



IADLIBER

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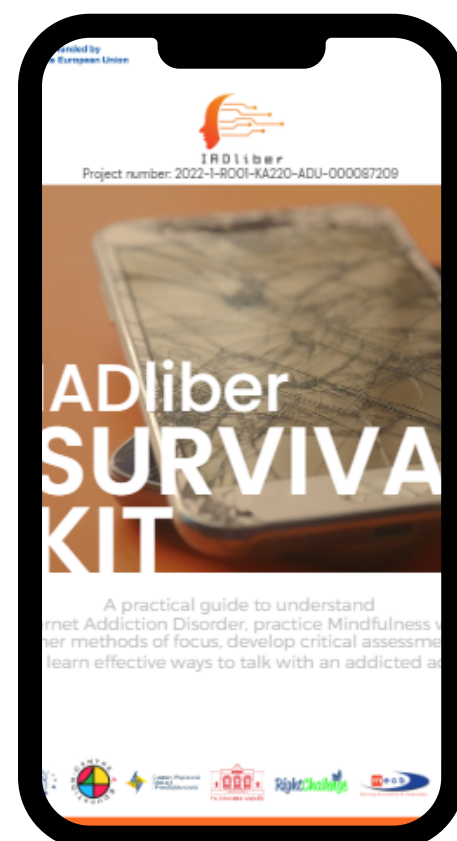


Co-funded by
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THE SURVIVAL KIT IS NOW AVAILABLE

After months of hard work the IADliber Survival Kit is available in English and in the languages of the consortium (Spanish, Turkish, Polish, Greek, Portuguese and Romanian) on the project website. This manual consists of 7 different modules dealing with the following topics: Recognizing and Reacting to Internet Addiction, Types of IAD and Degree of Disease Aggravation, Ways and Principles for Talking to an Addicted Adult, Mindfulness, Other Methods of Focus, Self-Awareness and Reliable Assessment of the Situation and IAD Prevention.

This e-book offers an interactive approach and hand down methodology that helps users to put into practice what they have learned by offering exercises that facilitate the understanding of the theory.



CHECK IT OUT



The main objective of this eBook is to equip adult educators with several essential educational materials related to Internet Addiction Disorder (IAD); which can effectively assist their instructional efforts and serve as a valuable tool to equip adult learners with various skills based on mindfulness, other methods of focus, self-awareness and reliable assessment of situations. This e-book offers a practical guide that empowers adult educators to better understand IAD processes, fosters critical thinking within a digital environment, and provides effective ways to approach and engage individuals struggling with addiction.

This e-book has been tested with the target groups to ensure that the content is appropriate to the needs of the group. The feedback obtained from the participants has been taken into consideration and implemented in the e-book to offer the final version of the e-book.

The IADliber mobile app

The IADliber app will be a practical application tool focused on educators of disadvantaged adults offering exercises and educational material based on the prevention and overcoming of Internet addiction.

The app is being developed based on the first result of the project, the survival kit, to transform the theory of the project into practical exercises that are easy to understand and apply. The app will include 20 Action Cards for each module as well as quizzes focused on completing the learning process of the target group.

The fast pace of life leaves us short of time to actually 'live'. Unfortunately, most people are 'just surviving'

Over the next few months, the partners will focus on the development and finalization of these materials, ensuring that they meet the needs of educators, providing an interactive and practical result. The application will also be translated into all the languages of the consortium to ensure its application in the partner countries and generate a greater impact at the international level.



The partnership met in Porto, Portugal for the First Face-to-face Partners Meeting

NEXT STEPS

Following the development of the second result of the project, the IADliber App, the partners will hold national promotion seminars where the official presentation of both results will take place, offering the opportunity to test them and give feedback to the participants.

These seminars will be held locally during the month of November 2024 to offer local communities the opportunity to help disadvantaged groups members to participate in lifelong learning and foster their inclusion and integration.

If you want to be part of these tests and know first hand the results of the project, the survival kit and the mobile app, do not hesitate to visit our website and contact us to offer suggestions or feedback.

To ensure that all project objectives have been met and to ensure the quality of the results, the partners will meet in October 2024 in Mallorca, Spain, for the second transnational meeting. During these days, the consortium will discuss the finalization of the results and the development of the promotion seminars.

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IADliber Project



www.iadliber.erasmus.site

THE PARTNERS



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T.C. İSTANBUL VALİLİĞİ



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