

Newsletter nr 4  
August 2022

### MobilEducation organized the fourth international meeting in Visby Gotland 29th August - 1st September 2022

MobilEducation, <https://mobileducation.se/> is a non-profit organization, founded in 2013 and now located in Hemse on Gotland. The organization offers learning-, teaching- and training activities for seniors and cooperating with SeniorNet Sweden in creating a portal for good practices and training materials for seniors. <https://seniornetstudera.se/>.



Visby, the old town with a heritage of Vikings and Hansa trading, was the meeting place. We started with a guided visit to “Fornsälen” – the Historical Museum of Gotland. Our excellent guide, Kathleen Gow Sjöblom, led us through from the hedgehog girl from the Stone Age, with remains not found elsewhere in the world, Viking Age silver hoards, church sculptures, medieval armor from the Danish invasion in 1361 and much, much more.



After the visit in Fornsälen our guide took us through the old town into DBW:s Botanical Garden, <https://visbybotan.se/#>. In Visby, with its location inside the wall and with a protective tree curtain, it can house many plants that otherwise do not thrive in Sweden. The Botanical Garden is located along the beach, north of Almedalen, in Sweden a famous open place where politician's and media meet in a great event every year. On the way we passed “Skogränd” and “Fiskargränd”, where in summertime people are greeted by all the blooming roses outside the idyllic houses. The tour ended by climbing up to the Helge And's ruin to admire the panoramic view.

**Supporting seniors on Gotland by SKPF, a municipal pensioners' association,** <https://www.skpf.se/> and Region Gotland, <https://gotland.se/senior>



**Margareta Palmedal**, the chairman of the local club of SKPF Pensionärerna on Gotland, welcomed us and presented the activities that their club offers to the members. They have almost 1,200 members and a local board. SKPF is an open and non-profit organization, religiously and politically free. The activity plan for 2022 consists of study visits, bus excursions on Gotland, guided walks, hiking, digital cafés and so called “pals tables” where seniors can meet their friends, talk and take a cup of coffee.

Region Gotland, the municipality, cooperates with SKPF by organizing digital cafés, Kick Off - happenings and a 12 week-course in

September. Seniors have a possibility to borrow a tablet from the libraries and libraries are also responsible to offer free IT-support. There are still many seniors who do not feel comfortable with the digitization in our society on Gotland.

**Supporting seniors by SeniorNet Sweden,**  
<https://seniornet.se/>  
**Terttu Bohlin from Örebro's local SeniorNet club presented SeniorNet Sweden**



SeniorNet is a non-profit national association, founded in 1997 by a group of enthusiastic computer and internet users. Associations with education for seniors (55+) began to be formed almost at once. First up was SeniorNet Lidingö in the Stockholm area.

SeniorNet Sweden has about 6 300 members, distributed among 40 local clubs across the country. The main idea is that seniors teach seniors to use digital technology. The purpose is to support seniors to be secure on the internet and explore the possibilities of the internet.

Each local club has a non-profit board who plans their own local program of study circles and more activities for seniors to meet. Some of the clubs have their own computer room, others cooperate with municipalities, schools, or study associations.

There are no stupid questions, and SeniorNet Sweden's ambition is to make seniors feel comfortable and valuable. The national network of dedicated volunteers contributes every day to increase seniors' knowledge of

ICT-technology. They give IT-support, practical support, and relevant training from basics to more advanced level at a very low cost. The study circles are adapted to speed and content for a senior so everyone can keep on learning. The circles vary depending on demand. As a member, you get access, free of charge, to all SeniorNet training courses on the internet. Members have discounts on support, magazines, training, and security programs. For those with minor disabilities, there is help and advice on how to adapt their device. In this network seniors help each other to become more and more digital.

The pandemic forced many elderly people into a long and stressful quarantine. SeniorNet Sweden broke that isolation to learn how to safely use your device or meet in digital platforms such as Zoom, Teams etc.

#### **Partner presentations**

**Surfing art - visiting art exhibitions online in Germany**

**Barbara Leisner from Senioren-Lernen-Online,** <https://senioren-lernen-online.de/>



Association Senioren-Lernen-Online, has offered virtual visits to exhibitions, museums, and heritage sites, since 2007. Online visitors can view art and exchange ideas about it, alone, but also virtually together. Everyone participates with her/his own device at home, at a certain date e.g. every last Wednesday of the month, during a one-hour session.

The participants need a computer or a laptop. You can also use a tablet or a smartphone, but a computer is better. You need a program for



video communication and to chat on the internet. Screensharing can also be helpful. An equipment like a microphone or headset are good to have as well. Participants need a camera if you want to use video.



For preparing a visit to an exhibition or a museum, you need to do research on the Internet and find current exhibitions in interesting museums. An easy way is to start by going to the link:

<https://artsandculture.google.com>

and select a theme according to your own interest. Select 10–15 works on this theme if possible. Then you look at the picture and start to discuss and change opinions.

Some useful links to dissemination and participation:

- <https://kunstsurfen.blogspot.com/>
- <https://senioren-lernen-online.de/angebote/kunst/>
- <https://www.facebook.com/groups/166599693395485>
- <https://twitter.com/LeisnerBarbara>

**Painting activities from Poland**  
**Ela Priwieziencew from “Social Ecological Institute”,** <https://sie.org.pl/>

“Social Ecological Institute” (SIE) is a non-profit organization, founded in 1990. It leads and supports ecological initiatives in Poland. “SIE” has been working for seniors for many years. Today they are cooperating with Senior University in Wawer, which is a non-profit association financially supported by the state. The first Senior University in Poland was founded in 1975. These organizations offer

places where people can meet, discuss, and learn etc.

The mission is: to keep seniors in good intellectual and social condition by creating opportunities for lifelong learning, to prevent isolation and marginalization, to promote ecological activities and healthy lifestyle and to encourage participation in culture and to learn about cultural heritage.

Many elderly people stay at home for the Summer and in this scenario, all contacts with other elderly are very important. Meetings in the senior groups give a lot of joy to everyone. One of the activities “Seniors University” organizes in painting. There are 31 people in the painting group, 30 ladies and one gentleman. Painting classes and workshops are conducted once a week by a professional painter. Due to the pandemic, most of the meetings were online and that required knowledge of how to use ICT.



To communicate quickly, the mentor sets up a group called "Metaphysical Green" on WhatsApp, but also Facebook, YouTube, Zoom were used for discussions and lectures. All members agreed that the open-air painting must continue - every September they have a 10-day trip to the countryside, even during the pandemic. You can watch a short film recorded by seniors from the painting group

<https://youtu.be/nXEP0w61cYU>.

Facebook is an important source of information for seniors. As they say – thanks to it we know what is happening in our district. Does anyone need help in the garden or at home? Or maybe help in public places is needed. Seniors – members of the seniors University – made an appointment via Facebook to meet in Helenow Park to pick up withered leaves on the rhododendrons. Thanks to it, next year, there will be many more flowers. Helenów is a place where rehabilitation of disabled children is carried out. It is important to help people in a difficult situation, even if it is only helping to clean up the park where the children play. It can be done in a different way. After announcing a fundraiser for the treatment of sick boy Frank, the painting group put the paintings up for auction.



By using ICT tools seniors were able to quickly organize help for refugees from Ukraine. A group of 30 seniors spent 3 weeks preparing sandwiches for people arriving at the Warsaw Central Station from Ukraine. 1, 000 pieces each day. The initiative was supported by the District Office, which helped to organize the products and shops that donated the products.

### Digital nature trails in Finland

**Kari Kotiranta from Tiedetila,** <http://www.tiedetila.fi/> showed us how to create digital nature trails and what is needed in creating them. There are four necessary elements: nature trail, mark terrain and digital labels, suitable applications, websites, where the information about the nature trail can be saved and testing the nature trail.



One example of nature trails is “Purola” nature trail. In the beginning of the trail, there are normal signs indicating the beginning of the trail, and along the trail there are markings about the direction of the trail.

When you search for suitable applications, programs, or maps in Finland, you will find the National Land Survey of Finland maintains atlases that are freely viewable terrain maps. Planning a nature route based on these maps succeeds well. Google Maps provides a good general map.

In addition to the map, the nature trail must be marked on the terrain. In the beginning of the trail, there must be a sign that clearly guides to the trail, and the marks along the trail must be clearly visible. Pihlajavesi uses stylized rowan berry bunches in signposts for terrain marks. Digital signs and information require a QR code creation application, a QR reading application and a website - for example, Google's application. If necessary, place marks can also be placed on the Google map.

You need to create QR codes and websites. Google Tools are an easy way to create websites. Kari gave us detailed instructions on how to handle QR codes and how to create websites with Google Sites.





## Shaping possibilities for seniors' lifelong learning under the flag of Erasmus project "Why not culture and creativity for seniors?"

**Suzanne Branner**

During 2021 we were bored and needed new challenges because of Covid -19 isolation. We created a group of seniors from different clubs of SeniorNet Sweden. The name of our group was "SeniorNet Sweden travels to Digitalia". The members in this group started discussing online and planning new activities, and they looked for new ideas and inspiration on the internet. Online meetings in this group had focus on helping seniors to become more digital and be inspired by culture and creativity. The idea of "Why not culture and creativity for seniors", was born.

The rapid pace of digitalization provides many smarter and more efficient ways of interacting in society, but also leads to the exclusion of senior citizens. Many seniors in Sweden lack digital survival skills. The Swedish Department of Infrastructure wanted to speed up digital training for seniors. We applied for 2 million SEK and we were granted 1,5 million SEK for creating a website for educating- and training-materials. The department set only one requirement; we must create the website during 2021.

We did research and found several organizations that had already created different educating- and training- materials and we contacted them all for collaboration. The next step was to create a portal to present all videos and study materials. Our study portal project "seniornetstuderar.se" brings together many of SeniorNet Sweden clubs, other senior organizations, and authorities in Sweden.

### In Sweden many were ready to help...



We found that several organizations already had made different videos. We contacted them all to collaborate.

The next step was to build a portal to present all videos and study materials.

The Swedish radio news said Swedish Department of Infrastructure had to speed up the digital learning for seniors. I e-mailed them and got immediate response. They asked for an application. We wanted 2 million SEK and got 1,5. On terms to finish during 2021. We had to be quick...

The website is very easy to use, there is a special guide for those who really do not know how to start. By answering a quiz with three questions the user will get suggestions on how to start.

The six themes in six different colors inspired by the EU Wheel of Competence: Information and basics, Communication and collaboration, Shape content, Security, Problem solving and Digitalics/ICT words and concepts. There is a filter function showing the options of each three steps of choices: Theme, Level of knowledge and Unit.

**Mikael Balte** in SeniorNet Sweden's local club Sollentuna helps seniors who are lost in the ICT landscape. The municipality of Sollentuna supports the activities financially.

See how some of the seniors are thinking in Sollentuna.

"I always get something useful from these sessions", says Gun Östlund.

"We don't need our computers to play, only to pay our bills" says Eva Eriksson.

"Don't forget to update", Mikael uses to remind when he is helping them. Seniors have so much to gain to learn using the digital techniques.



**Creative writing online for seniors (Writing-your-life), <https://skrivarklivet.se/>**

**Suzanne Branner**

The concept consists of both online meetings and course letters by email. Each course letter gives the participant time for individual reflection, and basic tools of writing through the exercises. The digital competence gives

the participants the opportunity to share possibilities of their own material through social media. Writing can be used as a form of therapy; creative writing courses can give the participant a new meaning in her/his life. Creative writing therapy helps the individual to put words to bad happenings in her/his life.

Seniors quit their jobs, but they still do not feel like stopping living. Writing can give them new meaning to wake up and cope with the new 'after work life'.



**Creating photo books online with Canva,**  
<https://www.canva.com/>

#### **Kima George**

presented how to create photo books with the publishing tool CANVA.

Canva is a free publishing software that allows you to create a lot of different products. She had made a short tutorial about how to start creating photo books online and she even showed 2 of her own photo books.

Here is some tips & tricks

1. Turn old, printed photos into digital? First, I had to turn them into digital by taking photos of them or scanning them.
2. Many photos over a long time? The next thing that took extra time for me was that I chose to create photo books that span over a long time.
3. Catching up with memories? The third thing to consider was all memories that came up in connection with this, so plan your time!



**Writing text to your own family photos**  
**An easy way for beginners to start writing**

**Helinä Hirvasoja** has a group of Finnish speaking seniors in Södertälje. They meet twice a month and work with the writing activity, "Write text to your family photos". Each senior of the group starts by scanning some of his/her own family photos and writing a short text to these photos. Seniors in her group are beginners and they use their own smartphones and MS Word as a text tool.

