



Erasmus+

**The InscreenMode Genie is now LIVE!!**

We are so excited to announce that the [InscreenMode Genie is ready for public use](#) and it is available in English, Greek, Polish, Lithuanian and Romanian.

The Genie is an online tool aimed at those aged 16 - 25 and it can be used to gain an understanding of what is a healthy amount of time to spend online.

It will combine different information, such as your individual data (i.e. age, sex, country of residence), urges that may trigger the need to use the Internet, active engagement with online applications on a daily basis, and behaviours/feelings that you may have been experiencing due to Internet overuse.

Based on this information, the Genie will provide you with a report that explains your current state of Internet use and recommends certain strategies and actions that will help you manage your time spent online and/or cope with prior negative feelings and states that you might experience due to Internet use. For some individuals, the recommended strategies and actions will be obligatory, while other suggestions are optional, as they are not considered high risk.

If you are an individual that has been recommended to obligatorily consult and implement certain actions, after the completion of the suggested actions, you will be asked to evaluate your progress and identify those that helped you to reach your desired moderation goal.



## Past Events

### Emphasys held their Training Event in Nicosia, Cyprus

The EU conference was held on the 5th of April 2019 at the G C School of Careers, in Nicosia, Cyprus. The conference was highly successful and managed to attract the attention of many teachers and students.

During the conference, Dr Daria J. Kuss, Senior Lecturer- Chartered Psychologist at the Nottingham Trent University gave a speech on 'Internet and Gaming Addiction', whereas Ms Katerina Giannakaki presented the inScreenMode Project which aims to empower young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet, equipping them with the skills and the methodological and technological tools to modify computer behavior for healthy computer use. As part of the conference, the online GENIE tool was presented to the students to explain how online behaviour and Internet use could be measured.

At the end of the conference, all participants were invited to test the Genie and were provided with more information regarding the project.



You can also view a [Video of this event](#).

## Upcoming Events

**Training Events will be held over the next months in Edinburgh, Lithuania**

and Romania.

If you are interested in attending, please [contact us using our web form](#) or [Live chat via the website](#).

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If you are interested in learning about any of the Modules above, [get in touch with us](#), sign up to our Newsletter or Follow us on Facebook where we will be posting all about our Genie.

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