SEE UO

Senior Explorers of Urban Environments

THE PROJECT IN A NUTSHELL

Older people discover their neighbourhood digitally

What is SEE U about?

- How do older people get excited about trying out digital tools and integrating them into their daily lives?

- How can older people become visible as experts in their own living environment?

- How can we accompany seniors on their way into the digital world and thus promote social participation and digital equality?

These and similar questions are addressed by the *Erasmus+* project *SEE U*. The aim of the project is to train and empower older people to explore their neighbourhood with the help of digital tools. In low-threshold workshops, the participants jointly develop app-based walks in their living environment. These walks are then tested together with other interested peers and made accessible for others free of charge.

Why SEE U?

Digital participation is social participation.

Digital tools have become an integral part of our lives. They help to maintain communication possibilities or open up new ones, to organise everyday life via the internet, even with limited mobility, to bring art, culture and social life into the home without having to set foot outside the door, and to simplify many processes, such as dealing with authorities. Digital participation thus contributes to maintaining and increasing the quality of life in old age and enable an independent lifestyle.

Closing the digital gap.

Older people are much less likely to make use of digital devices and provisions than other population groups. This digital gap threatens the full social participation of older citizens in Europe and has to be minimized.

Low-threshold & innovative learning opportunities are needed.

In order to accompany older people on their way into the digital world, individualised provisions are needed that meet the specific needs, take fears and barriers seriously and make people want to acquire skills in dealing with digital technologies even at an older age.

Older people act as role models.

Participants are considered as experts of their own neighbourhoods. They go out, make themselves visible in their communities and involve

their peers to participate, explore their living environment through digital tours and develop their own ones.

Who is SEE U for?

The target group of the project are older women and men in the post-professional phase who would like to develop and offer free interactive web-based walks together with and for older people.

How do we realise SEE U?

Partners in Austria, Slovenia and The Czech Republic will develop a training concept and provide workshops with and for older people, who are interested in developing their individual web-based tours and explore their neighbour-hoods with others. In addition to these digital tours, an Online Manual with instructions and materials for the creation of web-based tours especially for and with older people will be available. With the Handbook and (free) Webinars we will raise awareness for the issue, make the experiences gained in our project visible and provide inspiring examples of tours and tools.

Who implements SEE U?

The Erasmus+ project started in December 2022 and runs until the end of November 2024. *SEE U* is carried out by five partner organisations:

queraum. cultural and social research
Austria

Letokruh, z.ú.
Czech Republic

Slovenian Third Age University
Slovenia

GERONTOLOGIE CH
Switzerland

AGE Platform Europe
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queraum. kultur- und sozialforschung

Letokruh

GERONTOLOGIE CH
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COMMUNE AMIE DES AÎNÉS

The Slovenian Third Age University

AGE Platform Europe