

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



## **Multiplier Event 29.03.2024**

Location: Transilvania University of Braşov, Aula „Sergiu T. Chiriacescu”, Room UI2

The purpose of this multiplier event was to disseminate the results of the project and to obtain feedback from stakeholders and target groups. The UniTBv project team presented the main results of the project.

The multiplier event was promoted on Social Media and on the website, through the flyer below. Additionally, we shared the invitation through direct contact with affiliates, contacts from UniTBv, partners from companies, ONGs or schools, UniTBv Alumni.

The flyer is a vertical rectangular graphic with a light green background. At the top left, it features a circular photograph of a diverse group of people smiling and looking upwards. To the right of the photo is the project ID "2021-1-RO01-KA220-HED-000032023" and the European Union flag with the text "Funded by the European Union". The main title "Digital Wellbeing in Higher Education" is centered in a dark green serif font. Below the title is a QR code and the text "Conferință de diseminare". At the bottom, the date and time "29 martie 2024, 10.00-14.00" and the location "Sala Hub Rectorat, (Rectorat, Eroilor 29)." are listed. On the right side, there is a vertical decorative element with green leaves and a globe icon containing a brain, with the word "DIGIWELL" written below it.

2021-1-RO01-KA220-HED-000032023

Funded by  
the European Union

## Digital Wellbeing in Higher Education

Conferință de diseminare

29 martie 2024,  
10.00-14.00  
Sala Hub Rectorat, (Rectorat, Eroilor 29).

DIGIWELL

There were 45 participants, representing partner organizations from different sectors (IT, Education, ONGs). All participants at the multiplier event received a printed copy of the booklet, promotional materials (a backpack and an agenda) and an attendance certificate.

The program of this multiplier event included a short introduction of the Project followed by a discussion on what digital well-being means to participants, and then a presentation based on Result 1 of the project. After the Coffee Break, we discussed the implications of the results, and the participants were invited to take part in an experiential exercise based on the Booklet to identify their out resources in dealing with technostress.

Funded by  
the European Union

  
DIGIWELL

## Agenda

<b>10.00-10.30</b>	<b>Welcome and registration</b>
<b>10.30-11.15</b>	Digitalisation and technostress: Who is more stressed? <u>Comparative results</u> teacher and students.
<b>11.15 - 12.00</b>	Technostress in relation to <u>personal</u> and organisational resources <b>RESULT 1</b>
<b>12.00-12.30</b>	Coffee break
<b>12.30-13.30</b>	What to take with us: implications of the results and promotion of digital well-being
<b>13.30 - 14.00</b>	Feedback and further dissemination
<b>14.00</b>	Farewell

Transilvania  
University  
of Brasov

DiakFHWSVID





At the end of the meeting, all participants were asked to fill in the feedback form, answering questions about the organization of the event, the content of the event, and the relevance of the project results in their professional activity. On a scale from 1 (Strongly unsatisfied) to 5 (Strongly satisfied), participants were invited to assess the following items, organized in two dimensions: (1) organization of the event: information received before the event, organization of the event (location, time, duration), event facilities (space and logistics), and (2) content of the event: relevance of the project results for professional activity, information received about internal and organizational resources for technostress, information on promoting digital well-being. Participants reported they were 'strongly satisfied' with every aspect included in the feedback form, with only two participants declaring they were 'satisfied' with the event facilities (space and logistics). On the open-ended questions, participants responded that the event was all promoted and well organized and that the information presented was relevant to the topic.

Some of the participants' feedback is presented below:

*„I have now a better perspective on how to use technology in my professional activity being aware of the limits that I need to pay attention to.“*



*„The most useful information was about the way students perceive technostress. [...] This Information will help me in being more efficient in managing my work time and in being more responsible regarding time spent using the phone.”*

*„I can use the results about technostress in my activity as a manager by anticipating the stressors related to technology use that can impact employees”.*

The UniTBv DigiWell Team at the end of the Multiplier Event:

