



ICT for senior ECOSYNERGY

newsletter no 4

IV partners meeting in Stockholm

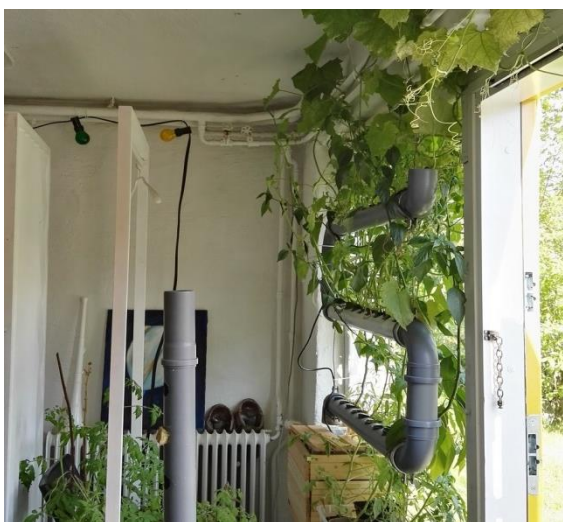
The last meeting in the "ICT for senior ECOSYNERGY" project was held in Stockholm in May 2018. This time it was organized by the Swedish MobilEducation Association, which aims to help seniors in active participation in the digital world, by using smartphones and tablets. The meeting was attended by representatives of the coordinator from the Social Ecological Institute; representatives of the Turkish TROY Environmental and the Center for Adult Education in Austria - SPES Zukunftsakademie. The place of meetings was the Citizens' House (Hägerstensåsens Medborgarhus) in Stockholm.

Houses of this type were built in Sweden in the municipal or private sector, always with the help of the city authorities. The name of the Citizen's House was officially adopted by the Social Democratic government in the early 1940s, when the conditions for public support for various types of public events were established. Conference rooms in Stockholm's Hägerstensåsens Medborgarhus can be used by associations, companies and individuals. This Citizens' House is a spacious building with many conference rooms, where various cultural, entertainment and educational activities are organized. Seniors can play bridge, paint, socialize or learn to use smartphones and tablets. There is also a café and bar. In the first meeting at the Citizens' House, apart from the representatives of the organizations participating in the project, Swedish seniors joined, who benefited from the project activities. The second meeting was entirely devoted to the summary of the project. All organizations presented what they did during its lifetime.

The Swedish Mobicducation Association, the host of the meeting, as part of the project ran courses in information and communication technologies regarding the use of tablets and smartphones in everyday life to communicate or find the information needed, as well as the use of social media (instant messaging, WhatsApp, Facebook, Instagram).

The applications and other tools used by Mobicducation meet the needs of seniors and many of them used the opportunity to learn as part of the project. All the courses enjoyed great interest, including those concerning the basics of programming. We had the opportunity to get acquainted with these high-quality tools and also hear about the Seniors guide for ICT. The representatives of Mobicducation also prepared a publication for seniors facilitating mobility in the world of information and communication technologies.

Project participants visited the headquarters of one of the project's participants - Torbjorn and heard a presentation about hydroponic crops at home. Torbjorn promotes this method, especially in the climatic conditions of Scandinavia, because it allows to grow plant in artificially created conditions not only on an industrial scale, but also at regular homes.



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Project partners

Polska: Społeczny Instytut Ekologiczny
Austria: SPES Zukunftsakademie
Szwecja: Association Mobil Education
Turcja: Troy Environmental Association



The basic hydroponic solution contains 12 elements: 7 macrolelements and 5 microelements. The medium must always be adapted to the plant we want to grow. During the cultivation, some nutrient parameters such as: pH, temperature, oxygen level must be monitored. The most commonly grown edible plants in hydroponics are lettuce, tomatoes, cucumbers, peppers, basil, oregano and thyme.

Hydroponics has many advantages compared to typical natural cultivation, including: the possibility of cultivation in arid areas, unsuitable for cultivation or in the home, in the period when there is a shortage of sunlight, such as in Sweden, that is, cultivation does not depend on season and does not require the use of plant protection products. An additional advantage in home conditions is the saving of space, as well as the fact that plants in hydroponic cultivation increase the humidity of the room to a greater extent.

Turkish TROY Environmental in the ICT project dealt with the issue of the availability of smartphones for people 65+ who have health problems, live alone, or touches them both. Thanks to the project, a group has acquired digital skills that can help them in their everyday life. TROY also prepared a blog devoted to information and communication education for seniors.

The Adult Education Center in Austria - SPES Zukunftsakademie runs the 55+ bank, developing this initiative - a neighborly help based on reciprocity.

The people who belong to the bank mutually support each other, which helps them to live independently in their place of residence for as long as possible. The form of help includes small services and assistance in all areas, eg at home, in the garden, at pets, in shopping.

Communications and information tools are used to communicate the bank's participants, which is important due to the health condition of some people who do not leave their home or that makes them very difficult.

The SPES representative also presented a fairphone of the Dutch company, the world's first ethical, modular smartphone, which is built of exchangeable parts. Such a smartphone can be used for many years; it is easy to repair thanks to the interchangeable modules. This device perfectly harmonizes with the ecological idea guiding the project "ICT for seniors ECOSYNERGY".

The initiator and project coordinator - the Social Ecological Institute, thanks to the experience in cooperation with seniors and good understanding of their problems, as part of the project prepared a database of organizations and any institutions dealing with environmental issues in Poland in the context of the needs of older people. The database, arranged thematically, allows seniors to find information on the topic that interests them without any problems.

As part of the project, there were also several meetings and courses for seniors at the University of the Third Age in Wawer (district of Warsaw), during which they broadened their knowledge about the use of computers, smartphones and communicators.

During the meeting in Stockholm, the participants of the project also had the opportunity to learn about the beauty of this beautiful city. It is, for people sensitive to ecology, a good example of caring for the environment. The impression is made by modern solutions regarding waste management, recycling and operation of a combined heat and power plant, in which waste that can not be used is used in the combustion process.

