

DIG

DELAY INSTANT GRATIFICATION FOR A BETTER LIFE



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DIG PROJECT: FROM PLANNING TO PROGRESS

A PRODUCTIVE TEAM MEETING IN KOŠICE SETS THE DIRECTION FOR UPCOMING RESULTS AND MOBILITIES

The team of the 'Delayed Instant Gratification for better life' project met in Košice, Slovakia, hosted by Flexskill. Together, we reviewed the progress of our work, reflected on what has been achieved so far, and aligned on the next steps. We set clear deadlines, made key decisions, and moved closer to finalising the upcoming results, which are now entering their final development phase.



About **For Youth!** **Our Booklet!** **GDPR** **Accessibility**

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About Project DIG

"Delay Instant Gratification for a Better Life" is a transformative initiative aimed at empowering young people by teaching them the critical skills of patience, perseverance, and delayed gratification. We believe that the ability to delay immediate rewards in favor of long-term success is one of the most important life skills for today's youth.

Through workshops, training toolkits, and online educational resources, the project provides tools to foster resilience, critical thinking, and goal-setting. We are committed to creating accessible, impactful resources to help youth thrive in today's fast-paced world.

Our mission is to build a community where young people are not just reacting to the present, but actively shaping their future through disciplined action and focused determination.

The DIG project has its own dedicated website <https://www.projectdig.net/> and it contains information about the project, th results ready to be downloaded, GDPR compliance and our approach to accessibility. Soon we will be launching dates for our LTAA and mobility for youth, so keep an eye to the website.

The meeting strengthened our collaboration and shared vision, and we are excited to continue building on this momentum in the coming months. Since then we have been working together to finalise the results.



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