



Co-funded by the
Erasmus+ Programme
of the European Union



In-Cult



Educational
methods

Use of computers
and the internet

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Structure of the methods description:

Name of the method: Use of computers and the internet

Name/institution of the contributor: FEDERUNI

Contact person / contact details: Fonte Maria Fralonardo – giovannafralonardo@libero.it

Pictures





Author: Giovanna Avelluto

Short info:

Organizer: FEDERUNI – UTE Mola di Bari;

Target Group: + 55;

Time required for preparation: long enough depending on how long it takes for senior people to acquire basic computer functions;

Time required for implementation: 1 meeting of maximum 2 hours for the presentation of the autonomous task;

Venue/place (inside, outside): inside;

Suitable time: always;

Possibility to implement online: possible online.

Short description of the method (max. 100 words):

This method allows older people to keep up with the times without being excluded from knowing the latest news and sharing from friends. Furthermore, knowing the digital world and keeping up to date is a fundamental moment for healthy and active ageing. Learning to successfully use a smartphone, tablet or computer can ensure that the mind is kept sharp and trained.

Implementation of the method in the project (max. 100 words):

The method was implemented with a group of older people, supported by an expert in new technologies and some young volunteers, in the premises used as the headquarters of the UTE of Mola di Bari. It was essential to make people understand the importance of the internet and the digital world, the potential of technology and how it can improve the way of life, solve problems and cultivate personal interests. The risks associated with the internet were also explained: online scams, the existence of malware and viruses, the existence of reliable sites and risky sites.

The practice acquired during the lessons allowed the learners, in the final phase, access to the online In-Cult game which was appreciated by all them.

Step by step description of the method (max. 200 words):

The thematic areas:

- *Use of computers and the Internet;*
- *Solidarity between generations: a message for the future.*

Stages:

Step 1: select trainers - student volunteers and IT education experts;

Step 2: decide on the main topics of the practical training according to the subject areas of interest to the seniors;

Step 3: introduce the participants to the main topics of the practical training;

Step 4: logistics;

Step 5: provide hands-on training;

Step 6: closure of the training with presentations of the individual work of the trainees;

Step 7: practice with the online INCULT game.

Outputs:

-Teaching materials and presentations, collected and developed by the participants;

Results:

The method provided an opportunity for the seniors to be educated in the use of new technologies, to deepen their communication skills and to implement newly acquired skills, knowledge, experience and competences in new and meaningful tasks.

Teaching and Learning (max. 100 words):

This practical method helps older people to activate skills for the development of society within the European Community. Create the conditions for collaboration between generations: the young support the elders.

5 Keywords:

Civil society, education of the elderly, active ageing, social inclusion, cultural exchange.

Possible training tools, material, resources to use (e.g. flyer, roll-up etc.):

Books, films, images, multimedia publications, articles, presentations.

Dissemination possibilities of method:

Training of adults on new technologies with the collaboration of students of popular schools and universities and with the use of flyers, brochures, posters, presentations prepared by experts and senior students.