

DEVELOPMENT OF 7 E-LEARNING COURSES AND A TOOLBOX

Following the Hackathon, feedback collected from stakeholders and the learning activity, this Project Results (PR) developed 7 e-learning in English as well as a toolbox with guidelines, and cost-effect evaluations for a European network of online platforms offering distance learning courses for citizens 60+. This Project Result was co-led by Sveučiliste U Splitu and Universitat Zurich.

Toolbox for setting up community-oriented distance learning

[DOWNLOAD HERE](#)

In April 2024 the e-learning courses have been launched on the platform WiseLearn. Interested learners 60+ can register here.

Expected impact:

The results produce a high impact given their adaptability to the diversity of European populations 60+ and their relevance for many Higher Education Institutions (HEI) aspiring to build a complementary learning infrastructure for Europeans aged 60+. The toolbox and guidance can be used to calculate costs, resources, and effects of tailored online learning platforms and are of immediate interest to any HEI desiring to consolidate or revamp their offer in Third-Age Education or to launch themselves in this field. They are bound to retain the attention of Higher Education authorities, HE organizations and Foundations, as well as local, regional, national and European authorities.

Transferability potential:

The PR's transferability potential is high. The e-learning courses, toolbox and its related reports are available in open access mode for all interested HEIs willing to offer e-learning to their senior communities and to senior citizens themselves. The toolbox permits developers to create and adjust local solutions compatible with online learning platforms for citizens 60+ and to add value by facilitating virtual student exchange and

sharing of e-learning material, while maintaining the context-specificity of the implications and communities reached.

Catalogue of European Online Courses for 60+

keyboard_arrow_down Czech Republic

> **University of Life Sciences Prague**

Course content (Topics) : Variety of topics

> **Czech Technical University in Prague**

Course content (Topics) :

- IT course ("Tablets practically")
- IT course ("Useful applications for the computer")

> **Masaryk University**

Course content (Topics) : Health course ("Memory training")

> **Mendel University in Brno**

Course content (Topics) :

- Permaculture garden
- Meat production

> **University of Ostrava**

Course content (Topics) :

- IT course (Online services on the Internet)
- IT/political science course (State administration, local government and public institutions on the Internet)
- Historical course (Rome and its architecture - from the founding of the city to the 20th century)
- Cultural course (Selected chapters from the culture of the Spanish-speaking world)
- IT course (Computer basics)
- Viva V.E.R.D.I.
- Variety of topics

> **Charles University**

Course content (Topics) :

- Religious orders and congregations
- Biology read for the second time

- German Language course

> **University of West Bohemia**

Course content (Topics) :

- Cognitive training for the third age
- Czechoslovakia in the first half of the 20th century or not only about aviation - a continuing field
- Egyptology
- What happens in the body during the year
- Famous documents of world history
- Astronomy step by step

> **Life 90**

Course content (Topics) :

- Language courses (English, German, Spain, Polish)
- Variety of topics

> **Regions for safe web**

Course content (Topics) :

- Safety on the internet
- Internet close up

> **eská spoitelna**

Course content (Topics) :

- Modern technology
- Modern technology, web safety

> **CZ.NIC**

Course content (Topics) :

- How to master internet

> **Czech Photo**

Course content (Topics) :

- Photography
- Digital learning

keyboard_arrow_down France

> **Franceinfo senior**

Course content (Topics) : Podcasts on a variety of topics

> Grenoble Alps University

Course content (Topics) : Sports, walking, wellness, active ageing, ICT-skills, social inclusion

> E-SENIORS

Course content (Topics) :

- Sleeping, healthy lifestyle, wellbeing, active ageing, ICT-skills
- Dancing, Salsa, sports, wellness, active ageing, ICT-skills, social inclusion

keyboard_arrow_down Croatia

> Binocular teatar

Course content (Topics) : Variety of topics

> Third Age University, Zagreb

Course content (Topics) : Variety of topics

keyboard_arrow_down Hungary

> University of Milton Friedman

Course content (Topics) : Variety of topics

> Újbuda 60+

Course content (Topics) : Variety of topics

> Semmelweis University

Course content (Topics) : Variety of topics

> Civilút

Course content (Topics) : Variety of topics

> Community center of Dabas

Course content (Topics) : Variety of topics

keyboard_arrow_down Latvia

> University of Latvia Senior Club

Course content (Topics) :

- Health course "Heart. Are heart diseases dangerous?"
- Multimedia course "Sitting on the doorstep fairy tale"
- Language course (English for the Seniors)
- Health course: Trends in gastroenterology
- Environmental course: Climate change

- Cognitive training: Critical thinking
- Different cultures: Indian Art of Living

> **Zemgale Region Human Resource and Competence Development Centre**

Course content (Topics) :

- School of leisurely life: Language study - Speak English with pleasure!
- School of leisurely life: Language study - Speak German with pleasure!
- School of leisurely life: Study of the joy of life - The different "faces" of vitality
- School of leisurely life - Photo workshop
- Emotional health 54+
- Emotional health 65+
- School of leisurely life - Speak German and get inspired
- School of leisurely life - Life Force workshop
- School of leisurely life - Color the world
- School of leisurely living - Master of Gifts
- School of leisurely life - Internet and e-mail use
- School of leisurely life - Social media for daily communication
- School of leisurely life - Creating text documents

> **RIGA ACTIVE SENIORS ALLIANCE**

Course content (Topics) :

- Foreign language school: English, French, German, Russian
- IT course: digital skills for seniors
- Contact exchanges of grandmothers

> **Learning Center MBR**

Course content (Topics) : IT course: computer skills for seniors

keyboard_arrow_down Portugal

> **Online Senior Academy**

Course content (Topics) : Arts, sports, languages, literature, informatics, communication

> **Senior ON University**

Course content (Topics) : Sports, cooking, informatics

> **Sintra Senior University**

Course content (Topics) : Environment: renewables and economic sustainability

> **Senior University of Manique**

Course content (Topics) : Informatics, English, Italian, French, sciences, history, arts, sports, workshops

> **Universidade Sénior de Campo de Ourique – Lisboa**

Course content (Topics) : English, French, Spanish, IT, history, arts, sports

> **Academia Rutis Lisboa**

Course content (Topics) : Informatics, languages, sciences, history, arts, sports

> **Almada Senior University**

Course content (Topics) : Language, informatics, video

> **Setubal Senior University**

Course content (Topics) : Health, languages, arts

> **Universidade Sénior dos SSCML**

Course content (Topics) : Science

> **Funchal Senior University**

Course content (Topics) : Sports, health

> **Gouveia Municipality**

Course content (Topics) : Sports

> **Seniorvirtual - RUTIS**

SCourse content (Topics) : Arts, civil, history, economics, literature, physical activity, philosophy, informatics

> **INSTITUTO POLITÉCNICO DE VIANA DE CASTELO**

Course content (Topics) : Culture, science, health and arts

> **Universidade Senior Contemporanea**

Course content (Topics) : History, informatics, languages, soft skills, patrimony

> **Universidade Senior São João da Cruz**

Course content (Topics) : Arts, sports, science, health, economics, history, languages

> **University of Azores**

Course content (Topics) : history, biology, science, heritage

Workshops: poetry, choir, photograph, drama

> Nova Atena

Course content (Topics) : Arts, sports, science, informatics, economics, history, languages

> Universidade Senior da Moita

Course content (Topics) : Music, arts, sports

keyboard_arrow_down Switzerland

> Collegium 60plus

Course content (Topics) : Seniors learn from seniors / Spanish conversation course

> Pisourd

Course content (Topics) : Videos for 50+ in sign language about aging

> Computeria Solothurn

Course content (Topics) : IT issues and social gathering

> Computeria Ostschweiz

Course content (Topics) : Online IT Workshops, IT courses on site

> Education for aging and old people of Geneva

Course content (Topics) : Health, living, provision, care...

> The generation tandem

Course content (Topics) : IT-course, regular discussion tables, intergenerational topics

> University of Berne

Course content (Topics) : Variety of topics

> University of Lucerne

Course content (Topics) : Variety of topics

> University of Geneva

Course content (Topics) : Variety of topics

> University of Zurich

Course content (Topics) : Variety of topics

> University of Neuchâtel

Course content (Topics) : Variety of topics

> ATTE Associazione Ticinese Terza Età - UNI3

Course content (Topics) : Variety of topics

> Canton Vaud - Knowledge Third

Course content (Topics) : Variety of topics

> University of Basel

Course content (Topics) : Variety of topics

> Senior Bern

Course content (Topics) : IT courses, leisure activities

> People's University Zurich

Course content (Topics) : Variety of topics

> Pro Senectute

Course content (Topics) : Language, sports, private benefit plan, mental health, IT

> Swiss Federal Railway & Pro Senectute & Swisscom Academy

Course content (Topics) : How to buy a ticket with the app?

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