

DIG

DELAY INSTANT GRATIFICATION FOR A BETTER LIFE



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TURNING KNOWLEDGE INTO ACTION: NEXT STEPS IN THE DIG PROJECT

DEVELOPING MULTILINGUAL TRAINING CONTENT AND METHODOLOGIES TO EQUIP YOUTH WITH SELF-REGULATION SKILLS

The DIG project has successfully entered an exciting and impactful phase, transitioning from research and validation to the creation of tangible learning tools. Following the successful validation of the Competency Matrix—thanks to valuable input from both youth and youth workers during our international online hackathon and focus groups—we have now finalized the development of educational content that brings these competencies to life. The matrix, which emphasizes essential areas like emotional regulation, time management, and self-awareness, has served as the foundation for the training program rolled out across partner countries.

We have finalized the creation of comprehensive educational modules that explore the defined topics in depth, with content first developed in English. These modules have been translated into Polish, Slovakia, Portuguese, Bulgarian and Slovenian to ensure accessibility and cultural relevance for all participating regions.



In parallel, assessment tools have been adapted to each language version, ensuring consistent learning outcomes while respecting local contexts and nuances. Alongside this, the team has finalized the methodology materials that guide the implementation of the training. These include interactive strategies, pedagogical principles, and engaging approaches tailored for youth work.

The Train-the-Trainer program has also been completed, equipping facilitators with the confidence and skills needed to deliver this transformative curriculum. With these elements now in place, the DIG project is set to make a lasting impact on how young people build patience, resilience, and long-term decision-making skills.



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