

## 1<sup>st</sup> Newsletter

*We are excited to report the launching of the new, quite promising project “e-LIFE - Once upon a life: Memories of hope so that the seniors and the depopulation can face the social challenges of the 21<sup>st</sup> century through training in digital skill” that aims to enhance European seniors’ digital skills and preserve and promote European cultural heritage through digital documentation and storytelling.*

“e-LIFE - Once upon a life: Memories of hope so that the seniors and the depopulation can face the social challenges of the 21<sup>st</sup> century through training in digital skill” (code: 2025-1-PL01-KA220-ADU-000353475) is a new Erasmus+ KA220 project that was launched on November 1, 2025, with the goal of addressing the gap in the use of digital tools by providing **practical, hands-on training** tailored to seniors’ needs. Following European frameworks on digital competencies, older adults will progressively build confidence using everyday tools such as email, YouTube, and digital editing software. Through this process, they will also learn to **share cultural heritage through digital storytelling**, contributing videos and content that showcase local history.

By guaranteeing that seniors in isolated locations may continue to be active, self-sufficient, and socially involved, the project also addresses the problems associated with **rural depopulation**. e-LIFE is more than just a training program; it's a movement that gives seniors crucial skills, fosters intergenerational relationships, protects cultural heritage, and revitalizes rural areas. By doing this, it supports stronger, more inclusive societies throughout Europe in addition to individual empowerment.

The project **consortium** consists of:

- ❖ Powiatowa i Miejska Biblioteka Publiczna w Proszowicach – Poland
- ❖ Asociacion Brainstorming – Spain
- ❖ FeCEAV – Spain
- ❖ G.P. MIND THE GAME DEVELOPMENT LTD – Cyprus
- ❖ Şefkatli Eller Fizik Tedavi ve Rehabilitasyon Derneği – Türkiye
- ❖ E-SCHOOL EDUCATIONAL GROUP – Greece

EUfolk’s main **results** are expected to be:

- **Training Program for Educators** -A structured training program to equip educators to teach seniors digital competencies and tourism content creation.
- **Digital Content Created by Seniors** - Videos and digital resources produced by seniors, accessible via QR codes.
- **Open Access Platform “Once Upon a Life”** - A user-friendly digital platform hosting all participant-created content.
- **Methodological Guide** - Guide on the project’s methodology for educators and adult learning professionals.

So far, **the kick-off meeting** was successfully held in **Proszowice, Poland, on January 27, 2026**. The partners talked about the key elements and unique specifics of the project's execution and distribution, as well as the schedule for finishing the tasks and deliverables. Everyone who attended benefited from the meeting, which laid the groundwork for productive collaboration to achieve the project's objectives.

In order to keep track of work progress, handle emergent difficulties, respond to partners' inquiries, carefully and frequently assess activity progress and quality, and maintain contact and creative collaboration, regular **monthly online meetings** have been planned and conducted thus far in the next months.

In order to successfully complete all project phases, the partners worked well together throughout the first three months of the project, setting the stage for excellent communication and teamwork in the subsequent months.

