Transilvania University of Brasov

DigiWell in Higher Education - Final Conference

Date: 22.04.2024

Location: Transilvania University of Brașov, Rectorate, Room Studio 181

The purpose of the Final conference event was to disseminate the results of the project: the quantitative study on technostress and well-being in Higher Education, the workbook *How to achieve digital well-being in universities*, the booklet for self-assessment of digital well-being and the online platform designed to improve well-being. The event also aimed at discussing insights for achieving digital well-being within university settings and steps for further dissemination.

The Final Conference 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.

Figure 1. Flyer of the Final Conference

The following members of the team project participated:

UNITBV, Romania	Ana-Maria Cazan
	Ramona Henter
	Camelia Truta
	Laura David
	Laura Nastasa
	Catalin Maican
	Rodica Florea
	Liviu Roman
DIAK, Finland	Niko Nummela
	Louna Hakkarainen
VID, Norway	Arne Morten Rosnes
	Tobias Tungland
	Eirin Gudevold
FHWS, Germany	Christian Galgenmueller (online)

There were 60 participants, representing partner organizations from different sectors (IT, Education, ONGs). All participants at the Final Conference event received a printed copy of the booklet, promotional materials (a backpack and an agenda) and an attendance certificate.

The Agenda of the Final Conference was:

13.00-13.30	Welcome and introductions, registration
13.30-13.45	General presentation of the project, main topics (Ana Maria Cazan)
13.45 - 14.45	Comparative results on technostress and well-being (Result 1, Laura David and Ramona Henter) (UNITBV)
14.45-15.15	Coffee break
15.15-16.00	How to achieve digital well-being in universities? Digital competence and mentoring (Result 2 & 3) (DIAK & VID)
16.00-16.30	Fostering digital well-being (Result 4) (THWS)
16.30 - 17.00	Obtaining feedback from the attendants about the project results and further dissemination
17.00-18.00	Early dinner

Figure 2. Final Conference Agenda

At the end of the Final conference, 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. Feedback was anonymous.

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 respondents that the event was all promoted and well organized and that the information presented was relevant to the topic.
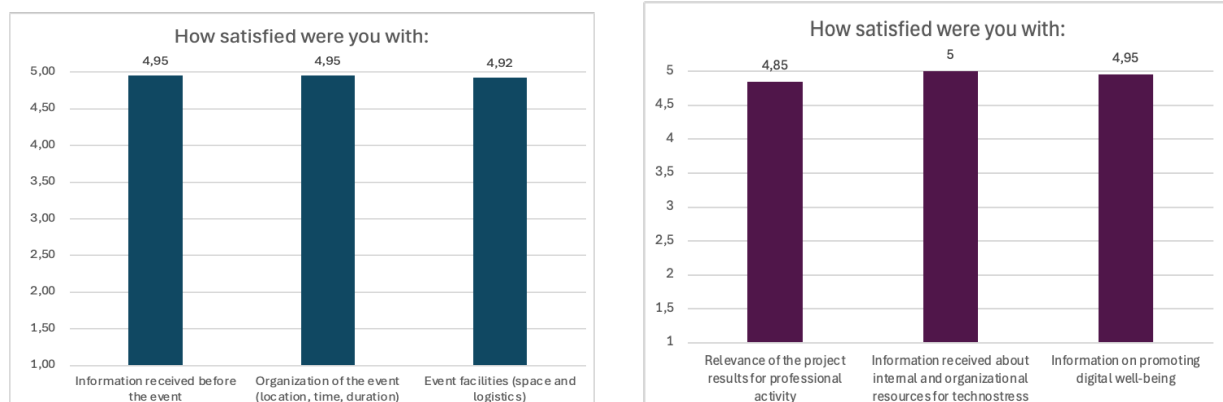

Figure 3. Participants feedback regarding the level of satisfaction with the organization of the evet (left) and the content of the event (right)

Some of the participants' feedback is presented below:

„*I gained a deeper understanding of what digital well-being means and I received several tools that I could use with my clients to help them improve their well-being.*"

„*I became more aware about the fact that employees need more attention and support in confronting with stress as a result of digital environment.*"

„*It was very interesting and applicable to learn about the mentorship program*".

Some of the photos taken during the Final Conference are presented below: