

Leveraging Digital Competences
Senior Women - LIST

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e-Newsletter No.2

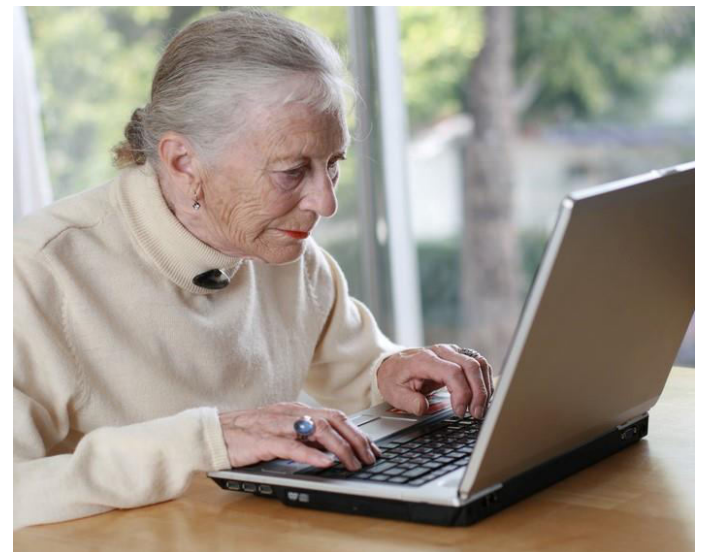
LIST Project Newsletter

TRAINING CURRICULUM FOR ADVANCING SENIOR WOMEN'S DIGITAL SKILLS IS READY. COURSES TO START SOON

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Welcome to the second issue of the LIST Newsletter where you will find:

- 1) Insights from the LIST Report "ICT learning needs of women aged 50+"
- 2) LIST training curriculum
- 3) Brief update about LIST project ongoing activities
- 4) News, events, resources

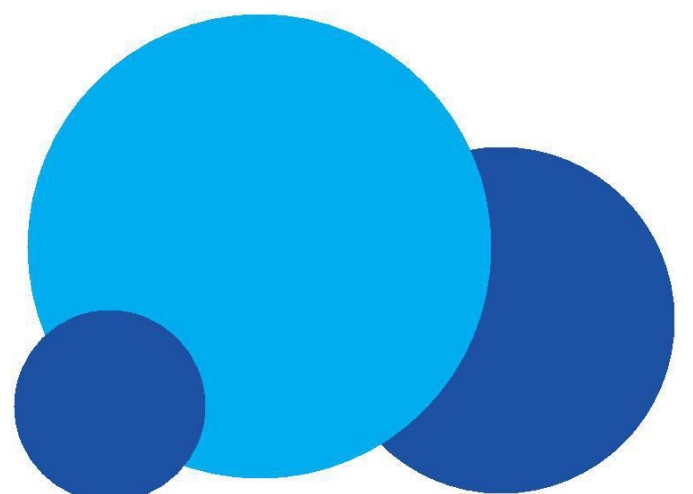
The rapid ageing of the population in Europe and the risk of a growing digital and quality of life gap between generations is a great challenge in Europe and beyond. Since 2012, the European Year for Active Ageing and Solidarity between Generations, the EU contributes to and supports intergenerational learning and active ageing through the development and use of digital skills.

LIST is a Lifelong Learning Programme project, involving partners from 6 countries (Austria, Greece, Norway, Poland, Sweden, United Kingdom) running from November 2013 to October 2015, aiming at supporting **senior women's inclusion in the knowledge society by closing the gender & age digital divides**. Senior women will be offered learning opportunities to improve their digital skills supported by qualified ICT teachers and young students trained as tutors.

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**IN SOME EU
COUNTRIES OVER 50%
OF THE
POPULATION HAS STILL
NEVER USED THE
INTERNET**



LIST Report “ICT Learning needs of women aged 50+”

Co-authored by Yevgeniya Averhed and Denis Riabov from Folkuniversitetet Uppsala, Sweden, the research report was released as the final output of data collection and needs analysis carried out within the LIST project. The main goal of this research action was to build the necessary knowledge base about learning needs of senior women, the beneficiaries of the LIST upcoming training courses in the first half of 2015.

Main research questions were focusing on assessing ICT knowledge levels of the target group as well as the perceived learning needs and the ideal characteristics of an ICT course according to their views. A multilingual questionnaire was distributed in the partner countries and 488 answers collected, the majority of respondents being aged between 56-65, with a secondary education diploma or beyond and 74% of them being economically inactive.

The overall **level of ICT-skills** of the target audience can be described as less than average. Most of the respondents consider their ICT-skills to be fair, and approximately 32% are worried about them being inadequate. Experience with using Internet was judged by 42% of the respondents as fair, while approximately 28% of the interviewees say that they are inexperienced with it.

- *Devices usage.* Although the vast majority of respondents (86%) use ICT- devices at home and 33% of interviewees even always carry their devices with them, very few survey participants feel secure about actual usage of these devices. Laptops and PC are the most used devices.
- *ICT-technologies usage.* Only computer mouse and email received a high self-appraisal score, while scanners, CD burning, webcams are reported to cause difficulties. Web based technologies, such as social networks, blogs, wikis, mobile apps, voice over the internet phone, are unfamiliar areas.

The survey showed that two kinds of **training courses** would be suitable for the target group, and drawing from these inputs LIST training activities will be designed: **courses for using ICT in personal life** and **courses for employment and professional development**. The didactic approach should take different levels of ICT-skills into consideration. Respondents expressed a preference for small groups of 5 to 10 people with the opportunity of exercising either in pairs or individually. **Teaching methods** based on frequent communication between a trainer and trainees, many practical tasks, manuals and presentations are reported to be most welcome. You can download the full report from the [LIST Website](#).



LIST training curriculum

The LIST curriculum for enhancing senior women's e-skills was finalized by the University of Strathclyde based on the outcomes of the knowledge needs explored through the transnational study. The goal will mainly be to provide knowledge, tools and hands on experience basically to support the integration of digital tools and resources into the personal daily life of participating women, while some of the topics in the curriculum will be more suitable for advancing their employability. Training courses will be structured around **3 main areas of knowledge/competences**. The first one includes the ability to **web-search, on line communication and netiquette**. The second is focusing on **on line interaction, social networking websites and digital photography**. An additional expertise area which will be covered is related to **e-safety and digital citizenship** and the last one on **web presence** and creating websites/blogs. Based on the designed curriculum, train the trainers courses are under preparation and 120 trainers and tutors will take part to courses and tutors recruited among students interested or engaged in pedagogical studies

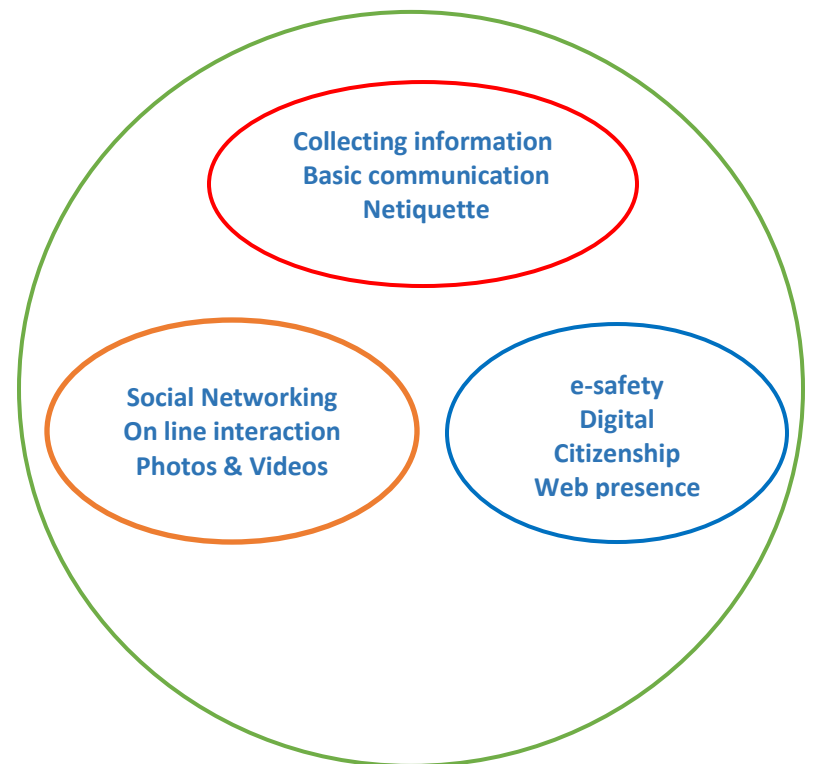
Courses targeting senior women will be delivered in 12 modules of 80 minutes each and for a total of 16 hours, where one tutor will support up to 4 trainees. They will reach out up to 200 participants in 5 countries, the United Kingdom, Sweden, Greece, Poland and Norway.

The full version of the training curriculum is available on the LIST WEBSITE:

http://www.ime.de.gr/ictwomen/?page_id=472



Living and Working in the Digital Age



LIST ongoing and upcoming activities

Dissemination Campaign

First outputs of the LIST dissemination campaign were released and brochures, posters and flyers in 6 languages are now available in paper and digital versions downloadable from the [LIST Website](#). Two other sets of publicity materials are under preparation, one targeting ICT trainers and tutors and the other addressing senior women. Moreover, National Press Conferences will be organized at a later stage by partners to inform the media and relevant stakeholders in all countries involved. This newsletter and the LIST Facebook Page are also part of the LIST project's dissemination campaign.

Train the Trainers curriculum and Young tutors' recruitment

LIST partners are now busy with setting up the national training pilots in Greece, Norway, Poland, Sweden and the UK. Based on the partners' existing expertise and building on the needs' analysis, curricula are being designed aimed at training teachers and tutors. Teachers will be experts in ICT adult learning, while tutors will be selected among students interested or engaged in pedagogical studies. The training curricula will be focusing on gender and generational digital divide as well as on innovative and interactive methodologies enabling them to work with seniors. In total, 120 trainers and tutors will be trained with the LIST's peer to peer quality certified methodology until the first months of 2015.

Digital Skills training sessions for senior women


LIST will offer training courses to at least 200 women in Sweden, Greece, Norway, Poland and the UK, so that they can become familiar with and learn how to use computers as well as mobile devices, and include web based services in their daily routines. Two courses for senior women of sixteen hours each approximately will take place during the first half of 2015.

Final Conference

The Final Conference of the LIST project will take place on 11 September 2015 in Glasgow, coordinated by the University of Strathclyde. More details on this important event will be published as they become available.


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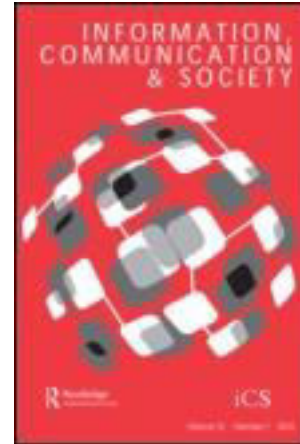
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News, events and resources

Education, age and class continue to create a 'digital divide'

A study analyzing data on more than 47,000 adults from 2002 to 2010 suggested that adults with lower levels of education, those older than 65, and those working in manual jobs, are less likely to use the Internet for banking, purchasing, looking for work or accessing government services. These inequalities continue, despite an increase in Internet access and use during the first decade of the 21st century. The study is published in the journal *Information, Communication and Society*, and co-authored by Dr Patrick White from the University of Leicester and Professor Neil Selwyn of Monash University.



Silversidekick Project

The Silversidekick transnational partnership and LIST share similar goals and have one major partner in common: Folkuniversitetet from Sweden. This project will form a response to the issues of digital exclusion for the older generations throughout Europe by exploiting the specialist knowledge and experience of the partner organizations. It will develop an adult education Train the trainer multi-media resource pack, which will train the Third Age generation who in turn will enable the participation and inclusion in adult education and society by the older people who are being labelled as the Fourth Age generation. Launched in January 2014 it will be rolled out until December 2015 under the coordination of DiversityWorks (UK). The project website is under preparation but it is possible to follow the project already through Twitter @silversidekicks

