

SMART LIVING AND TEACHING IN THE DIGITAL AGE



**Organisation ID:
E10384986**

 europexchangecentre

 EuropeXchange

 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course focuses on developing digital awareness and smart technology skills for both personal and professional use in education. Participants will explore how to integrate digital tools effectively in their daily lives and classrooms while maintaining a healthy balance between technology use and well-being. The course combines practical training with reflection on digital citizenship, online collaboration, and the responsible use of technology to enhance teaching and learning in the 21st century.

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COURSE OBJECTIVES

By the end of this course, participants will be able to:

- To develop digital competence and confidence in using modern technologies.
- To integrate digital tools into lesson planning and classroom management.
- To promote digital well-being and healthy technology habits.
- To understand the concept of smart living and its implications for education.
- To foster creativity, collaboration, and innovation through digital means.



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Participants will be able to use and combine digital tools for teaching and communication.
- They will integrate technology-based strategies into classroom practice.
- They will understand and promote digital well-being and online safety.
- They will apply principles of smart living to balance productivity and personal health.
- They will contribute to building digitally responsible school communities.

DURATION:

5 Days

LANGUAGE:

English or Spanish

SCHEDULE:

Monday to Friday

09:30 – 14:30
5 hours per day

OTHER SERVICES

- Beach front accommodation
- Airport transfers
- Local transport
- One day trips
- Documentation support
- Additional project assistance

CERTIFICATES

A certificate of attendance will be issued to all the participants at the end of the course.

TRAINING ACTION

The Digital Age: Opportunities and Challenges

Day 1

- Understanding the digital transformation in education and daily life.
- Key digital skills for teachers and learners.
- The impact of technology on attention, motivation, and learning.
- Reflecting on personal digital habits.

Day 2

Smart Living: Balancing Technology and Well-being

- What is smart living and how to achieve digital balance.
- Managing screen time and digital overload.
- Tools for digital organization and productivity.
- Mindfulness and digital well-being practices.

Day 3

Digital Tools for Smart Teaching

- Exploring online platforms for collaboration and creativity.
- Using digital resources for interactive learning.
- Classroom management tools for the digital age.
- Designing engaging digital activities.

Day 4

Digital Citizenship and Online Safety

- Understanding digital identity and online reputation.
- Safe and responsible internet use.
- Teaching students about data protection and privacy.
- Promoting ethical behavior in digital environments.

Day 5

Building the Smart School Community

- Integrating smart technologies in school projects.
- Developing digital strategies for teamwork and communication.
- Creating personal and institutional action plans for smart teaching.
- Reflection, evaluation, and certification ceremony.

*Please note that program content may be subject to change based on input from our trainers.



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Get in touch



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