

NEWSLETTER 4

This European project 2019-1-SK01-KA204-060649 provides information about learning opportunities for people over 50, innovations of programmes and training for low-skilled adults in digital technologies

Senior's Learning in the Digital Society – SeLiD

The main objectives of this project are open education and innovative practices in the digital era, with a focus on improving and extending high-quality learning opportunities in the field of ICTs and digital devices, tailored to the individual needs of low-skilled or low-qualified adults.

The project has as its main aim to train the elderly and help them learn basic ICT skills and key digital competences, using methods such as the following:

- classical teaching;
- group learning and training;
- peer learning;
- work with manuals;
- visits to electronics stores;
- collection of good practices to develop elderly people's digital literacy and skills; and
- research about the needs of the elderly so that they can improve and develop their digital and ICT skills in everyday life and thus achieve an active citizenship.

Project meetings

In order to accomplish our objectives, five project meetings were organised, with three face-to-face transnational encounters and some online webinars, starting with the one on ***Best practices for solving problems in the digital society. Internet of things, social media and digital security*** held at Dresden's Seniorenaademie in September 2021.



The transnational meeting in December 2021 took place at UPUA (Permanent University of the University of Alicante) and dealt with the ***Needs and wishes of the elderly in the digital society***. The meeting adopted a hybrid format and focused on the practical use of digital technologies as well as applications by both teachers and seniors within older adult students' online education. The project partners successfully evaluated the research results, presented a project booklet, and made a collection of good practices. Participants were trained in the usage of the app *Senior Tourist Guide* created by UPUA for its senior students.

The last transnational project meeting and conference is scheduled to take place in Magdeburg in March 2022.

The project booklet containing not only the list of research initiatives and good practices but also important findings obtained from the group of 1,175 older adult respondents will be available on the project's website.

Among the most obvious needs of seniors stand out:

- help to better understand the social, financial and economic changes introduced by digital society and its services;
- integration of seniors into the digital society and minimisation of potential feelings of social inadequacy through personal encouragement;
- assistance to preserve personal agility, interests, self-reliance and self-fulfilment, as well as favouring inclusion in the digital environment;
- distinction of digital competence levels inside seniors' groups which poses practical challenges for lecturers/tutors and senior participants alike;
- finding out about learning ICT programs, their training possibilities and the ways to enrol and participate in them;
- acknowledgement of new innovative curricula and learning about new practices and programs;
- exchange and sharing of skills and knowledge with other seniors from many different countries, comparing their conditions and results;

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Next project meeting: March 2022 in Magdeburg (Germany)



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- collection of best practices for the exchange of knowledge and skills among two main target groups: lecturers and seniors.
- practical utilisation of the good practices collected from —and shared with— other institutions and personal training, with responsible citizenship as a goal.

Digital skills make it possible to expand and update our knowledge in today's fast-changing world. It is a well-known fact that many older people do not even know the benefits of digital technology. Their digital skills are not sufficiently developed and they do not believe in digital technology because of fake news, for instance.

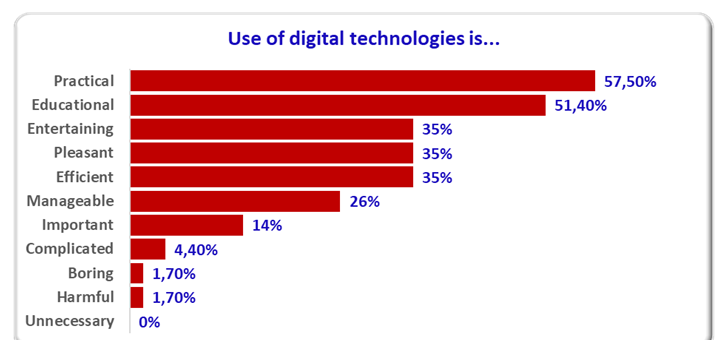
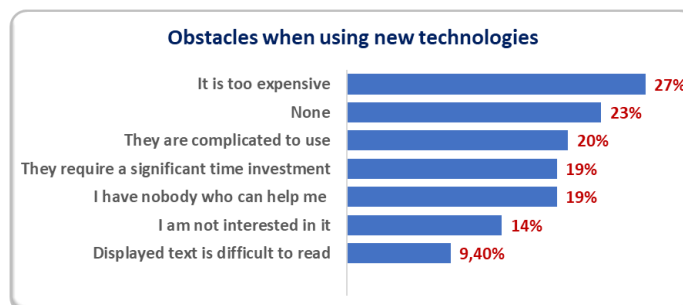
The project “SeLiD” seeks to encourage older adults to strengthen their digital learning interests, thus training them to be ready for an independent life in the digital society, and reduce the number of low-skilled adults.

Especially in these times of pandemic, access to the Internet and social connection become key. Digital technology can assist elderly people to avoid exclusion and loneliness by enabling them to take advantage of these tools to fight discrimination. We want nobody to be left behind and, therefore, a need exists for us to develop various ways not only to bring new technologies in housing for people with disabilities but also to cater for the diversity of inhabitants that live in rural areas. Such tasks can only be fulfilled if seniors assume a more visible role as decision-makers.

Despite the risks involved, new technologies open up a new world for users in different areas of life. Digital learning and training will make the elderly more autonomous in their daily life, allowing them to use the digital equipment in their own home, as well as digital banking tools and the digital services of municipalities, and becoming familiar with e-shopping, personal devices and computer security. The practical implementation of digital technologies can further help elderly people's social integration, while simultaneously maintaining their ties with relatives and friends.



One of the barriers for the use of new technologies by seniors has to do with their own financial background, since technical equipment is sometimes very expensive. As older people find it difficult to use new technologies, developers should take into consideration this population segment's needs and design age-appropriate devices.



The research results described above lead us to conclude that most respondents have a positive attitude towards digital technologies and are consequently willing to overcome any possible difficulties involved in their use.

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