



**DIGITAL MINIMALISM  
AND  
'AROUND US' TECHNOLOGY**

# **Digital literacy**

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**Wake UP!**

Young Europeans becoming Change  
Makers for a better Europe



**dobrovolnické  
centrum**



## INTRODUCTION

- Karolína Mašková
- Freelancer
- work at the Volunteer Centre
- project Wake UP!



## **KEY POINTS DISCUSSION**

Wake UP! project

Used tools today

Digital literacy

What to do to be better and  
why so?

Digital minimalism

Technologies nowadays

# **WHAT IS HIDDEN UNDER THE TERM DIGITAL LITERACY?**

- knowledge of proper using of technologies
- searching skills
- communication
- digital environment





## WHAT TO DO TO BE BETTER?

- **reading books, textbooks and articles**
  - **the internet**
  - **simply trying**

# DIGITAL MINIMALISM

TECHNOLOGIES AROUND US





# ACTIVITY 1 - APP

link

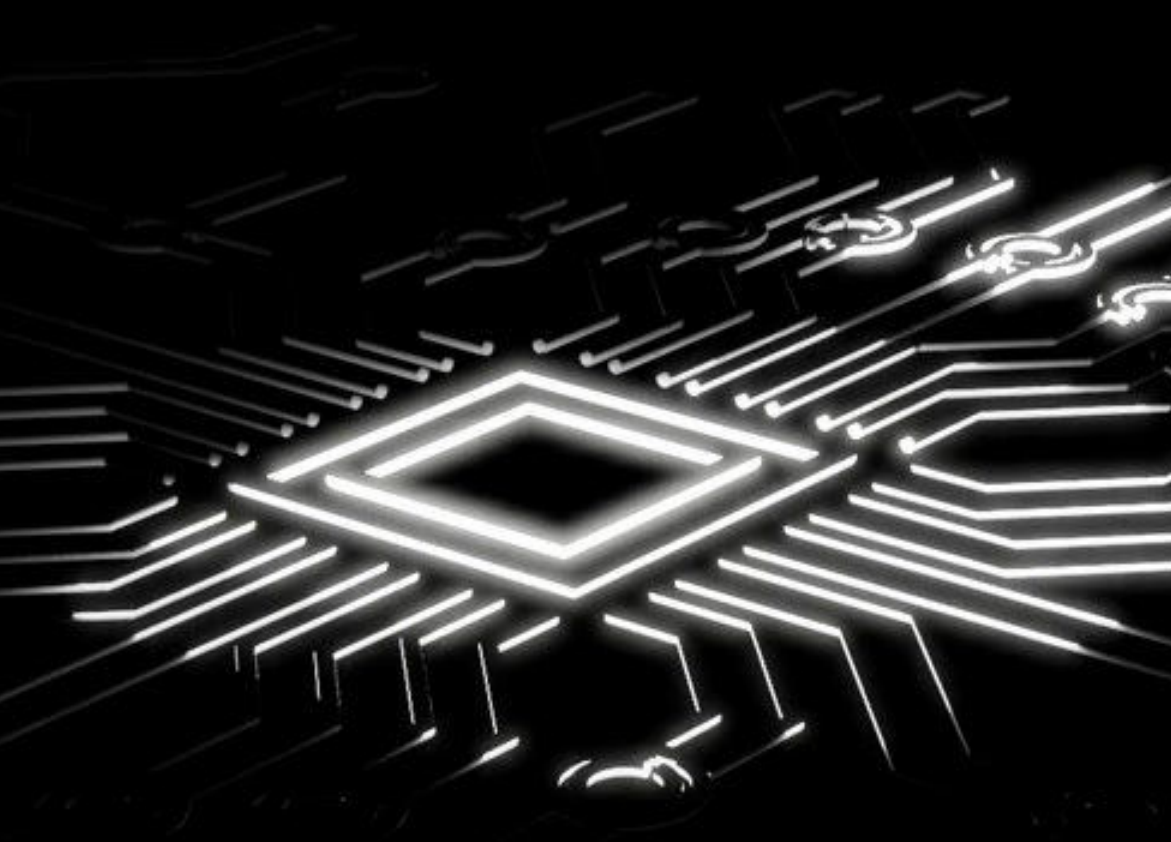
[www.menti.com](http://www.menti.com)

Code

9745 4654

# ACTIVITY 2

# INFORMATION



What do we search?

How much time do we spend on the internet?

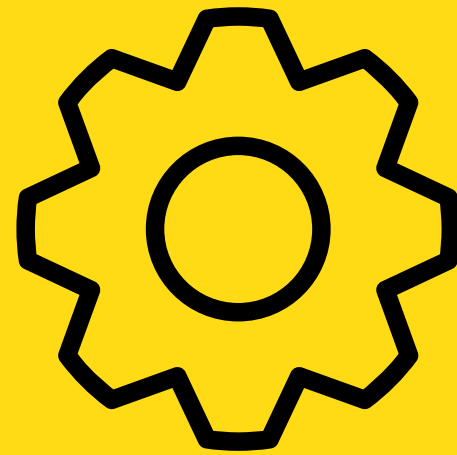
Phone mode



# PHONE MODE



Take your  
telephone



Go to  
Settings



Digital  
balance



Time spend  
watching the  
screen



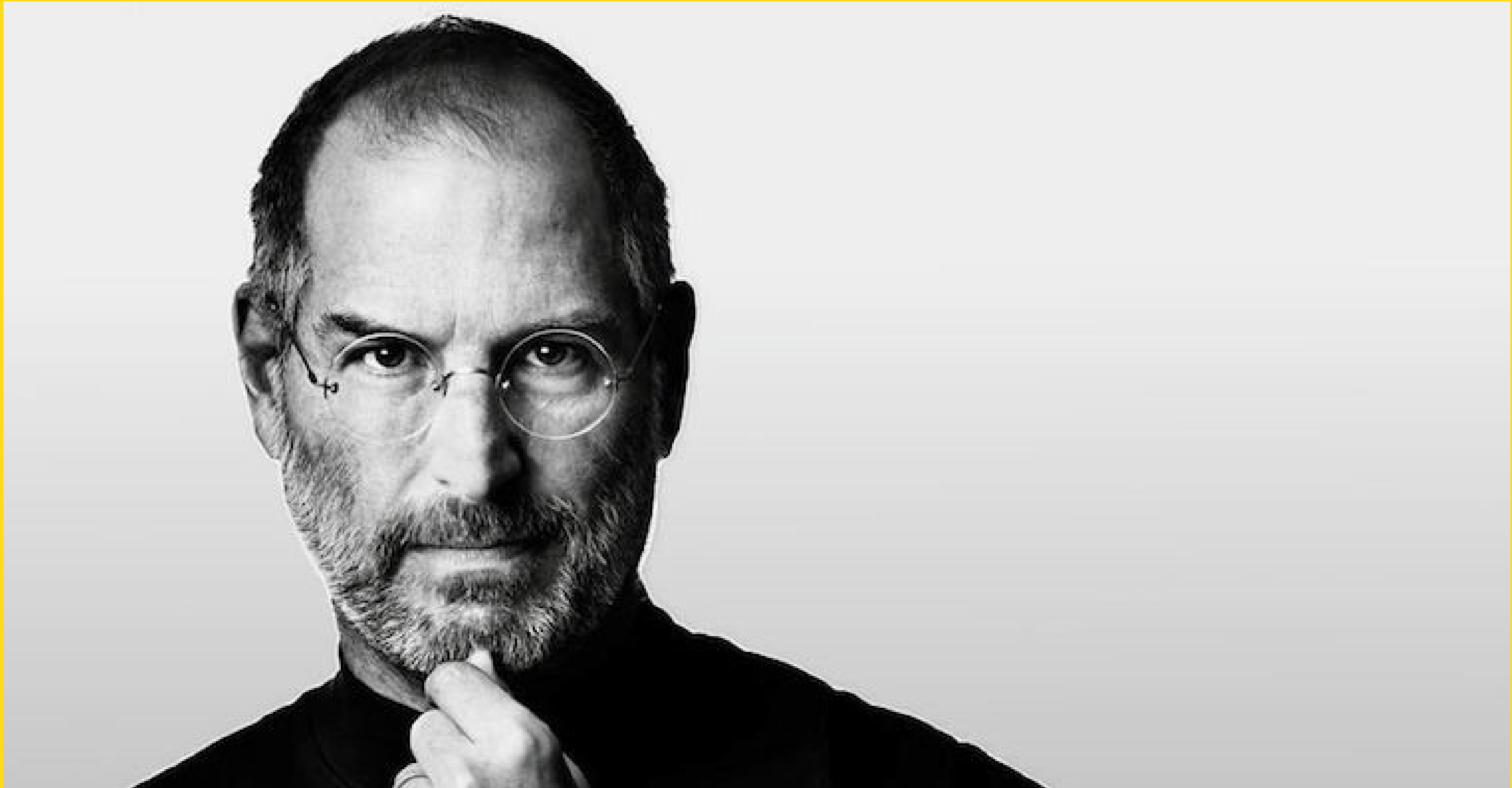
App to use  
and why?





**HOW IS  
TECHNOLOGY  
CHANGING OUR  
WORLD?**











# **DIGITAL TRANSFORMATION**

# OLD WORLD VS. NEW WORLD











**NUMBERS**



**40 % OF THE PLANET'S  
POPULATION IS ON SOCIAL  
NETWORKS**





**80 % OF PEOPLE IN AGE 18-24  
USE SOCIAL NETWORKS AS  
THEIR MAIN SOURCE OF  
INFORMATION**





**93 % OF ALL PURCHASES IS  
DIRECTLY AFFECTED BY SOCIAL  
MEDIA INFORMATION.**

**HERE PEOPLE DECIDE WHAT TO  
BUY.**



**WHY IS THAT SO?**





**IF YOU DO NOT PAY FOR THE  
PRODUCT, THE PRODUCT IS YOU.**



**Social media likes, mobile phone games  
=addiction**

**FOMO**

**Distorted reality - influencers**

## **WHAT TO DO WITH IT?**

- TIME SPEND ON PC/PHONE**
- ONE HOUR RELAX TIME BEFORE GOING TO BED**
- DRAW INFORMATION FROM MULTIPLE SOURCES**
  - PLANNED ONLINE DETOX TIME**