



Erasmus+ Programme – Cooperation Partnerships
Project No.: 2021-1-RO01-KA220-HED-000032023
Meeting title: **Multiplier event 08.05.24**

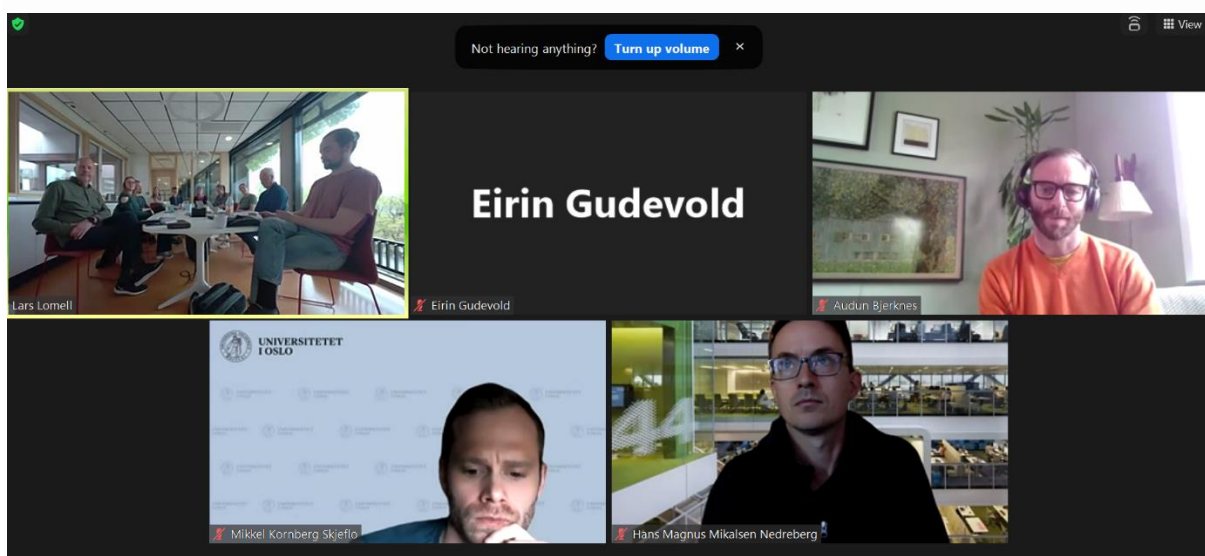
The purpose of this multiplier event was to promote the results of the project and to obtain feedback from stakeholders and target groups from University of Oslo. The project training/ mentoring pack (Research report, Workbook -Manual for trainers, the Booklet - Digital well-being: A guide for teachers,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

Starting date: 08.05.2024
End date: 08.05.2024
Place: LINK, University of Oslo, Oslo

Report from event

A second multiplier event, called "How do technology and digital working methods affect well-being, working and learning environment in higher education?" was conducted for employees from University of Oslo on their campus in Oslo 8th of May 2024. We had 5 physical and 3 digital participants from the University of Oslo in addition to employees from VID Specialized University.

The event was promoted in LINKs teammeeting and through direct contact with affiliates and contacts. All participants received the link to the project webpage with the content and results. All physical participants at the workshop received a printed copy of the booklet and the translated abstract/summary of the workbook. In addition we will have a follow up meeting with them in September to talk more about digitalisation in higher education. We did not collect signatures of participation from digital participants, but all physical participants signed the participation list.



Picture 1) Physical and digital participants for University of Oslo and VID



Picture 2) Tobias Tunglund from VID is presenting the DigiWell booklet and scoring the participant according to their level of digital well-being.

Programme

Wednesday, 8.5.2024, 09.45-12.00 MULTIPLIER EVENT 2 (VID) 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"> - Survey - Booklet - Workbook - E-learning course
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



In the beginning of the event, the participants were introduced to the DigiWell project and the outcomes, including the survey, booklet, workbook, e-learning course and the mentoring program by the team from VID. Then we had plenary discussions about techno stress in higher education and how to talk about it with university teachers, and we "scored" the participants using Mentimeter. The event ended with a discussion on how to get teachers in higher education interested in and actually acquire more knowledge on how to use technology in their teaching.

