



Seniors
On-line 



NORDPLUS
Adult

ABOUT THE PROJECT

«Seniors On-line» project aims to strengthen **English language** and **ICT (information and communication technologies)** skills of the seniors from Nordic and Baltic countries.

As a result an **integrated training programme** will be developed and an **E-book** will be produced with language and ICT skills teaching methodology.

WHAT SKILLS WILL BE DEVELOPED?

- **English communication skills** (oral and writing) on certain topics of everyday life
- **ICT skills** (Skype, e-mail, social networks, video editing programme, etc.)

JOIN THE ACTIVITIES

IN YOUR COUNTRY:



60 hour integrated training course to improve English language and digital skills



Seminars for senior associations and communities to present achievements and share experiences

ON AN INTERNATIONAL LEVEL:



International workshop in Tallin to meet new friends and gain intercultural experience



Final conference in Vilnius for sharing achievements and success stories

DIGITAL WORLD IS HERE – COME ALONG!

Start e-participation and improve your English with «Seniors On-line» project!

TARGET GROUPS

- Seniors with some IT skills and corresponding to at least A2 level of English
- Senior communities and associations
- Organizations and institutions working with seniors

PARTNERS



www.sih.lt



www.tallinnlc.ee



www.eurofortis.lv



www.anmiro.net

CONTACTS

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*For more information on the project,
feel free to visit our website:*

www.seniorsonline.eu