

CLOSING OF THE CATCHING UP WITH DIGITAL SPACE PROJECT

BY AS

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Erasmus+

Cesta-Rozvoje.cz, a non-profit organization dedicated to lifelong learning and education, has successfully completed Erasmus+ project, "Catching up with digital space", where the Association EPEKA Soc. Ent., also cooperated.

The project aimed to empower seniors aged 50 years and above to navigate the digital landscape safely and with confidence.

The project developed innovative methodologies and tools specifically tailored for seniors, recognizing the increasing threat of disinformation in the digital space. Through focus groups and needs analysis, the project team gained a deep understanding of the challenges faced by seniors regarding disinformation and digitalization.

During the project we created a comprehensive methodology booklet designed to empower seniors with the skills needed to navigate the digital landscape safely. The booklet serves as a practical guide for educators, organizations, and seniors themselves, offering a step-by-step approach to building digital resilience.

The methodologies have been tested with the more than 300 seniors, that actively participated in our local activities. These hands-on experiences not only enriched the learning process for seniors but also allowed us to fine-tune our approach based on real-world feedback.

With the booklet we have created a valuable resource that will empower seniors to navigate the digital world with confidence, resilience, and a keen understanding of the world around them for years to come.

The methodology booklet is available for download [here](#).

Gallery



The project has been funded by the European Union through Erasmus+ Program.

The Erasmus+ program is a European Union program that supports education, training, youth, and sport across Europe. The program aims to help people develop the skills and knowledge they need to succeed in the globalized world.



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