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Erasmus+ Programme – Cooperation Partnerships
Project No.: 2021-1-RO01-KA220-HED-000032023
Meeting title: **Multiplier event 15.04.24**

The purpose of this multiplier event was to promote the results of the project and to obtain feedback from stakeholders and target groups. The project training/ mentoring pack (Research report, Workbook -Manual for trainers, the Booklet - Digital well-being: A guide for teachers, the initial versions of the e-Learning course) and the website were presented during the workshop.

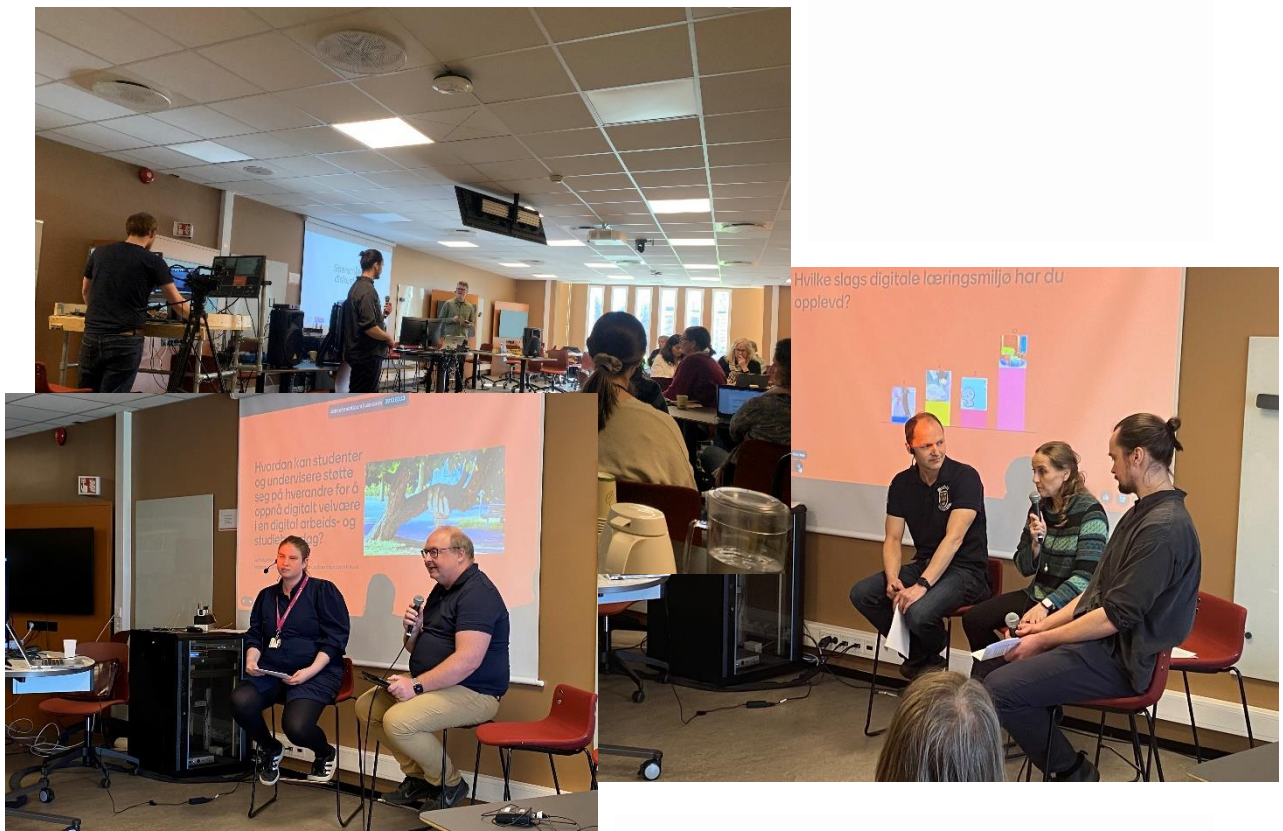
Starting date: 15.04.2024

End date: 15.04.2024

Place: VID campus Oslo, Diakonveien 14, room D14-AU16

Report from event

The multiplier event, called "How do technology and digital working methods affect well-being, working and learning environment in higher education?" was conducted on VID's campus in Oslo 15th of April 2024. Due to the organization of VID with campuses in three different cities we were obliged to conduct a hybrid session, allowing for participants to participate online. But we encouraged physical participation on campus and provided free lunch to all physical participants.





The event was promoted on VIDs webpages and through our newsletter. In addition, we shared the invitation through various social media and through direct contact with affiliates and contacts. All participants were encouraged to register through an online form. In this way we received the e-mail address to all participants, and we can distribute links to the content and results in the project when finalized. All physical participants at the workshop received a printed copy of the booklet and the translated abstract/summary of the workbook.

On the 14th of April, the day before the event we had in total 29 registered participants. 9 had registered for digital participation and 20 for physical presentation. On the actual event three more physical participants from VID showed up. We had registered participants from all three faculties in VID, 9 external institutions and one former student. We did not collect signatures of participation from digital participants, and unfortunately, we were not able to ensure that that all physical participants signed the participation list.

Programme

Friday, 15.04.2024, 08.30-12.30	
MULTIPLIER EVENT	
Location: VID campus Oslo, D14-AU16 (Diakonveien 14)	
Link to event invitation (in Norwegian): https://www.vid.no/arrangementer/hvordan-pavirker-teknologi-og-digitale-arbeidsformer-trivsel-arbeids-og-laeringsmiljo-i-hoyere-utdanning/	
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? <ul style="list-style-type: none"> • Presentation based on the project Digital Wellbeing.
09.30-10.00	What creates stress for teachers and students in fully digital/online teaching? <ul style="list-style-type: none"> • 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? <ul style="list-style-type: none"> • 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? <ul style="list-style-type: none"> • Painful and good experiences from 3 years with the online digital study programme Leadership and Sustainability
11.25 - 11.30	Farewell and concluding remarks
11.30 – 12.15	Community lunch



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In the event, the participants could listen to 4 introductions conducted by the team involved in the DigiWell project in addition to teachers and a student that had been enrolled in I digital study programme. We also had a teacher located in another city who shared his experience through Zoom. Each introduction also included discussions in groups or plenary. Some discussions also included documentation using Mentimeter. The digital participants were divided into break-out rooms during discussions, but could fully participate on plenary discussions.

Hva har dere gjort, eller tenker er lurt å gjøre, for å tilrettelegge for at studenter og undervisere skal støtte seg på hverandre?

- For undervisere: Tilrettelegge for kollegaveiledning, gode samarbeidsgrupper
- Lag tydelige forventninger
- forventningsavklaring viktig
- Psykologisk trygghet er veldig viktig for læring og samarbeid på tvers av nivå.
- Dele det menneskelige, vise svakhet og sårbarhet også som lærer
- Delegere ansvar, for eksempel noen tar chatten
- Tilrettelegge for uformelle samtaler i tillegg til formell undervisning
- Aktiv dialog med tillitsvalgt Uformell evaluering Aktiv søke feedback fra studenter undervisGuide til hvordan en skal jobbe sammen i student grupper

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One of the Mentimeter-discussions where we asked the participants for their advice/experience.



According to the feedback after the workshop, it was a success. Here is a highlight:

"Thank you very much for the very good and informative workshop today, "How do technology and digital working methods affect well-being, working and learning environment in higher education?". I think this is the best professional event I've seen this year. Important and useful knowledge for me in planning digital teaching in the future. A "bulls eye"! The knowledge you have acquired and that was communicated today should certainly reach out more widely among our course coordinators and teachers." (Hege, teacher)