Project DigiWELL

Welcome to the fourth and final volume of the DigiWELL newsletter! As our project concludes, we are proud to reflect on the significant impact we've made in equipping adults with the essential skills needed for digital wellbeing and security. By providing accessible, practical tools, we've helped foster a safer, more secure digital world for all.

To date, we have trained over 140 educators and 50 adult organizations, reaching more than 1,000 individuals. These training sessions have given participants the knowledge and tools to cultivate safer online habits, enhance digital literacy, and promote responsible digital citizenship.

In September 2024, we convened for our fourth and final Transnational Project Workshop (TNPW3), hosted by Found.ation in Athens, Greece. This face-to-face event brought together our project partners to review the final project outcomes, exchange best practices, and discuss strategies for sustaining the impact of our training program. The workshop served as a vital opportunity to reinforce our shared commitment to empowering adult learners and educators, ensuring the lasting success of the DigiWELL project.

As we finalize our project results, we are proud to share key outcomes, including the Learning Methodology for the Digital Resilience Building Training Program. This document presents a framework for trainers, offering guidelines and pathways to effectively use the developed training materials. It also introduces blended learning approaches to ensure that digital resilience training is delivered successfully and sustainably in diverse adult education settings.

Additionally, we are thrilled to introduce the DigiWELL OER Platform, which has been tested and refined through Adult Work Sessions across all partner countries. This platform is a free, user-friendly digital learning space designed to help adults build resilience, wellbeing, and security in their digital lives. It features four key modules on Digital Wellbeing, Digital Security, Digital Privacy, and Digital Citizenship, providing accessible and practical resources for adult learners at all levels.

You can read more about these results and outputs in the following pages of the newsletter. Thank you for being part of this incredible journey. We look forward to the lasting impact of our work in building digital resilience and empowering adults across Europe and beyond.

Building Digital Resilience: Methodology and Training at the Heart of DigiWELL

The Erasmus+ DigiWELL Project introduces its **Learning Methodology**, a comprehensive resource designed to enhance digital resilience bulding training. This methodology outlines innovative methods for training for digital resilience, focusing on balancing online activities, fostering mental health, and leveraging technology for personal growth.

Aimed at educators and trainers, it provides practical strategies, case studies, and tools to engage learners effectively. Dive into this guide to cultivate healthier digital habits and promote wellbeing in educational settings.

Explore the manual here.
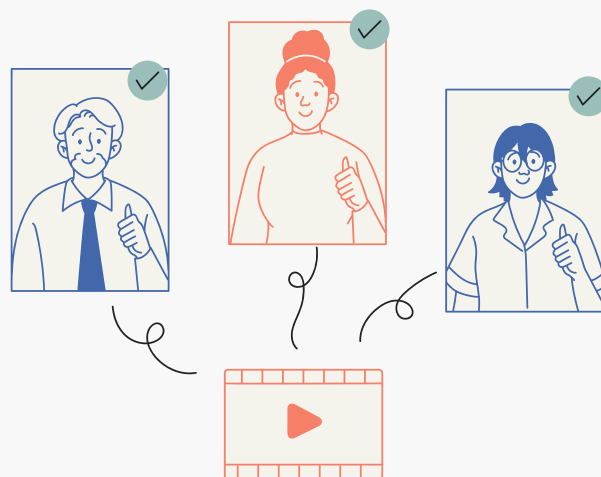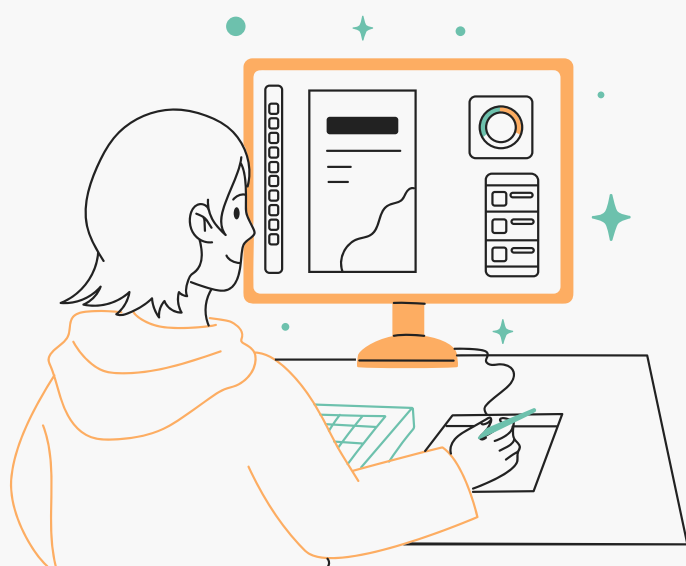
The **DigiWell Training Program** is designed to empower educators and trainers with tools and strategies for promoting digital wellbeing. Its core elements include interactive workshops, hands-on exercises, and best-practice guides focused on balancing technology use, fostering mental health, and integrating digital skills into personal and professional development. The program emphasizes practical applications, adaptability to diverse learning environments, and fostering awareness of digital habits' impacts. For more details, refer to the DigiWELL resources. The DigiWell Training Program consists of four key modules designed to build digital resilience in adults: Digital Wellbeing, Digital Security, Digital Privacy, and Digital Citizenship. Each module includes comprehensive training materials such as videos, presentations, quizzes, and open-ended questions to enhance understanding and competency in these critical areas. The program provides a holistic framework for fostering digital resilience and equipping learners with essential skills for the digital age.

Project Workshops and Multiplier Events

On September 10–11, 2024, the DigiWELL project partners gathered in Athens for the **third Transnational Project Workshop (TNPW3)**, hosted by Found.ation. Representatives from each partner organizations collaborated to refine project materials and align on the shared mission of enhancing digital wellbeing and security for adults.

The workshop focused on ensuring the multicultural relevance, scope, and effectiveness of the project's outputs, tailoring them to the unique needs of partner regions. Through engaging discussions and hands-on activities, the team made significant strides in developing inclusive and impactful resources that promote digital resilience. This event marked a key milestone in the DigiWELL journey, advancing the creation of a safer and more confident digital future for all.

In order to further disseminate the DigiWELL project's results, including the DigiWELL OER Platform and the Learning Methodology for Digital Resilience Building, Multiplier Events were held across Slovakia, Czech Republic, Turkey, Spain, Germany, Greece, and North Macedonia during the final months of the project.

These events brought together adult learners, trainers, organizations, initiatives, and networks involved in adult education. By engaging these stakeholders, we promoted the project's outputs, especially the OER platform, to ensure their sustainability in our consortium's continuous efforts to support digital resilience long after the project's completion.

DigiWELL's Final Results Unveiled: Spotlight on the OER Platform

The Erasmus+ DigiWell Project culminates with the release of its innovative **Open Educational Resources (OER) Platform**, a free, user-friendly digital hub for building digital resilience.

The platform integrates the transnational DigiWELL Training Programme, featuring videos, quizzes, and interactive materials in English, Czech, German, Greek, Macedonian, Slovakian, Spanish & Turkish.

Designed for adult learners and educators, it provides tools to foster critical digital skills and awareness, empowering users to navigate the digital world confidently.

Explore the platform: DigiWell OER Platform.

The DigiWELL OER platform features four key modules, each designed to guide you through different areas of digital resilience:

1. **Digital Wellbeing** – Discover the importance of balanced technology use, understand how digital habits impact mental health, and learn best practices for managing your digital life.
2. **Digital Security** – Learn how to protect your digital identity, establish secure online habits, and manage security on social media and internet banking platforms.
3. **Digital Privacy** – Gain insights into protecting your personal data, recognize online threats, and learn practical skills for safeguarding your privacy.
4. **Digital Citizenship** – Explore the rights and responsibilities of being a digital citizen, with topics covering online safety, digital rights, and the ethical use of technology.
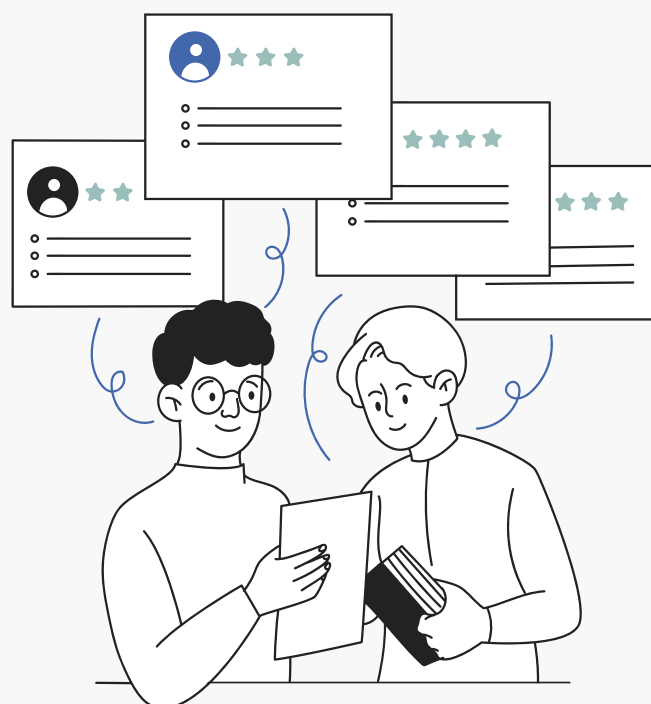
DIGI WELL

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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