Report

(LTT4) Transnational workshop

"Program of intervention and services for support psychological resilience and wellbeing"

University of Foggia

November 13th – November 15th, 2023

Università di Foggia

Version	Date	Author (Partner/Person)	The revision summary
V1	01/03/2024	University of Foggia, Piergiorgio Guarini	First draft of LTTA4 report
V2	07/03/2024	University of Kragujevac, Lena Tica	Photogallery, proofreading

Table of Contents

Introduction 3

The list of attendees 4

Description of event 5

(LTT4) Transnational workshop "Program of intervention and services for support psychological resilience and wellbeing" – Day 1 (November 13th 2023) 5

(LTT4) Transnational workshop „Program of intervention and services for support psychological resilience and wellbeing" – Day 2 (November 14th 2023) 6

(LTT4) Transnational workshop „Program of intervention and services for support psychological resilience and wellbeing" – Day 3 (November 15th 2023) 7

Conclusion 8

Photo Gallery 9

Introduction

As it was planned by the project application, a 3-day meeting to present and discuss the results of the DigiPsyRes project so far and to organize the next steps for the incoming tasks, has been held at University of Foggia. Though the UNIFG was the host, the content of the workshop was realized as a collaborative workshop of the staff from three universities.

Moderators and presenters during the LTTA4 were researchers and Professors from UNIKG, UFG and UKW. The meeting was attended by university staff from UKW, UNIFG, UNIKG. The UFG research group assigned to the DigiPsyRes project grew with n. 3 new researchers in psychology joining the project.

The intended planning goals were achieved. The meeting was focused about presenting the activities for the R6 – "Piloting of the program/training for students and staff: Step by step from trainees to trainers (Training for peers' support to improve psychological and digital resilience by networking)" and planning dates, venues, recruitment of participants and who the trainers were supposed to be.

The meeting was extremely useful for several reasons: various activities of the R6 have been presented and well explained to the whole Consortium, and agreement about dates and facilitators has been reached; moreover, the psychology researchers of the Humanities Department of the University of Foggia were present throughout all three days of the meeting, demonstrating their commitment to joining the project. Their presence is particularly significant as psychology representation from the UFG side was lacking in the previous months.

The meeting was very important to set the next steps to realize the R6 in the 3 Universities, and to see UFG commitment after several months of issues in fulfilling the project obligation.

The list of attendees

The number of representatives from three partner institutions that participated in the LTT4 was 16 altogether:

1. University of Foggia 4 participants – 3 teachers/researchers, 1 PhD student:
   Piergiorgio Guarini (PhD student)
   Francesco Sulla (teaching staff)
   Maria Grazia Mada Logrieco (teaching staff)
   Salvatore Iuso (teaching staff)
2. University of Kragujevac 5 participants – 5 teachers/researchers:
   Darko Hinić (teaching staff)
   Ivana Krsmanović (teaching staff)
   Marjan Milosevic (teaching staff)
   Lena Tica (teaching staff)
   Mirjana Beara Benjak (teaching staff)
3. Kazimierz Wielki University 7 participants – 5 teachers/researchers, 1 administrative staff, 1 PhD student:
   Kamila Litwic-Kaminska (teaching staff)
   Lukasz Brzezinski (teaching staff)
   Izabela Kapsa (teaching staff)
   Aleksandra Blachnio (teaching staff)
   Jakub Kopowski (teaching staff)
   Katarzyna Ciechanowska (PhD student)
   Aniela Bekier-Jasińska (administrative staff)

Description of event

(LTT4) Transnational workshop "Program of intervention and services for support psychological resilience and wellbeing" – Day 1 (November 13th 2023)

The first day of the workshop was opened by Piergiorgio Guarini, PhD at the University of Foggia and active member of the project. After the greetings, he presented 3 psychology reserachers that will join the DigiPsyRes project on the University of Foggia side, and commit themselves in fulfilling UFG project obligation until the end of the project. They are Maria Grazia Mada Logrieco, Francesco Sulla and Salvatore Iuso.

Following the initial greetings, all partners provided a recapitulation of the project's recent achievements, particularly focusing on the planning of activities for R6 - "Piloting of the program/training for students and staff: Step by step from trainees to trainers (Training for peers' support to improve psychological and digital resilience by networking)". The activities planned are divided into 3 subprograms (A, B and C) and were presented by the people in charge of the subprograms, which are the Subprogram trainers as well, that are:

- Subprogram A - Psychological resilience and wellbeing, and support - Kamila Litwic-Kaminska (UKW)
- Subprogram B - Digital resilience and networking - Marjan Milošević (UKG)
- Subprogram C - Horizontal psychological support in the digital network and ethical framework - Ivana Krsmanović (UKG)

Initially, the agenda provided the presentation of all Subprograms and then a deep insight in every Subprogram. The agenda was changed in the way that each Subprogram was presented in detail and the activities showed to all participants.

Kamila Litwic-Kaminska started presenting the Subprogram A and the activities. After the presentation of the activities, discussion followed to assess the activities presented and reach unanimous consensus about them.

First day ended just before lunch, further discussion and presentation of the Subprogram B and C would be delivered on the second day (Nov. 14th).

(LTT4) Transnational workshop „Program of intervention and services for support psychological resilience and wellbeing" – Day 2 (November 14th 2023)

The second day of the workshop continued the activities of the previous day: aticivities to be performed during the Subprograms A, B and C were presented.

First in the morning, Ivana Krsmanovic (UKG) showed activities for Subprogram C, and she asked everyone present to test the activities like they were students participating in the R6. Every activity was followed by a Q&A moment and a feedback moment. All the participants were very impressed and satisfied by the activities presented by Ivana Krsmanovic, they had fun and were highly engaged in the activities.

After a short break, Marjan Milosevic (UKG) introduced the activities for Subprogram B. This Subprogram was the most "technical" because Marjan was in charge of developing and designing the Moodle platform that is going to be used for the Pilot of the Subprograms. He showed the platform in details, explaining what the students participating in R6 should do, from the registration, to the first login, to the practical activities (like uploading a document or chat in the forum section). The platform was very interesting and this moment helped the LTT participants, among which there were Subprogram B facilitators, to better understand how the platform works – since the platform will be used throughout entire program.

After a break, there was a discussion about how to properly perform the pilot Subprograms. Final decision was that the people in charge of the design of 3 Subprograms (Kamila Litwic-Kaminska, UKW, Ivana Krsmanovic and Marjan Milosevic, UKG) will be the leaders and providers of the activities and content during the Subprograms. At the same time, there will be 2 facilitators in presence for each University on the days the Subprograms will be performed (2 facilitators, 3 university, 3 days = n. 18 facilitators), in order to help the students in explaining the tasks and activities in the national language, if something is not clear in English.

After lunch, Jakub Kopowski (UKW) showed the group one of the activities that will be performed during the Subprogram B, involving Artificial Intelligence (AI): he showed a video of Lukasz Brzezinski (UKW) speaking in perfect English and then in perfect Italian, explaining that he is not able to speak English nor Italian. The video was produced with AI, that was able to change Lukasz Brzezinski (UKW) words, from Polish to English and Italian, changing even how his mouth moved while talking. This activity was quite funny and the whole group enjoyed it. Then, Jakub explained that the activity was planned to show to the Subprogram B participants how it can be easy to "trick" people with AI.

In the last part of the afternoon, Mirjana Beara Benjak (UKG) deliverd a presentation about the R5 - Manual for training program "Step by step from trainees to trainers: Training for peers' support to improve psychological and digital resilience by networking" – which is the manual the explains in detail how the Training Program has been planned to be delivered. In this way, the Manual will help students to realize training for their peers – students and provides instructions on how to involve other students in peer support networking.

At 15.30 the day was closed.

(LTT4) Transnational workshop „Program of intervention and services for support psychological resilience and wellbeing" – Day 3 (November 15th 2023)

In the third day, discussion took all the time about the definition of recruitment of students, days on which the Pilot Subprograms should be performed, the settings, who the facilitators would be, and all sort of practical and logistic things. The report will not encompass the entirety of the discussion but will instead highlight the final decisions reached.

The Consortium, looking at the personal and academic agenda, agrees on performing the Subprograms on these days:

- Subprogram A on **December, 18th** (Monday)
- Subprogram B on **January 10th** (Wednesday)
- Subprogram C on **January 12th** (Friday)

Time of beginning is 9:00 am every day; closing time is supposed to be at 3:00 pm, but it will depend on how the Pilot activities will go. Since this is a pilot, the Consortium cannot have a precise estimate of the time needed; this will be determined by the outcomes of the pilot.

There will be a short pre-training for student on how to register and use the platform. This pre-training will primarily be conducted via email, with no provision for an in-person pre-meeting to train participants beforehand.

It is agreed that in every Subprorgram there should be, as participants, a mixed group of 20 people: 16 students, 4 staff and 2 facilitators. Every university can identify the facilitators among the staff participating in DigiPsyRes, except for Subprogram B: it has been proposed and agreed that since this is the most "digitally technical" subprogram, in which participants will work online on the platform, there should be an IT staff person that can help with eventual problems during the Subprogram.

There was a discussion about which students should be targeted in order to participate in the Subprogram, because the Pilot will be performed in English by the leaders. Facilitators, as already stated, will of course help students in their national languages, but the Pilot language will be English: participants must have a good English level.

On December 4th and 11th facilitators and leaders of every Subprogram will meet online for final discussions on the activities.

The evaluation tool to be submitted to the students will be decided (UKG) and then communicated to the whole Consortium.

There will be a certificate of attendance, that will be provided by UKG and will be signed by people in charge from all three universities.

Since the R6 will actually start on December 18th, the Consortium agrees that this means that the R5 must be ready and translated before starting the national piloting, February 2024.

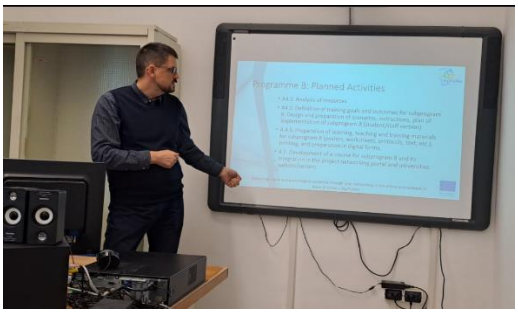
These agreements and notes concluded the activity.

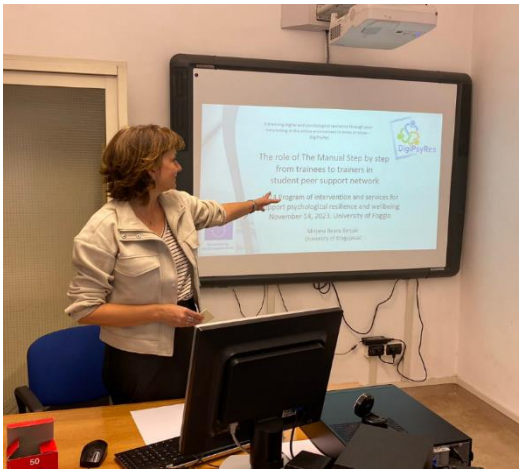
Conclusion

Precious time that the workshop provided was wisely used to improve the cooperation, provide a chance for acquiring the knowledge necessary for the implementation of the project, as well to work jointly on improving the quality of the results, exchange ideas and create a sense of common ground and a common starting point for the future activities. The workshop opened up new areas which ought to be tackled in the following period.

Photo Gallery

(LTT4) Transnational workshop „Program of intervention and services for support psychological resilience and wellbeing" – November 13 - 15th , 2023)





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