

NEWSLETTER 3

Digital Wellbeing for Schools: Building a Brighter, Balanced Future

NEWSLETTER 3: FROM COLLABORATION TO IMPLEMENTATION



As the TechWell project moves closer to its practical implementation phase, partners across Europe are intensifying their collaboration and finalising preparations for the upcoming school-based pilots.

Following the successful development of educational materials and the launch of the Digital Wellbeing Suite, the consortium is now focusing on the next major milestone: testing the TechWell approach in real school environments.



Albena Spasova, Chairperson
EdTech Bulgaria

In this edition, we are pleased to feature an exclusive interview with Albena Spasova, who shares her reflections on the importance of digital wellbeing and the value of international collaboration.

In the interview, Albena highlights how schools across Europe are facing similar challenges related to technology use, student wellbeing, and the need for practical guidance. She also explains how the TechWell project helps transform these shared concerns into actionable strategies and tools.

Her insights offer a valuable partner perspective on why digital wellbeing has become an essential component of modern education.



[Read the full interview on the TechWell website](#)

INTERNATIONAL PARTNER MEETING IN BUDAPEST

One of the most important milestones of the project will be the upcoming international partner meeting in Budapest. During this face-to-face meeting, consortium members will:

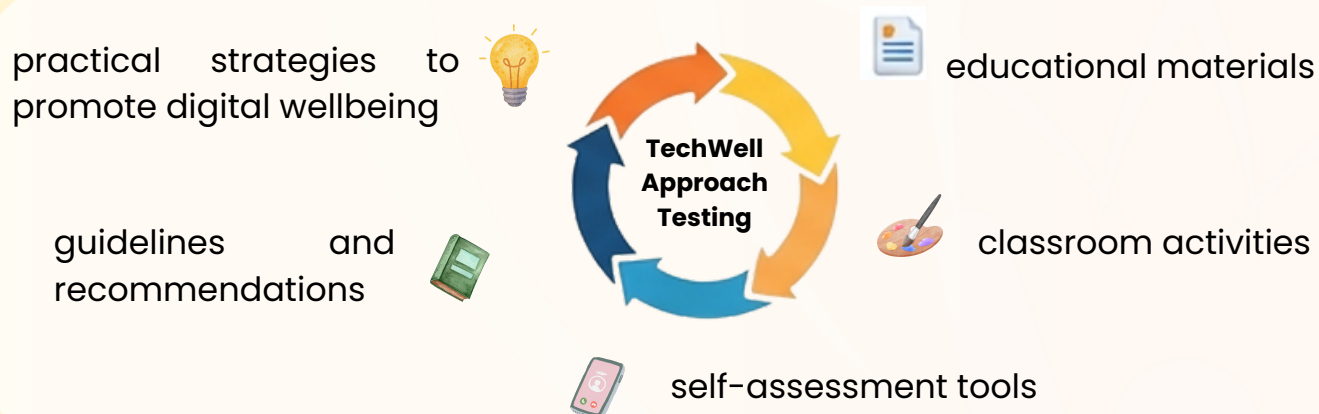
- review progress achieved so far,
- discuss lessons learned from recent activities,
- finalise preparations for the pilot phase,
- coordinate implementation plans,
- and agree on the next steps of the project.

The meeting will provide an important opportunity to strengthen cooperation and ensure that all partners are fully aligned before the start of school-based testing.



PREPARATIONS FOR SCHOOL-BASED PILOTS

The TechWell project is now entering the final preparation stage before the launch of pilot activities in more than 30 schools across Europe. These pilots will allow participating schools to test:



Teachers, students, school leaders, and parents will all play an active role in evaluating how the TechWell approach supports healthier and more balanced technology use in education.



A TRULY COLLABORATIVE EUROPEAN EFFORT

What makes TechWell particularly valuable is the diversity and expertise of its partnership. Ministries of education, universities, pedagogical institutes, edtech organisations, and NGOs are working together to co-create practical solutions that respond to real needs in schools.

This collaborative approach ensures that the project's tools are evidence-based, inclusive, and adaptable to different educational contexts.



PREPARATIONS FOR SCHOOL-BASED PILOTS

WHAT'S NEXT?

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- 1 complete the Budapest coordination meeting,
- 2 finalise the pilot methodology,
- 3 select and prepare participating schools,
- 4 provide guidance and support to teachers,
- 5 and launch pilot implementation in autumn 2026.

These activities will mark the beginning of the most practical and exciting phase of the project.



KEY MESSAGE

“The TechWell project is entering the practical implementation phase, with partners across Europe preparing to test innovative digital wellbeing strategies in real school environments.”

Stay tuned for updates, resources, and opportunities to get involved. TechWell is just beginning—and together, we’re shaping the future of digital education.

STAY CONNECTED WITH US

for updates on additional resources, upcoming events,
and opportunities



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