



Erasmus+ Programme –Cooperation partnerships
in higher education
Project No:
2021-1-RO01-KA220-HED-000032023

Agenda & Minutes

LTTA Activity, *Digital well-being in higher education* 21-23 March 2023, Helsinki (DIAK)

Participants:

UNITBV, Romania	Ana-Maria Cazan Ramona Henter Laura Elena Nastasa Camelia Truta
DIAK, Finland	Niko Nummela Olli Vesterinen Virpi Slotte Ilona Kontinen
VID, Norway	Eirin Gudevold Tobias Maeland Tungland Elise Hauge Chris Ronningstad
FHWS, Germany	Dagmar Unz Nicholas Muller Luisa Falkenstorfer

Agenda & Minutes

Day 1 - 21.03.2023, 9.00 – 17.00

Content	Facilitator
Presentation of institutions <i>Who we are?</i>	All universities
What is well-being and digital well-being for you?	DIAK
Lunch	
What do you think technostress means?	UNITBV
Results of the quantitative studies – what do researchers say well-being is?	UNITBV

- Presentation of each university and the teams of mentors.
- Presentation of the practical aspects of the mentoring program and the Virtual Center for Academic well-being.
- Shared experiences by each partner.
- Presentation and discussions about technostress: factors and mechanisms.
- Nikko closes the activity on engagement, concluding on the most common opinions about engagement that will be used in the workbook.
- The feedback for the first day.

Day 2- 22.03.2023, 9.00 – 17.00

Content	Facilitator
Why mentoring? What is mentoring (as understood in each organization)?	VID
Lunch	
What digitalization means for HEI?	DIAK
What are the challenges of digitalization for you?	VID
Good practices about using different tools. Good practices from the point of view of digital wellbeing.	VID
Dinner	

- The Norwegian team fosters an activity focused on gaining a better understanding of the mentoring activity in general and the one specific to each university.
- Case studies of mentorships in each partner institution.
- R3. Booklet preview and co-creation of content. Feedback about R3.
- What digitalization means for higher education. The concept of digital literacy, composed of access and awareness, skills, practices, and identity, is analysed.
- Exercise of reflection on the use of digital tools in teaching from the start of the pandemic until nowadays conducted by UNITBV.
- Good practices about using different tools from the digital well-being point of view are discussed.

Day 3 - 23.03.2023, 9.00 – 17.00

Content	Facilitator
What to do next as a mentor?	UNITBV
Introduction to e-Learning platform	All universities
Lunch	
What will help you to be a successful mentor in digital wellbeing?	DIAK
Feedback and planning the next steps	All universities

- Presentation the activities to be performed by the mentors in their universities using the resources from the project results (Workbook, Booklet, e-Learning platform)
- Reflection and discussions on how to implement the mentoring program in each university, on the resources (personal and organizational) they can use and the challenges/difficulties they expect.
- Conclusions about the steps to be taken – identifying the mentees and establishing meetings for the tutoring program, face-to-face or asynchronous on the e-learning platform of the university.
- Challenges and practical ways to implement the mentoring program in each home university.
- Presentation of the R4 Result – the e-Learning platform (THWS team).
- Plan of dissemination of results in the neighbouring countries through this website.
- The participants answer to questions regarding what it takes to be a successful mentor in digital well-being from a personal and organizational point of views: being open-minded, flexible, empathetic, communicating, creative, willing to learn on the personal level and management support, enough resources, creating digital well-being areas, mentorship as an organizational value, spreading motivation and enthusiasm about the importance of the topic.

The next meeting will be held on the **26.04 at 12.00 Finnish time.**





