www.digit2me.eu

Digit2Me - Digital mentoring for young people with disabilities in rural area

NEWSLETTER #2

JUNE 2025



"DIGIT2ME" PROJECT

Co-funded by the European Union

Greetings from the Digit2Me project team! We are excited about the results of the second phase of this exciting project!

The Digit2Me project aims to support vulnerable young people in rural areas by mentoring them through digital tools, fostering their inclusion in their rural communities, and promoting their full personal development. To achieve this goal, we are improving skills in digital mentoring through a MOOC specially designed for youth workers or anyone aspiring to became a digital mentor.

"DIGIT2ME" TRAINING WEEK IN GIRONA, SPAIN:

From April 8-11, the transnational Digit2Me training took place in Girona, focusing on digital mentoring for youth with disabilities in rural areas. This Learning Teaching Training (LTT) brought together inspired professionals and partners from across Europe to connect, grow, and explore inclusive tools and mentoring strategies together.

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TRAINING COURSE ACTIVITIES AND RESULTS:

The 4-day training (20 hours) was coordinated by the partners LEB e.V. (Germany) and SUPPORT Girona (Spain) and was useful for all partners to improve digital mentoring skills and capacities to provide comprehensive independent living support to vulnerable youth in rural areas.





Activities began with team-building, reflecting on the mentoring experiences of all participants and continuing with an exploration of their core competencies. Empowerment was the focus of the training! Participants were able to analyze together the mentoring methods included in the CURRICULUM FOR DIGITAL MENTORING for vulnerable youth and “play” together the games provided to learn, share real challenges and co-create solutions.





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LAUNCHING THE CURRICULUM AND PREPARING THE MOOC COURSE FOR DIGITAL MENTORING

We then created the curriculum, which contains 3 sets of competencies:

- Training program for young professionals, trainers and youth mentors
- Training program for mentees
- Soft skills for independent living (including those for social entrepreneurship and active participation).

As a final result we will evaluate the curriculum with the professionals who participated in the focus groups where we analysed the needs and requirements, compiling the necessary corrections and improvements to be added to the final version.

👉 https://www.digit2me.eu/resources/

OUR PUBLICATIONS:

The Digit2Me project is also in an important February 2025 publication by EASPD (European Association of Service Providers for Persons with Disabilities) entitled Models of Promising Practice on Legal Capacity and Assisted Decision Making for Persons with Disabilities.

Through our partner Support Girona, we presented within this document the Digit2Me project as a mechanism / tool we use to encourage people with disabilities to help their peers change their lives. The reference to the Digit2Me project can be found on page 10.

👉 https://criminologyfair.com/crimifair-magazine/



Support Girona also attached a scientific article on the DIGIT2ME mentoring model, developed based on the manual and focus groups, which Criminology Fair (a Spanish organization) published in its journal. See pages 10-16.


SERGI MARTÍNEZ BLANCO

Psicólogo, criminólogo y mediador civil, familiar y comunitario. Especializado en atender a víctimas de bullying, malos tratos y de violencia filio-parental. Desarrolla proyectos nacionales e internacionales en el ámbito de la salud mental, la discapacidad y los derechos humanos. Creador de Víctimas con Voz. Co-desarrollador de la Metodología E-YOUTH y del Modelo de Mentoría Digit2Me.

El modelo de mentoría Digit2me: ¿Cómo apoyar y acompañar a jóvenes con problemas emocionales y de conducta en entornos rurales?

Digit2me mentoring model: how to support young people with emotional and behavioural problems in rural areas?

RESUMEN

Muchos jóvenes presentan problemas emocionales y/o de conducta derivados o asociados a una discapacidad. Con frecuencia, estos desembocan en conflictos sociales y legales con el entorno. Algunos de estos jóvenes viven en zonas rurales y de montaña, donde los servicios de salud mental y atención social son escasos. Sus familias pueden verse superadas por las circunstancias, completamente abrumadas y exhaustas. Contingencia que, sin duda, afecta al apoyo informal que éstas pueden brindar. Además, estos adolescentes y adultos jóvenes son reticentes o se niegan a aceptar la ayuda que sus padres, profesionales y comunidad intentan proporcionales para afrontar transiciones y cambios vitales. Entre otras razones, no se sienten identificados con -ni comprendidos por- su entorno. Ante esta realidad, las evidencias empíricas demuestran que quienes en el pasado fueron jóvenes con estas mismas problemáticas, y que afrontaron cambios similares en sus vidas, pueden brindar un apoyo eficaz a través de procesos de mentoría.

A la luz de estos hallazgos, el Modelo de Mentoría Digit2Me proporciona una metodología de apoyo y acompañamiento psicosocial, dirigida a promover la autonomía, empoderamiento e inclusión de este colectivo y a prevenir disputas con su comunidad.

PALABRAS CLAVE

Apoyo psicosocial, estrategias de afrontamiento, jóvenes en riesgo de exclusión comunitaria, mentoría, problemas emocionales y de conducta, regulación emocional.

ABSTRACT

Many youngsters have emotional and behavioural problems due to -or associated with- a disability, which often leads to social and legal conflicts with their environment. Some of these youngsters live in rural areas where mental health and social services are scarce.

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On Salto instead you can find the final report of the focus groups!

👉 https://www.salto-youth.net/tools/toolbox/tool/digit2me-project-final-report-of-the-focus-groups-definition-of-the-curriculum-and-needs.4775/?

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>>> THE PARTNERSHIP:

COCEMFE Sevilla

BETI Baltic Education Technology Institute

ozara

GlobalMed CARE CONSORZIO DI COOPERATIVE SOCIALI

LEB IHR BILDUNGSPARTNER Ländliche Erwachsenenbildung Thüringen e.V.

support GIRONA Inclusió social i suport en la presa de decisions Social inclusion and supported decision making

ANTALYA BİLİM ÜNİVERSİTESİ



NEXT MEETING IN ITALY!

Project participants will meet again on September 8 and 9, 2025, in Scerni, Italy, to coordinate in a key phase of the project: the launch of the MOOC and the preparation of pilot implementation activities!

This TPM will be organized over 2 days in Scerni, Italy, and will be coordinated by BETI, COCEMFE SEVILLA and CONSORZIO GMC.

>>> PROJECT PARTNERS

The partnership consists of 7 partners in 6 EU countries: Spain, Slovenia, Germany, Italy, Lithuania, and Turkey, and is following the goal of the widest possible geographical representation to strengthen the all-European approach to guarantee mainstreaming of project results to different parts of EU.

The organisations involved include educators and learners facing barriers to social inclusion in rural areas, where there is often a lack of resources and digital solutions for young people with fewer opportunities.



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