Newsletter 1

DWELL
DIGITAL WELL BEING

August, 2025

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



Dear readers,

Welcome to the newsletter of the DWELL – **"Digital Well-being: A holistic approach for the well-being in the broader digital education ecosystem"** (No. 101195998).
DWELL is a **3-year Erasmus+ Policy Experimentation initiative in the field of school education**, bringing together partners from 6 EU countries 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.
If you're passionate about digital education, student well-being, and meaningful change in schools — stay tuned for more updates, results, and inspiration in our upcoming newsletters!

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What will DWELL produce?

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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).

OUR NEWS

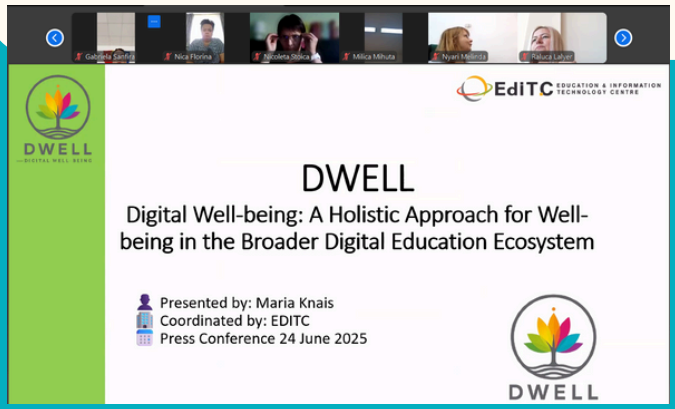
DWELL Kicked-off!



The **first transnational meeting** of the DWELL Project took place on April 24–25 in Sofia, Bulgaria, hosted by Acta Foundation. Partners gathered to discuss all major project components, including the research phase, the upcoming Digital Well-Being Framework, and the engagement of schools in piloting activities.

DWELL PRESS Conference

On June 24, the DWELL Project press conference, brought together nearly 50 participants from Romania, Bulgaria, Cyprus, Greece, Finland, and Poland — including key voices from ministries of education, education authorities, and schools.
During the event, the Project Coordinator Maria Knais fro EDITC, Cyprus presented DWELL's vision, highlighting how students are increasingly interacting with digital technologies — and how the project will work to support **healthier and more balanced digital engagement in education**.





The DWELL Website is live!



Meet the partners!

The DWELL consortium brings together **8 partners from 6 countries** — Cyprus, Greece, Bulgaria, Romania, Poland, and Finland.
It unites a diverse mix of research, education and training institutions, NGOs, educational authorities, VET providers, and universities to ensure a **multilevel perspective, strong policy relevance, and high-quality project outcomes.**

The Project Coordinator

EdiTC EDUCATION & INFORMATION TECHNOLOGY CENTRE

DWELL — DIGITAL WELL-BEING —

The Partners

ACTA FOUNDATION

ISJ ARAD

MMC Mediterranean Management Centre

CYPRUS COMPUTER SOCIETY

VAMK VAASAN AMMATTIKORKEAKOULU UNIVERSITY OF APPLIED SCIENCES

KLS — Partners —

DIMITRA educational organization

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