



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

Agenda

Multiplier event, *Digital well-being in higher education* 8. May 2024

Wednesday, 8.5.2024, 09.45-12.00 MULTIPLIER EVENT Location: LINK, 4. Floor, University of Oslo.	
09.45 - 10.00	Welcome and registration
10.00-10.30	Presentation of the Digital Wellbeing project. <ul style="list-style-type: none">- Workbook- E-learning course- Booklet
10.30-11.00	What creates techno stress in higher education. Discussion: How can students and teachers rely on and support each other to achieve digital well-being in a digital working and studying world? <ul style="list-style-type: none">- Mentoring program
11.00-11.30	Workshop with participants
11.30 – 12.00	Community lunch

Not hearing anything? [Turn up volume](#) ×

Eirin Gudevold

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