

Polish Digital Resilience Agenda 2040
a model of strategic preparedness
for the antinomies of digitalisation.



Scenario: Digital Judo

strategic area: Social and health policy

“use the power of transformation to strengthen social agency”

Judo metaphor: "don't block - redirect"

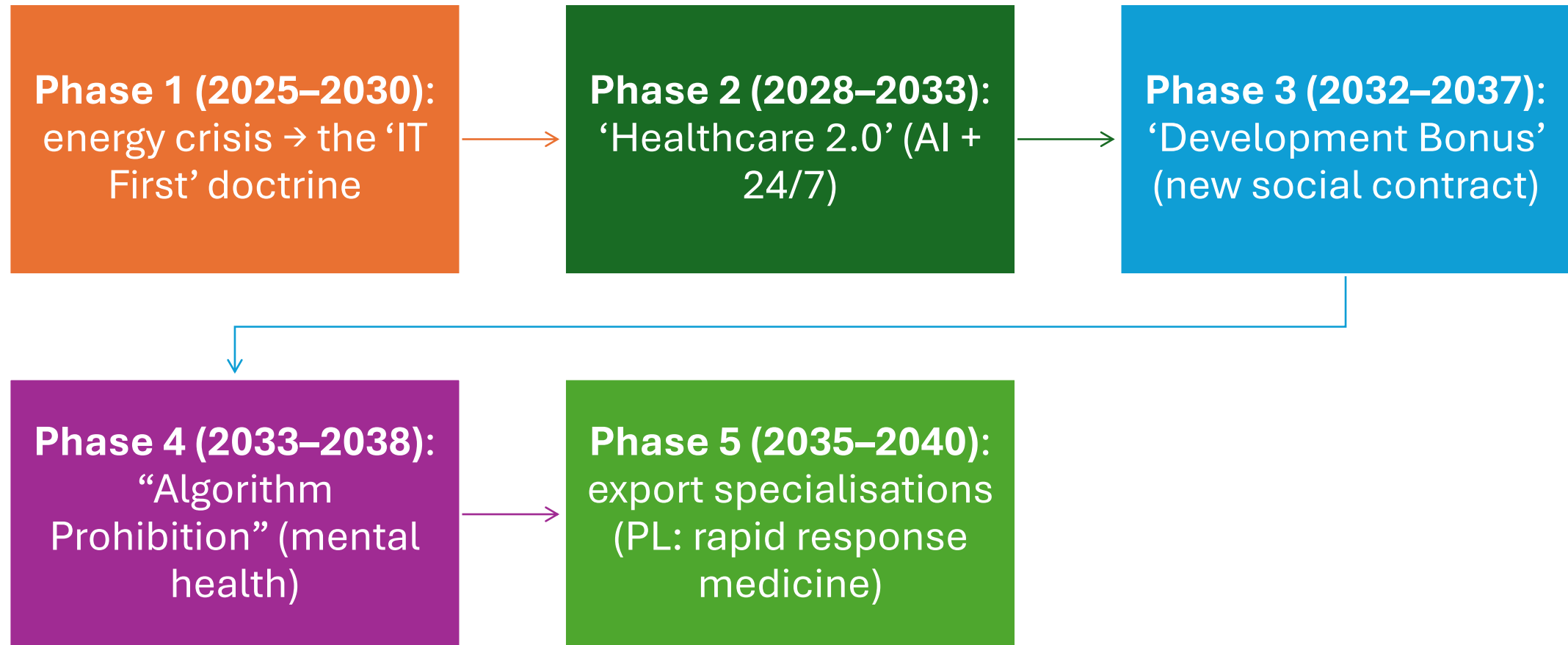
- Judo = using the momentum and direction of the "opponent"
- In the digital version: redirecting the energy of crises and technological pressures
- Goal: democratic values and subjectivity, not "technological fatalism"

Scenario between dystopia and utopia:

- dystopia: passive capitulation to the domination of technology,
- utopia: uncritical acceptance of progress,
- "Digital judo": active social strategy (values + controllability + contract).



Whole architecture: 5 phases "from crisis to opportunity"



PHASE 1: 2025–2030 – energy as an infrastructure lever

The "IT First" doctrine: controversial but strategic:

- Priority for digital infrastructure at the expense of households
- In the short term, deepening inequality
- Long-term condition for the transformation of public services (health/social)

Risk and "entry price" of Phase 1:

- Inequality as a political cost
- The dispute over legitimacy: "who benefits from IT priority?"

PHASE 2: 2028–2033 – “Healthcare 2.0”

Healthcare 2.0: AI as a primary care physician

- AI handles 70-80% of cases
- 24/7 access, elimination of queues
- Doctors - "premium consultants" in complex cases

The economics of reform (why it "works")

- Investment: 3–5% of GDP (OECD countries)
- Payback: 7-10 years
- Effect: 40–50% reduction in primary care costs

PHASE 3: 2032–2037 – new social contract

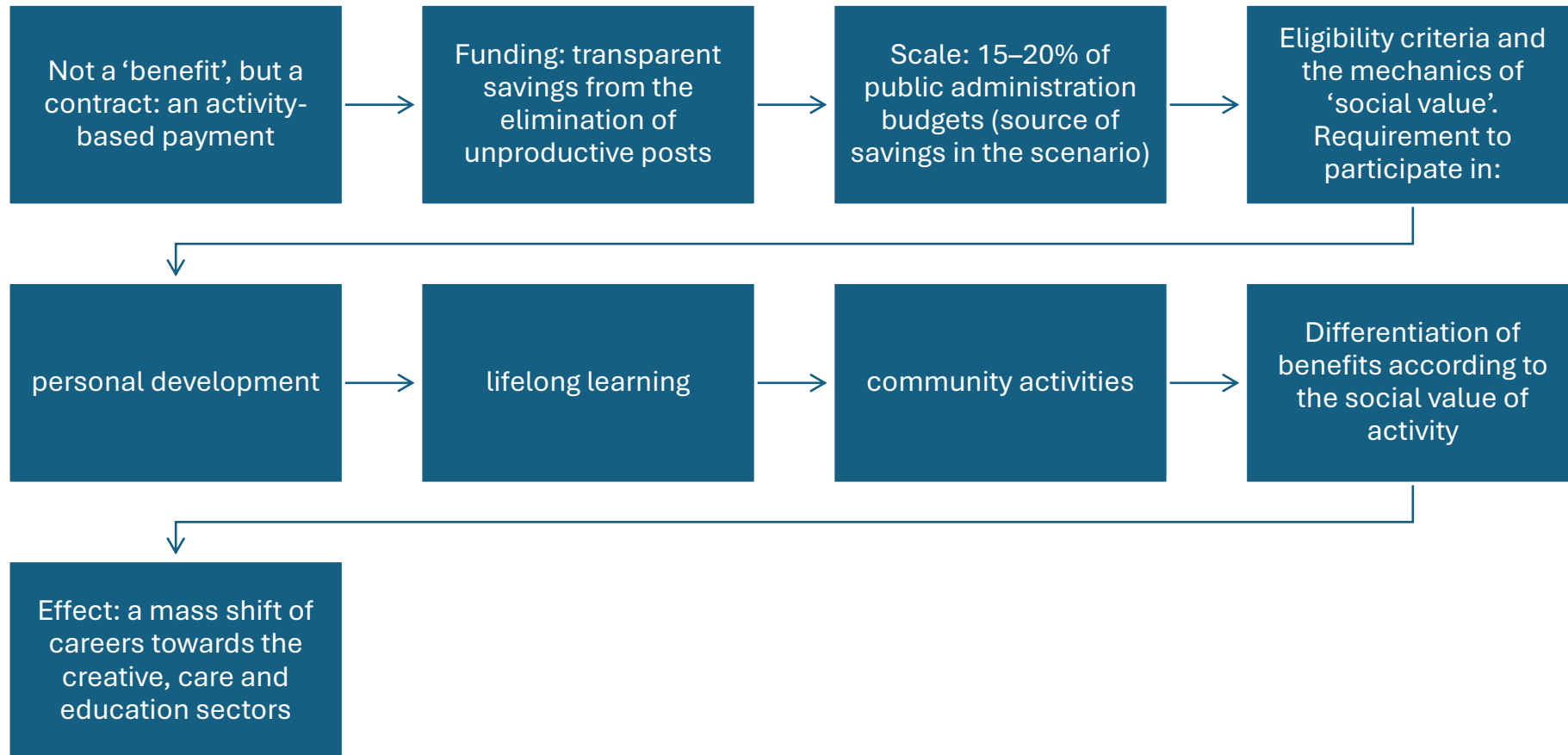
Problem, który uruchamia Fazę 3: „ukryte bezrobocie strukturalne”

Miliony osób formalnie zatrudnionych w rolach nieproduktywnych

AI wykona pracę efektywniej

Ryzyko: społeczna delegitymizacja systemu pracy „dla samej pracy”

Development Bonus instead of UBI



PHASE 4: 2033–2038 – mental health and regulation

Mental health crisis as a turning point

- By 2035: 40% of the population <30 years of age meet the criteria for behavioral addiction to social media (in the scenario)
- The result: an epidemic of depression
- The answer: regulations that regain control over technology

Algorithm Prohibition: what exactly comes into force (EU)

- Ban on manipulative algorithms
- "Nutrition labels" for algorithms (revealing the impact on the brain's reward system)
- The right to a "boring interface"
- Prohibition of algorithmic personalization for persons <16 years of age

“Judo holds” – a catalog of key innovations_x000B_

Healthcare 2.0:
democratising access
(AI) + human
involvement in
complex matters

Development Bonus:
redirecting the
productivity gains from
automation towards
human development

Algorithm Prohibition:
regaining control over
the digital environment

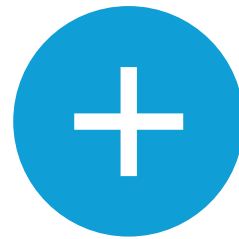
Conclusion: Five theses of the “Digital Judo” philosophy



A CRISIS = A WINDOW OF OPPORTUNITY (PROVIDED THERE IS A VISION AND A PLAN)



TECHNOLOGY REQUIRES SOCIAL GOVERNANCE



AUTOMATION REQUIRES A NEW CONTRACT (DEVELOPMENT BONUS)



SMALL COUNTRIES CAN SUCCEED THROUGH SPECIALISATION



THE SYSTEMS ARE INTERCONNECTED – A HOLISTIC APPROACH IS REQUIRED



Ministerstwo Nauki i Szkolnictwa Wyższego



Polish Digital Society

<http://cyfryzacja.org>

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Postscript: one-page script

The scenario proposes a "third way" in the face of inevitable automation and digitalisation: instead of dystopian capitulation (technology dominates us) or utopian naivety (technology will fix everything), it shows a strategy of proactive adaptation. The metaphor of “digital judo” means the conscious use of “adversarial power” (crises, demographic pressure, automation, geopolitical fragmentation) to build social subjectivity and protect democratic values.

The core of the story is pragmatic: the scenario assumes that acceptance of digital techniques will lead to their domination in public services, but society can retain its autonomy if it wisely "redirects the momentum" of transformation - just like in martial arts: we do not block the force, but use its direction to achieve our own goals. In this logic, subsequent crises become a "lever" of reforms: the energy crisis builds infrastructure, health pressure forces a technological leap, automation finances a new social contract, and the mental crisis triggers regulations that regain control over algorithms.

The transformation has five phases (2025–2040), each with a distinctive “judo move” – a solution that turns a threat into a resource. The culmination is the message: the future is not determined by technology, but can be consciously shaped by strategic decisions, coherent regulations and a holistic approach combining different areas of reform.