

ICT

THE KEY IN SENIORS HAND TO ACTIVE AND HEALTHY LIFE



Erasmus+



TIEDETIILA
PIHLAJAVESI, FINLAND

Reported by
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The Fifth Project Meeting was held on 1 December 2020 at the Tiedetila in Pihlajavesi, Finland.



The intention was to hold a project meeting in June 2020 at Tiedetila in Pihlajavesi (Keuruu). The travel restrictions of the corona pandemic prevented the meeting from being held then and later during the project, despite the additional time. Due to the circumstances, the Fifth Project Meeting was held as an international online meeting. It was carried out on Tuesday 1.12.2020. The meeting was attended by Tiedetila as a host and organizations from Austria, Poland, Sweden and Turkey by using Google meet. The issues to be addressed were the project summary, reporting on news and activities since the last Turkish meeting in Istanbul.

Tuula and Kari (Tiedetila's management board) made sure that the meeting, despite the glass screen, in front of which the partners (everyone in their country) were sitting, was a direct conversation, an interesting exchange of views, and even a virtual (admittedly), but still a trip.

Three short video films awakened the imaginations of partners - thanks to modern technologies we saw what we could not see in reality - we saw a forest where the organization's headquarters is located ... a great forest ... somewhere in the middle of Finland, far away from everything ...how peaceful and quiet!

We visited the computer museum - Kari's passion as a collector. The oldest micro computer comes from 1977 ... more than 150 exhibits are on the shelves ... much more in the attic. Kari hopes to show them all someday. Our hosts also took us to a self-made cottage called Smart Station in their own nature reserve. We thought we could smell fresh wood and the smell of resin.

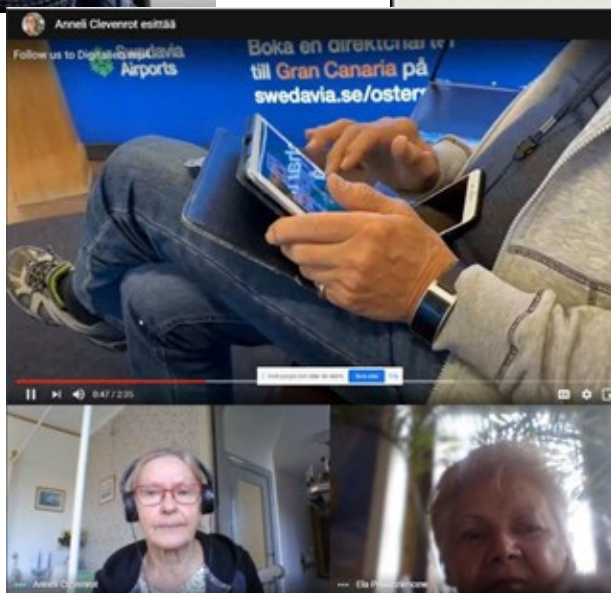


The project duration

The second presentation was by Ela Priwiezienczew, project coordinator. The presentation dealt with the situation of the project and presented all results elaborated during 23 months (from 1.October 2018).

The partnership met four times (in Poland, Sweden, Austria and Turkey) in real and one time (Finland) online. In total 51 person from partners organization took part in those meetings.

The partnership edited 5 Newsletter, 6 short ICT guides for seniors and two digital stories made by seniors about how seniors can use ICT tools. 28 power point presentations on topics related to various possibilities of using ICT by seniors were prepared by partners and invited experts. Ewa Sieniarska and Jola Zientek-Varga (SIE members) prepared a short information about different use of ICT.



Returns to the Life

"Promoting the idea of the social economy - the aim of such company is to employ people from the socially excluded groups".

Ewa talked about her initiative to use Facebook to help the Koteria organization, which deals with homeless cats. Ewa is a member of a small painting group at the Seniors University - the group put up their paintings with cats for auction; the auction was successful ... over 200 euro was collected and donated to Koteria.

Jola participates in promoting the idea of the social economy - the aim of such company is to employ people from the socially excluded groups. Training on this topic is currently only available online, which requires a different type of presentation of the subject, and a different type of conversation with the recipient. She also presented an interesting example of the best practices implemented by the Association for the Support of Active Seniors AS. One of its results will be the X-Senior application, which will facilitate communication between the association and senior-members of the association and to help them when they make such a request.



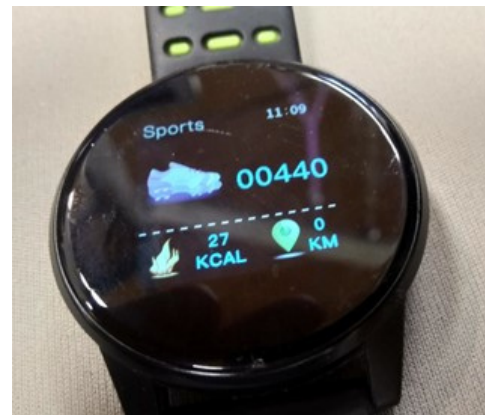
Social Referral Traffic

What brings traffic to websites? A short report on strategies employed to attract more followers.

Vollpension goes digital

„Backademie“:

- „OMasterclass“: online baking class, 3 hours of high-quality video content. E.g. vegan baking, Austrian Christmas cookies,...
- „Oma-Live-Backkurs“ (=live baking class with granny): via video chat, for up to 6 participants, duration is about 2,5 hours
- Online shop: You can also buy „baking hardware“

Anneli Clevenroth, representing Sweden's project partner, Mobile Education, spoke about the guidelines they had put in place to support learning for seniors. They had developed instructional texts for using a smartphone and tablet. The instructions are intended primarily for use with iPad and iPhone systems. Instructions have been provided for things like sending messages, sharing pictures on WhatsApp, using the calendar, and keeping in touch. The instructions were supplemented with small video clips.

Eva Felbauer and Stefanie Kothgaßner, representing the Austrian project partner SPES, spoke about the way ICT helps members of Time Bank to keep in touch during the corona pandemic. SPES also presented information on how the Vienna-based social enterprise Vollpension came up with a number of creative solutions during the pandemic. Thanks to ICT, they managed to keep their seniors in employment and are now offering online video courses on baking (e.g. Christmas biscuits, vegan cakes,...), a cake delivery service in Vienna and an online shop. www.vollpension.wien/

Giving the hand in Corona times



Oral Kaya, representing a Turkish project partner, spoke about what it's like to be old during a pandemic in Turkey. In Turkey, the proportion of people over the age of 65 is only 9.7%, compared to 21% in the EU. From March to May 2020, people under the age of 18 and those over the age of 65 were encouraged to stay at home. On Nov. 14, 2020, the same age groups could only go out between 10 a.m. and 3 p.m. Five organizations, TROYA, +65 Elder Rights Association, Alzheimer Association, Living Elders Association and the Sivil Düşün (Civil Tough) Association, have worked together to make life for the elderly possible and more comfortable at home in difficult times.

<https://www.yasliyimhakliyim.com/>

At the end of the partner presentations, Kari Kotiranta and Tuula Kotiranta from Tiedetila in Finland presented a survey of senior teachers - 16 senior teachers participated in the survey. This survey examined the computer hardware skills of senior teachers. On the other hand, their views on ICT study were clarified. Third, they were asked what they would like to learn in the online learning courses to be organized. As a result, respondents used computer hardware and software in a variety of ways - 80% thought it was necessary to use it and 38% thought it was fun. Due to the good level of competence, the wishes for the courses dealt with a great many topics of interest to individuals.



"The project partners will remain in friendly relations with each other."

The end of the project does not mean that the partners have finished their cooperation ... they will remain in friendly relations with each other. Each of them will be happy to host their friends whenever they want to visit. The partners also jointly developed another project related to ICT - this time they would like to consider whether ICT may not be an inspiration for creativity and contact with the world of culture for seniors.

The application has been submitted to the Erasmus+ program. Regardless of what Erasmus+ decisions will be, everyone agrees that the two-year joint adventure gave them a lot of joy and satisfaction, that they learned a lot, got to know the partners' countries, their culture and traditions, expanded their contacts.

All the results developed during the project time will enrich their educational offer.

Project partners

Poland: Społeczny Instytut Ekologiczny

Turkey: Troy Environmental Association

Austria: SPES Zukunfsakademie

Finland: Tiedetila

Sweden: Association MobilEducation

