REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

DGEstE
Direção-Geral dos Estabelecimentos Escolares

PESSOAS 2030

PORTUGAL 2030

Cofinanciado pela União Europeia

TEACH PORTUGAL

Proposed Solution from the Marathon Runners Team

Solution title: Log out of the screens and log in to life!!

Challenge chosen:
(What is the problem? What are the causes and consequences?)Max. :   500 characters or 5-6 lines.

Dependence on digital media caused by excessive use of digital media:

 1- digital media used as a form of distraction for children (in waiting rooms, on public

transport, in restaurants, etc.);
2- Unlimited access to social networks, games and other digital content;
3- Reduced time spent with family due to daily hustle and bustle;

4-peer pressure;

5- social isolation.

The consequences include difficulty concentrating and poor academic performance; sleep

disturbances, emotional problems, and risky behaviors, among others.

Solution:
(Briefly explain what you will create. It must be related to the digital world.) Max: 400 characters or 4-5 lines.

Create alternatives to occupy children and young people without resorting to screens, such as: creating sports activities, clubs in various areas (cooking, theater, yoga, dance, karate, etc.).

Target audience:
(Who will benefit from your solution?) **Max: 100 characters or 2 lines.**

Our target audience will be children and teenagers (students of AEJR).

Goals:

What do you want to achieve with your solution?

Our intention is:

1. Reduce the average daily time spent using non-essential technology;

2. To highlight the balance that should exist between online and offline social

life.

Resources:
(What materials do you need? Who can help you get them?)   ***Max***: *300 characters*
or 3-4 lines.

We would need yoga mats, spaces for the clubs, board/logic games, necessary sports equipment, and utensils, equipment, hygiene products, and basic ingredients for the cooking clubs.

Next steps:
(Divide the solution into small tasks. Describe at least 5 steps to achieve and complete the plan.)
maximum 12.)

1. Develop a strategy to find a solution;
2. Present the solution to management;
3. Publicize the proposal to the target audience;
4. Secure financial resources (sponsors) for the purchase of materials;
5. Find volunteers to facilitate the activities;
6. Find suitable spaces for carrying out the activities;
7. Involve the entire school community;
8. Put words into action.

How long will it take you to implement your solution?

- 3 months
- 6 months
- <u>1 year</u>
- 3 years

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How long will it take you to implement your solution?

- 3 months
- 6 months
- ~~1~~ more
- 3 years

Scheduling
(Outline the next steps. Who would be responsible for each task and until when?)

Tip: You can bring in people who aren't on your team, who can help. to implement your solution.

Scheduling

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Tarefa	Descrição	Responsável *(Quem?)*	Data de realização
Traçar a estratégia	Reunir os elementos envolvidos para traçar uma estratégia de maneira a implementar a ideia.	Os maratoneiros	Início do ano letivo
Apresentar a estratégia à direção	Reunir os elementos envolvidos para apresentar as propostas à direção e concertar ideias.	Os maratoneiros, direção e representantes dos EE	Início do ano letivo
Divulgar a proposta à comunidade escolar	Elaborar e afixar cartazes dentro e fora do recinto escolar para divulgar as informações relativas às atividades propostas.	Os maratoneiros	Início do ano letivo
Arranjar recursos	Arranjar patrocinadores para financiarem/ arcarem com os custos necessários.	Os maratoneiros	Início do ano letivo
Encontrar voluntários que tenham interesse em participar neste projeto	Fazer um post online, com o intuito de encontrar voluntários que queiram fazer parte da dinamização deste projeto.	Os maratoneiros	Início do ano letivo
Procurar locais onde as atividades possam decorrer	Apresentar propostas de locais para a realização das atividades.	Os maratoneiros em colaboração com a direção	Início do ano letivo
Envolver toda a comunidade escolar	Divulgar a mensagem através de comunicados, feitos pelos membros do GAAF, ou assistentes operacionais.	Os maratoneiros, GAAF e assistentes operacionais	Meio do ano letivo
Realizar as propostas	Começar a passar do papel para a ação.	Os maratoneiros e todos os envolvidos anteriormente	Meio do ano letivo

Dificuldades?

(Quando queremos fazer algo podemos encontrar obstáculos ao longo do caminho. Que dificuldades imaginas encontrar e como pensas resolver?) **Máx**. *400 caracteres ou 4-5 linhas.*

Scheduling
(Outline the next steps. Who would be responsible for each task and until when?)

Task	Description	Responsible (Who?)	Date of event:
Outlining the strategy	Bring together the stakeholders to devise a strategy for implementing the idea. Bring together the stakeholders to present	Os Maratoneiros	Start of the school year
Present the strategy to management.	the proposals to management and coordinate ideas.	Os Maratoneiros, management and representatives of the parents	Start of the school year
Disseminate the proposal to the school community.	To create and display posters inside and outside the school premises to disseminate information regarding the proposed activities.	Os Maratoneiros	Start of the school year
Secure resources.	Find sponsors to finance/cover the necessary costs.	Os Maratoneiros	Start of the school year
Find volunteers interested in participating in this project.	Create an online post with the goal of finding volunteers who want to be part of the project's success.	Os Maratoneiros	Start of the school year
Search for locations where the activities can take place.	Submit proposals for locations where the activities can take place.	The organizers in collaboration with the management	Start of the school year
Involve the entire school community.	Disseminate the message through announcements made by GAAF members or operational assistants.	The organizers, GAAF and operational assistants.	Mid-school year
Implement the proposals.	Start moving from planning to action.	The organizers and everyone previously involved.	Mid-school year

Having difficulties?
(When we want to do something, we can encounter obstacles along the way. What difficulties do you imagine encountering, and how do you plan to overcome them?) Max. 400 characters or 4-5 lines.

Lack of time, lack of financial resources, lack of participation, and lack of materials.

Originality and Innovation

What differentiates your solution from the others? How is your solution ready for the...
(Digital challenges of the future?) Max. 500 characters or 5-6 lines.

Our solution is different from others because it allows students to avoid constantly using electronic devices. Our solution is ready for the digital challenges of the future, because in the future there will be even more technology, meaning children will begin to have contact with digital media earlier and earlier, and our solution aims to reduce the use of digital media, at least in the school environment, and that during the time they are not using digital media, they engage in activities they truly enjoy at flexible times.

Impact and relevance of the solution
(What positive impact does it generate in society and the environment?)

Greater social dynamism is also reflected in mental, psychological, and physical health, helping to reduce sedentary lifestyles and allowing people to socialize with more people, helping to forget about daily problems, such as schoolwork, tests, and problems at home.

Describe your idea/solution as if it were a social media post, using a maximum of 280 characters.

The solution is to create a "catalog of offline alternatives" managed by the school, such as sports and cultural activities, to reduce screen time for children and adolescents, improving social interaction and academic performance.