

Partners

Germany



Greece

symplexis

France



Sweden



Italy



Contact us

[Add Partner Organization name]

[Address]

[Add telephone number]

[Add email]



<http://projectstep.eu>



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STEP 



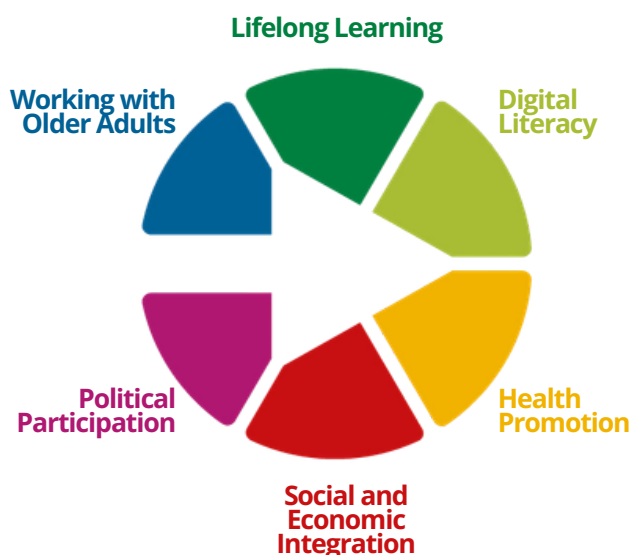
STEP

Empowering Adult Educators
and Senior Learners

**Join the Local
Workshop Series !**

Join Our Local Workshop Series

The STEP (Senior Tutoring - Educator Professionalisation) invites adult educators and people aged 55+ to join the local workshop series based on the main five project topics:



Why join?

- ✓ Learn at your own pace
- ✓ Meet new people
- ✓ Gain practical skills
- ✓ Share your experiences

What You'll Discover - Five Workshop

☀️ Lifelong Learning

- Discovering Oneself as a Lifelong Learner
- Identifying Skills and Experiences
- Implementing Your Own Ideas in Europe

💻 Digital Literacy

- From Digital Immigrant to Digital Native (DigComp 2.2)
- Smartphone – More Than a Telephone
- Internet: Data Protection, Bubbles, Hate Speech, Fake News, AI, and Media Criticism Skills

🍏 Health

1. Activity for Self-Fulfillment (LifeComp)
2. Nutrition and Movement for a Healthy Lifestyle
3. Health Literacy (Salutogenesis)

👏 Social and Economic Integration

1. Managing Your Budget Effectively (Financial Competence Framework)
2. Clubs and Leisure Activities
3. Volunteers, Senior Workers, and Entrepreneurs at Home and Abroad

🗳️ Political Participation

1. Politics – Not for Me? (Reference Framework of Competences for Democratic Culture)
2. Senior Organizations as Stakeholders
3. Active Citizenship as a Senior

How It Works

 Three progressive workshops for each topic: Basic → Intermediate → Advanced

 Interactive and practical – Learn by doing!

 Share your stories – Everyone's experience matters!

Older adults are given the opportunity to learn something new, share their experiences and exchange ideas, including with people from across Europe, also thanks to the European workshops that will follow! Stay tuned

Get involved and help shape the future!

Would you like to take part in the workshops?

Scan the QR code below to register or contact us for more information!



SCAN TO REGISTER TO THE LOCAL WORKSHOP SERIES!