



Co-funded by the  
Erasmus+ Programme  
of the European Union

### Local activities in M3Cube, France

<p>1. The information (local media, community, organizations) about the project, it's aims, the implementation of the foreseen activities and it's results.</p>	<p>1) <b>On October 6th 2017</b>, M3Cube participated in the "Semaine bleue" which is an annual event dedicated to seniors in France. Around 40 seniors were presented on this day.</p> <p>During this week, M3 took an opportunity to present in a few words its new Erasmus+ project SINDI and its main objectives.</p> 
<p>2. The analysis of the existing situation in every country, preparation of the information for the partners, preparation of the common newsletter/feedback of it. Dissemination of the information in local society.</p>	<p>See output produced by M3cubeon 12 April 2018 : „<b>Report SINDI France</b>”</p>
<p>3. Regular cooperation activities with local</p>	<p>Contact with representative of diverse associations.</p>

stakeholders, consultations, discussions about challenges and eventual advantages of intergenerational learning and its role in social inclusion.

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4. The collection of information about people, institutions which can help senior learners in difficult situations in every country (web sites, addresses, telephone numbers, the actions and events etc.). Translation of the information, exchange with the partners

See **output/table** completed by M3cubeon 8 February 2018

<div>  <div>           DATABASE OF ORGANIZATIONS            Project "Social Inclusion through Digital Skills and Intergenerational Learning"         </div> <div>            Co-funded by the            Erasmus+ Programme            of the European Union         </div> </div>					
2017-1-LV01-KA204-035442					
Country	Name	Address	Function	Phone number	E-Mail address
France (+33)	Astroliens	34 avenue de l'Opera, 75002-Paris	Association giving private IT courses for seniors	07 60 26 48 62	<a href="mailto:dufaumargaux@gmail.com">dufaumargaux@gmail.com</a>
France (+33)	Au cours des ages	2 allée Ambroise, 92200 - Nanterre	Association dedicated to ICT learning for seniors	06 69 59 70 85	<a href="mailto:acda@aucoursdesages.fr">acda@aucoursdesages.fr</a>
France (+33)	Cyber declic	53 Rue de l'Abbé Grégoire, 38000 - Grenoble	Association dedicated to ICT learning for seniors	04 76 09 54 86	<a href="mailto:info@cyberdeclic.org">info@cyberdeclic.org</a>
France (+33)	Le Relais 59	8, Place Henri Frenay, 75012-Paris	Association dedicated to ICT learning for seniors	09 53 21 27 82	<a href="mailto:infos@cslrelais59.org">infos@cslrelais59.org</a>
France (+33)	Emmaus Connect	204 rue de Crimée 75019-Paris	Association helping seniors with e-administration issues		<a href="mailto:csparis@emmaus-connect.org">csparis@emmaus-connect.org</a>
France (+33)	Espace Idées Bien Chez-Moi	7 Cité Paradis 75010 - Paris	Place dedicated to learning new technologies	01 71 72 58 01	<a href="mailto:accueil@espace-idees.fr">accueil@espace-idees.fr</a>
France (+33)	Fondation Korian pour le bien vie	21-25 rue Balzac 75008 Paris	Association dedicated to healthy and active aging	01 55 37 52 00	<a href="mailto:fondationbv@korian.com">fondationbv@korian.com</a>
France (+33)	Fondation AGES	4 Rue de la Houblonnière 68000 Colmar	Association dedicated to healthy and active aging	03 89 32 78 88	<a href="mailto:direction@fondationages.org">direction@fondationages.org</a>

5. Digital skills courses for seniors led by young volunteers and supported by professional adults' educators: The Learners will attend a course of lessons/training in their local community consisting of 4- 12 hours of 'one-to-one' training. Each learner will be assigned their own individual Tutor to work with them at their pace. Each partner will organize at least 4 such intergenerational digital skills learning sessions.

1) **On the 15th of December**, the M3Cube Association has organized first workshop dedicated to the SINDI project in Paris. Different target groups (seniors and youngsters) were presented during this event.

At first, M3Cube members welcomed all the participants; the agenda was distributed as well as the attendance sheet for signature. The event started with the round table of presentations. Then, member of M3Cube Association presented briefly the main goals of the SINDI project as well as past and upcoming meetings and events. After that, the 121 Method was presented and its main ideas. All participants were very interested and took the advantage to ask more additional questions.

Afterwards, they had a chance to try in practice: two pairs were created for a short session of the ICT training (121 method). Facilitators from M3Cube have been presented and monitored that activity went well.

After that, the evaluation questionnaire has been distributed to the participants for both learners and the tutors. To conclude the session, the facilitators suggested to have a short Questions/Answers round to clear up all discussions.

2) **On 30 January**, the M3Cube Association organised its second workshop on the SINDI project in Paris. Seniors and young people were present during this session.

At the beginning, M3Cube members greeted all the



	<p>participants; snacks were distributed and a signature attendance sheet was distributed.</p> <p>The event began with the round table discussion. All participants shared their ideas and progress since the last meeting.</p> <p>Afterwards, session 121 started: all participants were able to meet up with each other and worked on one of the questions they were interested in.</p> <p>M3Cube facilitators were present and observed that this activity went well. In conclusion, all participants exchanged their evaluations and returned after this session. The next workshop is scheduled for early March.</p> <p>3) Similar workshops were organised with pairs in order to evaluate their activities together on <b>2 March 2018 and 5 April 2018.</b></p>
6. Short movies will be produced, showing the intergenerational work in different ways	<p><a href="#">Video clip</a> created by french participants Eglantine Dijkstra during the training in Poysdorf.</p>



7. Local seminars/workshops for adults/seniors educators and local stakeholders: “How to integrate the generations in local environment”, “How to motivate adults (seniors) to lifelong learning activities”, “How to prevent social exclusion and promote social inclusion”.

Intergenerational memory training workshop on 12 October 2018 with Dana Steinova (director of an intergenerational center in Prague dedicated to senior education and lifelong learning).



8. Joint workshops for adults and young people: "Teach the grandparents", "Seniors' experience using by young people", "From past to future".

These seminars/workshops will focus on the use of digital material (computer, tablet, smartphones), and on the content (practical advice like administrative issues; or games and leisure like applications to do sport, cinema, watching movies).

- 1) **Stretching class** on 26 March 2018 with over 15 young persons and seniors (in the context of a MOOC on physical activity)






- 2) **Intergenerational Salsa Class** on 23 April 2018 with over 15 young persons and seniors (in the context of a MOOC on Salsa)



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9. Local infosessions (1 infosession in each partner country) – to disseminate project results and to involve relevant stakeholders.	<p>Info session on 12 October at the occasion of the senior week event organised by M3cube and sister organisation E-Seniors at the activity center “Maison des Associations du 3eme arrondissement”.</p> 
10. E-newsletters, web documentary.	
11. Creating of a common platform/database, with the associated partners in all countries, as a way of promoting future contacts on European level.	See <b>output/table</b> completed by M3cube on 8 February 2018

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12. Project dissemination materials creation and distribution during the project and after.

**16 October 2018**, Paris (France) M3cube and sister organisation E-Senior’s participated on a regional forum for seniors “Forum Bien Vieillir” over 80 seniors came to our stand to talk about our activities and european intergenerational projects.





**8 September 2018** , Paris (France) M3cube and sister organisation E-Seniors's participated in several local forums in diverse neighbourhoods in Paris. Distribution of flyers to over 120 seniors.



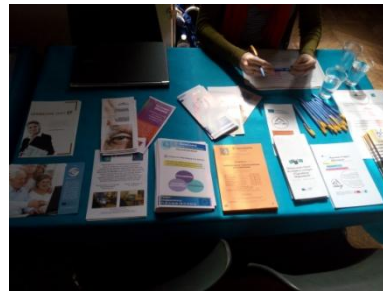
**29 May 2018**, Paris (France) M3cube and sister organisation E-Seniors's annual event and presentation of intergenerational projects with over 40 participants (seniors and members of

Parisian associations) SINDI participants were present.



**21 and 22 May 2018, Sofia (Bulgaria)** M3cube presents its intergenerational activities and the SINDI project during an international conference with over 30 participants in Sofia (Bulgaria)

**13 April 2018, Paris (France)** M3cube presents its intergenerational activities and the SINDI project at the Forum „Tous connectées” with over 40 seniors in the townhall of the 13th district of Paris



**24 January 2018 (Paris, France)** M3cube presents its intergenerational activities and the SINDI

project at to 30 seniors and civil servants in the townhall of the 4th district of Paris

