

(Un)Wired: Digital Mindfulness & Digital Detox course

2 April - 21 May 2025

5 WEEKLY ONLINE SESSIONS AND 1 FULL DETOX WEEK IN CADZAND, THE NETHERLANDS



Your chance to digital detox and thrive in a digital age...



Finding the right balance between humanity and technology

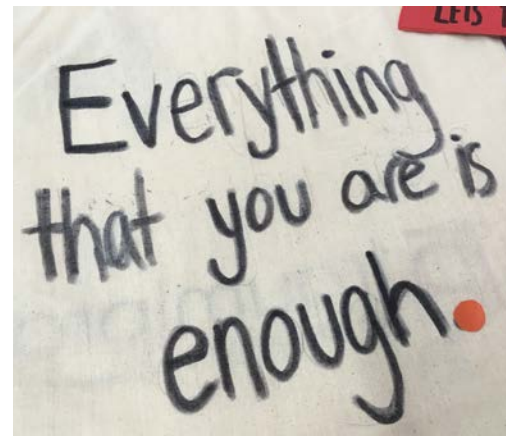
(UN)WIRED IS ALL ABOUT DIGITAL MINDFULNESS & DETOX

In the (Un)Wired Blended Intensive Program you learn to deal efficiently and consciously with technology and digital communication. You will discover how to make best and most optimal use of technology, how to hack your work rhythm, or how to digital detox and find focus.

Participants in the 6 weeks course, will have the unique opportunity to attend online master classes, coaching sessions and group discussions. During the course, distinguished lecturers from different countries will tutor and coach students from around the world in an intensive blended study program. Participating students can earn 5 ECTS in the (Un)Wired BIP course.

The learning process, is a combination of online tutoring & self study, creating a portfolio & a personal development plan, coaching & self-reflection, and executing practical assignments & challenges. The assignments allow individuals to develop their own thinking through (online) research, co-creation with others, as well as develop their own capabilities and self-reflection.

The Digital Mindfulness program is a collaboration between the Karel de Grote University College Antwerpen, Belgium; the Hochschule der Medien Stuttgart, Germany; University of Zagreb Faculty of Organization and Informatics, Varaždin, Croatia; and Algebra University, Zagreb, Croatia.



“Wonderful things can happen when your brain is empty.”

- Maira Kalman



THE PROGRAM IN A NUTSHELL



THE COURSE

PRE-WORK

Introductory assignments to be completed before the kick off session.

ONLINE COURSE (5 WEEKS)

The program kicks off with online master classes, followed by creating your own Personal Development Plan and Portfolio.

Throughout the course weeks students can book a 20 minutes timeslot to be coached by their mentor to shape their Personal Development Plan.

During the online classes students will get many opportunities to bond, discuss the related topics and share ideas.

ONE FULL WEEK ABROAD

In the last full week all International participants will meet in Belgium and go on an excursion to Cadzandïe.

During a week full of interactive and social activities you will learn with one another in the environment of the nature resort Zwin and in the proximity of the Dutch coast line how to reclaim your unwired time. Being remote and close to nature will give the participants a chance to (re)connect, detox, find focus and reflect on the meaning of technology in our lives.

Check out the website of Cadzandïe > cadzandie.be

OVERVIEW: 2 April - 21 May 2025

YOUR ROADMAP - EARN 5 ECTS

5 WEEKLY ONLINE SESSIONS							
	Oboarding	Week 1 31 March - 4 April	Week 2 21-25 April	Week 3 28 April - 2 May	Week 4 5-9 May	Week 5 12-16 May	Week 6 16-21 May
Tutoring Wednesdays 8:15 - 10:45 (CET)		Kick off & Welcome The Slow Web	How to stay sane	Digital dementia	Mindful work	Time Management	
Coaching Thursdays * 9:00 - 13:00 (CET)		Coaching Sessions	Coaching Sessions	Coaching Sessions	Coaching Sessions		
Assignments	Personal Profile Challenge 1	Create portfolio & Personal Development Plan	Challenge 2	Challenge 3	Challenge 4	Pack & travel to Belgium	Bootcamp @Cadzandïe

BOOTCAMP IN CADZAND**					
Fri 16 May	Sat 17 May	Sun 18 May	Mon 19 May	Tue 20 May	Wed 21 May
Travel to Belgium	Activities yet to be decided	Activities yet to be decided	Activities yet to be decided	Visit Zwin Nature Reserve	Check-out at Cadzandïe
6PM Check-in at Cadzandïe	Activities yet to be decided	Activities yet to be decided	Activities yet to be decided	Lunch at Beachhouse + Swimming	Travel back home

* Coaching sessions may be at different times for HdM students and their HdM facilitator ** This is a global overview and will be extended and updated.



“The world doesn’t care what you know.
What the world cares about is what you do with what you know.”

- Tony Wagner

MAKING NEW FRIENDS, AND SHARING EXPERTISE

EXPANDING HORIZONS

INTERNATIONAL CONTEXT

The course is designed to provide international networking opportunities for students using online creative collaboration tools. Building global learning networks will create long term value for those joining the program. The course is organized by partner schools from Belgium, Germany and Croatia.

The aim is to create a group of 40 participants with different nationalities, educational backgrounds, and expertise. Part of this group will be students from other universities, so the group will also consist of participants from other countries.

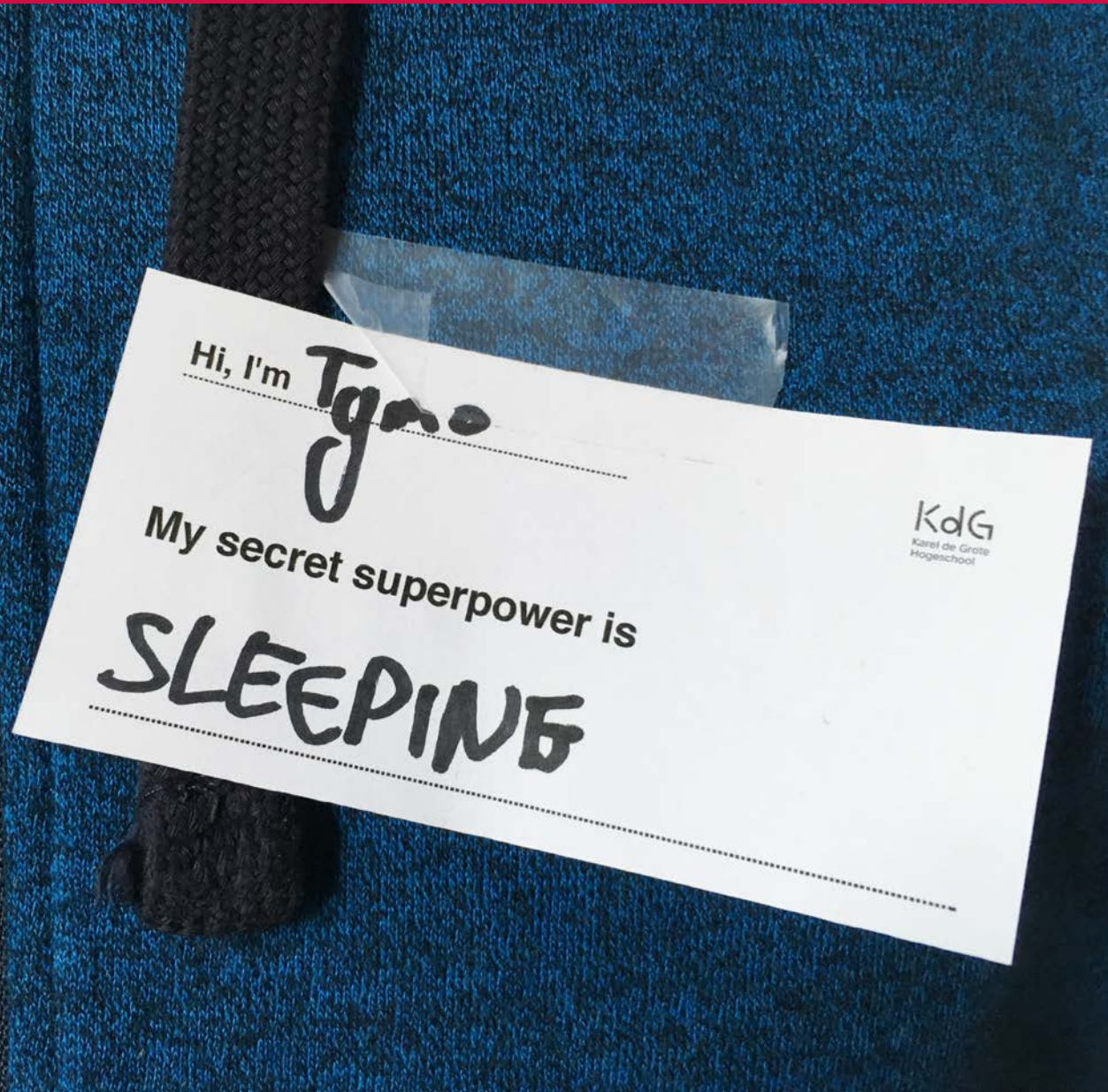
At KdG, HdM, FOI and Algebra we believe that a good intercultural mix and a good representation of the world's ecosystem is key to making meaningful learning experiences happen. Applications are treated on a first come first serve basis. If you would like to take part in this program, please do not hesitate to apply for your spot.

REMOTE BUT REAL INTENSE COLLABORATION

This course is held in the form of an e-course because we want to give every student worldwide the opportunity to attend an experience with other international students. **Global on-line learning opportunities overcome the uncertainties and boundaries that are the effects of COVID-19 on international student exchange and collaborations.**

MAKING NEW FRIENDS GLOBALLY BY CO-CREATING AND SHARING EXPERTISE

The final full week will then be held in Cadzandië, where all the participants will be able to meet up in real life and interact and learn with the group.



WHAT ABOUT THE PRICE, AND HOW MANY ECTS DO I GET?



COSTS & EARNINGS

WHAT ARE THE COSTS?

All incoming participants have to pay for their own travel and accommodation.

The excursion to Cadzandië is meant for being remote and for reconnecting with nature, yourself, and others. The fee for the stay at Cadzandië and attending the (Un)Wired program is about 250 euros and will be charged via the administration of the participant's home institute. (includes activities and rituals, sleeping accommodation and all meals). You might be entitled to a short-term mobility grant from Erasmus. Contact your own international office for this.

HOW MANY CREDITS CAN I EARN?

Students can earn 5 credits for attendance, participation, coaching sessions and assignments on the (Un)Wired program. (more info in Syllabus)

Mandatory attendance for weekly sessions, which includes being fully present by video. Use of a webcam is required to fully participate with others (networking, co-creating, collaborating on assignments and group discussions).



Morning sports :: Nature :: Campfire :: Healthy meals :: True conversations :: New friendships



WHO IS ELIGIBLE, AND HOW DO I ENROLL



HOW TO SIGN UP

WHO CAN TAKE PART?

The (Un)Wired course is open to Bachelor students from all subject areas.

HOW TO APPLY?

HDM students can apply by sending a letter of motivation, CV and transcript in one pdf to application@hdm-stuttgart.de by 15 February 2025.

FOI students can apply by

Algebra students can apply by

KdG students can apply via the KdG enrollment tool by 30 January 2025.

QUESTIONS?

For further questions concerning the course, please contact Ben De Vleeschauwer by email: Ben.devleeschauwer@kdg.be

For further questions concerning your stay, please contact Farrah Daponte by email: farrah.daponte@kdg.be

“Your decisions about allocating your personal time, energy, and talent ultimately shape your life’s strategy.”

- Clay Christensen

