

DWELL

Digital well-being: A holistic approach for the well-being in the broader digital education ecosystem

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DWELL

— DIGITAL WELL-BEING —



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ABOUT DWELL

DWELL is a **3-year Erasmus+ Policy Experimentation initiative in the field of school education**, bringing together partners from 6 EU countries (Cyprus, Greece, Romania, Bulgaria, Poland and Finland) to respond to one of today's most pressing challenges: digital well-being.

The project aims to **promote digital balance in schools** by equipping educators with practical tools, researching students' digital habits, supporting teacher training, and advocating for policy change across Europe.

RESULTS

FRAME DWELL

A new **Framework** solely focused on the **competences of educators** to foster digital wellbeing in their practices and **for parents** for support and guidance.

ASSESS DWELL

An **assessment for educators** which provides educators with a score and a report on how their current practices/tools/methods foster the digital wellbeing.

CERTIFY DWELL

A series of courses leading to 2 **certifications for Educators** that cover all the domains affected by the use of digital technologies in education, such as physical, cognitive etc.

AWARE DWELL

A short **course tailored for parents** to capacitate them to provide support, guidance and awareness of any indicators of issues arising from the use of digital technology (cyberbullying, insomnia etc).



<https://dwell.projectsgallery.eu/>



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