



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



**DIGIWELL**  
DIGITAL WELL-BEING  
IN HIGHER EDUCATION

**THWS  
Multiplier Event  
9 April 2024**

**Agenda**

|  |  |
|--|--|
| <b>Tuesday, 9<sup>th</sup> April 2024</b><br><b>Location: Münzstr. 12, 97070 Würzburg, Room M.1.07</b> |  |
| 15.30-16.00  | Welcome and registration   |
| 16.00  | Introduction & A look behind the scenes<br>Technostress and Digital Well-Being -<br>Current developments and research findings |
| 16.30  | “Snacks” for digital working and digital wellbeing   |
| 17.00  | Promoting intrinsic motivation through the experience of competence,<br>autonomy and related                                   |
| 17.30  | Coffee Break   |
| 18.00  | Using Digital Tools effectively  |
| 18.30  | Using (Peer-)Feedback and Reflections  |
| 19.00  | Discussion of implications and further ideas   |
| 19.20  | Feedback   |
| 19.30  | Fare well  |



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Project No.: 2021-1-RO01-KA220-HED-000032023

Multiplier event host organisation (organiser): THWS Technical University of Applied Sciences Würzburg-Schweinfurt

Multiplier event title: Gemeinsam Lehre und Studium gestalten – Digitales Wohlbefinden fördern

Date: 09. April 2024

Place: THWS, Münzstr. 12, 97070 Würzburg, Room No. M.1.07

### Participants list - Multiplier event

| No. | Participant name         | Institution   | City     | Country |
|-----|--------------------------|---|----------|---------|
| 1.  | Biener, Daniela          | Stadtjugendring Würzburg                            | Würzburg | Germany |
| 2.  | Bork, Johannes           | EAL   | Würzburg | Germany |
| 3.  | Ditl, Regine             | EKJFH Würzburg                                      | Würzburg | Germany |
| 4.  | Dittrich, Margit         | Evangelische Kinder-, Jugend-,<br>und Familienhilfe | Würzburg | Germany |
| 5.  | Egetenmeyer, Petra       | Familienkanzlei Bamberg                             | Bamberg  | Germany |
| 6.  | Freudenberger, Jonathan  | EAL   | Würzburg | Germany |
| 7.  | Friedrich, Franziska     | Zentrum für seelische<br>Gesundheit                 | Würzburg | Germany |
| 8.  | Krämer, Nicole           | Evangelische Kinder-, Jugend-<br>und Familienhilfe  | Würzburg | Germany |
| 9.  | Lanig, Peter             | KJA Regionalstelle Würzburg                         | Würzburg | Germany |
| 10. | Lazarek, Joachim         | Gesundheitsamt Würzburg                             | Würzburg | Germany |
| 11. | Lutz, Christian          | EKJFH Würzburg                                      | Würzburg | Germany |
| 12. | Müller, Leander          | Sozialdienst Katholischer Frauen                    | Würzburg | Germany |
| 13. | Rehn, Alexandra          | Johannes-Gutenberg-<br>Universität Mainz            | Mainz    | Germany |
| 14. | Schidla, Peter           | EAL   | Würzburg | Germany |
| 15. | Scholtes, K.-D.          | KSB   | Pegnitz  | Germany |
| 16. | Seehaber, Stefan         | EKFJH Würzburg                                      | Würzburg | Germany |
| 17. | Six, Carolin             | Diakonisches Werk Würzburg                          | Würzburg | Germany |
| 18. | Taube, Annika            | Ambulante Hilfen EKJFH                              | Würzburg | Germany |
| 19. | Uschold-Meier, Elisabeth | Evangelische Kinder-, Jugend-,<br>und Familienhilfe | Würzburg | Germany |
| 20. | Walther, Steffen         | EAL   | Würzburg | Germany |
| 21. | Wintergerst, M. Th.      | Akademie Ländlicher Raum                            | München  | Germany |

Fakultät Angewandte Sozialwissenschaften

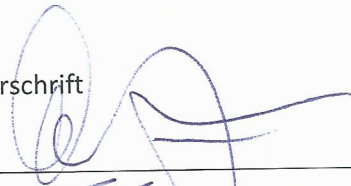
09.04.2024

Teilnehmer:innen

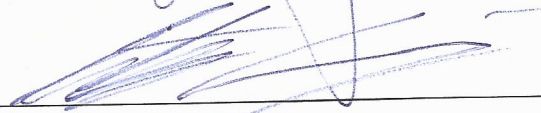
Name

Unterschrift


Rebra Eggenmeyer



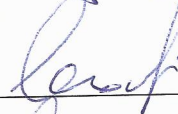
Peter Lanig



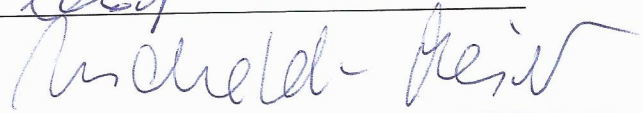
Franciska Friedrich



Joachim Larenz



Arnold-Meis



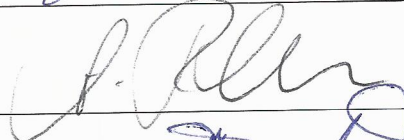
Daniela Biener



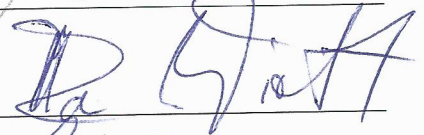
Margit Dittl



Alexandra Pehn



Maria ~~W~~ Hindergerst



Klaus-Dieter Scholtes



Fakultät Angewandte Sozialwissenschaften

09.04.2024

Teilnehmer:innen

| Name                   | Unterschrift     |
|------------------------|------------------|
| Nicole Krämer          | N. Krämer        |
| Leander Müller         | Leander Müller   |
| Annika Taube           | A. Taube         |
| Stefa Seehol           | S. Seehol        |
| Christine Loh          | C. Loh           |
| Steffen Walthur        | S. Walthur       |
| Peter Schalk           | P. Schalk        |
| Carolin Six            | C. Six           |
| Regine Bittl           | R. Bittl         |
| Jonathan Freudenberger | J. Freudenberger |
| Johannes Bork          | J. Bork          |



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## Short Report

**Overview:** The event was organized by the faculty of Applied Social Sciences at THWS and included participants from several cooperation partners, who were invited via personalized emails through our mailing list (overall more than 200 persons were invited by mail). The event saw the attendance of 21 external participants from various partner institutions.

**Design:** The event was designed to provide participants with easily implementable suggestions for digital working, aimed at enhancing digital well-being. These suggestions focused on various aspects, including fostering social connectedness, experiencing competence, autonomy, and the usage of different digital tools. The structure of the event included brief input sessions followed by ample time for experience sharing and discussions.

**Topics discussed by participants:** Participants engaged in discussions on several key topics such as:

- Handling switched-off cameras in online meetings.
- Enhancing social interactions.
- Developing "rules of engagement" for digital workgroups.
- Structuring online course spaces (considering structure, goals, communication, and interaction opportunities).
- Integrating and managing AI tools.

**Participant Feedback:** The overall feedback from participants was positive. Participants appreciated the short, manageable segments of information ("small bites") and practical, easy-to-implement suggestions. The opportunity to share and discuss both positive and negative experiences was also valued.