



## Project DigiWELL

Welcome to the DigiWELL newsletter, where we empower adults with essential skills for digital wellbeing and security, helping you unlock your digital superpowers. We're thrilled to have you on board for an exhilarating journey towards digital resilience by making digital wellbeing and security accessible to all.

Our objective is to empower adults with essential skills for digital wellbeing and security, building a rock-solid foundation of digital resilience. Through interactive work sessions, transnational project workshops, and captivating learning events, we are implementing a cutting-edge training program with interactive materials and an innovative Open Educational Resources (OER) platform.

The impact we aim to create involves empowering over 50 adult organizations, 500 individuals, and 140 dedicated trainers in the field of adult education. Additionally, we anticipate directly benefiting at least 1000 adults and their organizations/networks through our ground-breaking OER platform.

In this second Newsletter we will summarise the activities conducted by project partners within Work Package 2.

The main output in Work Package 2 refers to the development of the Digital Resilience Building Manual & Methodology. This document will offer to adults and adult trainers the knowledge and skills for digital wellbeing and digital security, together with an increased understanding and awareness on digital resilience.

Furthermore, this second Newsletter will report news from other activities conducted by project partners in Work Package 2. These activities refer to the second Transnational Partner Meeting in Nitra (Slovakia) in August 2023 and the Promotion and Sharing Events in November 2023.

## Digital Resilience Building Manual & Methodology

We are thrilled to announce that project partners have finalised the Digital Resilience Building Manual & Methodology.

Being an adult-centred project, project partners have made use of the input and insights from adult work sessions 1 and 2, targeting respectively adults and adult trainers.

This approach will continue throughout the entire duration of the project, taking into account the views, opinions and awareness of adults and adult trainers at every stage of the project.

The Manual & Methodology will offer to adults and adult trainers the knowledge and skills for digital wellbeing and security, together with an increased understanding and awareness on digital resilience.



The document is based on the concepts of the EU DigComp Framework. The Manual & Methodology offers users a dictionary of the main terms and concepts related to digital wellbeing and security.

By offering a comprehensive overview on the topics of digital wellbeing and security, including best practices, the document sets the foundations and context for the following output of the project in Work Package 3, that is the Digital Resilience Building Training Program & Training Materials.

The Manual & Methodology has been subject of an expert review. Today partners are working on the translation into national languages.

## Transnational Partner Meeting in Nitra (Slovakia)

In the end of August 2023, project partners have met for the second time since the beginning of the project in Nitra, Slovakia. The meeting was hosted by the leading partner, the Slovak University of Agriculture.

This was the second Transnational Partner Meeting, after the first in Prague in May 2023.

The meeting was the opportunity to report on the initial activities of the project, such as results from adult work sessions 1 and 2, targeting respectively adults and adult trainers.

Project partners used this meeting to discuss and plan the development of the Digital Resilience Building Manual & Methodology. Also, project tasks were redistributed and project timelines set.

The event was also the opportunity to get to know each other better and for team building.

Project partners enjoyed the excellent hosting of the leading partner, the Slovak University of Agriculture. The weather was great for some leisure activities, such as city sightseeing!





## Promotion and Sharing Events



With respect to communication and dissemination activities, in November 2023 project partners hosted promotion and sharing events, targeting both adults and adult trainers.

The purpose of the events was to inform participants about project objectives, outputs, and expected impact on the target group. Also, to offer participants an understanding about digital resilience building and the necessary competences for digital wellbeing and security.

The promotion and sharing events were also a precious opportunity for project partners to expand their network and to reach further stakeholders in their area.

Beside dissemination purposes, the sharing and promotion events also entailed interactive activities to actively engage adults and adult trainers in discussion.

For instance, some project partners offered to participants the chance to join workshops on digital detox. Other partners used the events to collect further feedback and input from the target group. Overall, the responses were positive and encouraging!





## Thank you

Join us on social media and be part of the DigiWELL project! Discover how we're fostering digital competencies through collaboration, innovative strategies, and digital resilience.

Stay updated with exciting updates, valuable resources, and inspiring stories.

Together, let's thrive in the digital world.

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