

# Intensive: Digital Wellbeing Sprint (5 ECTS)

In preparation

Would you like to learn design thinking in practice? Would you like to challenge your skills with real client?

Digital Wellbeing Sprint is an open innovation and co-creation sprint where multidisciplinary and multicultural teams work on developing, prototyping and testing user-centered digital solutions in real-life challenge. During the Sprint you will innovate future services for healthcare and wellbeing service providers coming from public and private sectors. Students to the Sprint will be selected based on pre-assignments. The Sprint programme is available for Haaga-Helia, Laurea and Metropolia degree, degree path and exchange students free of charge.

## Timetable:

Registration: 15.-28.3.2021, [registration form](#) opens at 15.3.2021 8:00.

Returning the pre-assignment: by 9.5.2021

Contact days: 21.-28.5.2021.

Digital Wellbeing Sprint (DWS) will be conducted online/hybrid. Please notice that in case the situation enables, there will also be some physical meetings in interesting venues. It is good to be prepared that these days during the sprint are intensive, long, full of hard working. On the other hand, design sprint is also fun and hopefully includes productive outcomes and learning.

## Tasks:

Pre-assignment: The pre-assignment will prepare you to course and forthcoming sprint. More information will be given before the enrollment to the course starts (by 15th March).

Design process in Sprint: You will design future digital solutions in an intercultural and multi-disciplinary student team. You will work with a company or other organization in the wellbeing field.

Documentation: You will together with your team members create material of design process and of digital future solution. There will also be some individual tasks (for example learning diary etc.).

More information available [in Digital Wellbeing Sprint -homepage](#).

**Contact persons (teachers):** [paivi.mantere@laurea.fi](mailto:paivi.mantere@laurea.fi); [merja.lahdenpera@metropolia.fi](mailto:merja.lahdenpera@metropolia.fi); [jarmo.sarkkinen@haaga-helia.fi](mailto:jarmo.sarkkinen@haaga-helia.fi)