

## Newsletter

October 2025  
Issue 1

### Meet the project

#### Kick-Off Meeting

The first Transnational Project Meeting on the 11<sup>th</sup> and 12<sup>th</sup> of June 2025 in Nicosia, Cyprus.

#### Work Package 2

The results of work package 2 have been developed: Author Comprehensive Report, PERMA Digital Framework, PERMA Digital Index and Protocol.



**The PERMA-Digital project aims to develop and implement an innovative whole-school systemic program for well-being in digital education, assessing its impact through mixed methods and experimentations across European countries and validating its potential to be mainstreamed.**

#### PARTNERSHIP:

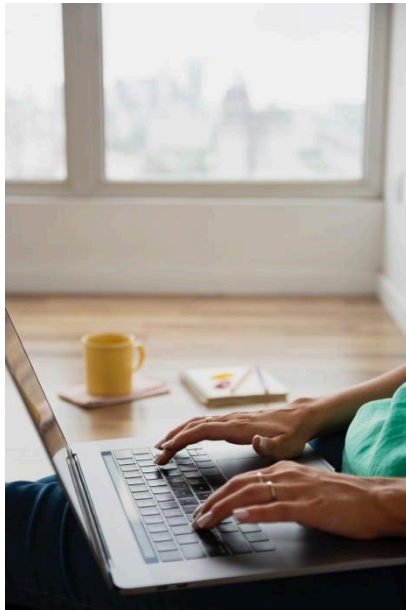
- Centre for the Advancement of Research and Development in Educational Technology (CARDET) - Cyprus
- University of Jyväskylä -Finland
- Institute of Development -Cyprus
- University College Dublin -Ireland
- Social Action & Innovation Centre (KMOP) – Greece
- INNOVADE LI LTD – Cyprus
- ALL DIGITAL – Belgium
- European Schoolnet - Belgium



## KICK-OFF MEETING

PERMA Digital project with a successful kick-off meeting held on June 11–12, 2025, in Nicosia, Cyprus. The meeting brought together partners from Cyprus, Greece, Ireland, Belgium, and Finland to collaboratively design a roadmap for promoting well-being through digital education.

During this meeting, partners discussed the progress so far and set the upcoming steps and activities of the project. Moreover, partners had the opportunity to participate in an interactive workshop about digital well-being, discussing the research mapping of each partner country along with the PERMA model. This workshop was the base for the development of the PERMA Digital Framework.



## PERMA-Digital Framework research and Benchmarking

This phase of **PERMA-Digital** creates the foundation for the project by exploring how digital well-being is currently addressed in education in project countries. Through mapping curricula, practices, and policies, and by listening to the experiences of teachers, school staff, and technology developers, the consortium aims to understand both the opportunities and challenges in this field. This groundwork will result in an **Author Comprehensive Report** and guide the creation of the **PERMA-Digital Framework**, a practical tool to help schools foster the digital well-being of both teachers and students. A dedicated **research protocol** will ensure the framework is evidence-based and effective in real educational settings.

You can find all three deliverables available in English, Greek and Finnish [online](#).

