

NEWSLETTER

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Integra_Lab+



ABOUT INTEGRA_LAB+

Integra_Lab+ is the name of the Erasmus+ Project titled “Empowering elderly adults in emotional selfcare and through the acquisition of digital skills and creativity”. A project that seeks to improve the well-being of the elderly people through the development of their creative skills, both in cultural and artistic aspects as well as in physical and mental activity. All of this supported by digital tools.

We want these seniors to have the necessary training and tools so that they can emotionally recover from the situation they have experienced and establish the bases for their inclusive accessibility to new technologies.

For this purpose, the “Well-being Improvement Course” will be designed and implemented. To this end, trainers will first be trained and then the course will be implemented in all partner countries.

HOW WILL INTEGRA_LAB+ MEET ITS OBJECTIVE?

The first is to reduce the digital gap that exists between older adults, not only in the learning processes but also in the performance of their daily tasks.

To do this, we will develop training materials and design pedagogies that guide them towards the process of continuous improvement and self-learning that involves staying up-to-date with new technologies. We will develop a digital toolkit, a video library and a methodology adapted to the online training of older adults.



INTEGRA_LAB AND THEIR PARTNERS

Integra_Lab is a team of five European partners: Münser University (Germany), E-Seniors (France), Plineu (Poland), Corte dei Miracoli (Italy) and 32puntos and Universidad Complutense de Madrid (Spain).

Each partner is an expert in one of the main areas of the project: elderly people, physical activity, creativity, emotional management and/or training.

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