

The Human Code: AI and Digital Wellbeing

12 March 2026, Florence

This session examined what it means to think critically in the age of artificial intelligence and how AI is reshaping perception, meaning, and information habits. Alexandre Le Voci Sayad framed AI not as a neutral tool but as a new form of mediation that influences how reality is seen, interpreted, and constructed. His lecture used references from art, philosophy, and media literacy to explore authorship, representation, and the blurred line between creation and fabrication in AI-driven environments. Julia Haas then connected these questions to media freedom, showing how big tech platforms and AI affect the visibility, viability, and safety of journalism. The session was relevant for journalists, educators, policy professionals, and anyone working on media literacy, platform governance, or digital wellbeing.

Speakers

Alexandre Le Voci Sayad, ZeitGeist

Julia Haas, OSCE

Murielle Popa-Fabre, Senior Tech & Policy Advisor

Paolo Celot, EAVI

KEY TAKEAWAYS

- AI changes not just workflows, but the epistemological conditions under which people understand truth, authorship, and representation.
- Critical thinking in the AI era must include awareness of how systems mediate reality, not only how people evaluate content.
- Art, media literacy, and humanistic education are important tools for navigating ambiguity and resisting manipulation.
- Big tech platform power shapes what news is seen, heard, and financially sustainable, creating systemic risks for democracy and media freedom.
- Safeguarding media freedom in the age of AI requires structural reform, policy safeguards, and healthy online information spaces, not just technical fixes.

The lecture by Alexandre Le Voci Sayad emphasised that art can help audiences understand ambiguity, authorship, and mediation in AI systems, making the session useful beyond journalism alone. The policy part of the session stressed that media freedom, visibility, and safety are interconnected and that platform governance requires public-interest infrastructure and rule-of-law safeguards. Useful terminology includes “critical thinking,” “digital wellbeing,” “infosphere,” “media visibility,” “media viability,” and “media vigilance”.

Read the manual

Discussion kit & concept map

Check the presentation

