



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

## Agenda

### Multiplier event, *Digital well-being in higher education* 29 March 2024

Friday, 29.03.2024, 10.00-14.00	
<b>MULTIPLIER EVENT</b>	
Location: Hub Rectorat, Rectorat Building (Eroilor 29, Brasov)	
10.00-10.30	Welcome and registration
10.30-11.15	Digitalisation and technostress: Who is more stressed: comparative results teacher and students?
11.15 - 12.00	Technostress in relation with personal and organisational resources
12.00-12.30	Coffee break
12.30-13.30	What to take with us: implications of the results and promotion of digital well-being
13.30 - 14.00	Feedback and further dissemination
14.00	Fare well