

# Das 17- Minuten

Projekt



## Invest 17 Minutes Daily – Experience 100 Hours of Knowledge in 365 Days

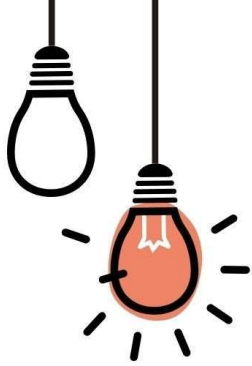
In a world where time is precious, the 17-Minute Project offers you a transformative opportunity to achieve your learning goals and unlock your full potential.

By investing just 17 minutes daily, you can significantly enhance your learning outcomes and gain over 100 hours of valuable knowledge within a year. This method is based on the latest findings in learning psychology, proving that short and regular learning sessions maximize both understanding and memory performance.

The 17-Minute Project inspires you to integrate dynamic, manageable steps into your learning process, fostering sustainable development. The method is flexible and seamlessly fits into your daily routine. Discover for yourself how this powerful and effective strategy can revolutionize your learning habits and make your personal goals tangible. Experience the difference and unleash your full potential.

**„You can only create a new future  
if you live a new present.“**

**Burkhard Koller**



# Das 17- Minuten

## Projekt



## Scientific Foundations and Benefits of the 17-Minute Project

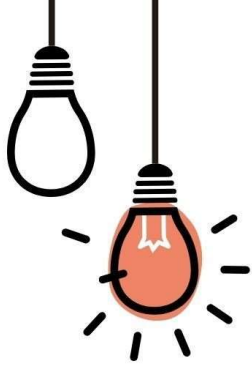
The project is based on the principle that short and focused learning units of 17 minutes daily constitute an effective learning strategy. Studies show that the human brain processes information better when it is presented in small portions. This enhances mental focus and enables deeper content processing.

**The scientific foundation** of the project relies on research in learning psychology, demonstrating that “Spaced Learning” – the deliberate distribution of learning content over time – significantly improves retention. Short learning sessions strengthen long-term memory and increase the likelihood of deeply embedding what you learn.

**Who can benefit from the 17-Minute Project?** – The project targets professionals looking to refine their learning habits and increase efficiency. It is ideal for anyone willing to explore innovative approaches to acquiring knowledge.

**Benefits of the 17-Minute Project** – Participants enthusiastically share their experiences of significant improvements in their learning comprehension and a newfound enthusiasm for learning, helping them achieve their goals. Regular learning in short sessions enhances memory performance and creates a positive learning experience that reduces feelings of overwhelm.

Thanks to **the method’s flexibility**, the 17 minutes can be easily integrated into daily life – whether through online courses, reading, videos, or other learning materials. This adaptability enables participants to tailor their learning styles to their needs.



# Das 17- Minuten

## Projekt



By investing just 17 minutes daily, participants can build **over 100 hours of valuable knowledge** within a year. This method promotes both learning and personal growth, fostering sustainable changes in learning approaches.

### What Makes the 17-Minute Project So Valuable?

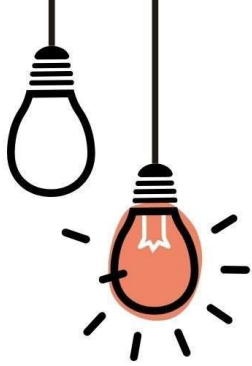
Short learning intervals enhance your ability to absorb and concentrate while supporting the long-term retention of information.

The flexible format effortlessly adapts to various topics and styles, allowing you to customize your learning journey.

In the 17-Minute Community, you experience a strong sense of belonging and valuable exchanges of experiences.

You will recognize the profound value of knowledge for your personal growth and its powerful impact on society. The experiences gained become your expertise, empowering you to actively drive positive change and inspire others.

Thus, your learning journey becomes both a personal enrichment and a meaningful contribution to an informed and engaged community.



# Das 17- Minuten

## Projekt



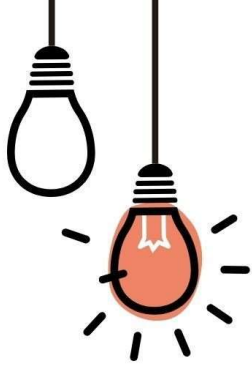
### Your Benefits and Added Value

**Maximum Efficiency through Short Learning Units** – You have the freedom to choose from various learning formats and implement your personal learning style effectively. Studies show that short, focused learning sessions increase concentration and mental capacity, leading to enhanced learning efficiency. The structure of short sessions fosters a sense of accomplishment and boosts your motivation to continually discover new things. Research confirms that positive learning experiences enhance intrinsic motivation and learner engagement.

**Long-term Changes for Your Development** – The project supports sustainable learning habits that extend beyond the program's duration. The method of “Spaced Repetition” has proven particularly effective in promoting long-term memory and enhancing memory consolidation.

**Building Confidence and Social Interaction** – The successes achieved in short learning units boost your self-confidence, fostering a positive attitude toward learning. Additionally, you have the opportunity for social interaction and exchanges with other learners, enriching your learning experience.

**Self-organized Learning and Freely Chosen Topics** – Another advantage is the freedom to organize your learning and pursue your passions, whether learning a language, playing an instrument, or acquiring new skills in artificial intelligence. The topics are diverse. Integrating sports and physical activity further enhances your well-being, rounding out your learning journey.



# Das 17- Minuten

Projekt



## Your Certificate – A Mark of Success

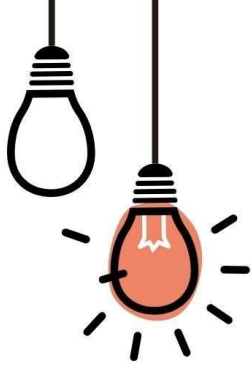
All participants have the opportunity to earn a certificate in their area of expertise after actively participating in the project for 365 days and submitting a fully completed log.

This certificate becomes a proud symbol of your participation, commitment, and progress on the path to lifelong learning.

It is not only formal recognition but also evidence of your determination to acquire new knowledge and expand your skills. With this certificate in hand, you can showcase your achievements and include them in your résumé or professional profiles, significantly improving your career prospects.

Imagine presenting your certificate – it represents all the effort and time you have invested to deepen your knowledge and expand your skills. It is a confirmation that you are ready to meet the challenges of the modern world and actively contribute to positive change in your environment.

Let this recognition motivate you to continue working toward your goals and live your passion for learning.



# Das 17- Minuten

## Projekt



### Facts and Figures

- Start:** Every first working day of the month
- Duration:** 365 days
- Templates:** The 17-Minute Canvas (Your Template)  
The 17-Minute Protocol (Your Template)
- Community:** Private LinkedIn group with all participants;  
regular Zoom calls
- LinkedIn:** <https://www.linkedin.com/groups/9857382/>
- Website:** <https://www.katrinstigge.com/17minutenprojekt.html>
- Registration:** [innovation@animartes.ch](mailto:innovation@animartes.ch)

### Start Your Learning Journey

Has this project sparked your curiosity?

Then sign up at [innovation@animartes.ch](mailto:innovation@animartes.ch) and start your transformative learning journey.

I am very much looking forward to embarking on this exciting journey with you.

**Katrin Stigge**