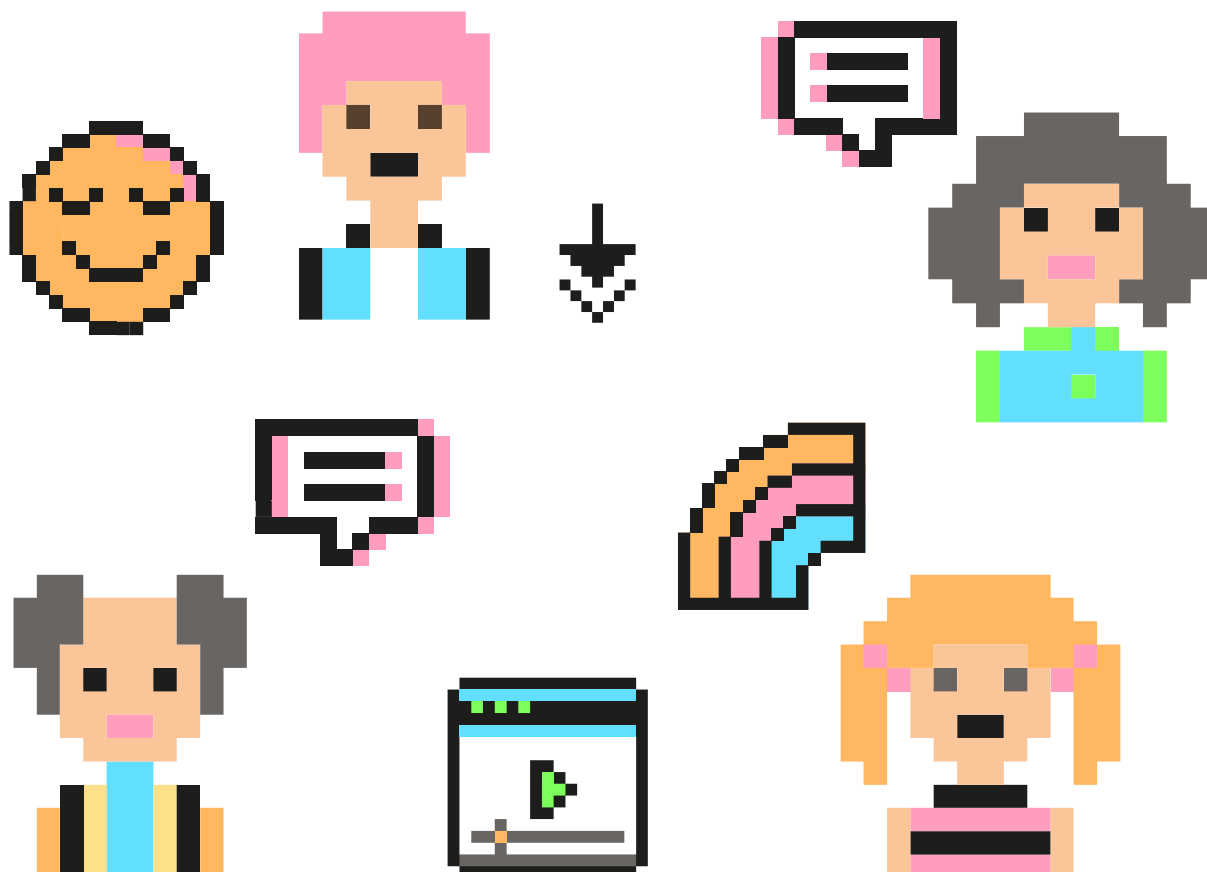


Newsletter

Issue 3, September 2026



DIGITAL HARMONY in short...

The 'Digital Harmony: Bridging Generations for Well-being in Education' project aims to address the pressing need to enhance digital well-being within school communities, especially in the context of today's rapidly evolving digital landscape. Both students and teachers are increasingly facing significant challenges, including the need for improved digital literacy, maintaining online safety, and achieving a balanced use of technology.

Recognising that these challenges extend beyond any single generation, the project proposes an intergenerational approach that leverages the rich experiences and perspectives of older generations. Through engaging grandparents and senior adults in after-school projects, and teachers and senior adults in capacity-building workshops, Digital Harmony project partners aim to foster mutual learning and support between younger and older participants.

The underlying rationale is that the integration of digital well-being into educational practices can be achieved more effectively through the creation of sustainable frameworks and programmes. Integrating digital well-being into primary and secondary school curricula across Europe is challenging due to the already packed schedules dictated by national education authorities. Through comprehensive research, practical training, and innovative solution development, Digital Harmony aims to create a positive and inclusive digital learning experience, empowering individuals across generations to navigate the digital world safely and effectively.

DIGITAL HARMONY meeting in Rzeszow (Poland)...

The third face-to-face meeting of the project took place on 31st of March 2026 in the premises of HOTEL HUBERTUS, located in Rzeszow (Poland). All partners participated in this third event and discussed on project development and the administrative aspects of the project. The partners agreed on next steps and actions to be taken. The next face-to-face meeting will take place in Prague (Czech Republic) on 26th of November 2026.



What's going on in **DIGITAL HARMONY**...

- **WP4 - Capacity-Building Workshops and Impact Assessment Framework:**
 - The main objective of the piloting and evaluation phase is to test the educational resources developed in WP3 (<https://digital-harmony.eu/elearning/>) in real educational and community settings, with the three target groups of the project: students, senior adults and educators. Through the piloting, we are collecting feedback from participants and facilitators and assessing the impact of the workshops, in order to identify any useful improvements before the next stages of the project.
 - The piloting activities started in May 2026 and will continue until the end of September 2026, with partners implementing the workshops in their respective countries. Each country is expected to involve, at minimum, 30 students, 15 senior adults and 10 educators in the piloting activities.
 - The workshops are organised into nine modules in total, with three modules dedicated to each target group:
 - **Students:**
 - Module 1 - Screen on and Screen off Time
 - Module 2 - Online Kindness and Cyber Empathy
 - Module 3 - Building a Healthy Digital Identity
 - **Senior Learners:**
 - Module 4 - Smartphones and Social Media Made Simple
 - Module 5 - Staying Safe Online
 - Module 6 - Intergenerational Digital Storytelling
 - **Teachers:**
 - Module 7 - Facilitating Intergenerational Learning
 - Module 8 - Digital Wellbeing in the Classroom
 - Module 9 - Project Design and Evaluation



- WP5 - Intergenerational After-School Projects:
 - WP5, led by 1st Primary School of Rafina/AQAPSE, is now entering its implementation phase. A common framework has been prepared to bring students and senior adults together through intergenerational after-school activities focusing on digital literacy, online safety, digital well-being and the responsible use of technology.
 - From September 2026 to November 2026, partners will establish at least ten intergenerational partnerships in each implementation context and deliver a cycle of six activities. Students will support senior adults in developing practical digital skills, while senior participants will contribute their experience and perspectives, creating a genuine two-way learning process. The results and experiences from all participating countries will be documented in National Reports and brought together in a comparative synthesis of good practices.

DIGITAL HARMONY partners...

REINTEGRA (Czech Republic) – coordinator

<https://www.reintegra.cz/>

office@reintegra.cz

RAFINA (Greece)

<https://www.1dimrafin.com/>

schelmis1@gmail.com

hmouzak@gmail.com

zoi-z@hotmail.com

lefdiminio@yahoo.gr

ECSH (Portugal)

https://ecsh.pt/?page_id=315

artur@ecsh.pt

filipa.ecsh@gmail.com

marisa@ecsh.pt

IFESCOOP (Spain)

www.ifescoop.eu

fernandoifes@gmail.com

emilio.sanz@fundacionpascualtomas.org

CARDET (Cyprus)

<https://cardet.org/>

elena.xeni@cardet.org

VHS PASSAU (Germany)

<https://www.vhs-passau.de/digital-harmony>

standecker@vhs-passau.de

WELEARN (Ireland)

<https://www.welearn.ie/>

sarah@welearn.ie

mike@welearn.ie

MUNICIPALITY OF QUART DE POBLET (Spain)

<https://quartdepoblet.es/portada>

marisa.esteve@quartdepoblet.org

ACUMEN (Poland)

<https://www.facebook.com/acumentraining/>

m.ceglinski@acumen-training.pl

For more information on the project, please contact project partners
This project will be implemented in the period 01.03.2025– 28.02.2027

