

AI in Motion

Results booklet

Number: 2024-3-LT02-KA153-YOU-000288818
Dates: 25/03/2025 - 24/09/2026





Page of Contents

1. Introduction.....	3
2. Training 1 – Outputs.....	4
○ AI Tools Presentations.....	4
○ Case Study Files.....	5
○ Daily Videos.....	6
○ Detox	7
○ Digital Wellbeing.....	8
○ Infographics.....	9
○ Reels.....	11
3. Toolkit Summary.....	12



Introduction

The AI in Motion project empowers youth workers and young people to explore Artificial Intelligence (AI) as a tool for education, creativity, and digital wellbeing.

The first training produced a wide range of outputs, including presentations, case studies, videos, and visual materials. These resources are collected here as part of the project's long-term digital toolkit.








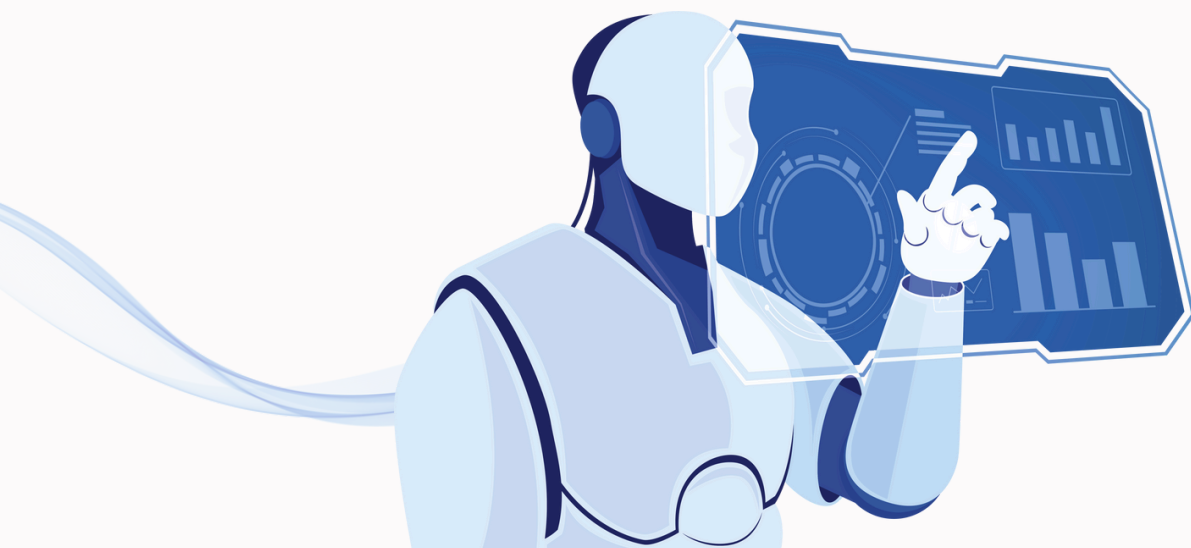


Training 1 – Outputs

AI Tools Presentations

Participants created presentations and materials exploring the connection between AI tools and key social/psychological topics relevant to young people.






-  ADDICTION – [VIEW HERE](#)
-  DEPRESSION – [VIEW HERE](#)
-  MENTAL HEALTH – [VIEW HERE](#)
-  SHORTER ATTENTION SPAN ISSUE – [VIEW HERE](#)
-  SOCIAL EXCLUSION AND AI – [VIEW HERE](#)

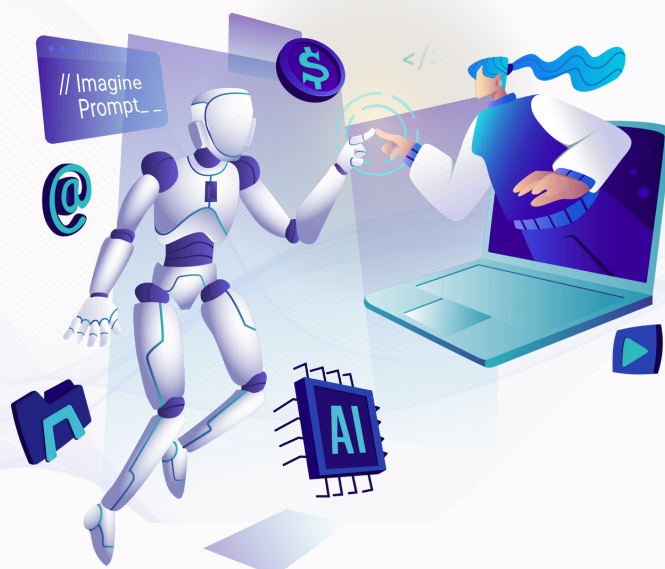


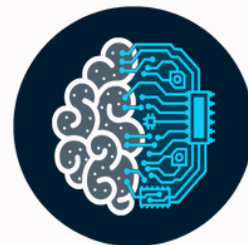


Case Study Files

Participants developed practical case studies to analyze how AI can be applied to real-life challenges in society and youth work. These examples provide insight into the opportunities and risks of using AI in different contexts.







-  CASE STUDY 1 – [VIEW HERE](#)
-  CASE STUDY 2 – [VIEW HERE](#)
-  CASE STUDY 3 – [VIEW HERE](#)
-  CASE STUDY 4 – [VIEW HERE](#)
-  CASE STUDY 5 – [VIEW HERE](#)





Daily videos

Short video reflections recorded by participants to capture the learning experience and key insights from each training day.

-  DAY 1 VIDEO – [VIEW HERE](#)
-  DAY 2 VIDEO – [VIEW HERE](#)
-  DAY 3 VIDEO – [VIEW HERE](#)
-  DAY 4 VIDEO – [VIEW HERE](#)
-  DAY 5 VIDEO – [VIEW HERE](#)
-  DAY 6 VIDEO – [VIEW HERE](#)





Detox

Participants explored the idea of digital detox – how to disconnect from technology and reconnect with healthier lifestyles. Each national team created outputs reflecting their own perspective.




- 📄 LITHUANIA – DIGITAL DETOX: RECONNECT THROUGH TRADITION – [VIEW HERE](#)
- 🏠 ITALY – VISUAL MATERIAL – [VIEW HERE](#)
- 📄 POLAND – RECLAIMING CHILDHOOD: ADDRESSING DIGITAL CHALLENGES – [VIEW HERE](#)
- 📄 TÜRKİYE – TEAM CONTRIBUTION – [VIEW HERE](#)










Digital wellbeing

This section includes materials and visuals developed by participants to raise awareness about healthy technology use and balanced digital lifestyles.

-  GIVE ME YOUR PHONE – [VIEW HERE](#)
-  ATTENTION SPAN – [VIEW HERE](#)
-  TEAM 2 DIGITAL WELL-BEING – [VIEW HERE](#)

Visuals created by participants:

-  3 DAY DETOX – [VIEW HERE](#)
-  STEP OUTSIDE – [VIEW HERE](#)
-  TALK IT OUT – [VIEW HERE](#)
-  TRADE SCREEN TIME – [VIEW HERE](#)
-  BRAIN ACTIVITY – [VIEW HERE](#)

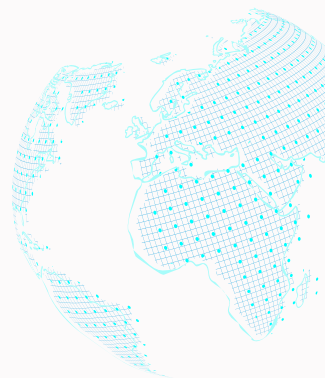


Infographics

Infographics – Italy

The Italian team created an infographic to summarize their reflections on AI, wellbeing, and digital balance.

-  ITALY INFOGRAPHIC (.PDF) – [VIEW HERE](#)



Infographics – Lithuania



The Lithuanian team designed infographics highlighting risks for children and the role of AI in prevention.

-  COMBATING COCOMELON ADDICTION IN BABIES AND TODDLERS – [VIEW HERE](#)
-  PREVENTING GAMBLING FOR KIDS – A NECESSARY SAFEGUARD – [VIEW HERE](#)





Infographics – Poland

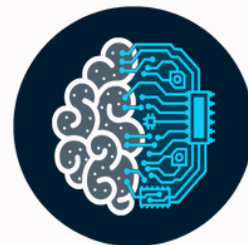
The Polish team created infographics addressing youth challenges linked to media and digital addictions.

-  PATOSTREAMING – [VIEW HERE](#)
-  THE DARK SIDE OF POLISH FREAK FIGHTS – INFOGRAPHIC ON ADDICTION AND ITS DANGERS – [VIEW HERE](#)

Infographics – Turkey

The Turkish team created a visual infographic focusing on online shopping addiction and its impact on young people.

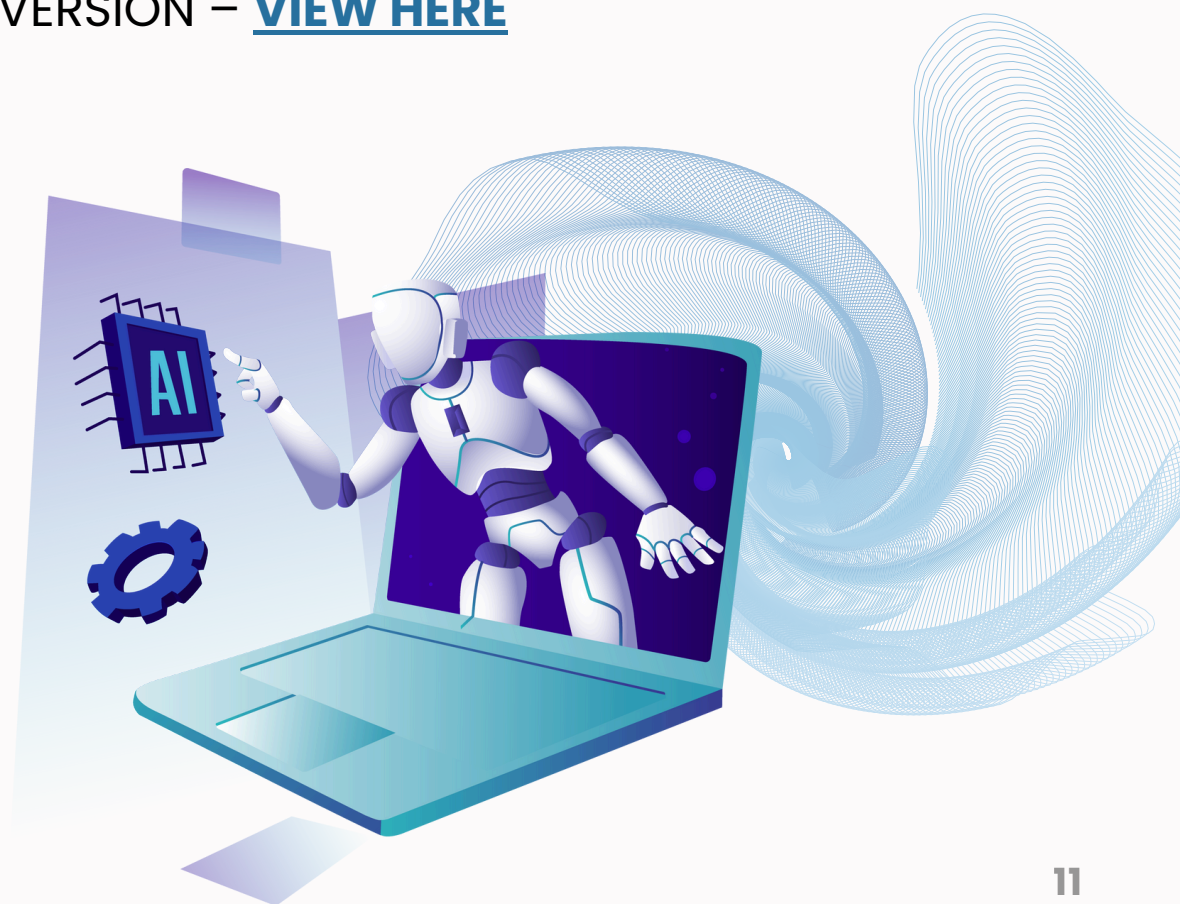
-  ONLINE SHOPPING ADDICTION – VISUAL INFOGRAPHIC 1 – [VIEW HERE](#)
-  ONLINE SHOPPING ADDICTION – VISUAL INFOGRAPHIC 2 – [VIEW HERE](#)



Reels

Participants created short social media reels to promote the project and communicate its results in a dynamic and engaging way.

-  REEL 1 – [VIEW HERE](#)
-  REEL 2 – [VIEW HERE](#)
-  REEL 3 – [VIEW HERE](#)
-  FINAL VERSION – [VIEW HERE](#)





Toolkit Summary

The first training of AI in Motion brought together participants from several countries to explore the role of Artificial Intelligence (AI) in youth work. The outputs included presentations, case studies, daily videos, digital wellbeing activities, infographics, and reels, all focusing on topics such as mental health, addiction, social challenges, and responsible technology use. These results showcase how AI can be applied in creative and practical ways, providing youth workers and educators with useful tools and ideas for their daily practice.

