



# SNF Nostos Hackathon

## **SNF Nostos Hackathon 101**

*Life Reprogrammed – Enhancing Our Humanity in the Digital Age*

How often do you check your phone? How much time do you spend scrolling? Are you being digitally manipulated?

Transform your relationship with technology to live healthier, more fulfilling, and purposeful lives – and help others do the same.

COVID-19 has made everyone more dependent on technology, which is proving problematic for individuals and society. Whilst technology has significant benefits, some aspects of technology are ‘downgrading’ us as humans - driving shorter attention spans; mental health decline; and extremism. Furthermore, this downgrading is happening at a time when the complexity of the critical problems we face – especially climate change - is rising sharply.

Life Reprogrammed invites you work out how we can enhance our humanity in the Digital Age and will help you navigate the complex discourse taking place around the impact of technology on our lives.

### **Why Should You Participate?**

This hackathon is designed to help you take back control of the technology rather than have technology done *to* you by others.

Key questions that will be addressed include –

- How might we use digital technologies to build a healthier, sustainable, and more equitable world?
- Can we limit the risks of AI, and ensure its benefits are widely shared?
- Can we use technology to overcome our limitations and not simply reinforce them?

### What Will You Learn?

- How the digital world works both for and against us
- How to use critical thinking to recognize digital manipulation
- How to take back control and build healthier relationships with technology

Key topics include:

- How technology is downgrading us
- How are sophisticated minds being reduced to numbers
- How mobile phones have come to rule our lives
- The impacts that will AI have on us
- How our data is being used against us
- How we can best to respond to technology-based manipulation
- How technology can be redesigned for the common good

### How Will You Learn?

The hackathon assumes no prior experience or knowledge of technology, coding, or AI. It will involve practical exercises, individual tasks, teamwork, discussion, and reflection.

Life Reprogrammed is a family drama enacted through a series of scenarios involving each member of the family and focusing on how they are using and being affected by technology. Through practical exercises in each scenario, you will discover how technology is being used to manipulate people.

Here's what you can expect to do on the hackathon:

- **Explore.** You will be given scenarios and videos to analyze, and questions to answer individually and in teams
- **Build.** You will build your knowledge of how the technology industry works by understanding how they 'hack' people's thinking
- **Solve.** By solving introductory coding problems, you will gain an understanding of the digital technology that we all use daily

### What Is On The Agenda?

The "Great Downgrade"; Psychographic Analysis; The Magic of Maybe; Surveilance Capitalism; The people vs AI; The People vs the People; The Outrage Engine; Are You Scared Yet Human? Dismantling Mass Dishonesty; Taking Back Control

Try it and develop your potential! The only thing you need is a PC and some concentration!

**Please watch [this](#) video before you join the hackathon.**

**Dates: 25, 26, 27 August**

Participation to one of the above dates, from 09:00 to 17:00.

The event will be delivered in English.

*The event is organized in partnership with Microsoft and learn-tech.io.*