


Erasmus Staff Training Week - University of Murcia 22-26 April 2024*

BIP: "Digital Wellbeing"

*Online session (Mandatory for Blended Intensive Program)				
Date: 16/04/2024 Time: 14:30h Special guest: Dr. Jeanine Turner . Professor in the Communication, Culture, and Technology Program at Georgetown University The purpose of this course is to address the relationship between well-being and technology, from a multidisciplinary perspective and with an applied and community service orientation. It seeks an exchange of knowledge and good practices that lead participants to reflect on the balanced use of technologies at different levels. This initiative is part of the Euniwell (European University of Well-being) actions.				
INSTITUTIONAL WELCOME	OUR BUSINESS:	OUR BUSINESS:	CULTURAL VISIT: CARTAGENA	WEEK FINALE
La Merced Campus: "Hemiciclo" Faculty of Arts	FACULTY OF COMMUNICATION AND DOCUMENTATION	FACULTY OF COMMUNICATION AND DOCUMENTATION	Cartagena visit 	FACULTY OF COMMUNICATION AND DOCUMENTATION
<p>9.00-9.30: Registration, welcome coffee</p> <p>9.30-10.15: Institutional Welcome by authorities, presentation of participants and group photo</p> <p>10.15-11.30: Digital Well-being: EUNIWELL Project</p> <p>MAR GRANDÍO, ROCÍO ZAMORA, PILAR GARRIDO (Coordinators). UNIVERSITY OF MURCIA.</p> <p>11.30-12.00 Coffee Break</p> <p>12.00-13.30: Technology and digital rights: mobile apps between wellbeing and online violence. Keynote Speaker. INÉS AMARAL. UNIVERSITY OF COIMBRA.</p> <p>13.30: Lunch at La Merced Campus.</p> <p>Meeting point: Tourism Office Plaza Cardenal Belluga</p> <p>18.00: 2-hour guided tour around Murcia.</p>	<p>9.00: Meeting point Hall : FACULTY OF COMMUNICATION AND DOCUMENTATION</p> <p>9.15-10.15: Digital Well-being at a personal level (Mar Grandio, University of Murcia)</p> <p>10.15-11.00: Digital Well-being and Disconnection (Jose Luis Serrano, University of Murcia)</p> <p>11.00-11.30: Coffee break</p> <p>11.30-12:15: Digital Well-Being and Mindfulness. Keynote Speaker. (Silvio de Magistris, University of Florence)</p> <p>12.15-13.30: Between east and west. Mindfulness. (Pilar Garrido, University of Murcia)</p> <p>13.30: Lunch at Campus Espinardo</p> <p>16:30 Mindfulness Workshop: Return to the body and wellbeing</p>	<p>8.55: Meeting point Hall Facultad de Comunicación y Documentación</p> <p>9.00-10.00: Digital Well-Being at a Civic Level. (Rocio Zamora, University of Murcia)</p> <p>10.15-11.00: Digital Wellbeing Project. Workshop in groups (personal, workplace and civic level)</p> <p>11.00 - 11.30: Coffee break</p> <p>11.30-13.00: Digital Wellbeing Project. Workshop in groups (personal, workplace and civic level)</p> <p>13.30: Lunch at CampusEspinardo</p> <p>Free time:</p> <p>19.45 Meeting point "Rincón de Pepe" Hotel main door</p> <p>20.00: Dinner "Rincón de Pepe" restaurant</p>	<p>8.30: Meeting point: Mercadona. Plaza Circular</p> <p>8.45: Bus to Cartagena</p> <p>9.30-12.00: Guided touraround Cartagena. https://www.turismoregiondemurcia.es/es/cartagena/</p> <p>12.00-13.30: Visit to Roman forum museum https://puertodeculturas.cartagena.es/ficha_barrio_foro.asp?idioma=2</p> <p>13.45: Bus to Cabo de Palos Beach</p> <p>14.30: Lunch at seaside restaurant</p> <p>16.00 : Free time at Cabo de Palos. (Boat Trip around the coastline) https://www.turismoregiondemurcia.es/es/cabo_de_palos/</p> <p>18.30: Bus to Murcia</p>	<p>9.30 - 10.30: Good Uses of Mobile Technology. UNIVERSITY OF MURCIA.</p> <p>10.30-11.30: Coffee break</p> <p>11.30-12.00: Survey and conclusions</p> <p>12.00-12.30: Certificates and farewell.</p>

** All activities are intended only for participants in UMU Staff Week, lunches and dinner are free of charge

