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Erasmus+ Programme – Cooperation Partnerships
Project No.: 2021-1-RO01-KA220-HED-000032023
Meeting title: **Multiplier event 16.05.24**

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 South-Eastern Norway. 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: 16.05.2024

End date: 16.05.2024

Place: 3. Floor, VID Specialized University, Campus Oslo

Report from event

A third 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 South-Eastern Norway on our campus in Oslo 16th of May 2024. We had 2 physical participants from the University of South-Eastern Norway in addition to employees from VID Specialized University.

The event was promoted 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. All physical participants signed the participation list.



Picture 1) Physical participants from University of South-Eastern Norway with workbook.



Programme

Thursday 16.5.2024, 09.45-12.00	
MULTIPLIER EVENT 3	
Location: 3. Floor, VID specialized university, campus Oslo.	
09.45 - 10.00	Welcome and registration
10.00-10.30	Presentation of the Digital Wellbeing project. <ul style="list-style-type: none">- Research report- Workbook- Booklet- 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.