



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 edition, we'll dive into the work packages that will shape your digital resilience journey and unveil the outcomes we're set to achieve.

- **Digital Resilience Building Manual & Methodology:** We're developing a comprehensive manual and methodology that will provide you with knowledge and skills for digital wellbeing and security, together with an increased understanding and awareness on digital resilience.
- **Digital Resilience Building Training Program & Materials for a blended learning experience!** Our training program and materials, including presentations, videos, and articles, will equip you with the tools to enhance your digital resilience.
- **Digital Resilience Building OER Platform:** Our platform will increase learning opportunities for adults. Accessible in eight languages, it will enable you to acquire competencies for digital wellbeing and security. With a transnational and multicultural perspective, you'll be part of a global community.

Adult Work Sessions

We are excited to share with you the results of the recent focus group discussions with adults and members of adult organizations., exploring participants' digital experiences, focusing on their habits, digital wellbeing and security practices, and overall digital resilience. Through in-depth analysis researchers uncovered insights into participants' digital literacy, proficiency with various tools and devices, and their awareness of the challenges associated with excessive device usage and reduced face-to-face interactions.

A key finding across all the focus groups was the prominent concern for digital security. Participants prioritized protecting their personal data and digital identity, demonstrating a commendable understanding of security measures such as using strong passwords and being cautious online. Their proactive approach to implementing protective measures reflected a clear awareness of the risks associated with online activities.

Digital well-being was also a central theme with diverse emotional experiences linked to their use of digital tools and stressed the importance of managing digital interactions effectively. Different strategies such as setting boundaries, prioritizing offline interactions, and balancing screen time were highlighted as essential for maintaining a healthy digital lifestyle.

The findings underlined the importance of digital literacy, conscious technology management, and the adoption of protective measures in our increasingly digital age. They provide valuable guidance for navigating the complex relationship between individuals and technology, helping us strike a balance between technology use, privacy, and overall well-being.

We will benefit from key findings in the development of "Digital Resilience Building Manual and Methodology"



Methodology

In our ongoing efforts to promote digital resilience among adults, we share with you the methodology for the Adult Work Sessions (ADWSs). These sessions served as a platform for adults and adult education organizations to explore the topic of building digital resilience and share their perspectives.

The ADWSs consist of two main sessions: ADWS1 for adults and ADWS2 for adult trainers, adult training providers, and representatives of adult education organizations. Each of 7 participating countries organized an ADWS1 and an ADWS2 session, namely a total of 14 sessions. The participants in these sessions had the opportunity to contribute their views and opinions, shedding light on their current digital knowledge, awareness, and expectations to have wider pull on the topic.



The ADWS activity program has been carefully structured to cover various aspects of digital resilience, starting with introduction about the Project has encouraged participants to create an open dialogue and an exchange of experiences.

Group Discussion on Digital Habits, challenges, and practices to encourage open dialogue and the exchange of experiences.

Group Discussion on Digital Security Perception enabled participants to express their feelings on risks and threads of technology and to exchange practices for ensuring their digital security.

Group Discussion on Digital Wellbeing Perception provided insights into the impact of digital technologies on individuals' overall well-being.



Digital Education: Collaboration, Strategies, Resilience



Digital education and skills are crucial in today's evolving world. The European Commission proposes a Council Recommendation for a national strategy on digital education and skills, is emphasizing collaboration between Member States and the Commission to promote effective policies.

The first step is developing a comprehensive strategy with a vision, objectives, and action plans, regularly monitored for adjustments. Collaboration among government bodies, stakeholders, and the private sector creates a cohesive framework, leveraging resources and expertise. Digital training programs for educators enhance pedagogical practices, literacy, and innovation. Investment in infrastructure and tools, prioritizing digital equipment, connectivity, and access to resources, is crucial.

The Commission will leverage EU instruments and funding programs to support digital education initiatives. Exchanging best practices, creating networks, and encouraging peer learning drive innovation and implementation. Digital resilience, adapting, navigating, and maintaining security and well-being, plays a critical role.

Stay tuned for exciting updates and valuable resources from the DigiWELL Team as we thrive in the digital world and empower others to do the same.





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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