Digital Learning, Human Wellbeing:

Let's make both a priority!

WHY?

As digital technologies become integral to education, prioritising human wellbeing alongside effective digital learning is critical. The digital landscape offers immense opportunities, such as fostering global connections, increasing access to quality education, and enabling personalised learning experiences. However, it also poses challenges, including screen fatigue, stress from constant connectivity, and disparities in digital access. Balancing these aspects requires a proactive approach to digital wellbeing.

For educators and students alike, digital wellbeing emphasizes the importance of mindfulness in technology use, managing digital distractions, and creating environments that prioritize mental health and cognitive engagement. Research highlights how intentional use of technology can boost productivity, collaboration, and overall satisfaction while reducing burnout and digital overload. By integrating digital tools thoughtfully, we ensure that education remains a means of growth and empowerment without compromising health and happiness.

Making digital wellbeing a central part of educational strategies ensures that students and educators not only excel academically but thrive personally in a digital-first world.

To WHOM?

We invite YOU:

- **Educator:** at all levels, from primary to higher education, interested in promoting wellbeing for themselves and their students
- **Researcher:** who is dwelling into this topic and searching for inspiration
- **Policy maker**: who is interested to support smooth digital transformation in education
- **EdTech representative:** who is interested in human-centered educational solutions
- **Parent:** who is reaching for knowledge and tools

Therefore, European Digital Education Hub Squad on "Wellbeing in Digital Education" (WiDE) has been working on several outputs, all of which will be presented on the first "European Wellbeing in Digital Education Week", 9-13 December 2024. During the week you will know about:

- **Theoretical Framework** on Wellbeing in Digital Education
- **Toolkit** of existing good practices for educators (at all levels), researchers and policy makers
- **Infographics** for educators and policy makers
- **Series of podcasts** "Wellbeing in Digital Education" inviting educators, researchers, EdTech representatives, policy makers, parents and learners themselves to share their expertise and raise their voices on the importance of the topic

THE FIRST EUROPEAN WELLBEING IN DIGITAL EDUCATION WEEK
9-13 December 2024

You can register for the activities
at https://ec.europa.eu/eusurvey/runner/EDEH_wellbeing_week.
Do not forget that only EDEH members will have access to the event!

The schedule of the week looks as follows:

A STARTER

- **Monday the 9th**, 14:00-15:30.

Webinar: Digital Wellbeing for Educators and Students.

Let's start the European WiDE week with a basic understanding what is Digital Wellbeing and how you – educator – can become more balanced and support students.

A practical session will be held by a wellbeing coach Evija van der Beek (Latvia). It will be followed with a discussion session among you – participants – and our trainer. Build your skills!

WHY?
- **Tuesday the 10th**, 11:00-12:30.

Launch event: Digital Wellbeing and Wellbeing in Digital Education: Two Lenses, One Experience.

It will be an official opening of the week.
Find out what the European Commission is currently doing and planning in supporting wellbeing in digital education.
You also will be introduced with the developed Action-Oriented Theoretical Framework for Wellbeing in Digital Education (WBDE) which is more than just a guide – it is a research-based call to action! Imagine this: your journey to digital wellbeing is not about abstract theory sitting on a shelf. It is a dynamic wheel of transformation, where each spoke represents a key WBDE goal, and you are in the driver's seat. Ready to roll?
In addition, we will invite you to a Panel discussion with representatives from:
- The European Commission
- EdTech company
- Research
- Education organisation

- **Tuesday the 10th**, 14:00-15:30.

An active workshop: Two Lenses, One Experience.

In a practical way you will be invited to illustrate the distinction between digital wellbeing (individual harm mitigation) and wellbeing in digital education (a holistic, integrated approach), encouraging participants to experience and reflect on each approach. You will be guided by our experts.

HOW?
- **Wednesday the 11th**, 11:00-12:30.

Workshop: Seeking Zen in the Digi-sphere? Tools, Resources and Community Collaboration for Educators Interested in Wellbeing in Digital Education.

This workshop aims to equip educators with practical tools, resources, and collaborative insights to support wellbeing in digital education. Various speakers will present good practice examples as inspiration and you will be invited to share yours.
Build your professional toolkit in reaching both priorities: Digital Learning, Human Wellbeing!

- **Wednesday the 11th**, 14:00-15:30.

Knowledge Building Activity: Connected and stressed: addressing teacher well-being in the age of digital education.

EDEH is active with various activities and one of those are Knowledge Building Activity. The event examines the importance of teacher digital wellbeing in an increasingly tech-driven education landscape. In this session, we will with invited speakers and participants discuss the topic and challenges teachers face, as well as propose some solutions.

Information here

WHAT IS NEXT?
- **Thursday the 12th**, 14:00-16:00.

Webinar: Imagine future educator: "Happy Digital Me".

Let's wrap up with insights from researchers, EdTech companies and educators on the vision for current / future educators. What steps should we take to support digital transformation in education? How am I – an educator – can be supported?
We will invite to a series of presentations, a panel discussion and learning more about further activities that will follow this week on the topic "Wellbeing in Digital Education".

Information here

All sessions will be recorded and shared for EDEH community members.

P.S.

In addition, we will have one day-long local event in Rome, Italy on the 9th December 2024 "**From Access to Empowerment: Addressing Digital Education Poverty and Promoting Wellbeing**". It is hosted by Sapienza University of Rome.

[Information here](#) (in Italian).

So WHY SHOULD YOU?

The upcoming week-long event on Wellbeing in Digital Education invites you to be part of an essential conversation about balancing the transformative power of technology with the human need for wellbeing. As the saying goes, "With great power comes great responsibility," and this is especially true in education, where digital tools can revolutionize learning but also challenge mental health, equity, and personal connections. By joining these sessions, you will gain actionable insights, practical tools, and collaborative opportunities to ensure that technology serves as a force for good—enriching lives, fostering resilience, and enhancing the essence of education. Do not miss this chance to contribute to shaping a future where digital advancements support both educational excellence and human wellbeing.

BEHIND THE SCENES: WHO ARE WE?

EDEH "Wellbeing in Digital Education" Squad is running from July to December 2024. The team consists of experts, enthusiasts for this topic. We are researchers, policy makers, educators, managers, EdTech specialists, parents and learners.

All outputs will be published [here](#) on this page. Stay tuned!

The squad started with a community workshop in Stockholm in July 2024. See [EDEH_Workshop report Stockholm.pdf](#).