

High-Quality Digital Education Practices

Case Study Report on High-Quality Digital Education Practices

Description

The report examines how educational institutions across Europe are promoting digital well-being for students and teachers. It is structured around 11 digital well-being strategies (such as managing digital demands, healthy habits, psychological resilience, physical and mental health, and digitally competent teachers and students), and presents 41 case study examples collected from schools, universities, NGOs, and EdTech providers across 10 European countries.

The methodology combines a best practice description template with 19 in-depth interviews. The case studies range from classroom-level teacher initiatives to national and EU-level programs, illustrating diverse approaches to maintaining well-being in digitally intensive educational environments. The report is intended as a resource for educators, school leaders, and policymakers.

Countries

 EU level

Downloads

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