euni well European University for Well-Being

STUDY GUIDE

Name of the course

Course/training name	"Thriving in a Digital World: Encouraging Student Digital Well-Being Across the EUniWell Alliance"
Host Institution(s)	University of Murcia (Spain)
Co-organising Institution(s) (if applicable)	Universidad de Costanza, Universidad de LINNAEUS, University of Florence, Universidad de Nantes, University of Cologne
Course level (if applicable)	
Name and faculty of the lecturer(s)/trainer(s)	Prof. María del Mar Grandío, Faculty of Communication, University of Murcia (Spain) Prof. Rocío Zamora, Faculty of Communication, University of Murcia (Spain) Prof. Elena Jara (Communication), Faculty of Communication, University of Murcia (Spain) Prof. Juan Miguel Aguado Faculty of Communication, University of Murcia (Spain) Prof. Juan Solis, Faculty of Education, University of Murcia (Spain) Prof. Marina Olmos, Faculty of Psychology, University of Murcia (Spain) Prof. Pilar Garrido, Faculty of Letters, University of Murcia (Spain)
Mode of delivery	Blended (online + on campus)
Location (if applicable)	University of Murcia, Faculty of Communication

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Dates of the online component (if applicable)	01 June 2026 29 June 2026
Dates of the on-site component (if applicable)	From 22 June 2026 to 26 June 2026
Cost	This short-term mobility offers involves travel and subsistence costs. Make sure to contact your local mobility officer and/or EUniWell team to get more information on potential mobility grants.
Target audience(s)	☒ Bachelor's ☒ Master's ☐ PhD ☐ Educators ☐ Researchers ☐ Administrative staff
Prerequisites	none
Language(s) of instruction and recommended CEFR level	English (B2)
Main Thematic Arena(s)	☐ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 – Culture, Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☒ Transversal ☐ Well-Being Centre for Advanced Studies
Field(s) of research / study	Social Science. Sociology, Anthropology, Psychology, Economics, Political Science, History, Human Geography, Law, Communication, Education, Social Work, Demography, Archaeology.
Related Sustainable Development Goals (SDG)	☐ 1 - No poverty ☐ 2 - Zero hunger ☒ 3 - Good health & well-being ☒ 4 - Quality education ☐ 5 - Gender equality ☐ 6 - Clean water & sanitation ☐ 10 - Reduced inequalities ☐ 11 - Sustainable cities and communities ☐ 12 - Responsible consumption & production ☐ 13 - Climate action ☐ 14 - Life below water ☐ 15 - Life on land

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	☐ 7 - Affordable & clean energy ☐ 8 - Decent work & economic growth ☐ 9 - Industry, innovation & infrastructure		☐ 16 - Peace, justice & strong institutions ☐ 17 - Partnerships for the goals		
Number of ECTS	3				
Workload in hours	30 hours				
Key words	Digital Well-Being	Technology balance	Higher Education	Digital Disconnection	Youth
Catch Phrase	"Be Online. Be Well."				
Total number of places for EUniWell participants	20				
Application procedure	Application form on the EUniWell Courses and Training Catalogue *Specific process (if any):*				
Selection criteria	*Target audience will be students (undergraduates or graduates) from any Euniwell network universities.* To ensure an appropriate match between participants and the academic objectives of the **Digital Wellbeing** course, the following selection criteria will be applied: 1. **Field of Study**: Priority will be given to students enrolled in disciplines related to Social Sciences, Education, Psychology, Communication, Media Studies, Technology, Health Sciences, or other fields closely connected to digital environments and wellbeing. 2. **Study Level**: The course is open to both undergraduate (Bachelor) and postgraduate (Master) students.				

	3. **Language Requirement**: Participants must demonstrate a sufficient level of English to actively follow lectures, engage in discussions, and complete course activities. 4. **Academic Record**: The selection will be based on the student's academic record (transcript of records), considering academic performance as a primary criterion. 5. **Academic Interest and Motivation**: Preference may be given to students who demonstrate a clear academic or professional interest in digital wellbeing, responsible technology use, mental health in digital contexts, or related topics. 6. **Commitment and Active Participation**: Selected students are expected to actively participate in collaborative activities, group work, and discussions throughout the programme. These criteria aim to ensure a transparent and merit-based selection process while forming a cohesive and academically engaged group of participants.
Abstract	*The purpose of this workshop is to explore the connections between digital life and student well-being from a multidisciplinary perspective, with an applied and community-oriented approach. The programme aims to foster knowledge exchange and the sharing of good practices that will guide participants toward a deeper reflection on balanced and healthy uses of technology at different levels (personal, academic, social, and community-based).* *Throughout the five-day in-person sessions, complemented by one preparatory online session and a follow-up virtual meeting, participants will engage in collaborative learning activities designed to enhance their understanding of digital well-being and equip them with practical strategies to promote it within their own contexts.*
Programme / session(s)' schedule	***DAY 1 – Understanding Digital Well-Being*** *9:00–10:00 — Session 1: Introduction to Digital Well- Being: Concepts, frameworks, and current challenges among* *university students. Prof. Mar Grandío (Communication)* *10:00–10:30 — Coffee Break*

	10:30–11:30 — Session 2: Digital Well-Being as a multidimensional concept. Prof. Rocío Zamora. (Communication).How digital environments shape cognitive, emotional, and behavioral responses. *11:30–13:00 — Practical Workshop 1: Mapping Your Digital Life. Focus groups on digital habits and wellbeing; identifying patterns, risks, and opportunities. Prof. Elena Jara (Communication)* *17.30-20 Optional social activities in downtown (cultural visits, city tours, etc.) to be concreted.* ***DAY 2 – Social, Cultural, and Community Dimensions of Digital Well Being*** *9:00–10:00 — Session 3: Digital Relationships and Well- Being: Culture, Technology and Identity. Prof. Juan Miguel Aguado (Communication).* *10:00–10:30 — Coffee Break* *10:30–11:30 — Session 4: How culture influences digital behavior; responsible and ethical online participation.* *11:30–13:00 — Practical Workshop 2: Designing guidelines and practices for safer, more supportive digital spaces. Prof. Rocío Zamora. (Communication)* *17.30-20 Optional social activities in downtown (cultural visits, city tours, etc.) to be concreted.* ***DAY 3 – Academic and Learning skills on Digital Well-Being*** *9:00–10:00 — Session 5: Digital Tools for Learning and Productivity Benefits and pitfalls of platforms, apps, and AI tools in study contexts. Prof. Juan Solis (Educación)* *10:00–10:30 — Coffee Break* *10:30–11:30 — Session 6: Work–Life–Study Balance in a Digital World. Strategies for boundaries, time management, and digital detox practices. Prof. Marina Olmos (Psychology).* *11:30–13:00 — Practical Workshop 3: Crafting Your Digital Balance Plan Developing personalized routines for sustainable academic performance. Prof. Mar Grandío (Communication)* *17.30-20 Optional social activities in downtown (cultural visits, city tours, etc.) to be concreted.* ***DAY 4 – Digital Well-Being in Practice*** *9:00–10:00 — Session 7: Facing Digital Risks: Privacy, Security, and Online Safety. Understanding vulnerabilities and protective behaviors. Prof. Juan Miguel Aguado (Communication).* *10:00–10:30 — Coffee Break* *10:30–11:30 — Session 8: Mindfullness resources for a healthy use of Digital Technologies and well-being implications. Prof. Pilar Garrido (Letters)* *11:30–13:00 — Practical Workshop 4: Scenario-Based Challenges Team-based problem solving around dilemmas in digital well-being. Prof. Pilar Garrido (Letters)* *17.30-20 Social activity in downtown (cultural visits, city tours, etc.) to be concreted.* *20.30 — Oficial dinner with participants in a local restaurant* ***DAY 5 – Designing the Future of Student Digital Well-Being*** *9:00–10:00 — Session 9: Well-Being Innovations Across Europe Inspiring initiatives, EU projects, and examples from the EUniWell network.* *10:00–10:30 — Coffee Break* *10:30–11:30 — Session 10: Creating Impact: From Personal Change to Community Action Leadership, peer influence, and community service approaches.* *11:30–13:00 — Practical Workshop 5: Action Plan Co- Creation Lab. Students develop a concrete digital wellbeing initiative to implement locally. Presentations and group feedback.*

	13.30 _Closing ceremony.
Developed skills and competences	☐ **Digital Competence** ☐ **Personal & Well-being Management** ☐ **Collaborative & Intercultural Communication** ☐ **Ethical Digital Citizenship** ☐ **Critical Thinking & Problem Solving** ☐ **Leadership & Community Engagement**
Objectives and learning outcomes	The purpose of this workshop is to explore the connections between digital life and student well-being from a multidisciplinary perspective, with an applied and community-oriented approach. The programme aims to foster knowledge exchange and the sharing of good practices that will guide participants toward a deeper reflection on balanced and healthy uses of technology at different levels (personal, academic, social, and community-based). Throughout the five-day in-person sessions, complemented by one preparatory online session and a follow-up virtual meeting, participants will engage in collaborative learning activities designed to enhance their understanding of digital well-being and equip them with practical strategies to promote it within their own contexts. Learning Outcomes: By the end of the workshop, participants will have developed a solid understanding of the key concepts of digital well-being and their relevance for university students across the EUniWell Alliance. They will be able to critically evaluate the influence of digital technologies on personal, academic, social, and community wellbeing, identify risks and opportunities associated with digital habits, and apply multidisciplinary frameworks to analyze emerging challenges. Students will also build practical competencies for managing digital balance, attention, communication, and online relationships; collaborate with peers from diverse European contexts; design a small-scale digital well-being action plan; and connect their learning to broader goals including SDG 3 and the mission of EUniWell.
Assessment methods and criteria (if applicable)	Methodology: The workshop uses a student-centered and participatory methodology that combines theoretical input with experiential and project-based learning. It follows a blended structure with an online preparatory session, five in-person training days, and a follow-up virtual meeting. Teaching draws on multidisciplinary perspectives—including psychology, sociology, education, and technology studies—and integrates lectures with interactive discussions, reflective exercises, and scenario-based activities. Daily practical workshops allow students to apply theoretical knowledge to real contexts, develop collaborative solutions, and progressively build their Digital Well-Being Action Plan through guided teamwork and peer learning. This workshop stands out for its innovative combination of scientific knowledge, reflective practice, and community-oriented action within a truly intercultural

	European learning environment. It approaches digital well-being as an emerging and urgent field linked to mental health, digital overload, media dynamics, and ethical implications of new technologies, offering participants a holistic lens through which to understand and transform their digital lives. The emphasis on cocreation, cross-cultural collaboration, and the development of real-world impact projects empowers students to become agents of change in their own institutions, aligning the initiative with EUniWell's mission and advancing sustainable well-being practices within higher education.
Type of certification issued upon attendance or completion	Participants will receive a certification of attendance
Contact	List of local EUniWell catalogue's coordinators available here. *For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.*