

NEWSLETTER #3

DIGIT-GERA: 2021-1-PL01-KA220-ADU-000026148

CREATING A DIGITAL AGE-FRIENDLY LEARNING COMMUNITY

April 2024

In this newsletter you will find:

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1. **Active Ageing in the Digital Age**

The DIGIT-GERA project aims to support the learning environment in the participating countries and promote the social inclusion of senior citizens in the digital society. We aim to create diverse learning opportunities and enable seniors to take advantage of the advantages that the digital society offers. To this end, we are training teachers and adult educators in methodologies, with the aim of developing a new methodology for Age-Friendly Digital Learning Communities (DAFLC).

2. **DAFLC: Age-Friendly Digital Communities for Inclusion and Learning**

An age-friendly community is a place where older people are actively engaged, valued, and supported by infrastructures and services that effectively meet their needs (Alley et al., 2007). In this vein, the Age-Friendly Digital Learning Community (DAFLC) is a hands-on space where educators and trainers can share practical exercises and connect with their senior students. This environment facilitates the exchange of knowledge and resources, promoting continuous and collaborative learning, adapted to the needs of seniors. DAFLC focuses on ensuring that seniors have access to and know how to use digital technologies, promoting digital inclusion

and providing opportunities for them to develop skills, from basic device use to internet browsing and the use of communication apps and social networks. In addition, it provides ongoing support, allowing seniors to get help and guidance to solve problems related to the use of technologies.

DAFLC also facilitates social interaction among participants, allowing seniors to connect and share experiences and knowledge, which helps to reduce social isolation. It uses teaching methodologies adapted to the needs and abilities of seniors, and provides personalised educational resources, such as tutorials, videos and practical exercises.

This environment encourages seniors' involvement and buy-in in digital community activities and contributes to mental and emotional well-being by offering them a sense of purpose and community.

3. DIGIT-GERA - training course for educators and teachers of seniors

In order to ensure that older people can make full use of digital technologies to learn, develop and extend their independent living time, in our second phase of this project (IO2), we have developed a training course for educators and teachers of seniors, in which they can find tools and materials, as well as acquire greater skills to lay the foundations for the creation of an age-friendly digital learning community.

This training course is designed to improve the digital and personal skills of educators and teachers of the elderly in order to be able to help their students become active digital citizens.

DIGIT-GERA makes this course available on an e-learning platform, supervised by the partner Metodo. The content of the curriculum include not only theoretical knowledge, but also some practical exercises in digital spaces that trainers will be able to implement in face-to-face courses or training activities with the elderly and is organised by the following modules:

1. Introduction to DIGIT-GERA course
2. Digital Literacy: Improving digital skills in senior learners
3. Active digital citizenship
4. Cybersecurity: DigComp framework for citizens as a tool to foster digital skills in senior citizens
5. Expanding the minds of elderly persons: new horizon
6. Enhancing seniors mental health in a post-pandemic environment

7. Enhance seniors physical condition
8. Self Awareness: raising older learners conscientiousness of their role in the society
9. Critical Geragogy
10. Digital age-friendly learning community (DAFLC)

Completion of the DIGIT-GERA course, will improve the competence of teachers and trainers in the following DigCompEdu (Digital Competence Framework for Educators) areas:

3.1 Teaching

3.3 Collaborative learning

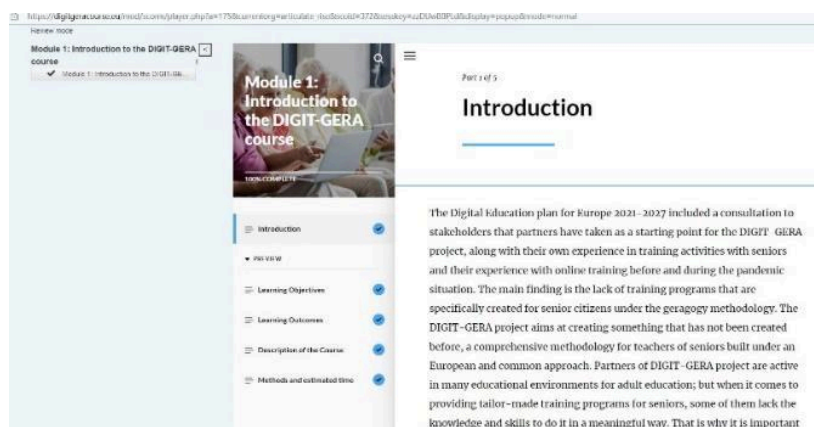
5.1 Accessibility and inclusion,

Thorough study of the content of the modules and completion of the recommended exercises will result in the participant's competence being at the expert level (B2), according to the DigCompEdu framework.

The course is an open educational resource and registration can be done by participants, so anyone interested in the topic can sign up.

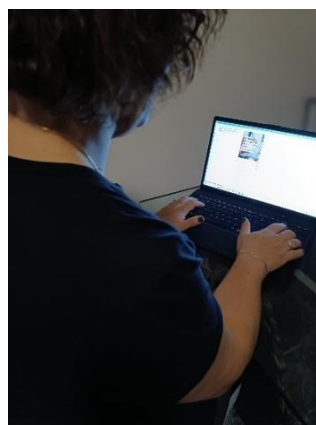
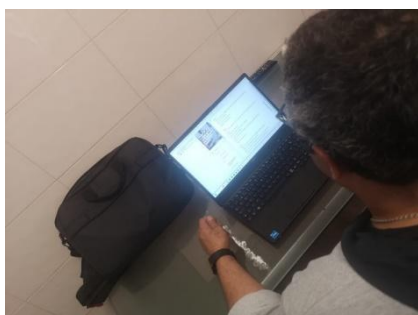
Participants in the online course will receive a diploma of completion that will contain specific references to DigCompEdu and the level achieved by the participants.

You will have at least 60 hours of online training and will be available not only in English, but in all partner languages (Portuguese, Polish, Spanish, French and Italian).



4. Pilot tests

Once the online course of our project is finished. The time has come to carry out the pilot test of it. This step is especially important to ensure the quality of the course. Thus, the reason for the pilot test is to verify that there are no errors. But, at the same time, it is time to introduce improvements that help the usefulness of the course. In this way, all project partners have accessed the course, to check all its elements. Subsequently, a sharing was carried out among all the partners. In this way, those elements that should be changed have been jointly identified. Once the modifications have been made, the course has been completed in its final stage. From this moment on, the partners will proceed to translate it into their respective languages, so that it has the widest possible reach.



5. Next steps

We are excited to share the next steps of the DIGIT-GERA Project. Our commitment to the digital inclusion of older people advances with two important initiatives:

1. **E-Learning Platform Translations:** Our e-learning platform will be translated into all the languages of the project partners, including Portuguese, Polish, Spanish, French and Italian. This language expansion will allow more educators and seniors to have access to the training course, eliminating language barriers and promoting inclusive and accessible learning.
2. **Local Community Multiplier Event:** We are organising a multiplier event to engage the local community and share the results and benefits of the DIGIT-GERA Project. This event will be an opportunity to demonstrate the impact of our work, promote participation and collaboration, and strengthen community ties. Educators, seniors,

project partners and community members are invited to participate and contribute to the success of this initiative.

Join us on this journey and stay tuned for updates on these exciting activities.

Visit the project's website and learn more: <https://digitgera.eu/>

Follow us on Facebook: <https://www.facebook.com/people/Digit-Gera/100082907513569/>