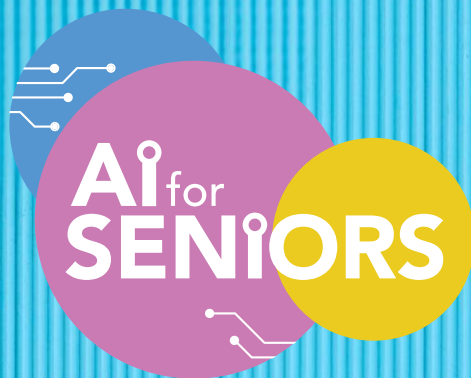


NEWSLETTER 1
March 2026



Sharing Knowledge, Bridging Generations



AI FOR SENIORS

WELCOME TO
OUR FIRST
NEWSLETTER

MEET THE
PARTNERS

DIGITAL
TOOLKIT

WHAT'S
NEXT?



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Welcome to AI for Seniors

Unlocking Digital Confidence & Independence at Any Age

Welcome to the very first edition of the AI 4 Seniors newsletter! We are thrilled to introduce you to an exciting initiative designed to bridge the digital gap and bring the practical benefits of Artificial Intelligence directly into everyday life for seniors.



What is the AI 4 Seniors Project?

In a rapidly evolving digital world, emerging technologies like AI offer incredible opportunities - from smart health management and fraud prevention to staying connected with loved ones. However, navigating these new tools can often feel overwhelming.

AI 4 Seniors is an EU-funded Erasmus+ project dedicated to demystifying technology. Our goal is simple yet impactful: **to make AI accessible, safe, and useful for older adults while providing adult educators and youth mentors with the tools they need to offer supportive, age-friendly guidance**

Our Core Objectives

01

Empower Older Adults:

Build practical digital and AI skills tailored to real-world daily routines, health, and social connectivity.

02

Support Educators & Community Leaders:

Equip adult education professionals, libraries, and senior associations with structured, age-appropriate teaching resources.

03

Foster Intergenerational Connection:

Create collaborative mentorship pathways where younger generations and seniors learn from and support one another.

04

Promote Digital Inclusion:

Ensure that everyone, regardless of prior technology experience, has the opportunity to thrive in today's digital society.

CLICK
TO VIEW

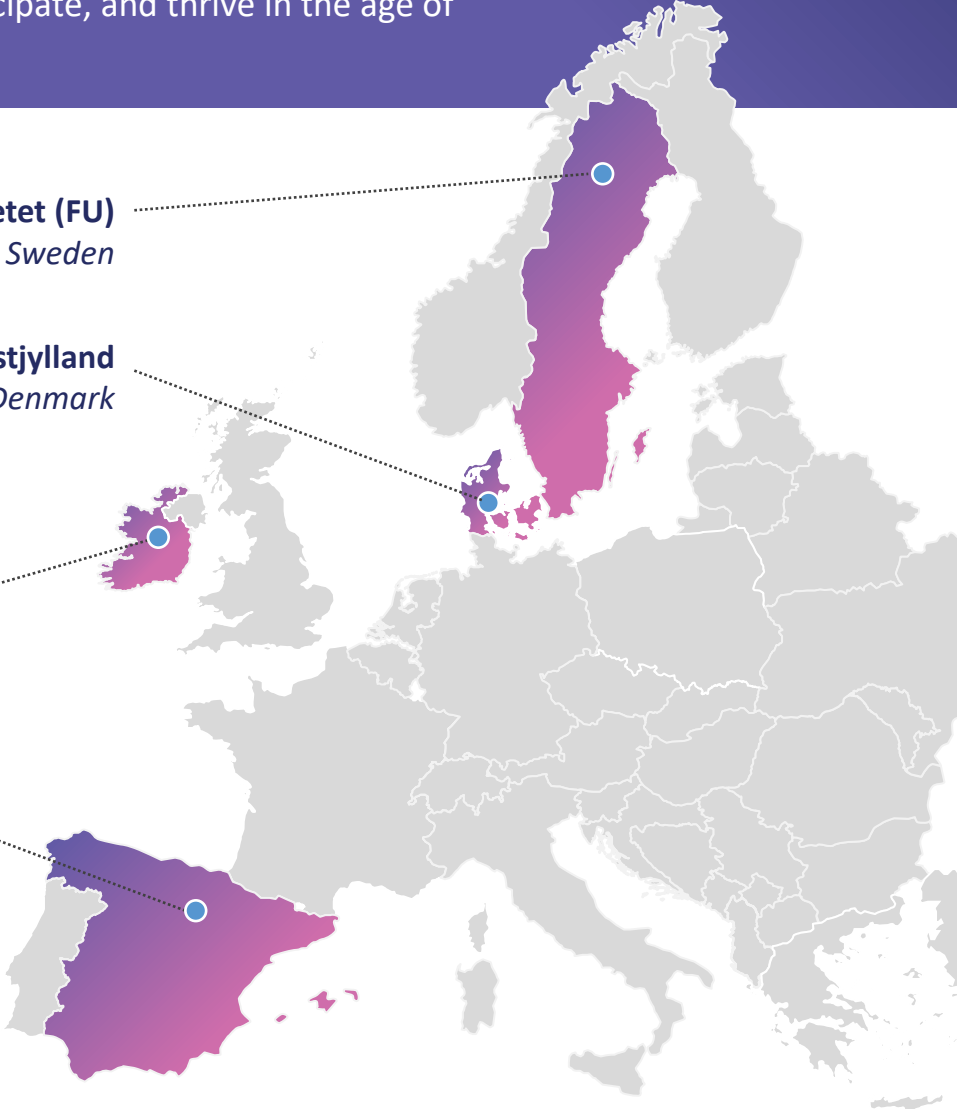


Meet The Partners

AI for Seniors – Consortium

The choice of partner countries in AI for Seniors is intentional: spanning Sweden, Denmark, Ireland, and Spain, the consortium brings together Nordic leadership in digital innovation, strong community-based adult education traditions, and deep experience in inclusive ICT training.

By working across these diverse contexts, the partnership ensures that the resources we create reflect a truly European approach to AI literacy for older adults, practical, ethical, accessible, and grounded in real community needs. This collaboration allows us to design learning that is not only technically sound but deeply human, ensuring that every older adult receives the opportunity to learn, participate, and thrive in the age of



Folkuniversitetet (FU)
Sweden

SOSU Østjylland
Denmark

**Momentum and
Gairmeach Training Limited**
Ireland

Cibervoluntarios
Spain

Kick-Off in Aarhus & Project Milestones

Starting Our Journey in Aarhus, Denmark

Our project officially kicked off in October 2025 with an inspiring partner meeting hosted by SOSU Østjylland in Aarhus, Denmark. Representatives from across Europe—Sweden, Ireland, Denmark, and Spain—came together to align our vision, set our quality standards, and outline an ambitious roadmap for the next two years.



What We've Been Working On

Since our meeting in Aarhus, our team has been hard at work laying the foundation for **Work Package 2 (Everyday AI: Training Resources for Seniors)**. Through regular synchronisation meetings and collaborative research, we are thrilled to share that **we are officially on track!**

Here is a look at what we have accomplished during this initial phase

01

Comprehensive Needs Analysis:

We surveyed and interviewed seniors and adult educators across partner countries to identify specific learning gaps, tech concerns, and daily needs.

02

Curriculum Design:

Based on real feedback, we designed an engaging curriculum tailored around 5 practical learning areas.

03

Resource Development:

We are currently busy putting the finishing touches on the AI for Seniors Course and a brand-new **Digital Learner's Guide** to support flexible, self-led learning

AI for Seniors Digital Toolkit

Learning should be effective, accessible, & most importantly ...empowering at any age!

We are building more than just lessons; we are creating a clear pathway to lifelong digital confidence. As of **January 2026**, our team is actively developing a comprehensive **Digital Toolkit** designed specifically for adult educators and seniors.

Highlights of the Toolkit:



Tailored Learning Modules:

Step-by-step, bite-sized modules designed for self-led discovery. Topics focus on real-life applications like health and well-being tracking, smart home basics, online safety, and digital communication.



Easy-to-Follow Tutorials

Practical, visual guides that walk you through real-world tech use without any complicated setups or confusing instructions.

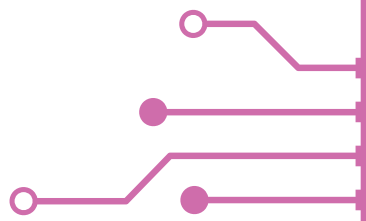


A Jargon-Free Glossary

Clear explanations of essential tech terms to help demystify AI, smart devices, and online privacy.

“

Our mission is simple:
to ensure seniors have the skills and confidence to use AI to enhance their daily lives, maintain independence, and stay actively connected to their communities.



Shaping Quality Through Pilot Testing

Putting Seniors at the Heart of Our Design

Creating great resources requires direct input from the people who will use them! Over the coming months, we will be launching pilot testing sessions with seniors and adult educators across Sweden, Ireland, Denmark, and Spain



Why Is Pilot Testing So Important?

01

Ensuring Real-World Relevance: :

Your direct feedback helps us refine our content so it addresses the actual questions, interests, and needs of everyday users.

02

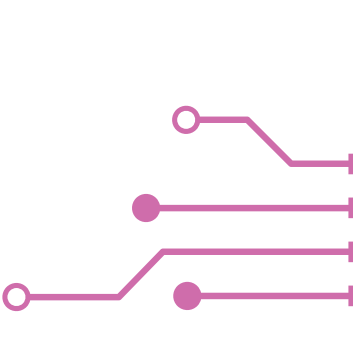
Guaranteeing Accessibility:

Testing allows us to verify that our guides, videos, and modules are easy to navigate, read, and understand for learners of all background levels.

03

Continuous Quality Improvement:

By listening to participants during hands-on workshops, we can fine-tune our materials before their official public release.



What's Next?

Looking Ahead: Next Stop, Uppsala!



Exciting milestones are just around the corner! In June, the project partners will gather in Uppsala, Sweden, for our next Transnational Partner Meeting (TPM), hosted by Folkuniversitetet.

During this meeting, we will officially launch Work Package 3 (**Guiding the Way: AI Training for Educators & Community Leaders**). This next phase will focus on creating specialised toolkits, frameworks, and skills-transfer handbooks to equip adult trainers and educators with proven techniques for teaching AI concepts to older adults.



Join Our Community

You can access **project updates, news, and our upcoming training programme** directly on our official website:

www.ai4seniorsproject.eu



Connect with us on Social Media!

Don't miss an update! Follow our social media channels to discover practical AI tips, sneak peeks of our modules, project news, and opportunities to join local workshops:



LinkedIn:

Connect with our professional network and educational partners.



Facebook:

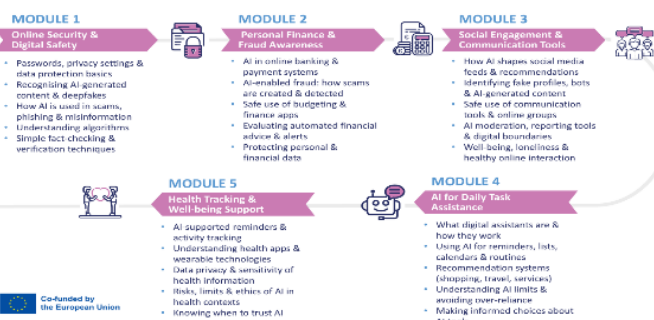
Join our community discussions, news updates, and event announcements.



Instagram:

Enjoy visual tutorials, highlighted stories, and behind-the-scenes updates!

THE LEARNING JOURNEY



www.ai4seniorsproject.eu

Coming Soon



66

**Anyone who stops learning
is old, whether at twenty
or eighty. Anyone who
keeps learning stays young.**

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Sharing Knowledge, Bridging Generations



Follow our journey



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