"Digital inclusion of adults - let's learn from examples of good practices"

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Good Practice Example

Country where the practice was implemented	Poland

1.	**Title** Still active 60+
2.	**Type of the practice** – a series of training courses and workshops in the field of digital literacy
3.	**Objectives of the training** - Encourage seniors to use of technological solutions and information and communications technologies in everyday life - Improve the ability of seniors to use computers and not be afraid of them - Acquire and improve the digital skills of people 60+ - Introduce participants to various e-services and communication platforms - Promote active aging
4.	**Description of the practice** During the training senior citizens could learn about the functionality of ICT devices, such as a computer, laptop, smartphone, tablet or even a regular mobile phone, and overcome barriers ranging from basic to more advanced technologies, such as operating software and the Internet. Thanks to the workshops on e-services (Messengers, Senior on e-shopping, Digital photo processing), seniors got used to shopping online, using social media, and were able to explore the secrets of digital photography. Additionally, integration activities were implemented as well during the workshop. **Exercises** Practical exercises (with support of the trainer if necessary) - the participants could try out and operate the devices on their own. **Methodology** The form and methodology of ICT courses for seniors were prepared with taking into account the needs and ICT abilities of people from this target group. To involve persons 60+ to deal actively with digital tools is sometimes not so easy. The idea and solution is to convince them that ICT, media, Internet can be useful in many practical aspects of people life and then encourage them to use all those media effectively. Also, the learning environment is very important for this group of learners and must be physically and psychologically comfortable.
5.	**Target group addressed** Seniors 60+
6.	**Course duration & follow-up activities, if any** a series of short courses/workshops 2-4 hours each

7.	**Necessary materials/resources** – Room with internet connection – Laptops, smartphones/mobile phones, tablets – Computer laboratory and suitable software
8.	**Impact of the practice** Participants have acquired the skills to use the opportunities offered by the digital world – they broadened their digital literacy, gained knowledge and skills as digital communication, internet security and safe behavior in the internet environment. This courses strengthen the position of older people in technological skills, increased their ability to exploit new technology and prevented social or digital exclusion.
9.	Name of the initiator / trainer Organization: The Silesian Entrepreneurship Development Foundation, Gliwice, Poland
10.	Website link: (optional)

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