

ICT – why not culture and creativity for seniors?



Fortunately, pandemic no longer overshadows life in Europe in the moment. So travelling and international meetings have become much easier again and the organisers of Senioren-Lernen-Online were happy to welcome the project partners in Lübeck, the hometown of their two members Ingo and Sabine Grütz, in May.

All partners of the project "ICT - why not culture and creativity for seniors?" came to Luebeck for three days of joint meetings, socializing, and sightseeing. The project partners are: Sweden (MobilEducation), Finland (Tiedetila), Turkey (Troya), Warsaw (Social Ecological Institute). The meeting was hosted by Seniors-Learn-Online, who rented a place in the youth-hostel of the city of Luebeck, because this initiative is based only in the internet and therefore has no own rooms.

The meeting agenda included: two online talks, the partners presentation of their work, a round trip on the river Trave, which surrounds the historic center of Luebeck. Followed by a workshop about building and coding a CO2 measurement device, the internal meeting about activities, results and planning for the future and last not least a guided tour in the Hanse Museum, which is important to the partners because they share a collective history in the association of Hanse-Towns.

Online lectures

The two online lectures took place in a hybrid session where the partners were connected to the lecturers and other members of Senior Learning Online via Zoom.



For the first time, the organisers used a [Meeting-OWL](#), which has a single 360-degree camera that can recognize, highlight and transfer the picture and the words of the persons in the room, who are just speaking.





First **Nicola Röhricht** spoke about “Digital participation: The Germany-wide digital projects of the Federal Association of Senior Citizens' Organisations e.V.”

She works since 2003 in the digital projects of BAGSO and is in the moment head of the Digital Pakt Alter office. The Federal Association of Senior Citizens' Organisations e.V. is the umbrella association of around 120 member organisations in Germany.

These include social associations, senior citizens' organisations of political parties and tradeunions, self-help organisations and advocacy groups, associations of disability organisations and patient organisations, christian organisations, sports associations, which together represent many millions of older.

Nicola Röhricht showed how the organisation works and pointed out two main demands: creating participation opportunities for older people in all communities and bringing older people into the digitalisation proces. The corresponding projects of the organisation are: [Digital Pakt Alter](#), Service Agency "[Digitisation and Education for Older People](#)" and [Digital Compass](#).

The lecture was followed by many questions and a lively discussion in which the idea of a seniors' association was also favoured for other European countries and for Europe as a whole.

The event continued with **Herbert Schmidt's** online lecture "Digital mobil in the city and district of Würzburg - in times of Corona".

He has been a member of the senior citizens' representation of the city of Würzburg since 2013 and heads the digitalisation working group there. In his city and in the district he also initiated the internet cafés "From seniors for seniors".

His talk contained the virtual course offerings in Würzburg, the crowdfunding for and use of humanoid robots „yanny“ (also on the market under the name Robin) and the course offerings for multipliers – called „Digital-Pilots“, who deal with digital topics on their own initiative and pass on their knowledge to interested seniors.

For the crowdfunding campaign, he received help from the [German Foundation for Commitment and Volunteering](#).



Partners presentation of their work

(the introduction of the partners and their organisations is done in the newsletter Nr. 1 November 2021):

Sweden (<https://mobileducation.se>)

„Supporting Seniors’ Creativity“

Mikael Balte reported on various focal points of mobile education's work, which takes place in workshops, Zoom meetings and IT cafés. To support seniors, the organisation produces training films on various topics of using the mobile internet, e.g. "How to install an app" and others. During the pandemic, a guide on how to visit museums safely was produced under the title "Visit six museums for breakfast - get inspired and not exhausted". Furthermore creative online writing courses were developed, consisting of a mix of course letters with feedback via email and online meetings to share experiences.

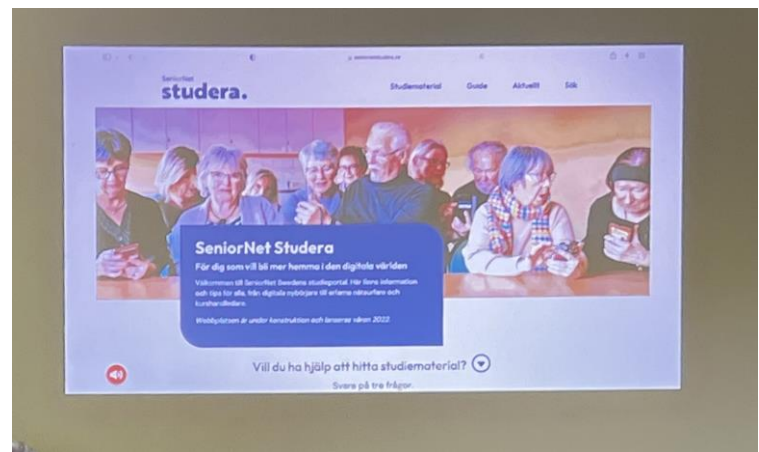


Sweden <https://seniornetstudera.se/>

„SeniorNet Studera“

Suzanne Branner presented the work for the website seniornetstudera.se, SeniorNet Sweden's new study portal, where information on the digital world has been compiled especially for seniors. This website was developed in a very short time by our Swedish project partner in response to the severe restrictions for seniors during the pandemic last year and went online in spring 2022.

It contains study material organised by topic to help seniors become more digital and safer with mobile phones, computers and tablets. The content consists of tips, courses and various videos, as well as up-to-date information.



Finland (<http://www.tiedetila.fi/tiedetila/aloitus.htm>):

„Tiedetila scanning course“

Tuula Kotiranta reported on the scanning course for seniors held in Tiedetila on April 23-24th, 2022. For this, 6 participants brought their old photographs, slides, negatives and objects, which could be digitised with the help of slide scanners and a large flatbed scanner.

They tried out how to create as even a light as possible when photographing old objects and photos with a light box or a ring light bulb. The pictures brought back many memories of the past, so that the course became a place for a lively exchange about one's own history and the localities and historical events associated with it. A video of the course completed the impression.



„Culture, creativity and solidarity in WawerSeniors University“

Ela Priwieziencew reported that the senior university of the Warsaw district Wawer (www.u3wawer.com.pl) was almost closed during the pandemic and many seniors missed bitterly the multitude of face-to-face contacts. It was important to support networking skills via the internet and create activities that helped seniors stay in good physical and mental condition, such as: online gymnastics, online painting, online lectures. In parallel, online working groups were set up in the organisation: The motto was "Don't give up, keep going". One success of this work was that the university seniors were able to quickly organise help for refugees from Ukraine with the help of internet tools. A group of 30 seniors prepared a thousand sandwiches every day for three weeks for people who fled Ukraine and arrived at Warsaw Central Station. The initiative was supported by the district office, which helped organise the products, and by shops, which donated the products.



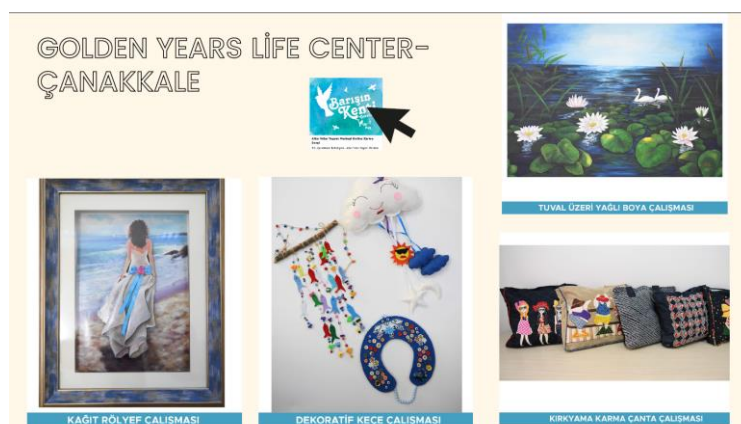
In May 2022, it was then possible to organise a first excursion for senior citizens, which took them on the trail of the Polish poet Jan Kochanowski. Various memorial sites were visited and photographs were taken with iPhone, smartphone and iPad, notes were taken and information was searched for on the internet. The recorded material and the photos will supplement the chronicle of the Wawer Senior Citizens' University.

Within the framework of a Whatsapp group of seniors, a cleaning action was organised in which the grounds of a rehabilitation centre for disabled children were cleared of litter.

„Troya Environmental Association“

Nadide Su Dağlı highlighted in her contribution the different fields of work of Troya Environmental Association, ranging from the establishment of the "Troy Cultural Route" to the importance of digitalisation for seniors in Turkey and the institutions working in this field such as [65+ Elder Rights Association](#) in Istanbul, Lifelong Education Association, World Old Age Association, [Senex](#) and [Hayat Boyu Hayat Dolu Association](#).

She specifically mentioned the Golden Years Life Centre-Çanakkale, where various activities for seniors take place, for example a series of interviews with seniors in cooperation with the Canakkale Foundation for History and Culture.



Germany (<https://Senioren-Lernen-Online.de>)

„eBook sensors for seniors - the making of“

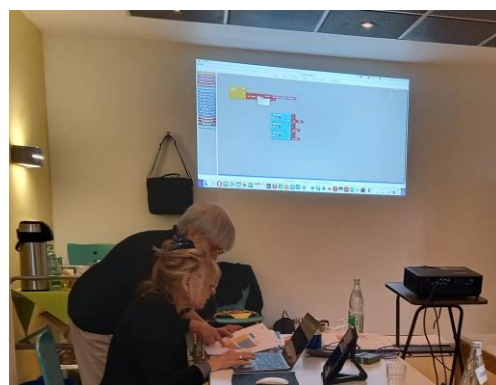
Barbara Leisner reported on the cooperation - taking place only on the internet - of the participants of Senioren-Lernen-Online. Together they have developed, written and published the eBook "[Sensors for Seniors](#)". In it, they report how they have integrated various sensors into their everyday lives. Topics are „Protection and help through sensors“, „Environment and sensors“, as well as "Smart Home and Smart Garden, a smart and connected home". The cooperation was accompanied by lively exchanges via the internet, using such programmes as "slack", "trello" and the possibilities of online meetings via "zoom" and "Skype".





Workshop CO2

In the "CO2 workshop", the participants had fun learning what parts a CO2 traffic light consists of and how to assemble them. With the help of the ready-made CO2 traffic lights provided, they were able to practise putting together the associated programmes using the ArduBlock software and transferring them to the devices, which led to a joyful sense of achievement. After all, creativity is required for the design of the CO2 traffic light. In parallel, a CO2 traffic light ran in the room during the entire meeting, which, by changing from green to yellow, indicated every now and then that it needed to be aired out. This helped to maintain a healthy atmosphere. The workshop is published in English on Trello so that partners can offer it in their own organisations if they are interested.



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.

Impressum: [Senioren-Lernen-Online GbR](#)
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