

# State of The Art ANALYSIS

## FOREWORD

The main objective of the project was to provide opportunities for exploring ways of applying knowledge gained in the field of ICT to the promotion of active lifestyle by gaining and sharing knowledge and experiences of partners and participants and empowering people over45.

To have a concrete starting idea on the situation regarding ICT and digital tools' availability and request in each partners' communities, the partnership has produced a State Of The Art analysis report which has also investigated the needs of adult users and seniors aged 45+ in the different locations of the partners. This work has mainly been useful for each partner institution to reflect and investigate on what is available at the moment in the field and act within the project aims in accordance with the resources in the territories and the progressive ageing of the population. Nevertheless this analysis could be useful also for other interested people to get new ideas or discover new opportunities for training and exploitation of the territories through ICT and multimedia tools.

## ANALYSIS OF THE PARTNERS



**UNIVERSITA' DELLE LIBERETA' DEL FVG - Italy**

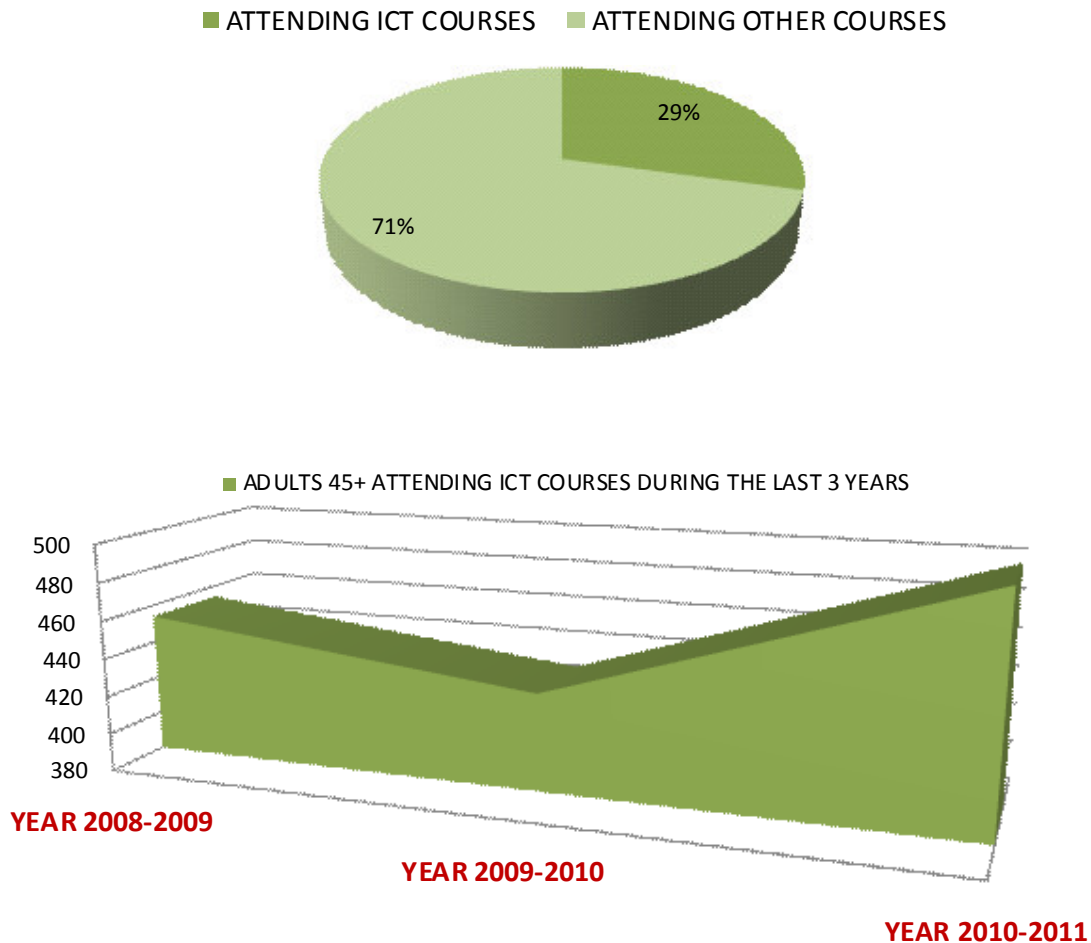
In 2008, thanks to a regional law, it has been possible at Università delle LiberEtà and in other adult education institutions in the Region Friuli Venezia Giulia, to improve and increase the offer of ICT courses and resources and in particular it has been possible to offer these courses for free to the most vulnerable sectors of the community: elderly, adults over 50 (mostly unemployed and immigrants).

A quite large number of people has benefitted from this incentives and has had the possibility to obtain a basic level of ICT literacy.

After the end of this law activation, the request for ICT courses has started to increase and we can now say that a large part of the adults and senior citizens in the region has a good level of ICT literacy and knowledge.

In particular during the school year 2010-2011 at Università delle LiberEtà, 500 adults (45+) out of 1700 (adults 45+ enrolled at ULE) have attended a total number of 50 ICT courses, at different levels and covering different ICT applications.

### ADULTS 45+ IN THE SCHOOL YEAR 2010 - 2011



This shows both the growing need for this kind of knowledge among adults and seniors, and the growing necessity to offer them new and innovative ways of using their ICT skills and develop them following the modernization of the society. The lack of knowledge regarding the use of ICT tools for purposes outside the working or domestic typical reasons, has been clearly identified among users both at Università delle LiberEtà and within citizens in the community in general.

There are some new and innovative ICT and multimedia programmes available, especially in the framework of some departments of local authorities, but the link between them and the public in general - especially adults 45+ and seniors – is still lacking.

There is an interesting opportunity with the local Municipality project “SUUperagenda” in the framework of the Agenda 21 activities. This is a project aiming at creating a network for the sustainable mobility for the community able to link and valorize the cultural, natural identity and

economic resources available in the territory. The main result of this project is a database that has been made joining all the local knowledge of citizens and users in the community and it includes:

- ✓ around 100 km of routes and itineraries that are joining different municipalities in the territory
- ✓ around 270 centres of interest georeferenced (services, natural places, monuments, etc)
- ✓ around 130 stakeholders (economic centres, associations, cultural centres...)

The main aims of this local project are:

- to valorise and develop rural, economic, cultural and environmental heritage of the territories in the region
- to link a network of local stakeholders and operators who are interested in the development of and efficient use of the territory
- to transfer the vision of the local environment as an heritage to be preserved as well as an incentive for the local economy
- to strengthen the identity of the sites through the involvement of economical, social and cultural territories of the region

Therefore we can see many interesting links between this local project and the OUTDOOR ICT project. In particular SUUperagenda project could provide a set of territorial information that, as for kind and space typology, is suitable for the implementation of didactical activities based on the use of ICT tools. From one side these information could be included into thematic maps, thus allowing the users to experiment ICT tools on “already made” material. On the other side, once the users have got a kind of operational autonomy, they will be able to give their contribution through ICT tools, exploring the territory searching for some precise elements and places and also for possible new ones and new ideas.



As far as Geocaching, this tool is quite well spread in Italy. In our region it is used mainly for touristic reasons also by people coming from other countries (Austria , Slovenia and Croatia mainly). The average age of the users is from 20 to 40 with a low minority of adults 50+ or seniors. Through the OUTDOOR ICT project we will try to include also this tool to our groups of participants both adults and seniors.

Analysis about the knowledge and uses of GPS devices among students in the practical ICT course of U3A University (University of Málaga, Spain)

### Stage

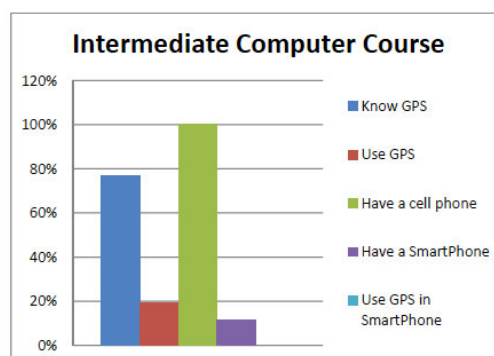
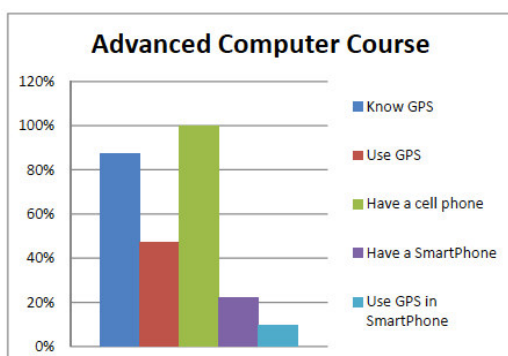
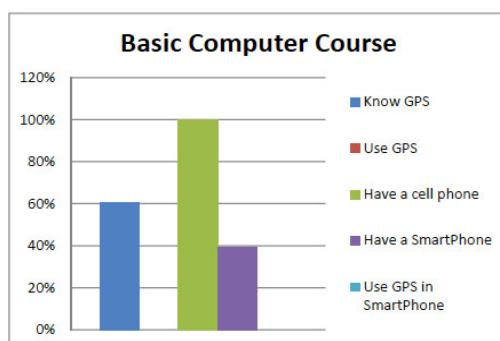
Our students are divided into three courses: Basic (aimed at absolute beginners), Intermediate (for people with prior knowledge of PCs) and Advanced (for people with prior knowledge and experience in PC usage and moderate level of ICT competence).

### Questions

- Do you know what a GPS device is?
- Do you use frequently a GPS device?
- Do you have a cell phone?
- Do you have a cell phone and It's a SmartPhone?
- Do you use frequently GPS in the SmartPhone?

### Results

GPS Knowledge	Basic		Intermediate		Advanced	
	Total	Percentage	Total	Percentage	Total	Percentage
Students	28		26		32	
Know what is a GPS device	17	61%	20	77%	28	88%
Use frequently a GPS device	0	0%	5	19%	15	47%
Have a cell phone	28	100%	26	100%	32	100%
Have a cell phone and It's a SmartPhone	11	39%	3	12%	7	22%
Use frequently GPS in the SmartPhone	0	0%	0	0%	3	9%



## Conclusions

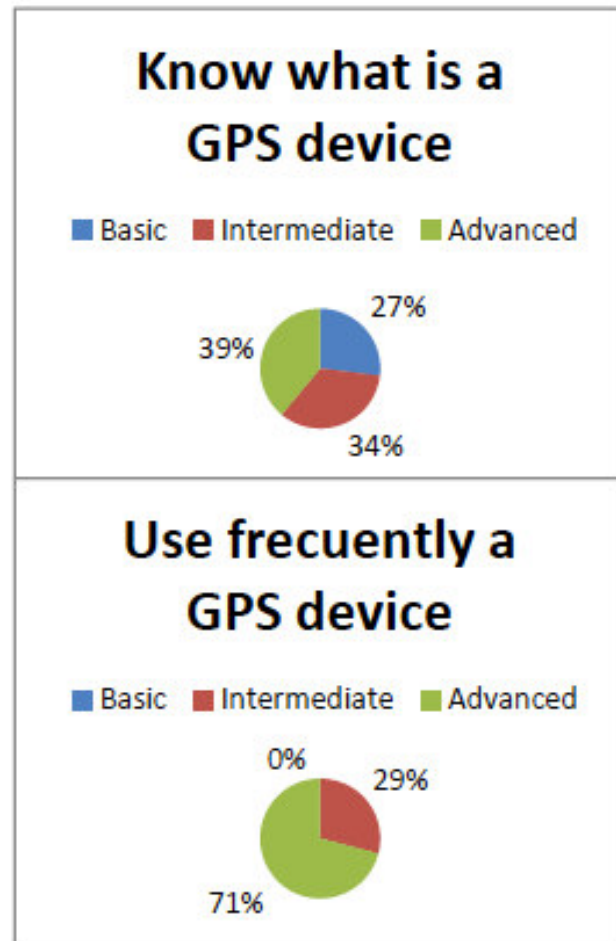
From the students who know what a GPS device is, 39 % belongs to the advanced course, 34 % to the intermediate course and 27 % for the basic course.

From the total of students who are digital competent in the use of GPS devices, 71 % belongs to the advanced course and only 29 % at the intermediate course. There are nobody showing these skills in the basic course.

So, it seems to be a growth in knowledge and digital skills in the advanced students if we compare them with the students in the basic and intermediate course.

It is significant that all students who use GPS with their SmartPhones are attending the advanced course.

To sum up, although it is easy to confirm in the light of these results, an increase in the use of SmartPhones (obviously due to the wide range of possibilities and apps that they can offer), the use of a GPS device seems to be in a very early stage among this population (people over 50 years in our case). For this reason, we think that is worthy and very useful to promote the use of this technology (e.g. by Geocaching) from a practical perspective, and in an enjoyable way, linking learning digital skills to the promotion of social skills and environmental and cultural heritage awareness.



## WHAT IS GEOCACHING?

Geocaching or Gymkhana GPS (Global Positioning System) is an outdoor sporting activity which results from a combination of trekking, orientation plus adventure. "It is the activity of hiding and seeking "treasures" anywhere in the world with the help of a GPS receiver or mobile device" (Wikipedia, s.f.). It was first conceived on May 2, 2000, it's slightly over ten years old. And after almost 12 years of activity there are 1,652,080 active geocaches and over 5 millions geocachers worldwide. As already said, it basically consists of hiding and seeking containers, known as "geocaches" or simply "caches", in towns or in the country with their coordinates recorded. These details, together with other regarding the exact location, are posted on a listing site so that other people may find them. Those who manage to do so and successfully find one of these caches (usually a waterproof container of not much value) may take it with them as long as they leave another in exchange for the following geocacher to come. There is a notebook in every treasure (called logbook) so that geocachers may record their names (logbook).

We can find descriptions of other varieties of this activity in wikipedia. We read that they share the

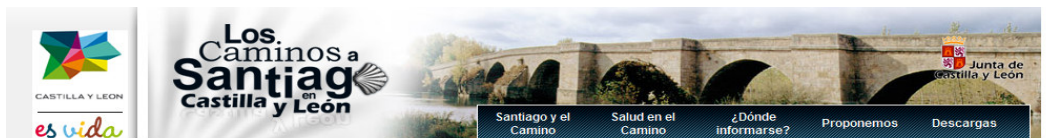
philosophy of leaving any object (books, bicycles, cameras) in public places so that they can be used by other people (or friends, or acquaintances) in an unselfish way: bookcrossing, bike crossing, PhotoTag, etc. At times, tickets are logged and followed worldwide. Eurobilltracker, Where's George? Where's Willy?

New variations of this activity have emerged: geocaches may vary in size, difficulty and location. Now we can find them in towns, group competitions, multi-cache (a series of linked discoveries of various intermediate points containing the coordinates for the next stage), etc. (from Mora (2008): Geocaching. Descubre una nueva actividad Aire Libre). There are also different kinds of treasures: traditional ones, multiple ones, virtual ones, etc. [from GEOCACHING –tipos de Caches (Tesoros)]. In this kind of activity we can highlight its spirit, which can be noticed in the same motto coined by its creators: “Cache in, Trash out”. In certain places, practitioners are invited to take a bin liner so as to clean the environment where the activity is carried out.

The satisfaction is obtained once achieving the goal and also as a result of the experience of sharing the symbolic value and the trade items. Its difficulty lies not only in locating the treasure (the coordinates of which we are acquainted with), but in overcoming both physically and intellectually the route to follow, and going over material obstacles and/or adverse conditions: the point in practicing this activity has to do with knowing where it is and how to get to the treasure. It is an activity that integrates physical exercise, mental one and technological competence (web applications, mobile phones, etc.) in which age does not mean an unsurmountable hindrance to practice it, as it can be easily adapted to any age and/or level, and activities can be developed for school-children (Tejedor Lorenzo, 2006) or for athletes (the case can be that it may become necessary to divide the activity into different stages or to have long days' walks). Treasures are classified according to a scale from 1 to 5 on the web depending on the difficulty to get to the treasure; at the top category “obtaining the prize requires the usage of special equipment plus knowledge about risky sports such as climbing or scuba-diving” (Vicente, 2001).

### SITUATION IN SPAIN

Currently, this activity does not belong to any federation or sports club. It is just beginning to get disseminated among people by federations of rural tourism and public institutions, pushed by commercial reasons or in order to promote tourism, not being strange to find links to geocaching next to those of rural areas. As an example, we can find Rutas Jacobeas along Castille and León ([http://www.turismocastillayleon.com/cm/jacobeo/tkContent?pgseed=1292166244606&idContent=545265&locale=es\\_ES&textOnly=false](http://www.turismocastillayleon.com/cm/jacobeo/tkContent?pgseed=1292166244606&idContent=545265&locale=es_ES&textOnly=false)).



The organisers of geocaching are usually groups of friends who have become so as a result of their interest in this activity (<http://www.geocachingspain.com>). They generally enjoy specific blogs, websites, groups in different social networks, etc. usually focusing their interest on a particular geographic area:

▲ Geocaching in Madrid: <http://geocachingmadrid.blogspot.com/>  
 Mallorca Geocaching: <http://www.mallorcageocaching.com/>

At times it seems as if they were personal invitations not supported by any group; for example, that's the case of <http://www.terraching.es>. We can also find some websites whose main topic of interest is leisure and outdoor activities, with a specific subsection devoted to geocaching, such



as Airelibre y Tecnología, a website that offers information on events to be held (<http://www.airelibreytecnologia.com/geocaching/>).



It is not strange to use websites corresponding to firms related to this kind of activities, such as <http://www.opencaching.com/> acquired now by a company focused on making navigation systems, or <http://geocaching-hispano.com/> which makes publicity of its products.

And last, but not least, we can observe the slow emergence of activities with the aim advertising, such as the one known as Hunters of Experience: <http://www.cazadoresdeexperienciasbifrutas.es/> (promoted by a milk company). It consists of an urban game developed in Madrid and Barcelona. Experiences (over 200), hidden in both cities, is what have to be sought.

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Geocaching is a new trend, a new hobby, a modern scavenger hunt.

Also in Carinthia exists a big network of persons interested in this new sport. If you are dealing with this topic for the very first time, you will be surprised how much there already exists in this area!

Certain persons in our institutions have already heard about geocaching, and others have already tried it out. Otherwise this new trends seems to be quite unknown.

In the Internet you can find various clues and hints, that geocaching is carried out in all over Carinthia: in particular in the touristic field you can find very often recommendations to combine geocaching with hiking and biking. This refers to the fitness-component of this modern scavenger hunt.

The region around the Millstätter-Lake together with the geocaching community offers a lot. At the Goldeck trail caches are organized, which guarantees a new way of experiencing the summit. The rental items are available on location and you are ready to climb up to 2.000 m!

On [www.geocaching.com](http://www.geocaching.com) you can find a list of castles, ruins, churches and weir systems in Carinthia, which are tagged with a cache. In this way you can experience history and culture in a new way.

Unfortunately you can also find sad news, when researching the topic geocaching: [www.orf.at](http://www.orf.at), the national TV and radio-station in Austria, reports: *"Sunday night a woman of twenty years, was hurt severely while geocaching, a kind of scavenger hunt, at the Zwangerberg in Carinthia. During her descent the woman fell and was only found Monday morning by the rescue crew"*. Like any other kind of sport, also geocaching can be dangerous while being in the mountain. Nevertheless, this should not keep us away from trying it out!

The largest sports shop chain „Sport Experts“ already organized in 2011 a geocaching challenge with the theme, *„Evergreen meets High-tech: the real outdoor fans take part, combining outdoor adventure and fun.“*

Outdoor activities are very popular in Carinthia. Because of the lakes, the mountains, an ample countryside and the love for sport by the locals, geocaching is made for this region.

As an ad-on program for various pensions and guesthouses, combined with Nordic walking or a bike tour: geocaching is always present!

Also at the Katschberg it is the new summer-highlight for families and promises a nature adventure for everybody. Also here, the tourist offices offer rental devices and you can choose between easy caches close to cozy cottages and real adventures for well-trained treasure hunters. Next to the touristic track, there is also an educational initiative working with geocaching in Carinthia: Department 6 of the Carinthian provincial government, division school administration, has conducted for example in 2008 the project „GIS (geographic information system) in education“:

*“On June 25<sup>th</sup> 2008 the geogames took place for the third time at technical college Carinthia. In the framework of the project “GIS in education”, 140 pupils of grades 7 to 10 from 5 Carinthian schools, had the possibility to get a first glimpse in the world of GIS. By means of various stations and exciting exercises, such as: Geocaching – a scavenger hunt with GPS, planning of a field day with CarinthianAtlas, as well as the exploring the world with Google Earth, the teenagers could dive deep into the world of GIS.”*

Geogames, a cooperation of the Carinthian Provincial Government, the technical college Carinthia – degree programme Geoinformation and the institute of geography and regional research of the



Alp-Adria-University Klagenfurt, also took place in 2007 and 2006 and brought, among other things, geocaching to teenagers.

The technical college Carinthia, degree programme geoinformation, deals regularly with geocaching and offers also for schools special modules, in order to give pupils a short theoretical introduction the topics “GPS-technology” and “geocaching”. The technical college Carinthia has a geocaching park at disposal and can organize event at this site.

An interview with the responsible person at the Institute of Geoinformation at the Technical collage Carinthia, showed good cooperation possibilities: the technical college was interested to work with the Carinthian Folkhighschools at the project outdoor ICT and the Folkhighschools were glad to have met an experiences partner in the area of geocaching. The technical college works on a training concept for the target groups, brings experiences trainers and makes necessary devices available. Furthermore a train-the-trainer seminar for working trainers the Folkhighschools is planned. The technical college, institute for geoinformation, will therefore form an associated partner within the project and gains because of that additional recognition.

### **What do elderly people need?**

The target group is of course no homogenous:

- 45+  
These people are usually still in the profession and have little leisure time. They are looking for a compensation to their job or a leisure activity for the whole family.
- 60+  
Their professional life ends. Complaints of the age are noticeable. People have more leisure time. Many of them are looking for activities they can do with their grandchids or life partner.

What do elderly people need to learn optimally in computer courses?

- ✓ Build on existing knowledge and skills.
- ✓ Enough time - Learning without time pressure.
- ✓ Practical exercises with a reference to their life.
- ✓ Repetition of the learned.
- ✓ Small course groups.
- ✓ The same operating system just like at home (e.g. Windows 7).
- ✓ Functional devices without error messages.
- ✓ Ergonomic learning place (e.g. room lighting, not reflecting screens, font on the screen is large and clear).
- ✓ Handouts
- ✓ Patient trainers with the ability to take away fear of new technologies or making something broken.

What are elderly people especially interested in?

- ✓ Internet and eMail
- ✓ Digital photography
- ✓ Making photo books

### Geocaching in Évora

Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enable devices and then share their experience online.

In our research we've looked about possible geocaching routes within our area. We've found some interesting groups of lovers of this modality. Accordable to what we've checked, most if the practicans enjoy to go to Évora in two perspectives. First to find a cache and then to visit a great world heritage city.

In our research Évora is a place where it is possible to find geocaches in the following locations:

### Giraldo Square

Center of the city, where, throughout the centuries, the most important secular and religious celebrations have taken place. In this square King D. Duarte built the Estaus Palace (which even today maintains its Gothic look), the Henriquina Fountain and St. Anton's Church, from the 16<sup>th</sup> century, constructions where the Royal Architects Miguel de Arruda, Manuel Pires and Afonso Álvares contributed.



In the temple, of late Renaissance style, hangs painting of the Alms, attributed to Jerónimo Corte Real, the Portuguese Virgil. Corte Real was also the author of the epic poems "O Segundo Cerco de Diu" and "Naufrágio de Sepúlveda". He was buried in Évora on November 16, 1588.

### The cache

Placed in a very busy area, it is necessary description to remove and replace the cache. Due to the size of the cache, there is only a log book and a stash note. You should have a pencil or pen to make the regist.

### Bones Chapel



The **Igreja de São Francisco (Royal Church of St. Francis)** in **Évora** is best known for its chapel that is not for the faint of heart. In the ghoulish **Capela dos Ossos** (Chapel of Bones), entered next to the Church of St. Francis, the chancel walls and central pillars are artfully lined with human skulls and other parts of skeletons, held together by cement.

The **Capela dos Ossos** was built in the 16<sup>th</sup>/17<sup>th</sup>-centuries monks who wished to contemplate and communicate the message of the transitory nature of life. Over the door is a painted message that reminds visitors of their own mortality: *Nós ossos que aqui estamos, pelos vossos esperamos*: "Our bones that are here await yours!"

The number of skeletons decorating the chapel has been estimated at 5,000, and legend has it that the bones came from soldiers who died in a major battle or from plague victims. It is likely, however, that they were collected from the cemeteries of local churches.



In addition to the bones embedded in the walls are two full corpses hanging from the wall near the ceiling. Their identities are unknown, but colorful legends abound: one popular story has it that they are an adulterous man and his infant son, cursed by the jealous wife. The bones of the monks responsible for the interior decorating are in a small white coffin inside the chapel.

We hope that when you visit this magnificent monument, you can enjoy the full tranquility and have the perception that this is a brief passage in life...

#### The Cache

It's located about 25 meters from the Chapel's entrance.

Please pay attention during the replacement of the micro-cache, because it's a

Due to the type of container, please keep inside it only the log book and pencil

#### Palm Garden

This cache seeks to present the “Jardim da Palmeira” in the Historic Centre of Évora. This is one of Évora Municipal Garden, located behind the Hotel M`Ar de Ar Muralhas, recently opened, the garden is reserved and very welcoming and few people know. Presents unique features of being a contained space with a strong presence of the city wall. The entrance to the Garden is made through the back straight (when it is facing east) of the main building by a large metal gate at Travessa da Palmeira. The cache is not within the garden, since it has a schedule, and thus can be made at any time or day. The garden where the cache is located is not “Jardim da Palmeira”, but this is also nice. It is widely used by Mugge walking dogs. I call attention to when are doing the log or simply looking the cache, for the possibility of Muggles at windows of the building, or in parked cars. Garden Time: The opening hours of the gate will be from 9 am to 20:30 pm during the months of May to August and from 9 to 17 hours from September to April.



#### ICT activities in Portugal for Seniors

In Portugal non formal education it is not a very usual practice. In these days there the public universities that develop free courses of different themes, especially in the summer times and then for a senior target group, the senior universities that develop non formal activities in different areas. We have a partnership with Evora Senior University and our participants participate in the ICT classes of this institution that are divided into three different levels – beginners, intermediate and advanced – considering the level of each learner. The idea is to give the learners the basic competences for each level in order to the learners to be independent ICT users.

In the past years some training course happened to the general population within the governmental Program “Novas Oportunidades” – New opportunities. In this program some people had the opportunity to develop IT competences and receive a support grant for participating. Of course, there were many persons interested in these courses, once that the extra motivation (money) was something that is nor usually and shouldn't exist. This polemic program is now ending and this kind of education was considered formal, because in the end of each course the participant got a certificate, some not addicted to this program questioned if this competences were real.

Besides the mentioned above, in Portugal several initiatives related to the e-inclusion were done that the main and important are going to be presented and summarized:

- Green Book on the Information Society in Portugal launched in 1997;
- National Initiative for Citizens with Special Needs in the Information Society launched in 1999;
- Connecting Portugal – National Action Plan for the Information Society for the period of 2005-2010;
- National Action Plan for Growth and Employment for the period of 2005-2008;
- National Action Plan for Inclusion for the period of 2006-2008;
- National Strategy for Sustainable Development for the period of 2006-2015;
- National Action Plan for the Inclusion of People with Disabilities launched since 2006.

All the above national strategies aim to allow info-excluded groups to have access of the benefits that the info-society in order to promote and facilitate the inclusion of different groups of risk of social exclusion: women, non-literate, unemployed and elderly people. Another aim of those initiatives includes citizens with special needs to ensure their access of ICT and also minimize content-related accessibility barriers.



They first asked their technicians to study the software "OPENSTREETMAP" ([www.openstreetmap.fr](http://www.openstreetmap.fr) or [www.openstreetmap.org](http://www.openstreetmap.org)) and also two editing tools « Potlatch2 and JOSM », in order to be able to prepare course supports for their teachers.

They took as example the creation of a pedestrian circuit in an area of Paris called "The circuit of churches of the Marais."

They got into the role of a senior living in the Paris area.

Here are the technical difficulties encountered:

- impossibility to create new routes on the existing ones and especially to keep them; there is a moderator for the site and he removes post of the daily updates , unless he can agree that it is of general interest and therefore worth keeping
- the only additions accepted by the moderator are paths created in the countryside, which is not an interesting case for us,
- it is therefore only possible to keep their creations on paper , which greatly reduces the interest,
- difficulty of understanding by all students because the site is in English and all their seniors are not bilingual,
- the existing icons have a label different from that usually used in France : this means some more difficulty of understanding for their seniors,
- to create new icons you need to download another software and work on two software at once: another difficulty for their seniors.

Here are their next steps before making or offering course materials for their teachers:

1. Go thoroughly into the site "GOOGLE EARTH" and in particular explore the possibility of keeping the work.
2. Go thoroughly into the editor "JOSM" as to make it compatible with their goals.
3. Recently they discovered new products that could be used for the project and that they have to study as well:

<http://showmystreet.com/>

and TripGeo (Google product)

<http://tripgeo.com/Home.aspx>

And also <http://www.vianavigo.com/>



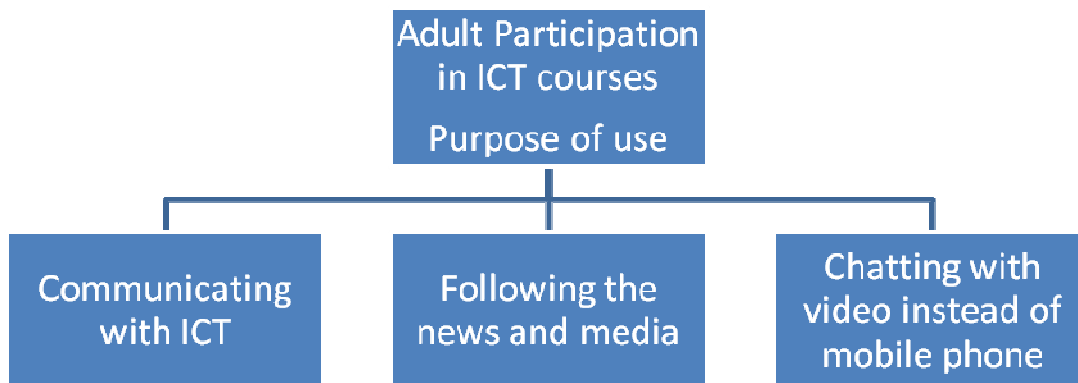
## EDIRNE TOURISM AND HOSPITALITY VOCATIONAL HIGH SCHOOL PARENTS UNION - Turkey

Adult education institutions and the developing seminars in the region of Edirne has been possible to improve and increase the offer of ICT courses. In recent years the impact of social media and using the power of communication technologies has been an important source of motivation. Especially, governmental public adult education centres are the places where these education is done.

Computer Using in Adults: there has been some ICT programs in order to generate qualified manpower, educate individuals with the knowledge and skills. Computer has become a tool facilitates and speeds our business from sports to art, from cinema to theatre, advertising to banking, military to hospitals. And in fact it provides an opportunity for adults while they are sitting in their homes they can do a shopping with ICT. At the same time, they have been aware of all over the world. They have been using the computer as a tool for shopping ,playing a game for entertainment, sometimes for watching a film for resting.

Organizations Regulation information and ICT communication Courses

- Community education centres
- Private institutions' in-services training for adults
- Individual trainings
- Training for employees of public institutions
- Free ICT courses of municipality



In the results of studies It is possible to analyze that, especially facebook and twitter, meeting with their friends and relatives, and following the news, increase the motivation of adults ICT using.

In order to analyze the using of ICT, we asked the parents following questions, and the responses are as it is shown;

Q1- Do you use computer?

- a- Yes, almost everyday
- b- Sometimes, with the help of someone
- c- I can't use
- d- I can use, but I don't have a computer at home
- e- Rarely



Q2- For which purpose do you use computer?

- a- For following facebook, twitter, and e-mails
- b- For shopping
- c- For computer games
- d- For watching video and listening music.
- e- For getting information and for my job

Q3- Which ICT tools, except computer, do you use?

- a- With mobile phones, which have internet programs.
- b- GPS
- c- Navigation
- d- Tablets
- e- Nothing

These questions were applied to the 40 students and their parents. All the students use the computer almost everyday. The responds showed that %85 of students use Ict tools for communicating with their friends, and watching video and music, %20 of students use it for getting information. % 30 percent of students use mobile phone as ICT. % 60 percent of parents use computer almost everyday. And % 30 percent use computer with the help of someone. %80 of The parents use Ict for facebook and twitter, %40 of the respondents use for their jobs. % 25 percent parents use mobile phones for ICT.

## CONCLUSIONS

A major challenge of European societies is the progressive ageing of the population, including the risk of a growing gap between the generations. Especially as fast developing new technologies increase the distance between the younger and the older generations. 2012 is the European Year for Active Ageing and Solidarity between Generations

It aims to encourage debate on the challenges related to growing older, and at the same time raise the awareness and recognition of how older people can contribute to society.

The acquisition of ICT and Digital Competence is an important element of supporting active ageing, opening up new learning opportunities for this group, either in formal or in informal settings. Using ICT is also a privileged means of learning while creating benefits across different generations, bringing young people and seniors together and tackling the “digital divide” and promoting healthy and active lifestyles.

***This report has been produced with the collaboration  
of all the Outdoor ICT partners***

