



PROJECT ERASMUS+ KA104
TICTac+55 - BLENDED ICT LEARNING TECHNIQUES FOR OVER-55s

„Implementing technological tools for improving learning outcomes for seniors“

Course is realized by
Comenius University in Bratislava Slovakia, Centre for Continuing Education

7th - 11th May 2018



Coordinating Organisation: Universidad de Málaga, Spain

Participating Organizations

- Universidad de Alicante, España
- Fundación Universidad de A Coruña, España
- Universidad de Salamanca, España
- Universidad Jaume I de Castellón, España
- Univerzita Komenského v Bratislave, Slovakia

Objectives of the project course

Training programme in ICTs focuses on improvement of learning techniques; enhancement of programme contents; promotion of basic skills (digital, social, creativity, foreign languages, ...); and reinforcement of the international projection of the participating institutions.

Content of the project course

An initial aim of this project is to take part and collaborate in these lines, where initiatives oriented towards improved quality of life and responsible citizenship within an ageing population and the fight against the digital divide acquire great relevance.

Inside this overall environment, the project course focuses on the need to train and guide the teaching staff for the elderly towards training of digital skills besides, exchange of information and experience teaching of seniors. Therefore the course revolves around the methodology, learning techniques and personal training towards the improvement of the teachers' competences in order to encourage and empower their older adult students using ICT in daily life.

The research results from the previous Erasmus+ and Grundtvig projects will be used and discussed by the participants for their utilisation and application to the reality in teaching of the elderly. Best practices collected from all over Europe can be used as examples for the comparison of the applied methodology.

Project course supports enlargement of the knowledge in the part of learning the elderly in the University environment not only in Slovakia but all over Europe by presenting different University Programmes for Seniors. Besides that the course serves to exchange of best practices and increasing of staff skills.

Meeting places / Venue of the course

- Centre for Continuing Education, Comenius University in Bratislava, Odbojarov 10/a, 821 04 Bratislava, Slovakia
- Institute for LLL at the Slovak Technical University in Bratislava, Vazovova 5, Bratislava

Monday 7th May 2018

**Centre for Continuing Education, Comenius University, Odbojarov 10/a,
Bratislava 9h00 - 15h00**

9h00 - Meeting of the participants, Hotel Set

9h15 - Welcome meeting, Director of the Centre for Continuing education, Comenius University

9h30 - Programme of the Course Erasmus+, presentation, discussion (Dr. N. Hrapkova, head of UTA)

10h00 - Universities of the Third Age in Slovakia, history, creation and content of the programmes, National Association of UTA in Slovakia, website (Dr. N. Hrapkova,)

- National politics - National programme for active ageing, Learning system for the elderly, Intergenerational programmes - research, discussion (Dr. N. Hrapkova,)

- Methodology of learning - motivation for study, barriers, etc. - research realised in the European background according to the project Erasmus+ Educational Senior Network

11h30 Lunch: Mensa

12h30 - UTA of Comenius University - study system, creation of the programmes, forms and methods, ICT courses - yearly and short courses, links to the faculties, study documents (Dr. Hrapkova)

13h00 - ICT skills: Hardware, Software, Processing data, Communication: (Dipl. Ing. M. Babinsky)

- Use of ICT as an organic part of active ageing and understanding (and solidarity) between generations in modern industrial societies - Introduction
- Specific needs of different ICT senior student groups, their involvement, interests and limitations
- Promote seniors' access, identifying and removing barriers, generating services, knowledge, skills and benefits

18h30 Dinner: Hotel Set

Tuesday 8th May 2018
Centre for Continuing Education, Comenius University, Odbojarov 10/a,
Bratislava 9h00 - 15h00

9h00 - Meeting of the participants, Hotel Set

9h15 - ICT skills: Hardware, Software, Processing data, Communication (Dipl. Ing. M. Babinsky)

Further focus divided into groups related to 3 target groups:

- home (general) users (beginners),
- everyday users (graduates from tech. unis, employed, worked with computers),
- retired ICT professionals,
- Informative and study materials, using web and social networks;
- Avoid mistakes, misunderstandings to create competency profile of a perfect ICT lecturer for seniors;

11h00 - Discussion

Lunch: Italian Restaurant Pioppo

13h00 - Methodology of teaching in examples (Dipl. Ing. M. Babinsky) - meta-teaching - examples of teaching, study materials, live teaching and its reflection on following topics:

- Hardware, peripheries of computers, tablets, mobile phones and other ICT equipment, buying and using equipment
- Operating systems, file management, running software and applications
- Accounts, Privileges, User types, Responsibilities, Security, Privacy, System administrative tools,
- Internet, browsers, web pages
- Internet communication,
- Online services, apps, cloud services

17h00 Sightseeing of Bratislava historical centre



Dinner: Plzen restaurant “Prazdroj”, Mostová 8 / street, Bratislava

Wednesday 9th May 2018
Centre for Continuing Education, Comenius University, Odbojarov 10/a,
Bratislava

9h00 - 12h00

Methodology of teaching in examples (Dipl. Ing. M. Babinsky) - meta-teaching - examples of teaching, study materials, live teaching and its reflection on following topics:

- Office apps, offline / online apps, PDF format, download / upload, creating web pages, blogs etc.
- Using multimedia
- Digital photography
- Sound, formats, conversion
- Video, formats, filming and cutting,
- Installation, administration, maintenance, back-up, troubleshooting and networks
- Special software usage (design, drawing etc.)
- Entertainment (music, radios, TV, video), fun and games
- Perfect U3A and its ICT equipment (include of support of BYOD - Bring Your Own Device)
- New and future technologies

12h00 - Lunch

14h00 - 15h00

Slovak Technical University: Digital photography for the senior students - Job shadowing

19h00 Dinner in the city centre

Thursday 10th May 2018
9h30 - 15h00

9h00 Bus tour: **Gallery Danubiana**
 Bratislava Castle
 Parliament

Lunch

Good practices from the senior courses:

-Slovak Technical University in Bratislava: ICT course for the senior students



-Centre for Continuing Education of Comenius University:

14h00 Round tables - examinations of the senior students (Good practices)

Friday 11th May 2018
Comenius University in Bratislava
9h00 - 15h00

9h15 Centre for Continuing Education

Marketing at the UTA, presentation,
discussion

Evaluation of the Course, Feedback from
participants and trainers, Course certificates

**11h00 Comenius University - visit of the
Ceremony**

hall and Hall of the rectors

Lunch

13h30 ICT senior course -examinations (Good
practices)

Final words

Saturday 12th May 2018
DEPARTURE

Accommodation for the participants

Hotel Set, Kalinčiakova 29, 831 03 Bratislava, Slovakia, <http://www.hotelset.sk/-rooms>

Single room: 49 Eur / 1night / 1 person

City tax: 1,70 Eur

Breakfast: 10 Eur

Travel information

1. Possibility:

Flights to Vienna (Austria) and at the Vienna airport Schwechat please take **bus to Bratislava**. Transport takes about 50 minutes. Buses are from the companies:

Slovaklines: <https://online.slovaklines.sk/lineresults.aspx>

You can buy ticket in advance via email.

Take ticket to the Bratislava Bus station - which is the last stop called "Bratislava, AS".

From there you can take the trolleybus number 205 to the Ice hockey stadium - stop called "Zimny stadion". The hotel SET is behind the Stadium and behind the hotel Double tree.

Regiojet: <https://www.regiojet.com/timetables-and-stops/timetables/index.html?timetableId=3817007001>

Take ticket to the Bratislava Bus station - stop called "Bratislava, Autobusová stanica Nivy". It is the same as for the Slovak lines bus.

From there you can take the trolleybus number 205 to the Ice hockey stadium - stop called "Zimny stadion". The hotel SET is behind the Stadium and behind the hotel Double tree.

Flixbus: https://www.flixbus.co.uk/bus-routes/vienna-bratislava?wt_eid=2152079480296041438&wt_t=1521140641401&_ga=2.13581488.620090655.1521140634-1855600877.1497473546

Take ticket to the Bratislava airport. From the Bratislava airport take the public transport bus number 61, 63 to the Ice hockey stadium - bus stop called "Zimny stadion" - The hotel SET is behind the Stadium and behind the hotel Double tree.

Tickets are possible to buy via internet, or in a bus - the price is around 5 - 8 Eur

2. Possibility:

Flights to Bratislava airport from Girona

From the Bratislava airport take the public transport bus number 61, 63 to the Ice hockey stadium - bus stop called "Zimny stadion" - The hotel SET is behind the Stadium and behind the hotel Double tree.

For the all recommended lines of the **public transport tickets with duration of 30 minutes are enough**. Tickets for the public transport you can buy in a machine or in a Newspaper shop at the bus stop.

Public transport ticket costs 0,90 Eur for 30 minutes

Kontakt person: Dr. Nadezda Hrapkova, handy +421 911 233 758

Email : Nadezda.Hrapkova@gmail.com

City map with public transport routes:



1 = Hotel SET, Kalinciakova street

2 = Centre for continuing education, Odbojarov 10/a street

3 = Institute for LLL, Slovak Technical University, Vazovova 5 / street

4 = Comenius University, Rector Office, main building, Šafárikovo námestie/Štúrova ulica/ street

5 = Bus station AS Nivy - stop for Bus company Slovak lines, Regiojet from the Airport Schwechat,

Vienna

ViennaSchwechat

6 = direction to the Bratislava airport, final stop of Flixbus bus from Airport Schwechat Vienna

7 = Primate's Palace, historical centre

