

Dissemination plan — who posts what, when and where

The coordinator prepares each “hit” (a press-style text) with its post images; every partner then publishes it on its own channels and logs the date and platform. Columns are the four partners: University of Barcelona (UB), MetaMedicsVR (MMVR), Social Innovation Fund (SIF) and Women Entrepreneurship Foundation (WEF). Copy the structure, keep one row per hit and add a column per partner.

#	Content	Prepared by	Delivered	UB University of Barcelona	MMVR MetaMedicsVR	SIF Social Innovation Fund	WEF Women Entrepreneurship Foundation
1	Hit 1 + Post 1	UB	14/10/2025	15/10/2025 · Instagram 15/10/2025 · Facebook 29/10/2025 · LinkedIn (Available linkedIn accounts tagged) 15/10/2025 · UB, Campus Bellvitge (Physical dissemination, Photos)	—	28/10/2025 · Facebook, SIF 28/10/2025 · Facebook, Lithuanian women's lobby organization (LWLO) 28/10/2025 · European Innovation Center 28/10/2025 · Group of NGOs 28/10/2025 · Facebook, SIF	26/11/2025 · Facebook 05/02/2026 · Facebook 23/02/2026 · Facebook 23/04/2026 · Facebook 27/04/2026 · Facebook
2	Hit 2 + Post 2	UB	29/10/2025	30/10/2025 · Instagram 30/10/2025 · Facebook 30/10/2025 · Blue Sky 07/11/2025 · LinkedIn (Available linkedIn accounts tagged)	—	—	04/05/2026 · Facebook 25/05/2026 · Facebook 30/01/2026 · Instagram 16/04/2026 · Instagram
3	Hit 3 + Post 3	UB	03/12/2025	03/12/2025 · Instagram 03/12/2025 · Facebook 03/12/2025 · Blue Sky 09/12/2025 · LinkedIn 11/12/2025 · LinkedIn 12/12/2025 · LinkedIn 03/12/2025 · UB, Campus Bellvitge (Physical dissemination, Banner, photos)	—	—	29/04/2026 · Instagram 11/05/2026 · Instagram 19/05/2026 · Instagram 11/06/2026 · Instagram 26/11/2025 · LinkedIn 29/01/2026 · LinkedIn 16/02/2026 · LinkedIn 24/02/2026 · LinkedIn
4	Hit 4 + Post 4			UB, Campus Bellvitge (Physical dissemination, Banner, photos) 30/01/2026 · LinkedIn (Successful seminar) 11/02/2026 · UB webpage (Successful seminar)	—	—	13/04/2026 · Youtube 28/04/2025 · LinkedIn 30/04/2025 · LinkedIn 01/05/2025 · LinkedIn 13/05/2026 · LinkedIn
5	Online seminar			20/02/2026 · LinkedIn 30/01/2026 · LinkedIn	—	—	—

Dates are dd/mm/yyyy. Links to the individual posts and the names of the people who prepared each hit have been left out of this public version; the original sheet keeps them for the consortium's reporting. **VR Balance: Advancing Gender Equity in Work and Home Life through Virtual Reality** (project 101191101) is funded by the European Union under the Citizens, Equality, Rights and Values programme (CERV-2024-GE). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the granting authority. Neither the European Union nor the granting authority can be held responsible for them. More material: metamedicsvr.com/projects/vr-balance/resources/