

Press Release

August 2025
Issue #1

Meet the PERMA-Digital project

What is PERMA-Digital?

An innovative,
EU-funded initiative
aiming to introduce a
whole-school, systemic
approach to well-being
within digital learning
environments

Successful Kick-off meeting in Nicosia, Cyprus

European collaboration
to design a roadmap for
promoting well-being
through digital education



What is PERMA-Digital?



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

The programme will be based on a research-driven pioneering framework to be designed, pairing principles of Positive Education, Positive Psychology, Digital education, and Digital and Life Competencies.

Our proposed framework will merge the PERMA model and digital education (henceforth called PERMA-Digital), targeting the purposeful integration of technologies in teaching, learning, and assessment for student well-being and the development of both teachers' and students' skills to benefit from digital technology use, while handling the associated risks and challenges.

The project brings together eight leading organisations across Europe:

1. CARDET (Cyprus)
2. University of Jyväskylä (Finland)
3. Institute of Development (Cyprus)
4. University College Dublin (Ireland)
5. KMOP (Greece)
6. INNOVADE LTD (Cyprus)
7. ALL DIGITAL (Brussels)
8. European Schoolnet (EUN)



Successful Kick-off meeting in Nicosia, Cyprus

The PERMA-Digital journey officially began on 11-12 June, 2025, as partners gathered in Nicosia, Cyprus, for the project's kick-off meeting. This first session served as a collaborative launchpad, bringing together experts from Cyprus, Greece, Ireland, Belgium and Finland to design a strategic roadmap for the years ahead.

Throughout the two-day event, partners aligned their expertise in innovation and educational development, reinforcing a shared commitment to driving meaningful and systemic change in schools across the continent.