

# FOCUSING ON WELL-BEING

Seminar multilateral eTwinning  
03-05.10.2024, Toledo, Spania



**J3**

**AGENDA**  
eTwinning Multilateral Seminar:  
FOCUSING ON WELL-BEING

TOLEDO, OCTOBER 3-5, 2024

15:30 - 15:45	REGISTRATION
15:45 - 16:00	WELCOME
16:00 - 16:45	KEYNOTE DIGITAL CITIZENSHIP AND OR ESAFETY Eugenia Casariego
16:45 - 17:00	COFFEE BREAK
17:00 - 18:00	GOOD PRACTICES. ETWINNING PROJECTS PRESENTATION (KITS) Marta Sánchez y María José Cayuela
18:00 - 18:30	SINERGIAS ETWINNING Y ERASMUS + SEPIE
18:30 - 19:30	NETWORKING ACTIVITY
20:30	DINNER

**V4**

9:30 - 11:00	WORKSHOP 1: ETWINNING KITS FOCUS ON WELL-BEING Javier Gascueña y María José Cayuela
11:00 - 11:30	COFFEE BREAK
11:30 - 13:00	WORKSHOP 2: WELL-BEING AT SCHOOLS, SMALL THING THAT MAKE A HUGE CHANGE Marta Sánchez
13:00 - 14:30	LUNCH
14:30 - 15:00	PROJECTS IDEAS
15:00 - 17:00	PROJECT WORK: FIRST STEPS
17:00 - 17:30	COFFEE BREAK
17:30 - 18:30	PROJECT WORK
19:00	CULTURAL ACTIVITY
21:00	DINNER

**S5**

9:30 - 11:00	PROJECTS LATEST DETAILS AND REGISTRATION
11:00 - 11:30	COFFEE BREAK
11:30 - 13:00	PLENARY SESSION: PROJECTS PRESENTATION
13:00 - 13:30	CLOSING
13:30	LUNCH BOXES

#eTwMulti2024







Gobernado por la Unión Europea

**J3**

- „Digital citizenship and eSafety”
- „All is well that is well...being”
- „The Happylanders”
- Networking

**V4**

- Platforma eXelearning
- „Small things that make a huge change”
- Munca la proiect
- Activitate culturală

**S5**

- Munca la proiect
- Prezentarea proiectelor
- Feedback

# ZIUA 1



**Digital wellbeing**  
Ensuring learners' safety in a digital world

Eugenio Casariego Artola  
Development & Advocacy Coordinator  
3 October 2024

A woman is speaking at a podium with a microphone, and a banner in the background reads "Digital wellbeing".

## A PROJECT TO PROMOTE WELLBEING AT SCHOOL



All is well that is well...being



IES CARLOS III  
Marta Sánchez Valverde



A woman is speaking at a podium with a microphone, and a banner in the background reads "Proyecto de Colaboración Ies en Europa".

1.Digital wellbeing

2.'All is well that is well...being'



The Happylanders  
eTwinning Multilateral Seminar in Toledo  
María José Cayuela

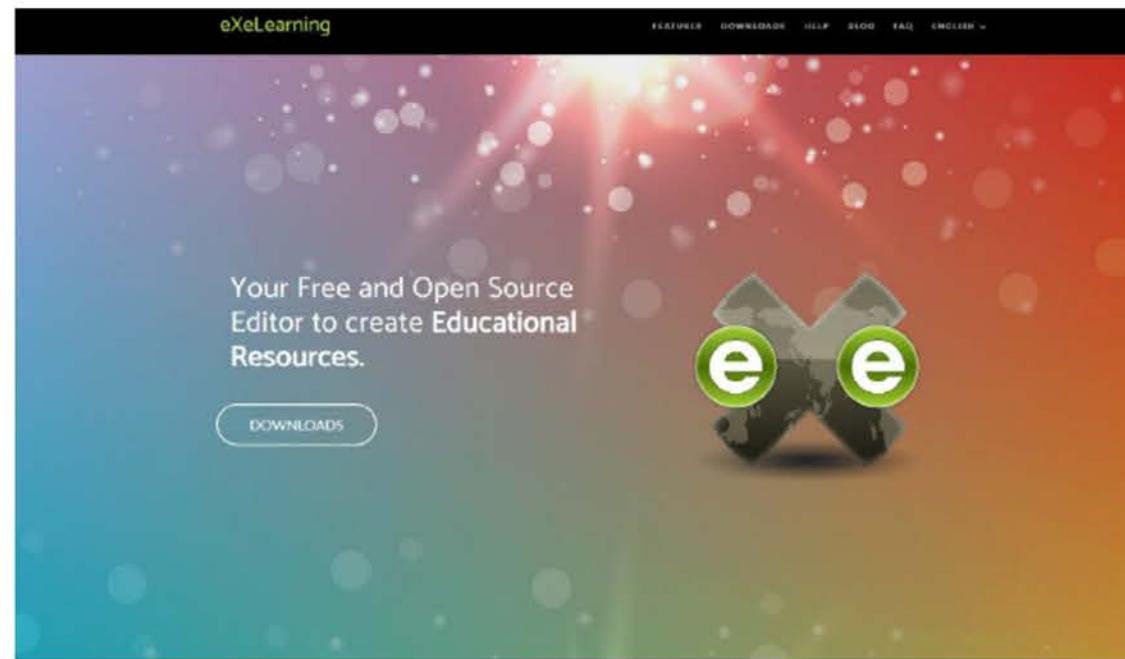
A woman is speaking at a podium with a microphone, and a banner in the background features the eTwinning logo and the text "The Happylanders".



3.'The Happylanders'

4. Networking

# ZIUA 2



1.eXelearning



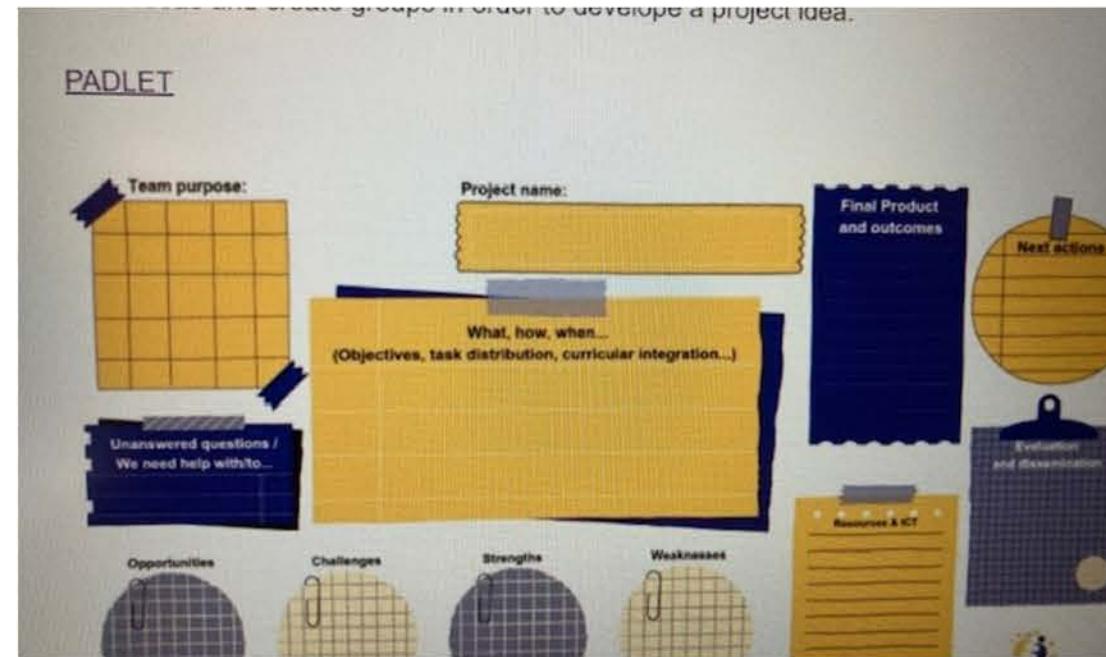
2.'Small things that make a huge change'



3.Munca la proiect

4. Vizita culturala

# ZIUA 3



1.Munca la proiect



2.Prezentarea proiectelor



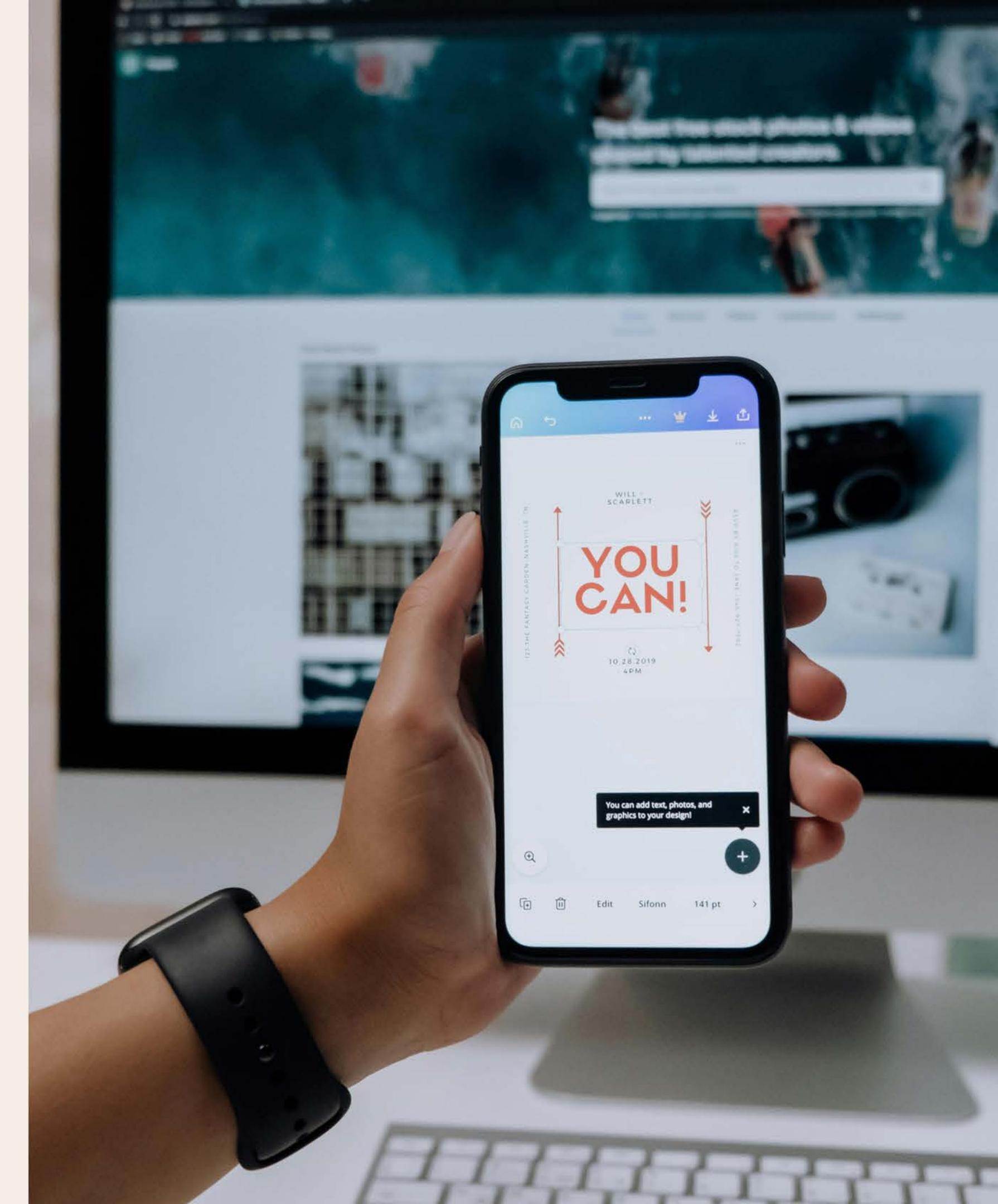
3.Team Romania



4. Familia internationala eTwinning

# Aplicatii noi

- Zumpad-acrostih
- Digipad-versiune gratuita->Padlet
- Chat GPT->AI
- Notion->organizare, project management
- Canva->prezentari interactive
- Bing->motor de cautare AI, generator de continut, imagini
- Sketch up->design 3D
- Twinmotion->design
- Habla con la historia->AI
- Garage band->karaoke
- Creator.nightcafe.studio->povesti (AI)
- MetAClass->AR
- Scratch->povesti, jocuri, animatii interactive
- Genially->continut animat interactiv
- Artsteps-> VR design (cladiri, expozitii)
- Rasterbator (coding game)
- eXelearning->continut web educational interactiv
- Wooclap-> prezentari interactive
- Licenta Creative Commons



# Digital Detox Day

**European School Education Platform**

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PROJECT • Active

## Digital Detox Day

Students working on the project will assess their current technology usage, understand its effect on their mental and physical health and compare digital habits across different cultures. They will plan a 'digital detox day', setting goals to reduce screen time and engage in alternative activities. Students will implement a Digital Detox Day to reduce screen time and engage in alternative activities. They will document their experiences and share them with partner schools. They will eventually reflect on their Digital Detox experiences and collaborate with partner schools to create a guide for Healthy Habits.

# ID: 156744

Created on: 09.10.2024

Languages: English

[Unlike \(1\)](#)

[Project options](#) :

<https://www.facebook.com/share/v/4h7UaXuPScn5qAaZ/>



The banner features the eTwinning logo at the top left. Below it, the text "Seminario Multilateral" is displayed in large blue letters, followed by "Toledo, 3-5 octubre" in smaller blue letters. At the bottom, the phrase "Focusing on Wellbeing" is written in blue. To the right of the text are three circular images: one showing a large group photo of attendees outdoors near a pool; another showing a speaker at a podium in a conference room; and a third showing several people seated at tables, working or listening.



THANK YOU  
VERY MUCH!