

PARTNER:  
ACD LA HOYA

GOOD PRACTICE IN USE

## Progetto: 2019-1-IT02-KA204-062272

**TITLE:** Digital literacy for seniors: bridging the digital divide

**TARGET:** Retirees

**OBJECTIVES:** The course series "Digital Literacy for Seniors: Bridging the Digital Divide" aims to bridge the intergenerational digital divide by serving as a bridge between technology and a sector of society that is not a digital native.

**ACTIVITIES:** List of courses

- Monday 5 October: Initial bridging course: how to watch the courses from home
- Thursday 8 October: Introduction to the Internet: surfing and emailing
- Thursday 15 October: How to use your mobile phone: iPhone
- Monday 19 October: How to use your mobile phone: Android
- Thursday 22 October: Learn how to use Whatsapp
- Monday 26 October: Video calls and video conferencing: get in touch with your loved ones
- Thursday 29 October: Learn how to use social networking sites

**TIMETABLE:** The activity, which will take place from 5 October to 30 November (from 11:00 to 13:00 h.), consists of twenty courses, of two teaching hours each, which can be taken individually or as a whole (40 hours in total). Those interested can choose between taking the courses in person, at the UNED's Associate Centre in Tudela, or online.

**EFFECTIVENESS: MONITOR AND INDICATORS**

- For security reasons, places were limited to 30 people in person, but 40 people participated online.
- The organizers are already preparing the next edition of these courses due to the good acceptance of the participants.

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## Progetto: 2019-1-IT02-KA204-062272

TITLE: Active ageing workshops

TARGET: Retirees

### OBJECTIVES:

To offer practical information to the over-60s on issues that may be of interest to them, such as digital skills, personal development, maintaining and improving health, promoting reading, etc.

### ACTIVITIES:

A total of 70 free face-to-face workshops spread throughout the region:

- Learn how to use your mobile phone
- Legal workshop
- School for grandparents
- Balance and healthy habits
- Laboratory of ideas for growing old happily
- Digital competences
- Health maintenance and improvement
- Personal development
- Reading promotion
- Promotion of autonomous living and personal development
- Improvement of manual and craft skills
- Leisure and free time
- Health promotion and preventive physical activities
- Artistic and cultural activities
- Intergenerational and volunteer meetings

### TIMETABLE:

Three hours each workshop, delivered in two sessions

### EFFECTIVENESS: MONITOR AND INDICATORS

-225 people participated in all the courses.

-At the end of the year, the organizers decided to create another edition of these courses in order to accept more participants after the final evaluation with some feedback of the participants.

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**Progetto: 2019-1-IT02-KA204-062272**

TITLE: Free computer courses for seniors

TARGET: Retirees

OBJECTIVES: Promote the social and professional inclusion of older people, who are often discriminated against because they lack the skills required by new technologies and the digital world.

ACTIVITIES: With these courses, UDP seeks to "reduce the digital divide", which favours older people in different areas of their lives, especially in the context of a pandemic that has forced an accelerated digitalisation of work, shopping, leisure or social relations. The UDP computer courses consist of live classes in Basic Computing and Digital Tools through its training portal, which uses the Zoom tool. Among the skills that can be acquired in this second call are the use of Google tools and making video calls.

TIMETABLE: The courses have different durations: while the Basic Computing course consists of 16 teaching hours, the specific course on Google Documents and Spreadsheets has 10 hours, and the Google Tools course - which includes video calls - has 4 hours. The courses are given in the morning, from 10:00 to 12:00, two days a week, and also offer advice before and after the course to resolve any doubts the student may have.

EFFECTIVENESS: MONITOR AND INDICATORS

-50 people participated in these computer courses.

-At the end of the courses it was possible to evaluate the results of the courses asking the people what is their final conclusion and to plan new courses for the next months.

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**Progetto: 2019-1-IT02-KA204-062272**

TITLE: Countryside photography

TARGET: Retirees interested in photography and nature who want to share a day in the countryside with a professional photographer.

OBJECTIVES: These outings combine an interest in nature and photography to film and photograph nature by learning from his technical knowledge and creative vision.

**ACTIVITIES:**

The participants will visit natural sites of great beauty and scenic interest, where different photographic and video techniques will be explained and put into practice: composition, panoramic photography, master light measurement, depth of field and hyperfocal distance, diffraction control, use of filters, electronic flash, sweeps, as well as the optimal configuration of DSLR cameras, choice of cinematic shots, camera movements, sound recording and 360° photography and video (virtual reality).

**TIMETABLE:**

Approximately 10 hours.

**EFFECTIVENESS: MONITOR AND INDICATORS**

-This activity hosted 35 participants

-At the end of the activity, the participants requested to carry out another one like this one in another of the natural destinations in the area, so the organisers will take this into

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**Progetto: 2019-1-IT02-KA204-062272**

TITLE: Technology activities for seniors

TARGET: Retirees

OBJECTIVES: Elche City Council has presented several activities related to new technologies through the Department of Elderly Policies, between October and December, in order to promote the participation of the elderly in society and improve their health. The aim is not only to improve technological knowledge, but also to prevent cognitive deterioration.

ACTIVITIES: There will be two groups in the mobile phone workshops and there will also be two computer workshops: one basic and one advanced.

These activities will be evaluated by the persons responsible for them in order to guarantee the learning and assimilation of the contents taught to the participants.

TIMETABLE: There will be two groups in the mobile phone handling workshops, which will be held at the Candalix Civic Centre on Mondays and Wednesdays, from 9:30am to 10:50am and from 11:10am to 12:30pm.

There will also be two computer workshops: a basic one, to be held on Mondays and Wednesdays from 16:30 to 18:30; and an advanced one, on Tuesdays and Thursdays at the same time. Both will be held at the L'Escorxador Municipal Training Centre.

EFFECTIVENESS: MONITOR AND INDICATORS

-50 people took part into these courses, 25 in each group.  
-At the end of the activities and a evaluation with the participants the organizers will use the feedback to improve the quality of the future activities.