# Good Practice Example

| Country | Czech Republic |
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| 1. | **Title:** Brain Jogging Programme as a tool for teaching computer skills |
| 2. | **Type of the practice** To help ability of seniors to use a computer |
| 3. | **Objectives of the training**<br>- Acquire and improve the digital skills of people 55+<br>- Improve the ability of seniors to use computers and not be afraid of them<br>- Improve memory, creativity, motivation through games<br>- Promote active and dignified aging |
| 4. | **Description of the practice:**<br><br>The Brain Jogging program is a computer program primarily intended for long-term memory training and monitoring of training results. The program helps stimulate all 5 cognitive functions and has 4 different exercises for each.<br><br>When teaching people in senior age, it also significantly helps to better master the ability to work with a computer. Most exercises are initially demanding on the art of working with a computer mouse. By mastering this type of exercise, students gain a better ability to control the computer.<br><br>The program (selected exercises) is therefore sometimes used in courses on working on a PC, where the first, thanks to its use, there is a significant progression in complete or eternal beginners.<br><br><u>Methodology</u><br>- Practical approach to ICT<br>- Active learning method<br>- Prevention of fatigue, support of concentration and attention |
| 5. | **Target group addressed:** Citizens over 55 years |
| 6. | **Course duration & follow-up activities, if any**<br><u>Duration</u> – usually 5 weeks (with possibility of continuity)<br><br>During the course, the <u>tutor provides:</u><br>- Meeting and workspace<br>- Technical equipment: computers with appropriate SW (BrainJogging Program), projector, or. sound system<br>- Technical and personal support |
| 7. | **Necessary materials/resources**<br>BrainJogging Happy Neuron Programme installed on computers for training.<br>An Internet connection is not required to work with BrainJogging Programme. |
| 8. | **Impact of the practice**<br>The aim of using the program is to strengthen the position of older people in technological skills and increase their ability to use them and to prevent social exclusion resulting from the inability to use and exploit new technology. |

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<td>The contribution of the organization Právě teď! o.p.s. was focused on the use of a support program that helps build digital competencies of seniors. This is an innovative approach, the results of which have not yet been fully exploited.<br><br>The fact that seniors are educated both in computer work and at the same time train their memory helps to improve their self-confidence and better orientation in a rapidly changing world.<br><br>As part of courses on working on a PC, seniors also give lectures on Internet security and safe behavior in the Internet environment. Overall, this helps to improve the social perception of seniors in modern technology.</td>
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<td>**Name of the initiator / trainer**<br>Organization: Právě Teď! o.p.s. (Czech Republik)<br>Facilitator: Hana Čepová</td>
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<td>**Website link:**<br>https://pravetedops.cz/</td>
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<td>**Social media links:**<br>https://www.facebook.com/prave.ted.ops/photos/a.1514706031873982/2795303353814237/?type=3&theater</td>
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