



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

## Agenda

### Multiplier event, *Digital well-being in higher education* 15 April 2024

<b>Friday, 15.04.2024, 08.30-12.30</b> <b>MULTIPLIER EVENT</b> <b>Location: VID campus Oslo, D14-AU16 (Diakonveien 14)</b> Link to event invitation (in Norwegian): <a href="https://www.vid.no/arrangementer/hvordan-pavirker-teknologi-og-digiale-arbeidsformer-trivsel-arbeids-og-laeringsmiljo-i-hoyere-utdanning/">https://www.vid.no/arrangementer/hvordan-pavirker-teknologi-og-digiale-arbeidsformer-trivsel-arbeids-og-laeringsmiljo-i-hoyere-utdanning/</a>	
08.30-09.00	Welcome and registration
09.00-09.30	How do digital tools affect our everyday work and what can we do to achieve digital well-being? - Presentation based on the project Digital Wellbeing.
09.30-10.00	What creates stress for teachers and students in fully digital/online teaching? - A conversation between teachers and researchers about the learning environment in the digital and online study programme <i>Leadership and Sustainability</i>
10.00-10.15	Coffee break
10.15-10.45	How can students and teachers rely on and support each other to achieve digital well-being in a digital working and studying world? - An approach inspired by a sociocultural perspective, study groups and mentoring programs.
10.45 - 11.25	What have we done to create good digital learning environments for teachers and students? - Painful and good experiences from 3 years with the online digital study programme <i>Leadership and Sustainability</i>
11.25 - 11.30	Farewell and concluding remarks
11.30 – 12.15	Community lunch