



Good Practice Example

| Country | Czech Republic |
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| 1. | Title: ZOOM: NEW DIGITAL LEARNING OPPORTUNITY |
| 2. | Type of the practice course (online and offline activities) |
| 3. | <p>Objectives of the training</p> <ul style="list-style-type: none"> - Improving the digital skills of people over 55 - - Improving the ability to use state of the art technology - Education on how to use, rules of use, etc. |
| 4. | <p>Description of the practice:</p> <p>The year 2020 made changes in communication and ways of education and significantly accelerated the use of modern technology in these areas. The ban on joint activities and contact with people was not avoided even by seniors, so the most modern technologies had to enter here as well. Their usefulness manifested itself both in communication with seniors and subsequently in the education of seniors.</p> <p>However, the use of the Zoom platform was not possible without (telephone) technical support and without the creation of special instructional videos. After seniors learned to connect to Zoom, they began to actively use it in their privacy. Thanks to sufficient expansion among seniors, we can currently use this platform not only for joint meetings, but also for lectures (geocaching, healthy nutrition, etc.), courses (language, critical thinking and orientation, genealogy), but also for health exercises.</p> <p>Methodology</p> <p>Learn how to connect in and how to use Technical support Creation of instructional videos Regular instructions for safe use Training take place offline and online</p> |
| 5. | Target group addressed: Citizens over 55 years |
| 6. | <p>Course duration & follow-up activities, if any</p> <p>5 weeks</p> |
| 7. | <p>Necessary materials/resources</p> <p>Computer/tablet with internet connection, Application download Technical support and/or instructional videos</p> |
| 8. | <p>Impact of the practice</p> <p>The goal of online programs is primarily to replace missing social contacts. At the same time, it is a unique opportunity to strengthen the knowledge</p> |



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| | <p>and competencies of older people in the use of modern technologies. In each activity, it is necessary to emphasize a short training on how to use the platform properly and in general on how to behave safely on the Internet. Seniors are discovering more and more these days and are not always aware of the potential threats they may be waiting for on the internet. 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.</p> |
| 9. | <p>Name of the initiator / trainer Organization: Právě Ted’! o.p.s. (Czech Republik) Facilitator: Hana Čepová</p> |
| C | <p>Website link: https://pravetedops.cz/</p> |
| 11. | <p>Social media links: https://www.youtube.com/playlist?list=PLyLSBFM4Ot1LXgNz9Yo4GsPS_GuauC7yd</p> |

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

DigiAdults 2019-1-PL01-KA204-065528