



DIGITAL BALANCE

BALANCING DIGITAL COMPETENCIES AND WELLBEING

DIGITAL BALANCE

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ABOUT THE PROJECT

Digital Balance is a new approach to train Vocational Education Training (VET) teachers, leaders and managers about digital well-being.

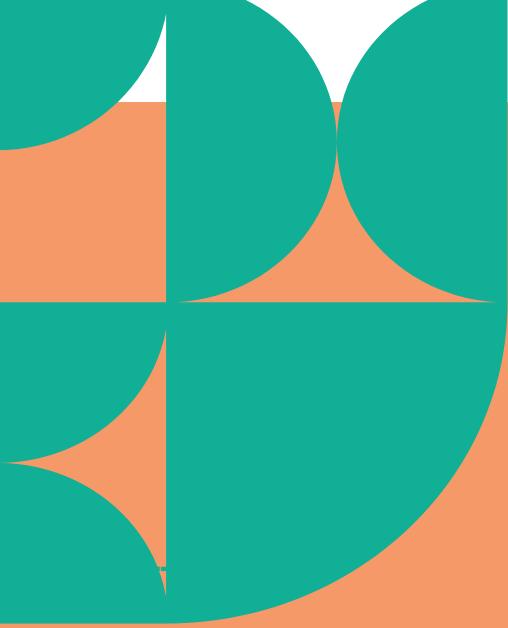
The project will boost the capacity of VET institutions to manage the digital transition in a way that engages high quality teaching with the well-being and long-term productivity of those involved.

The final objective will be to improve educators' own digital competences, while also boosting the capacity of VET institutions to manage the digital transition.

The Analysis Report

The main project objective of this report is to produce new resources that enable the integration of policy and practice to support teachers' digital well-being and encourage proactive behaviour on a personal level.

As part of the above resources, the present Digital Balance Analysis Report is a research and analysis publication that presents and analyses the digital well-being challenges experienced by VET



teachers and VET managers/heads of department as part of the current broader digital transition.

Therefore, the objective of the report is to raise awareness on the importance of achieving a balance between digital-first teaching and the well-being of teachers who have been rapidly exposed to risks to their physical and psychological health that they have not had to deal with in the past. The resource is aimed at VET managers and heads of departments, many of whom are often active teachers themselves. It will also be shared with stakeholders, especially policymakers in adult education. The goal is to update their knowledge on achieving digital balance in the VET workplace and why it must be acted upon.

The report responds to the following needs of our target group:

- Low level of awareness about digital wellbeing in general and as a component of digital competencies
- High level of interest, but low level of preparedness to assist teachers in safeguarding the digital balance in their working lives.

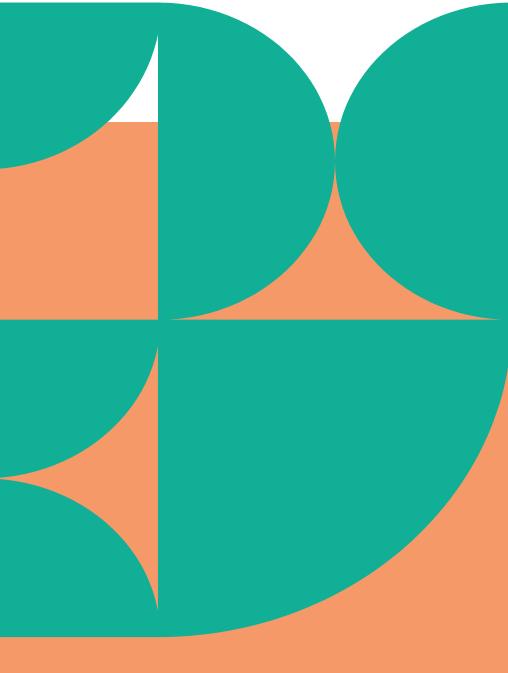
For these reasons, the Digital Balance Analysis Report will be an engaging introduction to the meaning, scope, and application of digital well-being in education and specifically in VET (Digital Balance EU, 2021).

Excellent progress in Ireland!



On 9 and 10 June, all partners have taken part in the third Transnational Partner Meeting (TPM) of the Digital Balance project, which was held in the Letrim Village, Ireland.

The hybrid TPM (with participants online and on-site) has been an event full of brainstorming sessions, efficient work developments and fruitful conversations concerning the results achieved and the next steps of the project. In the meeting, project members have shared insights about the



achievement of important results such as the execution of IO1 Digital Balance Analysis Report and its validation from VET heads of departments and managers. In addition, the consortium has brainstormed and provided excellent inputs to implement the best strategies to complete IO2 Digital Well-Being Resource Pack and to implement IO3 Digital Balance Empowerment Programme.

ACEEU is excited to be part of Digital Balance, a project that aims at raising awareness about the issue of Technostress among VET teachers, heads of departments and managers, and at providing valuable training tools to increase their digital wellbeing as well as to deal with the challenges posed by the digitalization in VET schools around Europe.

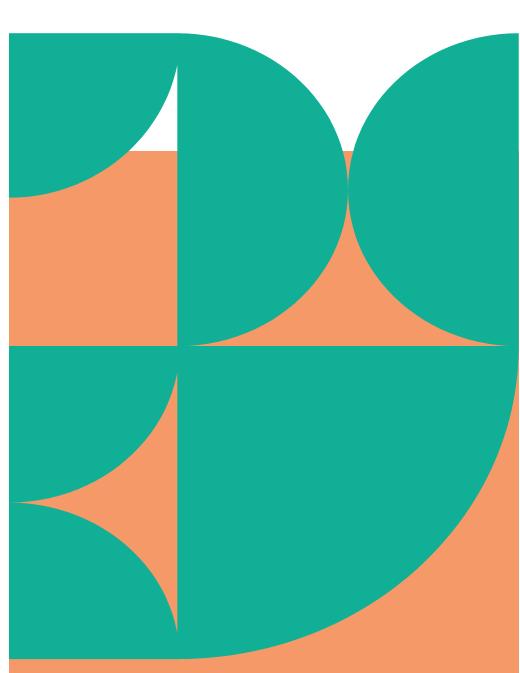
Digital Well-being face-to-face meeting in Brussels



A Digital Balance is coordinated by EMG that focuses on the mental well-being of teachers, leaders, and trainers as they are assets through whom we gain knowledge. We know their health should be prioritised.

The last transnational project meeting was held in EfVET's main office between 21 and 22 November. During the meeting, the development of the "Digital Wellbeing Resource Pack", dissemination and AOB were discussed.

The "Digital Wellbeing Resource Pack" document is made available for managers and leaders of VET (vocational, educational and training) schools to better understand the options available and to develop



concrete plans, policy and practice suitable to boost their own organisation's digital well-being performance.

The Digital Wellbeing Resource Pack is composed of two main sections:

- A Case Studies collection to showcase real-life examples of digital well-being interventions within organisations worldwide
- A DIY Guide to offer guidance on how to create a policy and procedure regarding worker digital well-being in VET schools.

The creation of this document is a great achievement in the Digital Balance project, which aims to aid VET Managers and department heads to address some of the negative effects of using digital technologies in the workplace. All partners actively participated and contributed to conversations concerning the innovation of the educational system, and consequences of digitalisation in VET schools!

The Digital Wellbeing Resource Pack



The Digital Wellbeing Resource Pack is a blend of case studies with downloadable and personalized templates for plans and organizational policy documents focusing on managers and department heads working with teachers to use the knowledge they have gained.

This is more appropriate for the target groups eager to understand practical benefits and apply them to their own daily work. The document is made available for managers and leaders of VET (vocational, educational and training) schools to better understand the options open to them and to develop concrete plans, policy and practice suitable to boost their own organisation's digital well-being performance.

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Healthy Workplaces Lighten the Load

The COVID-19 pandemic has boosted the upwards trend in home-based teleworking. Although home-based teleworking has potential advantages, it may negatively affect workers' health and contribute to the development or exacerbation of musculoskeletal disorders (MSDs).

The European Agency for Safety and Health at Work (EU-OSHA) is running a Europe-wide campaign from 2020–2022 to raise awareness of work-related musculoskeletal disorders (MSDs) and the importance of preventing them.

The objective is to encourage employers, workers and other stakeholders to work together to prevent MSDs, and to promote good musculoskeletal health among EU workers.



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