



DIGITAL BALANCE

**Newsletter Issue 4 -
March 2023**



Project no.

2020-1-DE02-KA226-VET-
008184

Duration

01/04/2021 – 31/03/2023

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Project website

www.digitalbalanceproject.eu

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ABOUT THE PROJECT

Digital Balance is a new approach to train VET teachers, leaders and managers in digital well-being.

The project will boost the capacity of VET institutions to manage the digital transition in a way that marries 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 Excellent Multiplier event in Berlin

As part of its efforts to spread awareness on the tools developed by the Digital Wellbeing project, EMG organized 3 professional events, in Berlin, Germany. The events were planned in advance and were announced through various channels such as direct mailers, invitations through Meetup and LinkedIn groups. The participants were from the groups of VET Trainers, freelance Trainers, Training Managers and Students.

The first event followed a workshop structure in a training environment. 12 participants were introduced to the aims and outputs of the Digital Balance project, followed by inputs and feedback from the participants. The event was added further value by having a session on how phones

TARGET GROUPS

VET teachers; VET managers
and department heads

IOs

- IO1 Digital Balance Analysis Report
- IO2 Digital Wellbeing Resource Park
- IO3 Digital Balance Empowerment Programme

KoM

9 June 2021

2nd project meeting

27-28 January 2022

3rd project meeting

25 February 2022

4th project meeting

9-10 June 2022

5th project meeting

21-22 November 2022

outsmart the users and leads to digital imbalance. The second and third events witnessed a total participation of 78 people. After the introduction of the outputs and seeking feedback, EMG also organized a session on Learning and focusing with a scattered mind, to raise further awareness on the topic of digital wellbeing. This was done to impart the participants with some techniques they can follow in day-to-day life, in addition to the tools of Digital Balance.

The casual atmosphere enabled free expression and participation of the attendees. The relevance and usefulness of the resources helped EMG in motivating the participants strongly to attend future events of EMG on similar topics or on topics pertaining to wellbeing and sustainability.



The Multiplier event in Belgium

EfVET held a Multiplier Event to promote the results of the Digital Balance project. The Multiplier event was held on February 22nd, 2022 in the headquarters of EfVET in Brussels (BE) and more than 30 people attended, namely stakeholders, VET provider and policy makers. EfVET presented the Analysis Report, Empowerment Programme and shared good practices, more specifically the psychological wellbeing. The teacher wellbeing index of 2019 stated that more than half (57%) of all staff had considered leaving the sector in the past two years because of health pressures and, of those who had considered leaving, stress was an issue. The threatening teacher wellbeing are institutional, reminding teachers to get 8 hours of sleep, eat healthily, exercise at least twice a week, moderate their caffeine and alcohol intake or practice mindfulness can be a little patronizing. Finally, **Valentina Chanina**, underlined the importance that it's not possible for anyone to always be happy and in perfect balance. Many people with great wellbeing still experience stressful times and the feeling of frustration, but they also have the physical and emotional resources to face the challenges they're confronted with and once they've managed to overcome them, can feel proud, rewarded, and fulfilled.



Ms. Carmen Royo introduced the Creative Change tools and how to be a creative project manager. She underlined the Creative Change Guide offers us an engaging introduction to the role of creative methodologies, especially those based on the principles Human Centered Design.

A round of questions related to wellbeing, interaction between teachers and stress, and good tools to a conclusion.

Digital Wellbeing Multiplier event

The European E-Learning Institute (EUEI) had the honor of hosting the final Digital Balance event the International Digital Balance showcase. This showcase was attended by 22 local participants in total. There was great representation for VET educators, leaders and managers, as we had numerous participants from the sector in the audience.

EUEI carefully developed a strategy for approaching the organization of such a vital event. This showcase was the perfect opportunity to allow participants, who had not yet heard of it, to be introduced to the Digital Balance project, the partners involved and our overall objective for the project. It also afforded us the ideal opportunity to immerse our participants in the outputs which were developed as a result of the Digital Balance partnership.

All the participants indicated their satisfaction with the Digital Balance Multiplier. Participants filled out the available evaluation form in writing and they were all happy to share their feedback orally during the final part of the activity, designed to welcome feedback and questions from the audience. The feedback and recommendations are listed below and will help the Digital Balance project consortium to evaluate the appropriateness and relevance of the outputs developed and also to reflect on how they could be built upon – potentially in new projects.



Digital Wellbeing Multiplier event in Leitrim

As part of Momentum's 20th Birthday celebration, we held a multiplier

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With the support of the
Erasmus+ Programme
of the European Union

event for the Digital Balance Project. Digital Balance is a new approach to train VET teachers, leaders and managers in digital well-being. The end result will be to improve educators' own digital competences, while also boosting the capacity of VET institutions to manage the digital transition. We presented the Digital Balance Project to over 80 people, including educators and VET trainers, and there was a great interest in the project.

The goal of the project is to boost the capacity of the VET institutions to manage the digital transition in a way that marries high quality teaching with the well-being of the concerned on a long term. Digital Balance has produced three new resources that enable the integration of policy and practice to support digital well-being for teachers and encourage proactive behaviour at personal level:

1. **IO1: Digital Balance Analysis Report** is an investigation, analysis and publication which introduces and analyses the challenges to digital wellbeing as experienced by VET teachers and managers as a part of the wider current digital transition.
2. **IO2: Digital Well Being Resource Pack** are a series of open resources in the form of case studies, guides, and template documents, which enable VET managers and department heads to better understand the options open to them and to develop concrete plans, policy and practice suitable to boost their own organization's digital well-being performance.
3. **IO3: Digital Balance Empowerment Program** is an online training course that provides teachers with the knowledge and skills to be proactive in safeguarding their own digital wellbeing in order to maintain high quality teaching performance.

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Digital Wellbeing Multiplier event in Athens

The Multiplier Event in Greece took place on the 28th of February 2023 at the Public VET School of Nea Smyrni. The main theme of the event was the digital competencies of workers and educators, as well as the impact of the COVID-19 pandemic to the wellbeing of teachers. The Digital Balance project was presented in front of nearly 100 people, mostly being teachers and educators, as well as students from different sectors of the VET school. The interest was high, with the participants willing to explore the project through its website and resources. The participants also registered to the platform to receive the educational material that Digital Balance provides.



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