



Welcome to the fourth DigiWorkWell newsletter

WHO IS INVOLVED IN THIS PROJECT

In this final edition of the newsletter, we will bring you up-to date with all the latest DigiWorkWell project developments. We also take a brief look at the last two of our project partners: Xamk and EUEI. You can find information on the other four in the 2nd and 3rd editions of the newsletter.

At **South-Eastern Finland University of Applied Sciences (Xamk)** education meets innovation in the pursuit of effective research, development, and innovation. Based in Kotka, Kouvola, Mikkeli, and Savonlinna, Xamk reaches across the South-Savo and Kymenlaakso regions.

Xamk, take pride in offering a diverse array of educational opportunities. They offer 80 degree programmes at graduate and postgraduate level, and open university and continuing education studies. Their community comprises some 10,000 degree students, including 1,800 graduates annually, fostering a dynamic and enriching academic environment.

In their Research, Development, and Innovation (RDI) activities, Xamk focuses on four key areas: Forest, the Environment, and Energy; Sustainable Well-being; Digital Economy and Logistics and Seafaring. Through these focal points, we strive to create innovative ecosystems that seamlessly integrate research, education, and business activities, contributing to regional development and fostering quality and effectiveness in our operational regions.

Xamk's commitment to the sustainability leap by 2030 is underscored by their dedication to human well-being, user-centered services, and impactful, international, and digital business operations. With nearly 300 ongoing projects and close to 300 RDI personnel, Xamk stands as the largest University of Applied Sciences in the field of RDI in Finland, engaging in fruitful collaborations with industries, NGOs, public bodies, and research institutes on both national and international scales.

If you would like to know more about Xamk, please visit <https://www.xamk.fi>

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The **European E-Learning Institute (EUEI)** are passionate about developing and facilitating learning experiences that engage and motivate learners across Europe. They are pioneers in eLearning and blended learning solutions, with a team that has over two decades of experience in designing, delivering, and implementing online solutions (eLearning, blended learning, microlearning, and mobile learning). They foster a culture of innovation, respect and commitment in all of their international projects, and in doing so build long-term relationships, ensure quality resources and create strategic partnerships.

As expert pedagogic consultants, they offer a wide range of capabilities in crafting online and offline learning programmes on topics including entrepreneurship, digital skills, inclusion, sustainability and pedagogic approaches for a wide range of sectors and industries.

Collaboration and peer learning form an important part of EUEI courses with learners able to directly connect with those responsible for course content and join a peer learning platform where peer to peer discussion and sharing of learning experiences is nurtured. The team at EUEI, which is made up of industry-leading, talented, collaborative cross-discipline experts, actively research new ways to spark inspiration, not just for learners, but also in the way they create and deliver educational excellence.

If you would like to know more about EUEI, please visit <https://www.euei.dk>

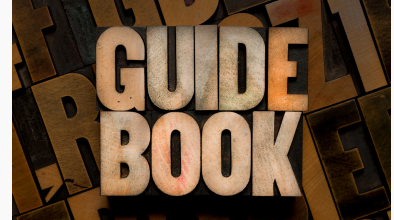
Project Partners



PROJECT OUTPUTS

THE DWW GUIDE FOR DIGITAL WELLBEING

The **DigiWorkWell Guide** was published in Spring 2023 and is proving to be a popular resource for those interested in the wellbeing of digital and tele-workers. In addition to setting out the business case for focusing on digital wellbeing, the resource is filled with useful tips and information about setting up your own interventions.



The DWW Guide remains available for download in English, Polish and Spanish. If you haven't done so already, download your free copy now!

[EN DOWNLOAD](#)

[ESP DOWNLOAD](#)

[PL DOWNLOAD](#)

DIGITAL WELLBEING CHECK-UP TOOL

The **Digital Wellbeing Check-up tool** is an interactive online tool enabling SME managers to evaluate their strengths and weaknesses in relation to employee digital wellbeing and to determine a suitable pathway through the subsequent learning materials.

The tool is available in English, Finnish, Polish and Spanish, and it can be found here:

[EN TOOL](#)

[ESP TOOL](#)

[FL TOOL](#)

[PL TOOL](#)

DIGITAL TRAINING PACKAGE

Work has been completed on the innovative new **training package**. Each of its **five modules** contains a complete set of learning objectives, training materials and case studies aimed at supporting business advisers and SME managers to gain the knowledge, skills and confidence required to implement their own programmes:

1. Digital Working
2. Digital Communication
3. Physical Health
4. Mental Wellbeing
5. Leading a Digital Workforce

The five modules have been finalised and user testing is complete.

[TRAINING
MODULES](#)

MULTIPLIER EVENTS

Over the last few months, the Partners have been running a series of DigiWorkWell Multiplier Events. These are designed to promote the three project outputs with a wider audience to ensure that stakeholders actively understand their value and are motivated to introduce them in their own organisations.

A total of six events have taken place. They include:

- A successful multiplier organised by NCC in Szczecin, Poland on the 7th of December attracted over 50 people from Poland and Germany attracted over 50 participants from Poland and Germany.
- Two events hosted by Xamk in Finland; Kouvola on 01 December in Mikkeli on 20 December. The first attracted around 25 participants from local companies, health and wellbeing operatives and non-profit organizations from the social sector. It was also streamed with around 70 viewers online.
- ENWHP ran an online transnational event that attracted participants from Italy, Spain, Greece, the Netherlands, and Scotland.
- Around 60 individuals from various regions across Spain took part in BIC Euronova's Multiplier Event held in Lleida, Spain, on October 25th.

Events attracted a wide variety of participants including health and wellbeing practitioners and employers from the public, private and non-profit sectors leading to healthy discussion and a sharing of experiences.



AND FINALLY ...

A few words from our Project Lead,

Speaking on behalf of myself and the entire project consortium, I would like to express my satisfaction with the last 2 years of work on the extremely important topic of digital wellbeing and wellbeing at work in general.

I have no doubt that the results we have achieved will become an inspiration for further activities to build awareness of the importance of well-being for employees and expand knowledge in this area.

Thank you, and from the whole project team, our best wishes for 2024.

Jacek Wójcik - Northern Chamber of Commerce, Szczecin



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