



# IADLIBER

2022-1-RO01-KA220-ADU-000087209



Co-funded by  
the European Union

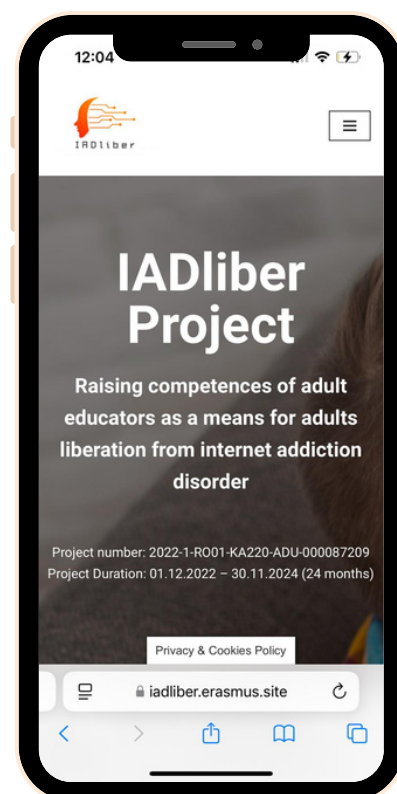
## The IADliber project has reached its end!

We are excited to announce the successful completion of our project dedicated to combating Internet Addiction Disorder (IAD)! Over the past months, our dedicated team has developed an innovative Survival Kit and a user-friendly Mobile App designed to enhance essential skills in mindfulness, focus, and self-awareness.

These resources aim to empower individuals with reliable tools for self-assessment and personal growth, fostering a society that is better educated and more resilient to the challenges posed by IAD. The Survival Kit provides practical strategies and exercises, while the Mobile App offers interactive content that users can engage with anytime, anywhere, without any internet connection, once downloaded.

The project is vital as it empowers social inclusion workers and adult educators with the skills and knowledge needed to address and mitigate the growing issue of internet addiction. By utilizing the exercises in the Survival Kit and engaging with the quizzes in the Mobile App, these professionals can enhance their ability to identify, prevent, and manage internet addiction effectively. This dual approach not only strengthens their competencies but also provides them with practical tools to support individuals struggling with internet dependency, fostering healthier digital habits and promoting overall well-being within communities. The project thus serves as a critical resource for building resilience and supporting social inclusion in a digital age.

## The IADliber Website



## The National Seminars

The IADliber consortium successfully executed a series of national promotion seminars aimed at disseminating the key outputs of the project. These seminars served as a platform to present the two primary deliverables: the Survival Kit, an essential resource for addressing this growing concern, providing practical strategies and tools to mitigate the negative impacts of excessive internet use and the Mobile App that serves as both an educational tool and a means of self-assessment, ensuring that educators are well-equipped to understand and address the nuances of internet addiction in their professional practices.

Through these seminars, the consortium effectively communicated the value and functionality of these outputs, thereby advancing the project's objectives and fostering a broader understanding of internet addiction prevention and intervention.

*Together, we can cultivate a mindful and resilient society, equipped to navigate the challenges of the digital age and promote well-being for all.*



*The partnership met in Mallorca, Spain for the Last Face-to-face Partners Meeting*

## IMPACT AND SUSTAINABILITY

The implementation of the Survival Kit and the Mobile App had a significant and positive impact on the target group of adult educators. The following outlines the key aspects of this impact: enhanced knowledge and skills, increased confidence and competence of adult educators, improved educational outcomes and increased the awareness and advocacy of Internet Addiction.

We are thrilled to announce that our project website has been refreshed and is now live with exciting new content! Visit us to access a wealth of information, including the results of our recent initiatives. You can find the links to download both results (Survival Kit and Mobile App) and detailed reports from the initial research phase on the website.

Our website serves as a comprehensive resource, showcasing our findings on Internet Addiction Disorder (IAD) and providing insights into the methods we developed to enhance mindfulness and self-awareness. You'll also find valuable tools and resources designed to support individuals and educators alike.

Thank you to everyone who contributed to this project. Together, we are making strides toward a more mindful and resilient society.



IADliber Project

**FOLLOW ME**



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

## THE PARTNERS



Centrum Wspierania  
Edukacji  
i Przedsiębiorczości



T.C. İSTANBUL VALİLİĞİ



*Driving Excellence & Innovation*