

A Erasmus KA210-SCH Project

# CONNECT T@ THE LIFE

Number of Project: 2023-1-ES01-KA210-SCH-000155140



A European Erasmus+ project helping young people understand **digital addiction**, its negative effects, and how to find a **healthy balance** between online and offline life.

## JOIN US!

**Let's connect with life** — not just with devices.  
Be part of a movement for a healthier, more balanced digital lifestyle.

## 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.



Co-funded by  
the European Union

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





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Erasmus + Project KA210SCH

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**Co-funded by  
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