

Model activating people 50+ considering their mentality, social-political conditions as well as educational barriers existing in the specific social-economic surrounding

Stage I

Diagnosis and analysis of the problem – Research based on the questionnaire of needs of people 50+

Stage II

Implementation – suggesting solution

Questionnaire of people 50+'s needs

Ladies and gentlemen, this questionnaire was prepared by the National Association for the Support of Entrepreneurship in order to define the needs of inhabitants aged 50+

1. Sex

Female

Male

2. Status at the labour market

employed

unemployed

pensioner

3. Place of living

country

town

4. Forms of spending free time:

sports

University of the Third Age

House of Day Stay

5. The most suitable for you form of education:



self-studying

short courses and trainings

University of the Third Age

6. Barriers preventing from taking up social activities

long distance from institutions of culture and clubs

lack of time

limited finance

lack of willingness to take up an activity

lack of information about initiatives in your community / town

health condition

5. Skills which you would like to possess or improve

foreign language

computer and Internet skills

artistic skills

literature / reading books

health

group trips

sports activities

6. New technology skills which you would like to improve

how to use electronic mail (email) and search for information

how to access government applications (e.g. ePUAP, ZUSPue, bank etc.)

how to use social media sites (Skype, YouTube, Facebook etc.)

safe on-line shopping or booking (e.g. reservation of a hotel room etc.)

access to internet courses

Computer Skills Improving Courses for People 50+

Courses are aimed at people 50+ who have minimum or no skills in the field of computer operation or Internet navigation and would like to obtain such skills at elementary level.

I. How to use electronic mail (e-mail) / search for information on internet websites

Course aim: Obtaining skills in the field of basic computer navigation.

Duration – 2 clock hours

Course programme

1. Creating e-mail.
2. Browsing internet sites, culinary blogs, information pages, weather forecasts etc.

Place: Końskie, 2A Staszica Street

II. Access to government applications (e.g. ePUAP, ZUSPue, bank etc.)

Course aim: Obtaining skills in use of government applications .

Duration – 2 clock hours

Course programme

1. Creating accounts at government applications
2. Navigating government applications
3. Internet banking
4. Internet security

Place: Końskie, 2A Staszica Street

III. Using social medias (Skype, YuoTube, Facebook etc.)

Course aim: Obtaining skills in Internet navigation.

Duration – 2 clock hours

Course programme

1. Creating accounts at social media sites
2. Ability to use social media sites

Place: Końskie, 2A Staszica Street

IV. Safe Internet shopping / on-line booking (e.g. a hotel room reservation)

Course aim: Obtaining skills in Internet navigation.

Duration – 2 clock hours

Course programme

1. Rules of safe internet shopping. Ability to create accounts.
2. Getting to know hotel platforms and using them.

Place: Końskie, 2A Staszica Street

V. Access to on-line courses

Course aim: Obtaining skills in basic computer operation.

Duration – 2 clock hours

Course programme

1. Ability to search for on-line courses
2. On-line registration

Place: Końskie, 2A Staszica Street



Standard of computer / Internet courses for a group of people aged over fifty*.

Present profits given by new technology:

- It is essential to show that technology can be used in everyday life
- Training should be held gradually in pleasant conditions
- Persuade the listeners that click does not break the device
- Make sure that a person has written down / remembered programme login and password
- Pay attention to the safety on the net

Steps which should be taken while working with people 50+:

- Be a patient trainer
- Concentrate on steps one by one. Revise. Discuss everything in sequence
- Present benefits of things being done and goals which can be achieved
- Patience is the key
- Try to find a way of learning which is appropriate for a particular person

Additional information:

- Materials should be printed using a bigger font
- Longer breaks should be taken

* To be used while organizing courses for people 50+