



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

Agenda

THWS

Multiplier Event: *Digital well-being in higher education*

9 April 2024

Agenda

MULTIPLIER EVENT Tuesday, 9 th April 2024 Location: Münzstr. 12, 97070 Würzburg	
15.30-16.00	Welcome and registration
16.00	Introduction & A look behind the scenes: Technostress and Digital Well-Being - Current developments and research findings
16.30	“Snacks” for digital working and digital wellbeing
17.00	Promoting intrinsic motivation through the experience of competence, autonomy and related
17.30	Coffee Break
18.00	Using Digital Tools effectively
18.30	Using (Peer-)Feedback and Reflections
19.00	Discussion of implications and further ideas
19.20	Feedback
19.30	Fare well