Key Action: Learning Mobility of Individuals
Action Type: Virtual Exchanges in Higher Education and Youth

Project Title

DiWeGa - Digital Wellness Guardians

Project Coordinator

Organisation	SOSIAL HAKER ASTIKI I KERDOSKOPIKI ETAIREIA
Address	ANAXAGORA 3 , 105 52 ATHINA , EL
Website	http://www.socialhackersacademy.org

Project Information

Identifier	101193157
Start Date	Feb 1, 2025
End Date	Jan 31, 2028
EC Contribution	318,908 EUR
Partners	DESERT BLOOM FOR TRAINING AND SUSTAINABLE DEVELOPMENT CO (JO) , CONNECT YOUR CITY (BE) , Tunisian youth Impact (TN) , MEDITERRANEAN YOUTH FOUNDATION FOR DEVELOPMENT (EG) , IASIS (EL)

Project Summary

Digital Wellness Guardians (DiWeGa) is a Virtual Exchange project designed to empower and educate 1,800 youth learners and 30 Youth Workers on Digital Wellness using a non-formal educational methodology. The project addresses the impact of mental and physical health challenges arising from digital interactions on social media platforms (e.g., Instagram, Facebook, TikTok) and gaming platforms (e.g., Fortnite, Roblox), among others. It focuses on identifying these challenges and raising awareness for the affected individuals, their friends, families, and the wider community. These issues have been highlighted during the Fourth Industrial Revolution and were exacerbated by the COVID-19 pandemic. The Digital Wellness Guardians initiative marks the beginning of a much-needed solution to the myriad problems stemming from the digital interactions of youth and beyond.

The project comprises online people-to-people activities that enhance intercultural dialogue and develop soft skills through seven virtual exchanges involving Erasmus programme countries and third countries not associated with the Programme. The consortium includes six participants from five countries: Greece, Belgium, Egypt, Tunisia, and Jordan.

The project is structured in two phases. The first phase aims to educate 30 Youth Workers through one synchronous virtual exchange and several asynchronous interactions, who will then facilitate the learners' virtual exchange activities. The second phase involves creating six virtual exchanges for learners aged 18-30. These exchanges are designed to increase tolerance through online interactions, leveraging digital and youth-friendly technologies.

Link to project card: [Show project card](#)