



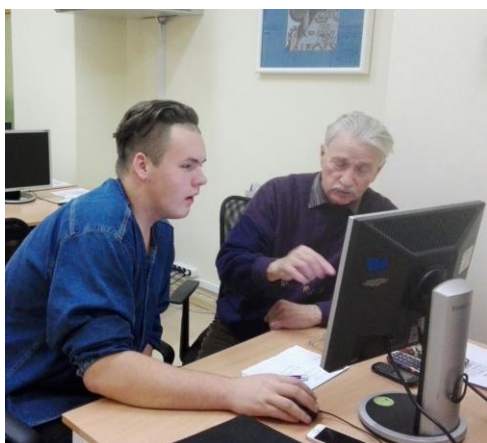
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PROJECT JOURNAL

of the Erasmus+ project

**“Social Inclusion through Digital Skills and
Intergenerational Learning”**
(2017.-2018.)



Partners:

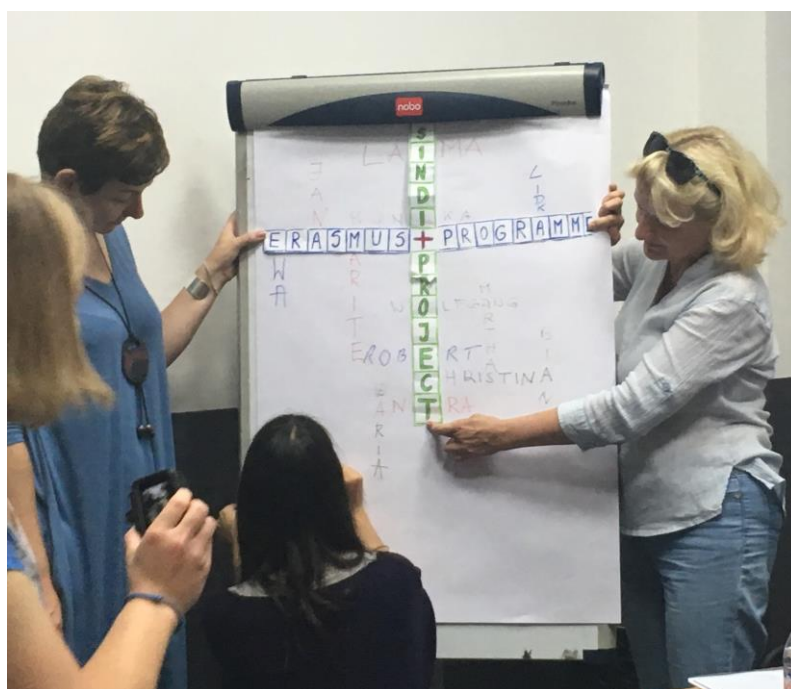
AUSTRIA: Land Niederösterreich Landwirtschaftliche Fachschule Poysdorf

<https://www.lfs-poysdorf.ac.at/>

FRANCE: M3 MCube association <https://www.facebook.com/M3CubeAsso/>

LATVIA: Mālpils novada dome/Municipality Council www.malpils.lv

POLAND: Fundacja Bądź Aktywny, <http://fundacjabadzaktywny.org/>



MORE ABOUT THE PROJECT ACTIVITIES

<https://www.facebook.com/SINDIproject/>

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SINDI - Social Inclusion through Digital Skills and Intergenerational Learning

Project partners worked together to develop, test and implement innovative practices and methods relating to digital skills improvement for adults and seniors in order to foster their social inclusion and to create and test new ways and opportunities of intergenerational learning. The innovation of our project is involvement of the younger generation.

PROJECT OBJECTIVES

To promote social inclusion and seniors' motivation through innovative integrated approaches like intergenerational learning on a local, regional and international level.

To increase the level of seniors' digital competence promoting innovative methods of digital skills teaching, developing and disseminating learning materials and tools transferable also in other European countries.

To foster professional development of educators especially in dealing with senior learners with socially and economically disadvantaged backgrounds.

TARGET GROUPS

Adult learners/seniors, adult educators and young people, who are ready to be involved on voluntary basis in seniors' education.

TOPICS ADDRESSED BY THE PROJECT

- ICT - new technologies - digital competences;
- intercultural/intergenerational education and (lifelong) learning;
- inclusion – equity;
- prevention of isolation of the elderly;
- developing interpersonal skills of the young people.

LOCAL ACTIVITIES

1. Digital skills courses for seniors leaded by young volunteers and supported by professional adults' educators. Each learner has been assigned their own individual Tutor to work with them at their pace. Each partner organized at least 4 such intergenerational digital skills learning sessions.
2. The analyse of of the existing situation in every country, preparation of the information for the partners, prepare the common newsletter/feedback of it. Dissemination of the information in local society.
3. Regular cooperation activities with local stakeholders.
4. The collection of information about people, institutions which can help senior learners in difficult situations in every country.
5. Short movies have been produced, showing the intergenerational work in different ways
6. Local seminars/workshops for adults/seniors educators and local stakeholders.
7. Joint workshops for adults and young people focusing on the use of digital tools.
8. Local infosessions to disseminate project results and to involve relevant stakeholders, web documentary.
9. Creating of a common database, with the associated partners in all countries, as a way of promoting future contacts on European level.
10. Project dissemination materials creation and distribution during the project and after.

INTERNATIONAL ACTIVITIES

1. 2 Joint staff training events – in Latvia and France.
2. 2 Blended mobilities for senior learners – in Austria and Poland.

1) JOINT STAFF TRAINING EVENT IN LATVIA

Specific social context of the training: 121digital is an intergenerational program, a community building initiative, introducing young(er) digital natives to adults in the local community.

121digital is a program in which each volunteer Tutor teaches digital skills to one Learner who lives or works in the local community - starting from the Learner's current level of knowledge ... each at their individual pace.

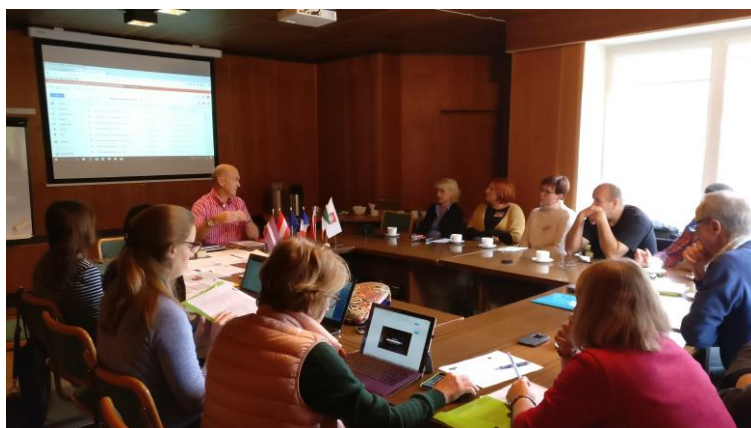
We started the training with presentation of all partners' best practice samples concerning the project topic. After we had a meeting with the local stakeholders of Latvian partner and a discussion about the role, opportunities and challenges of the intergenerational learning in social inclusion.



At afternoon there had been organized a Study visit to regional adult education centre/ job shadowing during IT lessons for seniors, learning about the methods and forms, ideas and solutions how to organize joint learning activities for adults/seniors and young people.

On the next day we started our 121digital- method training leaded by the author of the method- Fintan Mulligan from Ireland, our invited lecturer. He told us about the theoretical basement of the method and practical arrangements necessary for the beginning of the 121digital courses.

We learned about the learning content, the most important topics, methods, tools (keyboard, mouse, screen, Email, Video, RTE Player, Social Networking, Government Services, Revision, Internet Security, Gmail, Digital Camera, Skype, Shopping Online, Travel, Mobile Phone Basics, Online & Mobile Banking).



At afternoon we attended the first training session for the young voluntary teachers – students of Malpils District Ssecondary school.



On the next day we had Job shadowing session leaded by fintan Mulligan: how to prepare senior learners and young teachers for the first learning session, how to find the best tutors' - learners' combinations.



At the end of the 4th day we summarized and evaluated the new experience, had a discussion about the choosing of the most appropriate structure and content of all partners' further intergenerational digital skills courses for adults.

PARTICIPANTS' FEEDBACK AFTER THE TRAINING IN LATVIA

Josef, Austria:

„It wasn't the first time I participated in an international program and I have already had the opportunity to take part in different activities in Malpils (Latvia) which were all related to education. As I am a teacher and librarian, it is obvious that I am engaged in social inclusion through digital skills.

Not only the Latvian culture could enrich me in different ways but also talking to participants of the other countries was an exciting experience. The 121-method applied in practice was very effective for teaching the seniors digital skills. I am glad that I could share my experiences as well as I could gain knowledge through the experiences of other countries in order to carry out the project successfully”.

Anais, France:

„Our training in Latvia was many months ago, in October 2017. I can still remember the warm welcoming Livija and her staff gave us and how interesting it was to meet people from Latvia, Austria and Poland. Despite the language barrier, everyone was making an effort to communicate and share with others. Thomas from Poland was taking pictures and sharing them with us.

We also danced traditional Latvian dances all together it was a very enjoyable and amusing moment. Spring in the country was beautiful and we visited parks, towns and castles. Finally, the 121 training was very informative and it was a pleasure meeting Fintan. I am sure we will keep using this innovative method in France. Indeed, it is important to put people at the center of teaching and to give priority to the exchange of knowledge between generations.”

Bianca, Austria:

"It was an exciting experience for me and the first time to be a part of an international project.

For me as a teacher it was amazing to observe the communication between the learners and the tutors. In our feedback after the lessons the learners told me that they had a big benefit and all of them said that they improved their digital skills and the students helped them sensitive to clear all their questions.

But also the students had a great benefit from the project. And I really proud of them because in this year we had a junior company which offer a service to seniors, that they can come and drink coffee and during that, they can ask questions to our students about digital things in form of the 121 method.

At first, I was afraid about my language skills, but during the week I improved my skills and it was exciting to talk with the colleges from the other countries. The atmosphere was very good and we had a lot of fun during the weeks.

I also love it, that we had time for sightseeing because it was my first time in Latvia and Paris. At the end of the project, I can say I was a great experience and I hope it was not my last Erasmus project."

Wolfgang, Austria:

"I think it is important that our seniors are better acquainted with the new communication media and thus do not lose touch with the present day. After all, it has become a very time-consuming side job, but the gratitude of the older generation and the openness of the youth have made these troubles forgotten. For me, it was also interesting, as in larger cities such as Paris, older people are offered support in many areas."

Anita, Poland:

It was very exciting experience for me. I took part first time in the international training. I'm afraid about my language skills and the level of the activities. The organization of the mobility was very good. The ice-breaking let me know others participants better. Irish trainer was prepared very well. He explained very exactly all the details. I can observe the process of 121 digital method and I like it. I decided use it in my work with the seniors."

Paweł, Poland :

"I don't speak English so well, but during the training in Latvia I can use Russian language and it helped me very much. I can meet the people from partners' countries, learn more about the using it in the work with the adults. The training was the opportunity to see a few interesting places in Latvia. It was my first time there and all was very interesting. I enjoy photography and it was opportunity to take many fantastic photos of the country."

Monika, Austria:

"I am not only a participant of all steps in this wonderful project, but I am also one of the organizers of Austria. It was a great experience being part of an Erasmus++ project in general, but it was a special thing to work with young people and seniors as well.

The most enjoyable was the cooperation with the participants. Friendships grew, the world moved closer together. It was a great time when we had the guests in Poysdorf though it meant a lot of organisation work.

Students from my school enjoyed the time with our seniors and the seniors seemed to feel like the youth. The willingness of all interviewed partners in Poysdorf made it a bit easier to prepare and carry out this week. The joy of the participants showed us that we had done a good

job in Poysdorf. As a participant in Paris and Latvia I learned a lot about working with elderly people. There are so big differences between the countries how they work with seniors – I couldn't imagine it before.

Thanks for the possibility to find it out. For my further life I had learned a lot and I hope I can add interesting ideas in my community when my times will come

I am also thankful to had the chance to visit Paris a second time and I am happy about that, because I really didn't like the city after my first trip. I improved my skills and enjoyed the cultural parts. After this project, I am more open for the international cooperation, using English and working with seniors."

2) BLENDED MOBILITY OF ADULT LEARNERS in Landwirtschaftliche Fachschule Poysdorf, Austria, from 18th to 24th March 2018

Sunday, 18th March

The team of Poland came by bus, the teams of France and Latvia by plane to Schwechat and then by train and privat cars to Poysdorf. All participants met for for dinner the first time.

Monday, 19th March

At the first official meeting in Landwirtschaftliche Fachschule Poysdorf every country presented their group and the mayor of Poysdorf welcomed all participants. The team of Latvia had a special present for him: A cake with the flag of Latvia.

All partners showed a presentation about their experiences in 121 digital-learning during the last months before the Blended mobility. The teams got to know each other better at ice breaking activities.



After lunch students of Landwirtschaftliche Fachschule guided the guests through their school and told them about their school subjects.

Afterwards they could make a tour through Poysdorf.

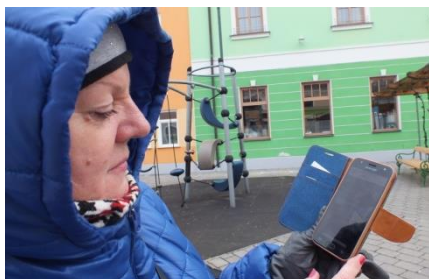
In the evening all partners had the possibility to try Austrian folk dances, to enjoy a guided tour through a cellar lane and to visit a winery.



Tuesday, 20th March

In the morning students of Landwirtschaftliche Fachschule Poysdorf showed seniors from Poysdorf and the guests different applications on mobile phones with different operating systems (translators, foto editing, brain training, runtastic, ...)

After break the participants prepared the sightseeingtour to make photos and films, to use Apps for orientation, look for timetables of public transport, they created digital greeting cards, sent them to families at home, used public hotspots, etc.



In the afternoon all partners made a treasury hunt through the centre of Poysdorf and got to know the action bound programme. Afterwards Josef Fürst led through the public library of Poysdorf and showed the possibility for seniors to work with tablets.



Wednesday, 21st March

In the morning we started our sightseeing tour in Vienna to take fotos and videos for the presentation, to use maps, Most of the important attractions in the city like the church of St. Stephens, the Opera house, the Ringstraße and also the Prater were visited.

Thursday, 22nd March



Early in the morning the partners of Latvia, Poland and France had the possibility to watch a lesson using the 121-method with seniors. Afterwards students of the school and the partners of the JTE-meeting prepared a presentation about the things they liked best. In addition, the presentations for Friday had to be prepared. In the afternoon all partners made a new experience:



Cooking with Thermomix. In the kitchen of Landwirtschaftliche Fachschule Poysdorf soups, salads, spreads, cakes and other national courts were prepared. This activity was also done by the students of the hosting partner.



Friday, 23rd March



In the morning the presentations were finished. Afterwards each country showed its impressions about the past week in the form of a slide show or as a video. After dinner the final event with the evaluation started: All teams summarizing the new experiences. An interesting week had ended and the participants travelled back to their home countries.

PARTICIPANTS' FEEDBACK AFTER THE BLENDED MOBILITY IN POYSDORF, AUSTRIA

Diana, France:

"The interactions between the SINDI partners and the students were much appreciated. I do hope the mixture of "seniors" and younger more digitalized members will continue. There were knowledge exchanges between the students, SINDI partners and seniors. It is also a relief when travelling to have someone familiar with the country and travel know-how along.

Monika, Wolfgang and their assistants delivered a very well organized and enjoyable meeting including cooking classes, smartphone classes and photography workshop in Vienna. Thank you again for your continued support!"

Envija, Latvia :

" From 18th to 24th of March, I took part in a SINDI Senior trip to the Austrian city - Poisdorf where we met with seniors from Poland, France and Austria. We shared the experience about participating in the lessons of this project in our countries, as well as we acquired new skills, working with modern media technologies.

At noon, there were usually classes with Austrian youth, but afternoons were devoted to various other activities. That afternoon was very interesting for me when we got introduced with the new kitchen cooking device - Thermo-Mix, which works computerized. We took part in cooking, and we could enjoy all the dishes at the common dinner and express our appreciation. After all, the week passed in a positive light. Thanks to the very welcoming reception organized by Austrian colleagues."

Mārīte, Latvia:

” Every day we spent most of our time at the Poisdorf School of Agriculture together with Polish and French seniors, where we took part in different lessons, using tablets and smartphones (as a result group created a presentation with photos taken all week), get to know school life and lunch was served with unforgettable, traditional Austrian food, including the famous apple strudel every day. 15 – 17 years old students learn in this school for 2 - 3 years, mainly girls, and they learn different knowledge and skills in agriculture, household and cooking.

Graduates can run and work in farm, work as cooks. They can be children assistants in kindergartens or families, because they also learn medical knowledge in the school. The school has a well-equipped boarding school and several lounges equipped with upholstered furniture, because not all pupils live in Poisdorf. I got a feeling that pupil relationships and relationships with their educators were understanding and loving, we felt like we were home, all the way around were a lot of works and grown plants handcrafted by children, everyday in coffee breaks we ate cooked gluten-free cookies. Each participant of the project was given cookies to take the cookies home with them.

With the school girls we were together more than once, because in a part of the lessons they were the ones who taught each one of us and answered unclear questions, but another time they accompanied us in the city in a search for worthy objects during a game (using smartphones). In the day when we were introduced to the school, each group was accompanied by our lovely, already familiar girls and in every room (cooking laboratory, sewing workshop, laundromat, computer classroom, crop plant, gym, dormitories, etc.) welcomed by others with a story in English, not less nice.

In the fact that I understood the girls' storytelling and heard stories during the whole trip, and the ability to get in touch with the people I met, this is the time to thank the teachers of Mālpils – Lilita and Ina for the English language course in Malpils. I think a lot of people in Mālpils are happy with the gained knowledge, people they have met, and even somewhat familiar with other cities, and all that just because of the work done by Līvija thereby not stopping in his own growth. Thank you for that!”

Małgorzata, Austria:

“I'm a senior. I take part in a few activities for seniors in Poland. It was very exciting for me to know the seniors for others country. I'm afraid if my language and IT skills are enough to take part in the meeting in Austria. It wasn't necessary. All the activities were adapted to the seniors. The leaders helped in everything. I had opportunity to know new people, took part in the activities which improve my IT skills. I learn how to use the translator and it helped me in the communication very much.”

Czesław, Poland:

“It was my first experience in the international project. I'm very glad I can go there. I improve my IT skills, especially using my mobile. The cultural part- regional dances and songs- were very interesting for me, because I'm musician. It was fantastic experience to play with Austrian accordionist. After the mobility I'm more opened for the international cooperation”.

Hanna, Poland:

“I'm very active senior. I took part in the international workshop in Poland a few years ago and I was very excited before the mobility. Now, I can say- it was fantastic. The atmosphere was very good, the activities were very interesting, the company very friendly. I had opportunity to improve my language and IT skills and took many fantastic photos of Vien”.

Māra and Armands, Latvia:

„Our brightest impressions in Poisdorf: a small, compact city - clean, accurated, with colorful roofs, colorful house facades. Streets run down a hill. Optimistic Austrians welcome us and want to speak with us. This is true about seniors, as the younger ones at the same time are working.

Our days were filled with activities at the school where we used our computer knowledge and learned something new. In the common classes with the young people of the school, we learned about their everyday life, we made a video of what we had seen in Austria. We visited the library where the flag of Malpils was in a place of honor. Digitization has already begun - more and more people are choosing to read digitally - at a cost, but comfortable.

But the most impressive and pleasing to us was the Poisdorf Senior Group, showing off her lovely, lively dances. Our legs walked in a music stunt until they carried us in dances. It was not difficult to fit in, because there is so much similarity in music and mentality. With such sunny impressions we came home, and also with the hope that friendship will continue. Armands found a common language with Cheslaw from Poland, I continue to correspond with Eglantini from Paris.

Thanks to our Austrian friends Monika and Wolfgang for warm welcome and Līvija for this wonderful project.”

3) JOINT STAFF TRAINING EVENT IN FRANCE 28/05-01/06/2018

This 3-days training was an opportunity to learn how M3 Cube organises intergenerational activities.

The training was organised in the form of WORKSHOPS, JOB SHADOWING, MEETINGS-sharing of best practice samples, analysing and improvement of the used teaching/learning methods.

Day 1 - Arrival day.

All partner arrived individually in Paris from Austria, Latvia and Poland.

Day 2 - Morning:

The day started with the general greetings and exchanges of all partners. Then, Polish partner prepared a very nice Ice-breaking game, where each person should write her/his name in a crossword, which gave a SINDI in the end.

Then, each partner presented his or her intergenerational activities that have been done so far. After this, one of the teachers from M3Cube Association, presented the European project *Easy to teach if you know how* which trains senior English teachers with the help of ICT tools.

Afternoon:

The sessions in the afternoon followed by the Intergenerational ICT activities and workshops: Presentation of the tablet game Kahoot (quiz about general culture), activities with Kinect (dance, sports, digital troubleshooting) as well as communication workshops and digital skills tests.

Day 3 - Morning:

M3Cubes members organized Digital Treasure Hunt in the famous Marais district. Tablets and smartphones with available 3G connexion were distributed to the participants along with the papers with enigmas and clues

This activity encourage to move more and to discover both new neighbourhoods and available digital solutions. All the participants could visit some historical places of Paris.

Afternoon:

After the lunch, all the participants were reunited in the House of the Associations of the city of Paris where they met two Parisian organizations who organise intergenerational ICT classes pairing a senior and a student:

- 1) Association *Astroliens* was presented by its founder Margaux Dufau;
- 2) Start-up *Geekzie* was introduced by its founder Paul Gaudry. After this, the session was concluded with roundtable discussion on the advantages and challenges of intergenerational ICT learning.



Day 4 - Morning:

The 4th day started with the visit of an innovative digital and interactive *museum L'Atelier des Lumières* (Gustave Klimt exhibit). The event was held in the 11th district of Paris and was accompanied by the Classical music masterpieces.

Afternoon:

In the afternoon, M3Cubes staff took a chance to present digital inclusion initiatives stimulating seniors to learn more about new and assistive technologies and allowing their families, carers and friends to be able to assist them in discovering useful technological solutions for their everyday lives. This presentation included the Erasmus+ AcTiVe project.

After that, some practical activities were introduced to the participants:

- 1) Scenarios: find your new technology solution;
- 2) Technology Memory Game: everyone should remember the technology previously shown;
- 3) Technology Crosswords;
- 4) House exercise (drag and drop assistive technologies in the most convenient room of the house) and finally,
- 5) Quiz about new and assistive technologies. The day and the training week were closed with the overall evaluation and feedbacks.



Day 5 Departure day

PARTICIPANTS' FEEDBACK AFTER THE TRAINING IN PARIS, FRANCE

Martha, Austria:

"As a senior with a modern mobile phone, I sometimes have problems with its operation. My children, who I usually ask, do not have the patience to deal with my problems. Therefore I think the offer of training in the SINDI project is very important and useful. As a participant in blended mobility of adult learners in Paris,

I admired the French partners because they have a very wide range of educational opportunities for their seniors. It was very nice for me to discuss the work with the partners from the other participating countries".

Christina, Austria:

"It was very glad to have my first experience with an international project. The projects of the others were inspiring and interesting. There were many good ideas how to show them the modern life with digital technologies.

I think that there is a lot of potential to work with old people and the new technologies. I am surprised about the open minds of the older people and I really like the method one to one"

Jana Zegrja, an IT teacher in Malpils Secondary School, SINDI Project Computer Tutor:

„On the first day, each country presented their experience of participating in the lessons within this project in their own country. Later, we participated in a large local event - the opening of summer digital education for seniors. Seniors and young people came. The event featured

several technology-related tasks - digital quizzes, video games, video dance classes, and more. Very interesting was the interplay of "hunting for treasure" or hiding with tablet PCs.

Using tablets and smartphones, we followed the directions we were looking for in the popular attractions that awaited us with the next challenge. We also attended a digital exhibition - works by Gustav Klimt and F. Hundertwasser were animated with musical sounds, on a huge projection surface. Thanks to the hospitality of the French colleagues, the week was held in a positive mood."

Antra Austrina-Senkane, Malpils Youth Specialist: "I was most interested in the experience of project participants involving young people in intergenerational learning activities. Nowadays, when technology and virtual communication have become an integral part of everyday life, intergenerational cooperation is even more important than ever before.

In France, seniors' digital skills training has become a nationally important question. At the national level, various non-governmental organizations are being subsidized to assist seniors in the administration of various administrative activities on the Internet. Such organizations and start up companies are hiring students who, by going to seniors at home, help them learn the skills they need, for example, to pay bills online.

For students, this is often the first work experience and a significant stepping stone for future job searches. Although in the situation in Latvia young people could not receive significant remuneration for this work, in my opinion, this is a valuable work experience that develops communication skills and ability to take responsibility."

Marite Zuravleva, Librarian of the Malpils Library, SINDI Project Advisor: „Participation in this meeting has provided us with an excellent opportunity to get acquainted with the experience of other partner countries and see how different types of teaching and learning activities are used.

We saw that several types of training are similar to what we do, such as learning digital literacy, learning social networking and "quick help" in digital literacy problems. In partner's experience in areas of learning such as digital skills for job seekers, Internet business, E-administration (in our case E-Latvia), digital photography workshops, we can strive to take over with us in the future."

Liliana, Poland:

"I work with the seniors and the possibility to know the similar work in the big city like a Paris was very useful for my job. I can compare the situation of the old people in Piotrków Trybunalski (not so big town) and in one of the biggest city in Europe. I learn how to use IT equipment to organize the interesting activities for the seniors."

Ewa, Poland: "I'm responsible of the activities for seniors in small village - in Koszęcin. The training in Paris was the opportunity for me to learn more about the seniors' problems in the country, in the city. The exchange the information, experiences, impressions gave me new ideas for the local activities. I know French language and I can talk with the people, it was very helpful to know more about seniors' life in Paris"

4) BLENDED MOBILITY OF ADULT LEARNERS IN PIOTRKOW TRYBUNALSKI, POLAND 30/09-06/10/2018

Participants: 3 senior learners and 1 teacher/tutor from each partners' organisation.

The mobility started with the ice-breaking activities, the integration of the group. The participants learn how to use IT technology in the photography, how to take photos, edit, share etc. How to build the bridge of understanding- how to spend free time with young people- it can be the bowling activities. The participants learn how to use new technology in the sport activities.



During the activity the participants learned to use google map to visit the town, WhatsApp to communicate each other, Steller application to record the impressions and experience (for friends, grandchildren etc. They took part in the skype conference with the participants of SPADE project (KA 2 Erasmus+).

It was the first opportunity for all of them to using the skype. In Łódź they met with the participants of SPADE project (the aim of the project is improving IT skills of the seniors), they exchanged the impression and experiences.



In Koszęcin and Piotrków Trybunalski the participants met with Polish seniors who took

part in 121digital method activities, exchanged the impressions and experiences. They met with the representative of the local municipality- the major of Koszęcin.

They visited two museums (the traditional and modern – Koszęcin and Łódź) and compared how to present the past, history to make it more interesting for young people. They discussed about it during the conference.

They had part in the activity in the rural area – in the secondary school in Szydłów- “The safe senior” and “The special effects in the films”. They met with the seniors from rural area, discussed about the problems, threats and opportunities for the seniors.

They had many integration activities with Polish seniors, they exchanged the mails, the mobile numbers, contacted using messenger, whatsapp, FB.



They visited the studio of local tv, learn about using the technology in tv and took part in the interview of local media: <https://www.youtube.com/watch?v=IVjvWz1FU2o>

he evaluation finished the mobility. The evaluation included the interviews with the participants and filling the forms (drawing, writing etc.).



They improved their knowledge about seniors' problems in Poland, producing TV programs and films, how to take care about themselves in the public area.

Links to the information about this event:

- <https://steller.co/s/8gvVAFur2c8>
- <https://steller.co/s/8gDYtufZXPa>
- <https://steller.co/s/8gsNuaZiy7z>
- <https://steller.co/s/8gP6Hut9ERu>
- <https://steller.co/s/8gYPGDgGJ5e>
- <https://www.epiotrkow.pl/artykul/Seniorzy-z-zagranicy-odwiedzili-Piotrkow-,33493>
- <https://www.youtube.com/watch?v=IVjvWz1FU2o>
- [https://www.facebook.com/media/set/?set=a.1922648561115276&type=3& xts \[0\]=68 .ARCypY-xKabvsYyKUA3jGgG9KhZ7LzFWcRhv1lv4k4lf 6j- HNF6elRm7U7lykAQtdktfmfvTilFYOArE0ZxvkN-tjeuKdkV rxDMFSGDTmVOrGfm49Sjt5bVVvVzzwXiBtwY7KnVGOaY0lPomfUcKKFHg4 dbyn Af8wvTaEGohL2o9jnsFG qok3xvmRFmqmXZDsmVXGE& tn =-UC-R](https://www.facebook.com/media/set/?set=a.1922648561115276&type=3& xts [0]=68 .ARCypY-xKabvsYyKUA3jGgG9KhZ7LzFWcRhv1lv4k4lf 6j- HNF6elRm7U7lykAQtdktfmfvTilFYOArE0ZxvkN-tjeuKdkV rxDMFSGDTmVOrGfm49Sjt5bVVvVzzwXiBtwY7KnVGOaY0lPomfUcKKFHg4 dbyn Af8wvTaEGohL2o9jnsFG qok3xvmRFmqmXZDsmVXGE& tn =-UC-R)

PARTICIPANTS' FEEDBACK AFTER THE BLENDED MOBILITY IN POLAND

Johanna, Austria:

"For me it was not the first time to be a participant of an international program, but it was the first time to work with seniors. During this week in Poland we became acquainted with different possibilities, which communities offer for their seniors in rural areas, but also in small and large cities.

Ewa prepared an interesting program for us. In different workshops we tried to improve our skills in taking photos or to work with the program "Stella". This week was for me a new experience to get an overview about a county."

Monika, Latvia :

"We improved our newest technology communication opportunities with seniors from different countries. It was my first time doing a skype conference, which happened through internet, we and other seniors from France and Austria were in one city, while the representative from Poland was 8km away, in his apartment.

I really enjoyed the photoshooting which showed how with simple methods light can be reflected and also how nice pictures come out shooting them through glass. We were also taught 8 countries circle dances and noble polonaise. It was nice meeting local seniors, who showed us their handicrafts, paintings and sang songs.

I personally got acquainted with an ex Russian language teacher, we exchanged our phone numbers and will stay in touch. She told me, that they don't teach Russian language anymore in their school so she had to requalify to become a geography teacher. Thank you for the nice and eventful trip! "

Elita, Latvia:

"In Poland we made friends with our partner seniors. So we could keep in touch, we exchanged our emails and phone numbers. For photos we used our phones and came to a conclusion – we had never before sat with our phones in our hands for so long, so we could send photos to each other- we felt like the youth. ☺ Thank you Eva for the nice reception!"

Ilga, Latvia :

"In the project I learned about photography secrets, movie making special effects, scrapbooking on mobile devices, diversity of polish foods, dances from different nationalities, and I met kind people from Austria, France and Poland. Good luck to everyone and let's meet in the next project!"

Brigitte, France :

« This trip will leave me with the memory of a happy moment spent with happy people. We participated with them in traditional Polish dance and song workshops, manual work and other activities. It was a pity that some conferences were only in Polish and that the castle was closed. «

Mireille, France:

"An enriching week through visits. Many activities, dance classes and photography workshops during which I learned new techniques. Evening celebrations and bowling where the group was able to get to know each other despite the language barrier. Polish seniors are really good at painting and pottery. I discovered Polish food. The group was very friendly, dance classes were very lively. Thank you to Poland for having welcomed us so warmly. Experience to be renewed."

Indra, Latvia:





"While visiting Poland, I made new friends. I learned how to get good-quality pictures whilst taking photos with a phone or tablet. My Polish friends showed me how I can create special effects in movie making by using a computer. We took part in different folk dance moves and creative workshops with Polish seniors. It was a huge honour to be with Romans Basarabs in representing the Latvian group in Poland's local television. After the trip I realised that I need to learn English more."

Juris, Latvia:

"A pleasant meeting with foreign seniors. The days spent together in which there were many activities, dancing, singing, photo sessions and other interesting things. A pleasant meeting with the mayor of Lodza. Tour of the city, manufacturing museum. Thanks to the project, in which you can earn so much and earn something new!"

Romans, Latvia: "I liked the polite city with its ancient history and beautiful landscape, many churches and cultural institutes. The people here are really religious. The municipality has an interesting infrastructure- quiet ancient streets living side by side with highways. We met with seniors in these cities- Piotrkow Trybunalski, Lodz and Koscietyn- and with the mayor of Koscietyn, saw many beautiful senior self-made concerts. Made many new friends, opened our horizons. Impressions are very joyful, and I think, that this kind of experience exchange is very important to older people. A heartfelt thank you to this project and the trips organizers!"

LOCAL ACTIVITIES

<p>1. The information (local media, community, organizations) about the project, its aims, the implementation of the foreseen activities and its results.</p>	<p>AUSTRIA</p> <p>17/03/17 - First Meeting - decision of beeing part of the SINDI-Project 05/10/17 - Meeting to prepare the next steps</p>  <p>25/10/17 - Staff meeting in Landwirtschaftliche Fachschule 17/11/17 - Trial of the first teaching unit with the 121-method</p>  <p>24/11/17 - Presentation of the project at the "Long Night Of Further Education"</p>  <p>25/11/17 - Open house presentation i Landwirtschaftliche Fachschule in Poysdorf</p> <p>12/12/17 - Information of the Municipality council Poysdorf about the project</p> 
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FRANCE

1) **On October 6th 2017**, M3Cube participated in the “Semaine bleue” which is an annual event dedicated to seniors in France. Around 40 seniors were presented on this day.

During this week, M3 took an opportunity to present in a few words its new Erasmus+ project SINDI and its main objectives.



LATVIA

27/08/2017 - 1st information about the project during the meeting of Municipality council




26/09/2017 and 03/10/2017 - Information about the project and invitation to participate as volunteers the students of the Grades 10th-12th of Mālpils District secondary school



09/2017 - Publication in the local newspaper "Mālpils Vēstis", invitation seniors to participate as learners

	<div data-bbox="451 147 1050 425" data-label="Image"> </div> <p>16/10/2017 - 1st meeting with senior learners. Detailed information about the planned activities.</p> <div data-bbox="451 495 1038 824" data-label="Image"> </div> <p>POLAND The information on the web site of Cultural Centre in Piotrków Trybunalski: http://www.mok.piotrkow.pl/oea-a264/seniorzy-z-oea-coraz-aktywniejsi-r1119 The information on the web site of Cultural centre in Piotrków Trybunalski: http://www.mok.piotrkow.pl/oea-a264/innowacyjne-warsztaty-komputerowe-w-oea-r1002 Face to face meeting during whole project time. The organization web site: http://fundacijabadzaktywny.org/sindi/</p>
<p>2. The analyze of the existing situation in every country, preparation of the information for the partners, prepare the common newsletter/feedback of it. Dissemination of the information in local society.</p>	<p>AUSTRIA December 2017 / January 2018 13/12/17 - Information of 300 seniors at Christmas party in Poysdorf, collecting names and addresses</p> <p>FRANCE See output produced by M3cube on 12 April 2018 : „Report SINDI France”</p> <p>LATVIA 01-03/2018- Research has been prepared and done. Has been published as a separate project result in the EU Project’s result’s platform and in the websites of all partners</p> <p>POLAND The report to the coordinator about the situation of the seniors in Poland.</p>
<p>3. Regular cooperation activities with local stakeholders, consultations, discussions about challenges and eventual advantages</p>	<p>AUSTRIA 12/12/17 - Information of the Municipality council Poysdorf about the project</p> <p>FRANCE Contact with representative of diverse associations. Margaux Dufeu (founder, Astroliens) dufaumargaux@gmail.com http://astroliens.strikingly.com/ Paul Gaudry (founder, Geekzie)</p>

<p>of intergenerational learning and its role in social inclusion.</p>	<p>paul.gaudry@geekzie.com http://www.geekzie.fr/ Gaelle Dutordoir (International relations managers, Petits Frères des Pauvres) gaelle.dutordoir@petitsfreresdespauvres.fr https://www.petitsfreresdespauvres.fr/</p> <p>LATVIA 22/11/2017- Information about the first activities and short presentation during the meeting of the Education department of the Municipality council. 04/04/2018 – Information to students’ and teachers’ team of Malpils district secondary school about the next planned activities</p>  <p>27/06/2018 – Information in the meeting of Malpils municipality council about the project progress and its first results.</p> <p>POLAND Senior’s Club (town Piotrków Trybunalski) is the non- formal organization of seniors in the town. They will take part like the participants in the project activities. They will disseminate the results by face to face meeting, interviews, share experiences with others seniors. Culture Center in Koszęcin- the courses for the seniors with 121 digital method, C4 in Poland Culture Center in Solec Kujawski- the workshop for the seniors and young people with 121 digital method. TV Piotrków – in Piotrków- the news about the project’s activities Poleski Ośrodek Sztuki in Łódź- exchange the experiences of Erasmus+ projects for the seniors, C4 in Poland Daily Social Welfare House in Piotrków Trybunalski – the hall and the participants for the workshop “Safe senior” for the seniors. NGO-s in Piotrków Trybunalski region – the cooperation in the organization the local activities, share experiences of SINDI project.</p>
<p>4. The collection of information about people, institutions which can help senior learners in difficult situations in every country (web sites, addresses,</p>	<p>AUSTRIA April 2018 FRANCE See output/table completed by M3cube on 8 February 2018</p>

telephone numbers, the actions and events etc.). Translation of the information, exchange with the partners

DATABASE OF ORGANIZATIONS					
Project "Social Inclusion through Digital Skills and Intergenerational Learning"					
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	dufaumargaux@gmail.com
France (+33)	Au cours des ages	2 allée Ambroise, 92200 - Nanterre	Association dedicated to ICT learning for seniors	06 69 59 70 85	agda@aucoursdesages.fr
France (+33)	Cyber declic	53 Rue de l'Abbé Grégoire, 38000 - Grenoble	Association dedicated to ICT learning for seniors	04 76 09 54 86	info@cyberdeclic.org
France (+33)	Le Relais 59	8, Place Henri Frenay, 75012 -Paris	Association dedicated to ICT learning for seniors	09 53 21 27 82	infos@csrelais59.org
France (+33)	Emmaus Connect	204 rue de Crimée 75019-Paris	Association helping seniors with e-administration issues		csparis@emmaus-connect.org
France (+33)	Espace Idées Bien Chez-Moi	7 Cité Paradis 75010 – Paris	Place dedicated to learning new technologies	01 71 72 58 01	accueil@espace-idees.fr
France (+33)	Fondation Korian pour le bien vie	21-25 rue Balzac 75008 Paris	Association dedicated to healthy and active ageing	01 55 37 52 00	fondationbv@korian.com
France (+33)	Fondation AGES	4 Rue de la Houblonnière 68000 Colmar	Association dedicated to healthy and active ageing	03 89 32 78 88	direction@fondationages.org

LATVIA
04/2018 – Database has been made
POLAND

Poland (+48)	Dom Kultury Im. W. Roźniaka	Jana III Sobieskiego 11A, 42-286 Koszęcin	activities for the seniors from rural areas	34 357 61 04	kultura.koszecin@op.pl
Poland (+48)	Soleckie Centrum Kultury	Kujawski	activities for the seniors from small towns	52 387 01 57	centrumkultury@scck-solec.com
Poland (+48)	Poleski Ośrodek Sztuki	ul. Krzemieniecka 2a, 94-030 Łódź	Cultural centre organizes a lot of activities for the seniors from city	42 686 02 59	biuro@pos.lodz.pl
Poland (+48)	Dom Pomocy Społecznej w Piotrkowie	Piotrków Trybunalski, ul. Żwirki 5/7	The centre for old people which need help, special needed people	647-51-72	biuro@dompomocy.piotrkow.pl
Poland (+48)	Dzienny Dom Pomocy Społecznej w Piotrkowie	ul. Wojska Polskiego 127	possibility to buy lunches	44 646-14-87	ddps_zus@om.pl
Poland (+48)	The Third Age University in Piotrkowie	97-300 Piotrków Trybunalski	The association of seniors	(44)7327467	sekretariat@utw-piotrkow.pl
Poland (+48)	Pomoc dla Seniora	ul. Przepiórcza 11, 91-511 Łódź	materials, things needed for seniors	531955585	biuro@pomocdlaseniora.pl
Poland (+48)	Łódzki Uniwersytet Trzeciego Wieku	90-113 ŁÓDŹ	the activities for seniors	42 6321193	http://3wiek.uni.lodz.pl/contact
Poland (+48)	Uniwersytet Trzeciego Wieku w Łodzi	Al. Politechniki 12, pokój 102	The Third Age University organizes the activities for seniors	(42) 631 20 30	utwpl@info.p.lodz.pl
Poland (+48)	Fundacja III Łódzki Uniwersytet Trzeciego Wieku	ul. Piotrkowska 137/139, 90-434 Łódź	The Third Age University organizes the activities for seniors	603973460	uni3wiek@gmail.com
Poland (+48)	Uniwersytet Trzeciego Wieku w Łodzi	ul. Rewolucji 1905 r., 90-226 Łódź	The Third Age University organizes the activities for seniors	42 63 15 045	utw@ahe.lodz.pl
Poland (+48)	Akademia Seniora Aktivus	ul. POW 3/5, 90-255 Łódź	The Third Age University organizes the activities for seniors	503750260	akademiaseniora@uni.lodz.pl
Poland (+48)	Akademia Wieku Dojrzałego	ul. Piotrkowskiej 243, 90-456 Łódź	The Third Age University organizes the activities for seniors	42 207 11 40	podyplomowe@wsp.lodz.pl
Poland (+48)	Salezjański Uniwersytet				

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

AUSTRIA

11/01/18 - First lesson

18/01/18 - Second lesson

digital skills learning sessions.



25/01/18 - Third lesson



01/02/18 - Fourth lesson



28/02/18 - Fifth lesson



07/03/18 - Sixth lesson



22/03/18 - Seventh lesson



FRANCE

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 participants;

snacks were distributed and a signature attendance sheet was distributed.

The event began with the round table discussion.

All participants shared their ideas and progress since the last meeting.

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.

M3Cube facilitators were present and observed that this activity went well.

In conclusion, all participants exchanged their evaluations and returned after this session.

3) Similar workshops were organised with pairs in order to evaluate their activities together on **2 March 2018 and 5 April 2018**.

LATVIA

20/10/2017- 1st training for young voluntary tutors led by the author of the 121digital method Fintan Mulligan.

Participated 15 young volunteers.



21/10/2017- 2nd training for young voluntary tutors. Participated 9 young volunteers.



21/10/2017 - The 1st traing session for the senior learners. Participated 15 learners.



After the training the lecturer and young voluntary tutors analyzed the first experience and discussed

the best approach for further lessons. r.

23/10-19/12/2017 –

1-2-1 digital skills training sessions at afternoon, 6 lessons for every senior. There have been created 17 pairs of tutors-learners.

They learned at appropriate times for them in the lifelong learning class or in the local library.

Every tutor had a lesson's overview table and had to write there the content of each lesson, questions asked by his learner.

After all lessons these tables have been given to project coordinator.

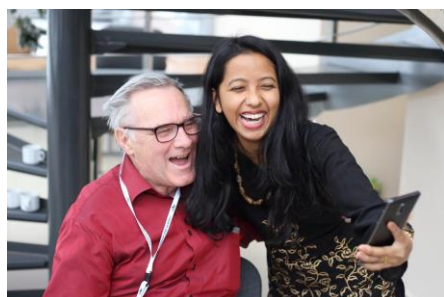


POLAND

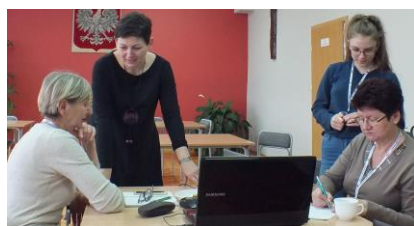
The courses 121 digital method for the seniors with young volunteers in Piotrków Trybunalski – XI 2017- I 2018.



The workshop for the seniors 121 digital method in Solec Kujawski- January 2018.



The workshop for the seniors 121 digital method in Koszęcin – January 2018



The workshop about the photography for the people in rural area – March 2018.

	<div data-bbox="474 188 818 448" data-label="Image"> </div> <div data-bbox="1098 174 1461 448" data-label="Image"> </div> <p data-bbox="453 488 1023 521">The workshop "Safe Senior"- October 2018.</p>
<p data-bbox="150 566 426 757">6. Short movies showing the intergenerational work in different ways</p>	<p data-bbox="453 566 1506 678">FRANCE Video clip created by french participants Eglantine Dijkstra during the training in Poysdorf.</p> <div data-bbox="453 680 1251 1126" data-label="Image"> </div> <p data-bbox="453 1167 1506 1317">POLAND The films prepared during the mobility in Poland with using the new application steller.com https://steller.co/s/8gvVAFur2c8?page=3</p>
<p data-bbox="150 1361 426 1552">7. Local seminars/workshops for adults/seniors educators and local stakeholders</p>	<p data-bbox="453 1328 571 1355">AUSTRIA</p> <p data-bbox="467 1402 1241 1435">04/05/18 - Information in an special Newspaper for seniors</p> <div data-bbox="1267 1357 1514 1736" data-label="Image"> </div> <p data-bbox="453 1783 1506 1968">FRANCE 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).</p>



LATVIA

20/12/2017 – Lecture for seniors



27/03- Lecture for seniors “How to rest your mind and to live well” – Lecturer Pēteris Urtāns, www.rigabrain.com.

More than 30 participants attended this lecture.

The idea of a new type of training arose during this P.Urtān's lecture on promoting brain function,

which recommended that you explore and share knowledge of new topics, not connected with your professional or home

18/04, 16/05, 12/09 and 16/10 - with such a slogan, the mutual learning events “**Discover and share!**” for seniors took place within the SINDI project on **April 18th** in Mālpils.

They enjoyed listening to others’ stories and sharing of the own experience.

We decided to continue this form of education also after the project.

The content of the learning sessions is composed by the participants themselves, therefore, the principle is simple:

you are aware of something interesting and FULLY NEW, PREPARE information (it can also be a presentation or link to an interesting web site), and TELL it and listen to others’ stories.



23/10- Lecture for seniors about the emotional health
28/09 and 30/10- Intergenerational cooking workshops



POLAND

The participation the representative of the foundation in the conference of adult education organized by Polish NA in Warsaw:

<https://www.frse.org.pl/jedynie-co-jest-pewne-to-zmiany-kongres-rozwoju-systemu-edukacji-za-nami/>

The staff of the foundation took part in webinariums organized by Polish NA about the adult education, dissemination the results of Erasmus+project , etc.

The conference and the meetings face to face with the participants of SPADE project: How to teach seniors, how to prevent socila exclusion, what is the biggest probelsm of the seniors, hwo to crate the seniors' motivation to be more active.

[https://www.facebook.com/SPADE-a-partnership-for-digital-inclusion-870429146462082/?_tn=kC-R&eid=ARDaSauu6aOx0e0f1MywcZEvoCN6h7ygg9V9mqlMyp_V7_sHC345x2Xl4LK4SxATja9VAo5XpvJDeF8B&hc_ref=ARSfouHJBRuUOETQJrJVyVTa2Nj47DSatWTKN6qr7EDoZyRK3IN3jCDMOVnqh_N6kdY&fref=nf&xts\[0\]=68.ARBVTKZV54OwMnGU4fx51P-tP0dT_qOomhgycrc6JEC2geK1WNS_ic3GYzx3OutSWTN_HeF1Yf1x_nvc9zE0D4-Xnc_d9CXUaOYX9WFiCuul7YNBfeGb6vE7tSE8Tw7A0uEc3tGb-FclDmhjWP6sxaN7FGAQ2ohollv6UQcQW9k550yQdN-Nu4MTFI4zRYaz1-VXUubOCqnCwa_y-brP42PW91Z8](https://www.facebook.com/SPADE-a-partnership-for-digital-inclusion-870429146462082/?_tn=kC-R&eid=ARDaSauu6aOx0e0f1MywcZEvoCN6h7ygg9V9mqlMyp_V7_sHC345x2Xl4LK4SxATja9VAo5XpvJDeF8B&hc_ref=ARSfouHJBRuUOETQJrJVyVTa2Nj47DSatWTKN6qr7EDoZyRK3IN3jCDMOVnqh_N6kdY&fref=nf&xts[0]=68.ARBVTKZV54OwMnGU4fx51P-tP0dT_qOomhgycrc6JEC2geK1WNS_ic3GYzx3OutSWTN_HeF1Yf1x_nvc9zE0D4-Xnc_d9CXUaOYX9WFiCuul7YNBfeGb6vE7tSE8Tw7A0uEc3tGb-FclDmhjWP6sxaN7FGAQ2ohollv6UQcQW9k550yQdN-Nu4MTFI4zRYaz1-VXUubOCqnCwa_y-brP42PW91Z8)

8. Joint workshops and other activities for adults and young people: "Teach the grandparents", "Seniors' experience using by young

AUSTRIA

Infos on the homepage of Landwirtschaftliche Fachschule Poysdorf



people”, “From past to future”.
These seminars/workshops will focus on the use of digital materials (computer, tablets, smartphones), and on the content (practical advice like administrative issues; or games and leisure like applications to do sport, cinema, watching movies).

FRANCE

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)



LATVIA

31/01_Study visit for senior learners and their young voluntary tutors to the National library,

IT Demo centre and Latvian National Art museum- visiting exhibition “You’ve got 1234 new messages_life before internet”.



POLAND

The cooperation with Cultural Center in Piotrków Trybunalski in the organization the activities for the seniors and young people.

The meetings with the representatives of women circles in Grabica- the organization IT workshops in rural area with using 121 digital methods in November 2018- January 2019.

The meeting with the headmistress of secondary school in Szydłów – the invitation the students to the participation in IT workshops in Grabica district since November 2018.

We exchange te experiences with Poleski Ośrodek Sztuki- they shared the experiences during the mobility in Poland- October 2018.



9. Local infosessions (1 infosession in each partner country) – to disseminate project results and to involve relevant stakeholders.

AUSTRIA Newspaper NÖN 24/01/18

Newspaper of the Community of Poysdorf
14/03/18

Newspaper of the Community of Poysdorf 14/03/18



Newspaper Bezirksblätter 18/03/18





FRANCE

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”.



LATVIA

20/12/2-17- **Final event of the 121 first course.** Participated tutors, learners and representatives of local stakeholders.



12/06/2018 – **Riga Region EPALE seminar** in Malpils. Information about SINDI project in general and more detailed about the JTE 2 in France has been given to almost 50 participants – representatives of local schools, NGOs, municipality and adult' education

specialists from 4 other municipalities.



POLAND

We shared the experiences about 121 digital with Subvenio Foundation in Łódź (the organization use the questionnaire prepared by our trainers in the IT workshops for the seniors) and with the rural women circles in Grabica. We exchange the experiences with Poleski Ośrodek Sztuki and Politechnika Gdańska- they realized SPADE project of Erasmus+ programme – the subject is – IT and seniors' education.

10. E-newsletters, web documentary.

<http://fundaciabadzaktynny.org/wp-content/uploads/2018/01/sindi-booklet.pdf>
<https://ec.europa.eu/epale/pl/blog/w-swiecie-nowoczesnych-technologii>

11. Creating of a common platform/database, with the associated partners in all countries, as a way of promoting future contacts on European level.

AUSTRIA

March 2018 - Collected information about Austrian organizations supporting seniors.

FRANCE

See **output/table** completed by M3cube on 8 February 2018

DATABASE OF ORGANIZATIONS					
Project "Social Inclusion through Digital Skills and Intergenerational Learning"					
2017-1-LV01-KA204-035442					
Country	Name	Address	Function	Phone number	E-Mail address
France (x33)	Actroliers	34 avenue de l'Opéra, 75002 - Paris	Association giving private IT courses for seniors	07 60 26 48 62	dufaumargues@gmail.com
France (x33)	Au cours des âges	2 allée Ambroise, 92200 - Nanterre	Association dedicated to ICT learning for seniors	06 69 59 70 85	acda@aucoursdesages.fr
France (x33)	Cyber declic	53 Rue de l'Abbel Grégoire, 38000 - Grenoble	Association dedicated to ICT learning for seniors	04 76 09 54 86	info@cyberdeclic.org
France (x33)	Le Relais 59	8, Place Henri Frenay, 75012 - Paris	Association dedicated to ICT learning for seniors	09 53 21 27 82	infos@cvelais59.org
France (x33)	Emmaus Connect	204 rue de Crimée 75019 - Paris	Association helping seniors with e-administration issues		csparis@emmaus-connect.org
France (x33)	Espace Idées Bien Chez-Moi	7 Cité Paradis 75010 - Paris	Place dedicated to learning new technologies	01 71 72 58 01	accueil@espace-idees.fr
France (x33)	Fondation Korian pour le bien vie	21-25 rue Balzac 75008 Paris	Association dedicated to healthy and active seniors	01 55 37 52 00	fondationby@korian.com
France (x33)	Fondation AGES	4 Rue de la Houblonnière 68000 Colmar	Association dedicated to healthy and active seniors	03 89 32 78 88	direction@fondationages.org

LATVIA

03/2018_ Collected information about Latvian organizations supporting seniors.

POLAND

https://www.facebook.com/SINDIproject/?ref=br_rs

The information about the project (aims, results, etc.) for Finnish colleague who was in KA1 project (job shadowing) in October 2018. During all the mobilities we created the groups with using WhatsApp application to exchange the photos, information, to promote the contacts between the participants.

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

AUSTRIA

December 2017 - Designed and created Project leaflet



FRANCE

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

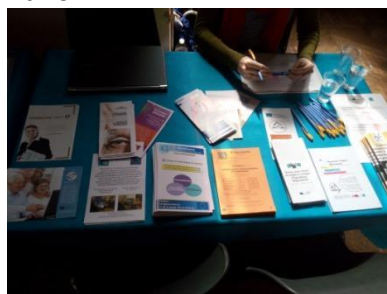
of intergenerational projects with over 40 participants (seniors and members of Parisian associations)

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



LATVIA

12/2017_ Designed and created **project leaflet**.

12/2017-09/2018 – 4 **publications** in local newspaper



06/2018 – Presentation/collection of all **partners’ best practice samples** after **JTE 2** during **EPAL seminar** in Mālpils



POLAND

The publication in "Echo Gminy Koszęcin" nr 1/2018

The article in "Forum Nauczycielskie" nr 1/2017

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=d92qO2rmhgg&index=45&list=FLOPhTsgbUi_CNnNOuBGnyqw)

[v=d92qO2rmhgg&index=45&list=FLOPhTsgbUi_CNnNOuBGnyqw](https://www.youtube.com/watch?v=d92qO2rmhgg&index=45&list=FLOPhTsgbUi_CNnNOuBGnyqw)

<https://www.youtube.com/watch?v=IVjvWz1FU2o>

<http://piotrkowtrybunalski.naszemiasto.pl/artikul/seniorzy-z-austrii-francji-i-lotwy-goscili-w-osrodku,4831783,artgal,t,id,tm.html>

<http://www.mok.piotrkow.pl/oea-a264/seniorzy-z-oea-coraz-aktywniejsi-r1119>

<https://steller.co/s/8gsNuaZiy7z>

<https://steller.co/s/8gvVAFur2c8>

<https://steller.co/s/8gYPGDgGJ5e>

SAMPLES OF THE GOOD PRACTICE

TREASURE HUNT - AN INTERGENERATIONAL ACTIVITY (M3Cube, France)

1. People to whom the action is addressed:

Seniors (60+) who are interested about new technologies. Ideal number of participants from 5 to 15. Groups of 3 or 4 seniors per monitor.

2. To which seniors' need does the specific action correspond?

This action answers the need for leisure and using new technologies to improve information and mobility.

3. **Aims:** The aim of the treasure hunt is to allow senior to meet up and socialise, to walk, to discover their city and to use new technologies (Google maps and QR codes).

4. Connection of the activity to the existing experience or the common relevant activities of lifelong learning/social inclusion:

The aspect of lifelong learning is represented by the fact that seniors learn in practice how to use new technologies including apps for mobility (Google maps) and QR codes as well as Google search to retrieve crucial information about the places they visit during the treasure hunt. The social inclusion aspect is represented by the fact that seniors meet up and socialise. They also learn new skills allowing them to use important digital tools.

5. **Duration** (total hours/days): 2h

6. Preparation and Implementation (methods, materials, activities)

Pick an historical or interesting neighbourhood of your town. Localise points of interest and determine a walking route. Create one clue per point of interest in order to link them in a treasure hunt quest. Integrate the clues in the QR code application and generate one QR code per clue. Print QR codes. On the day and in advance glue the QR codes where participants can find them. Charge the tablets and connect them to internet, install google maps and QR code scan app. Separate participants in groups.

Make sure you mix the generations. Explain to the participants how to scan the QR codes with the scanning app on the tablet. Explain to the participants how to use google maps to get from one place to the other. Make sure there is one responsible person that accompanies each group and explain things

Material: Tablet, paper, scotch, QR code clue, internet connexion

Application for QR code generator: <https://www.qr-code-generator.com/>

Application for QR code scanning: see on google apps or apple store

7. **Results:** Seniors are satisfied. We have developed 3 courses. One in the neighbourhood of the Marais that was tested with the seniors and new ones in Père Lachaise cemetery and Louvre neighbourhood that will be tested this fall.



THERMOMIX- DIGITAL COOKING (LFS Poysdorf, Austria)

1. People to whom the action is addressed:

Interested people each age

In this case – seniors

2. To which seniors' need does the specific action correspond?

Seniors who want to cook in a special way, technically interested seniors

3. Aims:

Get to know technology

lose the fear of technical equipment

find out how technical progress can you're your life

4. Connection of the activity to the existing experience or the common relevant activities of lifelong learning/social inclusion:

almost every elderly person can cook.

This is the way to find out how interesting it can be to do this every-day-activity with a digital instrument – and how helpful it can be.

5. Duration (total hours/days):

Thermomix can be used daily. Depends on the cooking or baking interest of the person.

6. Methods and materials used:

The machine tells you everything you need – depends on the meal you want to prepare.

7. 1st phase (preparation) (activities, tools):

Find out WHAT you want to do. Look for cooking recipes in the internet, in the special books or have your own.

Organize the food you need.

Organize guests for a nice dinner



8. 2nd phase (implementation) (activities, tools):

Start the machine and follow the instructions

9. How did you manage to cooperate with other teachers – bodies – partners?

I organized 2 device and a unit of introduction.

10. Results

Partners at school are excited about this device; students like to cook for 6 persons with one Thermomix.

The food itself is convincing enough. Everyone who have ever used this device is exhausted and want to own one.

DISCOVER AND SHARE – seniors' mutual learning sessions (Mālpils, Latvia)

1. People to whom the action is addressed:

Seniors (60+) who are interested to learn, to find and share new information. Ideal number of participants in the group from 5 to 10.

2. To which seniors' need does the specific action correspond?

This activity gives an opportunity for the brain and memory training as well as for using of the digital skills

3. Aims:

The aim of the “Discover and share” activity is to allow seniors to meet up and socialise, to discover, remember and share new knowledge and information

4. Connection of the activity to the existing experience or the common relevant activities of lifelong learning/social inclusion:

This activity is innovation of our project, based on the information we got during a lecture of www.rigabrain.com and as we know, there is no similar previous projects/activities. The additional background of this activity: to keep and activate the functioning of brain and memory.

5. Duration (total hours/days): h

6. Preparation and Implementation (methods, materials, activities)

Seniors have to read, to find in internet, TV or other information sources an absolutely new information for them that is in no way connected with their previous experience, job, etc. After they have to prepare a summary of this new knowledge and be ready to answer questions about this topic.

The mutual learning and information sharing session starts with seniors' prepared information. They have 10 minutes to present to other, what NEW they found/learned/discovered.

The others can ask questions and/or add their knowledge/experience about this topic.

Material: sometimes they need technical equipment and internet connection

7. Results

Seniors like this activity very much. They are happy to come together, to socialize, to communicate, to share their new knowledge.

It is a very simple but a real and essential contribution into minimizing of the seniors' social exclusion.



The photography workshop (Fundacja Bądź Aktywny, Poland)

1. People to whom the action is addressed:

The people who is interested in the photography, who wants to take good pictures.

2. To which seniors' need does the specific action correspond?

The seniors use a mobile or photo camera to take a photos, they try to do good photos, but they often don't know about basic rules of photography.

3. Aims:

Get to know a mobile, a photo camera.

Get the basic knowledge about the photography.

Make the seniors more active.

Improve self-esteem of the seniors.

4. Connection of the activity to the existing experience or the common relevant activities of lifelong learning/social inclusion:

Today the pictures are very important. The most of people use it to communication, to record the impressions, show the mood, etc. Many people are interested in photography, but they don't know how to take a good photos, how to improve the photo. Sometimes they think it's very difficult, but the basic information let them to take better photos.

5. Duration (total hours/days):

Everybody take a pictures now. If somebody takes a good photo, he needs to think a little bit about lights, places etc. The practise let to take good photos more often, it can be the first step to new hobby- a photography.

6. Methods and materials used:

The best method is a little bit theory and more practical exercises. It's good to show a films about lights in photography, later to show how the photo change with using different types of lights.

7. 1st phase (preparation) (activities, tools):

The first step is the short lecture about the photography. Next step is using different types of lights, cameras.

8. 2nd phase (implementation) (activities, tools):

The second step is taking the pictures, change the lights, the models. Later the participants show their works, compare the photos, discuss about the differences, talk the conclusions.

9. How did you manage to cooperate with other teachers – bodies – partners?

The studio of photography can be everywhere. The most important is to use place when you can organize different kinds of lights (natural, lamps etc.). It's very good to have a model (a person or people). After the activities is good so seat together and discuss about the photos.

10. Results

The participants are more interested in a photography (visit the photography exhibitions, send their photos for the competitions etc.). The participants can use better their mobiles and photo



cameras. They can edit their photos.

ABOUT THE 121 DIGITAL COURSE

Feedback given by young voluntary teachers and their learners:

Rasa /teacher/: "It was very nice to meet new people, because I only recently moved here to Mālpils. My learner told me many things about her life, about Mālpils. She was learning very well. Sometimes she asked me questions about such things that even I needed to search for the answers."

Kate /teacher/ :"The learning process practised my patience because I needed to explain everything very slowly. And I learned things I didn't even know."

Santa /teacher/: "The hardest thing was to make a contact if the learner was speaking very little. There wasn't any questions on which I didn't have answers to, because my learner wanted to know only the simplest things - using mouse, writing correctly and using the internet."

Māra /learner/: "I enjoyed the lessons, but in my opinion they were too short. My teacher told me that I can call her in every time. I want some more lessons."

Skaidrīte /learner/: "In the project I overcame my internal resistance to work with a computer. I had a very good contact with my teacher."

Anita /learner/: "I was doing well, I'm very pleased with this project. We can learn something more every time, also after this project my scope of knowledge has widened. I read the information about this project in our local newspaper "Mālpils Vēstis", and as I need to develop my skills in using computer, I decided to take part in this. My teacher Mārtiņš was very nice and conscientious and our cooperation after this project has not ended. I can call my teacher if needed."

Monika /learner/: "This course helped me very much in using computer."

Laura /teacher/: "It was a bit hard, but in the same time useful to repeat the forgotten knowledge with my learner."

Rinalds /teacher/: "It was cool and interesting - new experience. I had enthusiasm to teach. My learner already had basics of computer skills, that way we learned something more. I was happy because my learner was also very happy. I think older people doesn't want to go to courses where are many people and also where you need to pay, but this program is great opportunity to learn things what you want to learn and one by one, teacher and learner, also for free. I think that now I can teach more students. I got joy when I was to teach other people and, of course, the pleasure of accomplishment. "

Adriāns /teacher/: "Mutual communication with people seemed very nice to me. I found out and learned something from my learner, too. I was interested about their interests, also to help find information about important things for them. I'm happy that in Mālpils lives peoples which wants to learn new things. I was happy to go to every new lesson because it was the consciousness that someone who has got a question is waiting for you. In a certain extent this was a test for your ability - if you can teach someone to use a computer."

TO BE CONTINUED...