NewsLETTER #1

DIGIT-GERA: 2021-1-PL01-KA220-ADU-000026148
BUILDING A DIGITAL AGE-FRIENDLY LEARNING COMMUNITY

30/09/2022

In this newsletter you will find:

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About DIGIT-GERA Project

DIGIT-GERA is an Erasmus+ project which is aimed to support the local learning environment of participating countries and to promote the social inclusion of senior citizens into digital society.

It will create wide learning opportunities and allow seniors to exploit the opportunities that the digital society has to offer.

Objectives of the project:

1. Creation of a common geragogical methodology and collection of best practices in the field of senior education.
2. Training adult education teachers and trainers in geragogical methodologies to develop a new methodology for Digital Age-Friendly Learning Communities (DAFLC).
3. Promote the use of DigCompEdu to develop the teacher training courses to provide them with digital skills which are recognised at European level.
4. Creation of an age-friendly digital learning community (DAFLC) where teachers can create assignments and exercises for their older students in a digital environment and share their online course experiences.

The progressive digitization and rapidly developing digital services are replacing the traditional way of functioning in everyday life, known to people aged 60+. This makes it necessary to include seniors in the digital society.

If we want to effectively support the developmental processes of seniors, such as opening the elderly the changes and not scaring them away with technology, we should learn the basics of geragogy.

This is what the DIGIT-GERA project and the tools we are preparing for trainers, educators and adult learning organizers are for:

1. The publication entitled ***Analysis on geragogy methodologies of senior learners for an active digital citizenship***, which will include an introduction to geragogy, selected examples

of best practices in organizing learning for seniors with an emphasis on developing digital competences, coming from 24 EU countries and UK.

The guide will also contain recommendations resulting from both the conducted analyzes and the experiences of trainers from partner organizations.

2. An e-learning course for trainers and educators that will help them improve the effectiveness of senior education.

Go to the project website and find out more
https://digitgera.eu/

Follow our profile on FB
https://www.facebook.com/profile.php?id=100082907513569

WHO ARE THE PARTNERS in the Project?

PCKK Jolanta Ratyńska, Poland – coordinator

Since 2000, the PCKK has conducted extensive educational activities. PCKK is a private educational centre with the mission "We educate with imagination". The structure of PCKK includes PCKK Teachers' Training Centre and PCKK Continuing Education Institution. Since 2008, conducting regular training in the area of ICT for seniors.

E-SENIORS: INITIATION DES SENIORS AUX NTIC ASSOCIATION, France

E-Seniors is a non-profit non-governmental organisation, founded in 2005. E-Seniors aims at fighting e-exclusion by offering ICT training to seniors (people aged 55 and over).

Metodo Estudios Consultores SL, Spain

Método has been training adults since its creation in 1999 and during this time, Método has trained more than 400,000 students, and practically all of them are adults. Among the students there is a high percentage of people over 45 years old.

Método is a company that is approved by the Public Employment Service in Spain to train teachers and trainers to be able to work in adult training.

Centro Integrado Público de Formación Profesional Misericordia, Spain

CIPFPM is the largest vocational school in the region. Students up to 65 years of age study there. It is the only VET center with an official adult night shift. It also runs a special program for adults called "second chance" and official courses for the unemployed.

UNIAO DAS FREGUESIAS DE GONDOMAR (SCOSME) VALBOM E JOVIM, Portugal

The União das Freguesias de Gondomar (S. Cosme), Valbom e Jovim is one of six Parishes within the Municipality of Gondomar with a population around 50.000 habitants.

As a public entity, the Institution has many competences established by the government and developed a lot of projects related with entrepreneurship, employment, training, nonformal education for all citizens - children, youngsters, adults and seniors, also on social inclusion, active ageing, disadvantage people, several projects related with local and national volunteering projects.
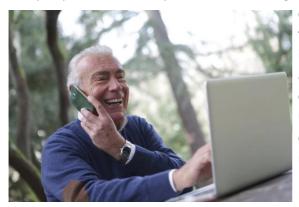
Cooperativa Sociale Ipso F.A.C.T.O., Italy

Coop. Soc. Ipso F.A.C.T.O. is a social cooperative founded in 2017 by a group of young people whose aim was to improve the opportunities for people from their own territory, the Apulia region (Sud-estern region of Italy).

The Ipso F.A.C.T.O. think that the "beauty will save the world", and also older people, that through ICT skills could improve their happiness and social net, fighting social exclusion, discovering the world around them, whenever they want thanks to the potential of new technologies.

WHAT GERAGOGY IS? Few tips for trainers.

Geragogy is a pedagogical science. Geragogy is interested in the elderly, whom it looks at from the perspective of broadly understood lifelong education. This area is complemented by the so-called old-aged education, which also applies to the general public. The main subject of interest in geragogy is supporting the development of an elderly person in the physical, mental, social, cultural and spiritual context. Proper understanding of the concept of support is crucial. In geragogy, this means a non-directive management of an individual's development.

People who play the role of a geragogue mainly act as the animators, advisers, mediators or organizers, maintaining the subjective nature of the relationship.

Geragogy is a practical discipline and provides tools for methodological work with the elderly. The aim of educational activities for the elderly is coping with the problems of everyday life and improving their quality of life. For the third age, it comes down to staying active and using education for emancipation and development. For people in the fourth age, the main goal of activities is to solve everyday life problems resulting mainly from mobility limitations and dependence on others.

How to organize digital education of seniors?

When planning the educational process, create and use development contexts, plan animations and project activities in which modern technologies are a tool to achieve goals. Then learning to

use technology becomes a natural need of the participants. Basing on the functional model of digital competences brings good results. Ask people what they use the internet and digital technologies for in their daily lives. Let them share their experiences and knowledge gained so far. Choose together the development areas important for the group. Also, show the participants the possibility of using an individual learning path from the Internet. The key need for a large part of seniors is a will to be around people, talk, exchange experiences, spend time together. Organize workshops so that they can meet this need.

9 tips for educators supporting the digital development of seniors

1. Before entering the room, plan, but then be flexible and react to needs.
2. While preparing your materials, remember to use a large font. If it's possible - print. Older people find it difficult to switch between system windows, and then they like to return to the content at home.
3. Make sure that the displayed materials are clearly visible and legible.
4. Start by recalling familiar content. Repeat, remind.
5. Speak appropriately loudly.
6. Adjust the pace of work, take an individual approach. Participants have previous experiences and are certainly diverse.
7. Organize cooperation in small teams, engage listeners with more experience to help beginners.
8. Use breaks and energizers during classes. Movement works well.
9. In conclusion - arrange a summary and a revision.