



# E-SENIORS

- LIFE BEGINS AT 50 -



## Best practices and know hows

Padova, Italy, 20-24<sup>th</sup> of March 2017

**1st International Joint Staff Training Event**

**Project 2016-1-ES01-KA204-025159 ERASMUS+**

*Sharing effective educational practices and systematizing a training competences programme for employment and inclusion for vulnerable adults*

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## **Discover your internal geek!**

Since 2005, our association proposes trainings and workshops about the usage of varied digital tools and services. Our activities are targeted seniors with the goal to bridge the digital divide.

The digital tools are not that difficult to handle, all you need is to master them!

# E-SENIORS' Activities in 3 areas:



**ICT trainings**  
for Parisian seniors



**Local Projects**  
designed for all  
ages and  
encouraging  
solidarity



**European Projects**  
sharing good  
practices in digital  
innovation  
throughout the EU

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## Digital Literacy

- **Target population:** Seniors (+50 years old), all levels included
- **Content:** Social networks (FB, Twitter), Basic concepts, Internet, PC or MAC, iOS or Android (tablet and smartphone)
- **Duration:** 8 sessions per trimester, from 1h30 to 2h
- **Trainer:** pedagogical, patient, good social contact
- **Participants:** 4 interns for 1 trainer, 8 persons per workshop at maximum



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## Digital First Aid

- **Target population:** seniors interns, E-Seniors members
- **Content:** identification of first level problems related to the digital material
- **Duration:** 2h per week during the whole year
- **Participants:** on the request and individually





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## Digital photos workshops

- **Target population:** Seniors/Retired persons (+50 years old), all levels included
- **Content:** the trainer adapts himself to the level of the interns and their demands
- **Duration:** 5 workshops, 2h each during the whole year
- **Trainer's profile:** having good skills in digital photo tools and software
- **Participants:** 1 trainer for 3 interns



## Digital tool workshops for job seekers

- **Target population:** Job seekers with no digital knowledge
- **Content:** MSOffice pack; Job seeker websites; Support for CV, motivational letter, job applications
- **Duration:** 8 sessions, 2h each, during two weeks
- **Trainer's profile:** Duo : Microsoft Office expert and an assistant
- **Participants:** 1 trainer for 4-5 interns, 10 persons at most





## Entrepreneurship on Web

- **Target population:** Job seekers without digital skills or Seniors looking for additional revenues
- **Content:** Help in defining the personal project; basics in management and communication; computer skills; personal aid for each project
- **Duration:** From 10 to 20 sessions, 3 weekly sessions, 2h each
- **Trainer's profile:** field experts
- **Participants:** 1 trainer for 4 interns, 8 persons at most





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## E-Administration

- **Target population:** Seniors, Job seekers, social assistants
- **Content:** learn how to navigate through administration websites
- **Duration:** 2h per sessions; on demand
- **Trainer's profile:** pedagogical, good social contact, patient, IT background
- **Participants:** 1 trainer for 4 interns, 8 persons at most



## Animation of intergenerational games

- **Target population:** Senior/junior duos
- **Content:** quizzes; drawing games; simulation games; ping-pong, bowling (physic games), card games
- **Duration:** 2h per sessions; on demand
- **Trainer's profile:** Good social contact, skills in the deployed devices for the games
- **Participants:** 40 participants at most (seniors and juniors), 8 persons from E-Seniors



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## Digital Treasure Hunt

- **Target population:** Seniors or retired persons (aged over 50), using a tablet or smartphone with 3G network and QR code
- **Content:** Outdoor activities with digital support, encouraging senior's mobility (as well as using new technologies)
- **Duration:** 2h per sessions; on demand
- **Trainer's profile:** E-Seniors' team members
- **Participants:** max10 participants most, accompanied by 4 or 5 trainers



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## English conversation club

- **Target population:** Seniors or retired persons (aged over 50), willing to learn English
- **Content:** Activities based on conversation in English in order to stimulate the seniors to speak freely and without barriers
- **Duration:** bi-monthly sessions from 1h30 to 2h, during the whole year
- **Trainer's profile:** Native English-speakers
- **Participants:** max20 participants most, 1 trainer

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**SPEAK  
ENGLISH!**

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## Creation & publication of MOOCS (online courses)

- **Target population:** All interested in lifelong learning and digital devices for this scope
- **Content:** the organized courses addressing specific topics, such as walking, salsa lessons, golf etc.
- **Duration:** one course consists of 4 sequences. Each sequence takes typically 1h. The new sequences are published every two weeks.
- **Participants:** No participants limit

The screenshot shows a MOOC page for 'Fun Walking and Golden Ageing'. The page features a video player with a play button icon over a photo of a person walking. Below the video player, there is a section titled 'À propos de ce cours / About This Course' with text in French and English. On the right side, there is a sidebar with a 'S'inscrire' button and a list of course details: 'Fin d'inscription: 03 avr 2017', 'Début du Cours: 23 jan 2017', 'Fin du cours: 14 avr 2017', and 'Effort estimé: 01 heure/mois'. There are also social media icons for Facebook, Twitter, and YouTube.

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## Organization of the conferences

- **Target population:** All public interested in active ageing and digital: seniors, retired persons, professional caregivers, private and public organizations, start-ups
- **Content:** encounter between seniors and active ageing stakeholders, digital activities etc., organization of round tables, discussion groups, expositions, conferences, demonstrations etc.
- **Duration:** from half to one day with numerous pauses
- **Participants:** approximately 100 persons, compulsory registration



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## “Blue week’s events” (national week for retired persons)

- **Target population:** All groups interested in active ageing and new technologies : seniors, retired persons, caregivers, private and public organizations
- **Content:** each conference addresses a specific topic such as tablet utilization, new “health applications”, senior’s tourism. The topic is chosen according to the needs/interests of the seniors
- **Duration:** A day or a half-day including a pause or several pauses
- **Participants:** 100 participants, a pre-registration is required





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## Co-creation workshops on digital services

- **Target population:** Autonomous seniors without any health problems in particular; formal and informal caregivers
- **Content:** The workshop's topic depends on the ongoing projects that develop varied services, such as online platforms, connected sensors, serious games etc.
- **Duration:** one sessions takes around 2h, sessions are organized according to the need of the ongoing projects
- **Participants:** 4 participants for 1 trainer, one group contains max8 persons





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## EURAG and Memory training workshop

- **ESE is also a member of EURAG (European Federation of Older Persons)**
- Participation in the **Memory Training Workshop** on the regular basic.
- **Target population:** different target groups: healthy seniors, people with MCI and dementia
- **Content:** Different exercises focusing on memory and cognitive stimulation
- **Duration:** one session takes around 3h
- **Participants:** on the request

