Outdoor school and thematic courses

on the topic of digital addiction.

Outdoor school and thematic courses on digital addiction.

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INTRODUCTION

Good morning,

My name is Ivan and I work as a consultant and advisor in the field of digital addiction. Addiction to mobile phones and other digital technologies affects a large number of children, students, but also their parents, athletes, employees in companies and other people. Digital technologies have become a common part of our everyday lives. They bring us many benefits, but at the same time, their excessive use can negatively affect our attention, ability to concentrate, interpersonal relationships, communication and the way we spend our free time.

The negative effects of excessive use of digital technologies can be observed practically every day. For example, we often see families sitting together at the same table, but each member of them is looking at their mobile phone. Children and students spend more and more time in the digital environment and often find it difficult to put down their phone, computer or tablet even in situations when they should be resting, learning, communicating with others or engaging in physical activities.

The environment we live in plays a very important role. Children and students often find themselves at home, at school, in fast food restaurants, on public transport or among their peers in an environment where digital

technologies are constantly present and their use is considered a normal part of life.

If a person decides to change their relationship with digital technologies, one of the first and very important steps may be to change the environment.

I come from Ostrava /a city in the Czech Republic/ and I remember very well the environment of Ostrava in the 1980s and 1990s, when there was significant smog and polluted air. That's why as children we often went to outdoor schools, both in elementary and later in high school.

Outdoor schools were supposed to allow children to stay in a cleaner environment, more exercise, rest and contact with nature. The change of environment had a positive meaning and I personally had the opportunity to compare my stay in the mountains and nature with the environment of "black" Ostrava several times. The difference between the clean mountain air and the smog in the city was very significant.

We can find a certain similarity in digital addiction.

If we are exposed to an environment where mobile phones, social media, the internet and other digital technologies are constantly present, it can be very difficult to change the way we use them through willpower alone. That is why I believe it is important to create an environment where one can truly take a break from digital technologies.

That is why I would like to develop the concept of Outdoor Schools focused on digital addiction for elementary school students and thematic courses focused on digital addiction for high school, university and other groups.

The aim of these stays is to give participants the opportunity to change their usual environment for a certain period of time, limit the use of digital devices, and at the same time learn practical procedures and techniques that can help reduce digital addiction.

The very experience of being able to spend time without constantly checking your phone can also be very important. You can rediscover normal activities that have been gradually replaced by the digital world – personal communication, sports, spending time in nature, social activities, reading or just plain relaxation.

Digital addiction is and will likely continue to be a major social issue. We shouldn't wait for this problem to get worse. It's important to find practical ways to help children, students, and adults develop a healthier relationship with digital technologies.

I therefore see outdoor schools and thematic courses focused on digital addiction as one of the options for offering people a pleasant change of environment in which they are not constantly surrounded by digital technologies. At the same time, participants will learn effective practical habits and methods that help reduce digital addiction.

I wish you that digital technologies affect you as little as possible and that you are able to maintain a healthy, conscious and balanced relationship with the digital world.

Ivan

WHO IS THIS BOOK FOR?

This book is intended for everyone who encounters the issue of digital addiction - whether in children, students, employees, athletes, family members, or themselves.

The book is also intended for anyone who wants to learn more about the possibilities of Outdoor Schools and thematic courses focused on digital addiction and is looking for practical ways to create a healthier relationship with digital technologies.

A) SCHOOL STAFF, TEACHERS, PRINCIPALS AND SCHOOL MANAGEMENT

My goal is for this book to be available to the leadership of every elementary, secondary, and higher education institution. Digital addiction is a topic that will increasingly affect the school environment.

Teachers and school leaders have a unique opportunity to influence the way children and students think about and use digital technologies.

The management of each school can assess whether it is beneficial to organize Outdoor Schools or thematic courses focused on digital addiction and look for specific procedures for working with this topic and reducing digital addiction.

B) FOR PARENTS OF PUPILS AND STUDENTS

Digital addiction can affect the daily lives of children and students, and parents may encounter its manifestations right at home.

Every parent can monitor how their child uses a mobile phone, tablet, computer or social media and consider whether their use is having a negative impact on the child's daily life.

Supporting a child in participating in an Outdoor School or a thematic course focused on digital addiction can be one way to offer the child a change of environment, new experiences, and practical procedures for reducing digital addiction.

C) FOR PUPILS, STUDENTS AND MEMBERS OF SPORTS CLUBS

If you are a pupil, student or member of a sports club, you may want to think about how much time you spend with your mobile phone and other digital technologies.

You can ask yourself questions like:

Can I be without my mobile phone for a certain period of time?

Does my phone affect my attention and ability to concentrate?

Does it make me spend less time doing sports, being around people, or in nature?

Does the use of digital technology affect my relationships with others?

You can also observe your surroundings and think about how digital technologies affect your classmates, friends, or sports team members.

If you feel that digital technologies are significantly affecting your daily life, you may benefit from changing your environment and practicing practical methods that help reduce digital addiction.

D) FOR ACCOMMODATION PROVIDERS – HOTELS, B&BS AND OTHER FACILITIES

The book is also intended for accommodation and catering service providers who are interested in participating in the organization of Outdoor Schools and thematic courses focused on digital addiction.

In the book, we describe not only the course and content of these stays, but also the basic requirements for facilities, accommodation, catering, and the environment in which these activities can take place.

An important part is creating an environment that allows participants to step out of their normal digital mode for a certain period of time and devote themselves to education, exercise, nature, relaxation, and mutual communication.

An overview of cooperating partners in the field of accommodation and other services is available on our website. www.digicentres.com

E) FOR MANAGEMENT, COACHES AND ATHLETES

Digital addiction can significantly affect an athlete's sports performance.

Sports club management, coaches and other staff may notice, for example, problems with concentration, fatigue, lack of sleep, reduced attention or less interest in training among their members.

Sports performance is not based solely on physical fitness. The ability to concentrate, get quality rest and regeneration, and communicate well with the coach and other team members also plays an important role.

Reducing digital addiction will be an important part of athletes' overall preparation.

F) FOR LANGUAGE COURSE ORGANIZERS

Digital addiction significantly affects attention, concentration, and the ability to learn.

Therefore, language courses and stays related to the issue of digital addiction can be an interesting option to create an environment for better language improvement.

G) FOR ORGANIZATIONS, ASSOCIATIONS AND COMPANIES

Digital addiction doesn't just affect schools and young people. It can also affect the work environment.

If you feel that employees or coworkers in your company are spending too much time on mobile phones, social media, or other digital platforms, it may be a good idea to start addressing this topic as soon as possible.

Thematic courses focused on digital addictionmay be suitable for companies, organizations and various associations that want to guide their employees and members towards healthier and more effective use of digital technologies.

DIGITAL ADDICTION AFFECTS US ALL!!

Whether you are a school principal, teacher, parent, student, athlete, coach, employee, employer, or accommodation provider, digital addiction is likely to be a part of your daily life.

This book aims to offer information, inspiration, and practical options for creating an environment in which a person can break free from digital addiction and learn new habits and practices to reduce digital addiction.

WHO I AM AND WHAT I DO

My name is Ivan and I have been working on the issue of digital addiction for several years. I provide consultations for individuals, companies, schools, pupils, students and their parents.

I have a pedagogical education and during my professional practice I worked as a teacher in primary, secondary and higher education. Thanks to this, I have the opportunity to perceive education from different perspectives - from primary education to preparing students for their future professional application at higher education institutions.

I also have children of my own, so I can also see the issue of digital technologies from a parent's perspective. These experiences allow me to compare what children and students are learning in schools, in what direction the current education system is developing, how quickly new technologies are penetrating education, what problems their excessive use can bring, and what requirements come from companies /future employers/ and the labor market.

In my professional activities, I also work as a consultant in commercial companies. It was the combination of experiences from education, family environment and the corporate sector that led me to write the book Modern Trends in Corporate Education.

In this book, I focus primarily on three important topics:

Vážení čtenáři, právě jste dočetli ukázku z knihy ***Outdoor school and thematic courses*.**
Pokud se Vám ukázka líbila, na našem webu si můžete zakoupit celou knihu.