings	For coordination
Project Management and Implementation: planning, finances, coordination and communication, dissemination	FoK (HU) (Applicant)	11500	2670	8735
	Permacultura (Spain)	5750	2670	3080
	ORIEL	5750	2300	3450
		22905	7640	15265

Item 2	Organisation	Eur*	N° pax	Application total	Real Distance	
Transnational Project Meetings for implementation and coordination purposes. There are 3 project meetings: the kick-off will be in Spain, the mid-term meeting will be in Italy and the final meeting will be in Hungary	(FoK, HU) to Spain	760	2	1520	1923.67	Hódmezővásárhely-Penagos
	(Permacultura, Spain) to Spain	0	2	0	0	
	(ORIEL, IT) to Spain	575	2	1150	1197.01	Verona-Penagos
	(FoK, HU) to IT	575	2	1150	729.11	Hódmezővásárhely-Verona
	(Permacultura, Spain) to IT	575	2	1150	1197.01	Verona-Penagos
	(ORIEL, IT) to IT	0	2	0	0	
	(FoK, HU) to HU	0	2	0	0	
	(Permacultura, Spain) to HU	760	2	1520	1923.67	Hódmezővásárhely-Penagos
	(ORIEL, IT) to HU	575	2	1150	729.11	Hódmezővásárhely-Verona
				7640		

Item 4	Organisation	Eur per pax***	Participants	Total		
Multiplier Events: conferences, seminars, events sharing and disseminating the intellectual outputs	FoK (HU) (Applicant)	100	40	**4000**		
	Permacultura (Spain)	100	40	**4000**		
	ORIEL	100	40	**4000**		
				12000		

Item 5.1.	Organisation	Eur****	N° pax	Total	Real Distance	
	(FoK, HU) to HU	0	2	**0**	**0**	
	(Permacultura, Spain) to HU	360	2	**720**	**1923.67**	Hódmezővásárhely-Penagos
	(ORIEL, IT) to HU	275	2	**550**	**729.11**	Hódmezővásárhely-Verona
	(FoK, HU) to IT	275	2	**550**	**729.11**	Hódmezővásárhely-Verona
	(Permacultura, Spain) to IT	275	2	**550**	**1197.01**	Verona-Penagos
Learning activities (travel). There will be three learning activities: a 3 days participatory training in HU, a 3-day participatory training in Italy, and 8-days training course in Spain.	(ORIEL, IT) to IT	0	2	**0**	**0**	
	(FoK, HU) to Spain	360	8	**2880**	**1923.67**	Hódmezővásárhely-Penagos
	(Permacultura, Spain) to Spain	0	8	**0**	**0**	
	(ORIEL, IT) to Spain	275	8	**2200**	**1197.01**	Verona-Penagos
				7450		

Item 5.2	Organisation	Days	Eur per day..	Participants	Total youth workers	COVID TESTS	Eur per day..	YOUNG LEARNERS (under 30 years old)	Total young learners
	(FoK, HU) to HU	0	106	2	0	0	58	0	0
	(Permacultura, Spain) to HU	4	106	2	848	0	58	0	0
	(ORIEL, IT) to HU	4	106	2	848	0	58	0	0
	(FoK, HU) to IT	4	106	2	848	0	58	0	0
	(Permacultura, Spain) to IT	4	106	2	848	0	58	0	0
Learning activities (Individual Support). There will be three learning activities: a 3 days participatory training in HU, a 3-day participatory training in Italy, and 8-days training course in Spain.	(ORIEL, IT) to IT	0	106	2	0	0	58	0	0
	(FoK, HU) to Spain	9	106	6	5724	0	58	2	1044
	(Permacultura, Spain) to Spain	8	106	6	5088	0	58	2	928
	(ORIEL, IT) to Spain	9	106	6	5724	0	58	2	1044
					19928	0			3016

Item 3	Output	Activities	Organisation		Eur per day**	Working days	Application total	Total
Intellectual Outputs: Interactive book		Analysis of the Information		HU	74	15	1110	
		Writing	2 Trainers	HU	74	45	3330	
		Content Review and Corrections		HU	74	20	1480	9440
		LAYOUT	Technician	HU	55	24	1320	
		Translation	Technician	HU	55	20	1100	
		Audiobook	Technician	HU	55	20	1100	
		Analysis of the Information		Spain	137	15	2055	
		Writing	2 Trainers	Spain	137	45	6165	
	book	Content Review and Corrections		Spain	137	15	2055	18843
		LAYOUT	Technician	Spain	102	24	2448	
		Translation	Technician	Spain	102	20	2040	
		Audiobook	Technician	Spain	102	40	4080	
		Analysis of the Information		IT	214	15	3210	
		Writing	2 Trainers	IT	214	45	9630	
		Content Review and Corrections		IT	214	15	3210	26418
		LAYOUT	Technician	IT	162	24	3888	
		Translation	Technician	IT	162	20	3240	
		Audiobook	Technician	IT	162	20	3240	
								54701

PROJECT TIMETABLE

Name of the project: REAL: Restoring, Embracing And Living a REAL life off-line (2022-2-HU01-KA220-YOU-000097964)

Project activity*	2023								2024												2025		
MONTHS	May M1	Jun M2	Jul M3	Aug M4	Sep M5	Oct M6	Nov M7	Dec M8	Jan M9	Feb M10	Mar M11	Apr M12	May M13	Jun M14	Jul M15	Aug M16	Sep M17	Oct M18	Nov M19	Dec M20	Jan M21	Feb M22	Mar M23
M1 (Kick off meeting in Spain)	X	20-21																					
C1 (Participatory training in Hungary)				X																			
C2 (Participatory training in Italy)								X															
M2 (Mid-term meeting in Italy)														X									
A1 Interim report																							X
C3 (Course in Spain)					5-13										X								
A4 Online Workshops					X	X	X																
R1 (Book creation)			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X				
R1.1. (Information analysis)			X	X	X	X	X	X	X														
R1.2. (Writing)									X	X	X	X	X	X									
R1.3 (Content revision and corrections)									X	X	X	X	X	X	X	X							
R1.4 (Interactive layout)												X	X	X	X	X							
R1.5 (Translation)																	X	X	X				
R1.6 (Audiobook)																		X	X	X			
E1 (Multiplier event in Hungary)																					X		
E2 (Second Conference in Spain)																					X		
E3 (Last Conference in Italy)																					X		
A5 (Internal workshops)																						X	X
A6 (Consultation sessions)																						X	X
M3 (Final meeting in Hungary)																							X