

DESIGN OF DIGITAL SERVICES FOR HEALTH BEHAVIOUR CHANGE

2021 Winter School Daily Schedule

Each day consists of the following activities:

1. **11:00 - 13:00 EEST** time a lecture or another supervised activity
2. **Two-three hours** of group or individual works, time should be agreed upon between students
3. **18:00 - 19:00** Feedback chat organized per students' request

Day	Activities and Topics covered
Day-1 Monday (4-1-2020)	<ol style="list-style-type: none"> 1. Introduction (instructors/students)+ course plan 2. Health Promotion and a brief overview of Behaviour change Theories 3. Current trends in digital Intervention design (e.g. Persuasive technologies, JITAI's, serious games, etc.)
Day-2 Tuesday (5-1-2020)	<ol style="list-style-type: none"> 1. Workshop: selecting common problems. Forming groups 2. Interaction Design Methodology
Day-3 Wednesday (6-1-2020)	<ol style="list-style-type: none"> 1. Reporting homework. 2. Group Presentations 3. Behaviour Change Wheel (BCW), Stage 1
Day-4 Thursday (7-1-2020)	<ol style="list-style-type: none"> 1. Reporting homework. 2. Group Presentations 3. Behaviour Change Wheel, Stage 2
Day-5 Friday (8-1-2020)	<ol style="list-style-type: none"> 1. Reporting homework. 2. Group Presentations 3. Behaviour Change Wheel, Stage 3
Day-6 Monday (11-1-2020)	Workshop: User modeling. Scenario design
Day-7 Tuesday (12-1-2020)	Low - Fidelity prototyping Workshop
Day-8 Wednesday (13-1-2020)	Workshop: Evaluation of Low - Fidelity prototypes
Day-9 Thursday (14-1-2020)	Evaluation of prototypes against BCW
Day-10 Friday (15-1-2020)	Final Presentations of the Projects

