

A Erasmus KA210-SCH Project

# CONNECT T@ THE LIFE



Number of Project:

2023-1-ES01-KA210-SCH-000155140

## Project Goal:

To help students understand what **digital addiction** is, how it **negatively affects** their lives, and how they can **cope with it effectively**.

- 📊 Over **50% of students** admit they are addicted to technology.
- ⌚ **64%** spend **3-5 hours daily** on phones, computers, or the internet.
- ⌚ **16%** spend **more than 5 hours a day** online!

## OUR MISSION

- ⌚ Reduce screen time to **1-2 hours** a day for at least **50% of participants**.
- 🎨 Encourage young people to join **alternative activities** – **80%** say they could limit technology use if they had engaging things to do instead.

## WHY IT MATTERS:

This Erasmus project is a **great opportunity to share good practices**, discover creative solutions, and work together towards a **healthier, more balanced digital lifestyle**.



## Website:

[www.connecttothelife.eu](http://www.connecttothelife.eu)



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