



# IADLIBER

2022-1-RO01-KA220-ADU-000087209



Co-funded by  
the European Union

Internet Addiction is a serious and troubling pathology. The global prevalence of internet addiction has been estimated to be 6%. It is concerning, given that only 39% of the world's population has access to the internet. The complex and multiple barriers to social inclusion that adult with fewer opportunities, and NEETs (person that are Not in Education, Employment, or Training) for that matter, face such as living in rural areas, migration backgrounds, education level, gender, ethnic minorities, drug and alcohol addiction, adverse family backgrounds, or mental health problems, are the cause of an increase in the internet addiction rate. Therefore, IADliber was created with a clear objective, to help our target group, educators of adults with fewer opportunities, in providing individualised and holistic counselling, mentoring, training, and follow-up to guide those adults to new opportunities



## WHAT IS IADLIBER?

It is an Erasmus+ project co-funded by the European Union that aims at strengthening educators of adult with fewer opportunities in their efforts to increase their competences necessary for identifying and counteracting Internet addiction.

## WHAT WILL IT OFFER?

The project will create a survival kit and a mobile app consisting of several necessary educational materials that can successfully support their work and be an excellent tool for presenting influence to the target group on through mindfulness and other methods of focus, self-awareness and reliable assessment of the situation.

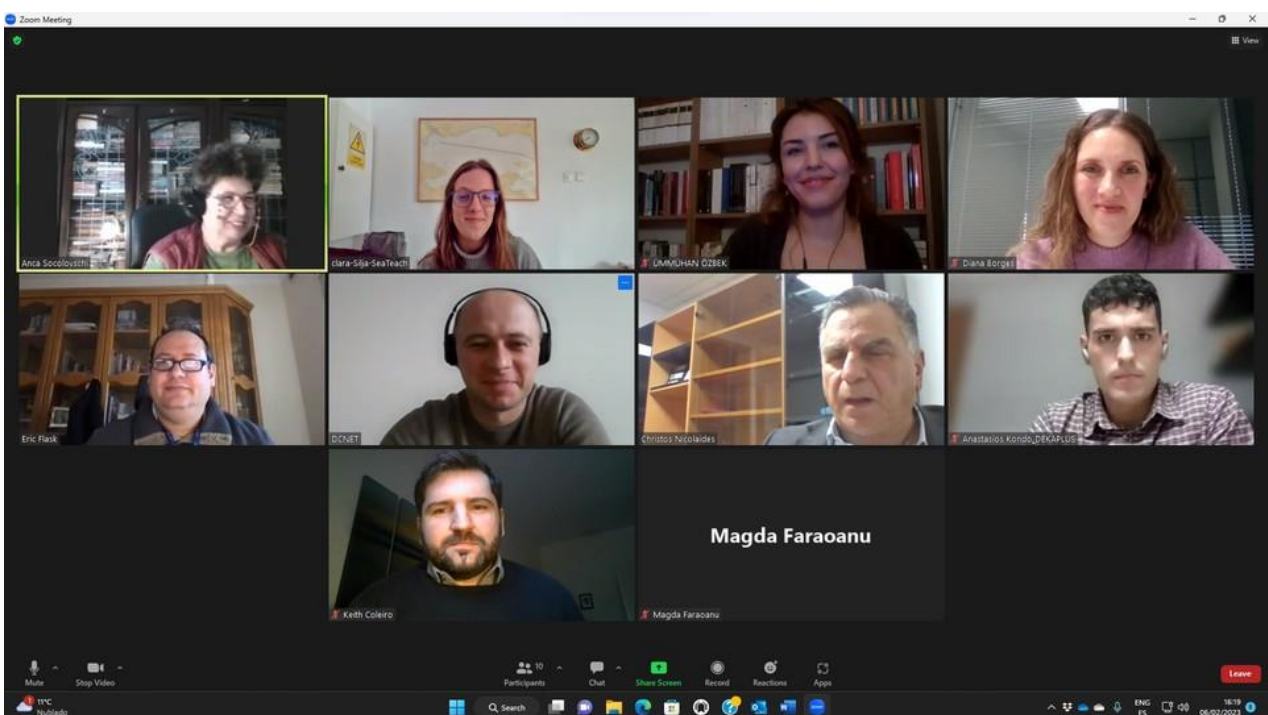
# The deliverables

The project will develop a **Survival Kit** and a **Mobile App** that will focus on:

- Techniques of recognizing and reacting to IAD
- Types of IAD and the degree of disease aggravation
- Ways and principles of talking with an addicted adult
- Mindfulness
- Other methods of focus
- Self-awareness and reliable assessment of the situation
- IAD – prevention

To ensure that the results meet the needs of the target audience, focus groups were conducted with adult educators, who provided us with their views and knowledge about internet addiction and discussed the proposed techniques for overcoming this addiction. We have collected this valuable feedback and will use it to guide the development of the survival quit and the mobile app.

The general conclusion drawn from these focus groups is the overall feeling among the participants of concern about internet addiction and the misuse of social media and technologies. They consider that there are no regulations around new technologies and how to deal with this addiction and would welcome new information and materials about it. So we can extract the essential need for this project in today's highly digitalised environment.



The partnership met online to organize the project's deliverables

## NEXT STEPS

The partnership will meet up in Malta during the first week of June. This peer-to-peer knowledge exchange week will be an intensive training experience for the partners who will gain valuable learning in order to provide the most adequate educational material.

After carrying out the focus groups the partnership is working on the development of the modules of the survival kit. It will present many real-life examples that will allow the target group to best absorb the content.

The project website will contain all the deliverables and important information regarding the project development. It will be launched soon and it will be available in all the partnership languages.

*Together we can stop internet addiction*

FOLLOW ME



IADliber Project



[www. iadliber.erasmus.site](http://www.iadliber.erasmus.site)

## THE PARTNERS



Centrum Wspierania  
Edukacji  
i Przedsiębiorczości



T.C. İSTANBUL VALİLİĞİ

