Supported by Nordic Councils of Ministers - Nordplus project




**How seniors learn digital skills in the Nordics and Baltic: The Swedish Perspectives**

**Conference hosted by Swedish Association for Distance  Education 27 January 2021 and 13-18 and 28  January  2021 10-13**

**Conference will take place here ZOOM link**

**Name of project:  How seniors learn digital skills in the Nordics and Baltic?**

**Project number:  NPAD-2020/10169**

**Funding: NordPlus Nordic Council of Ministers**

**PRE ENGAGEMENT EVENTS**

For your convenience we have collected some info from Sweden, and especially Lund and Härnösand (Ebba Ossiannilsson and Ulf Sandströms cities). Please enjoy in advance to learn to know more about our country Sweden. If we have had a meeting here you should have experienced a mix of this).

***About Sweden***

* Visit Sweden <https://corporate.visitsweden.com/om-oss/en/>
* Short info about Sweden, Sweden facts and figures <https://www.swedentips.se/facts-figures/>
* **Senior University Sweden**

Folkuniversitetet is an adult educational association that offers a wide range of adult education all over Sweden. Folkuniversitetet is an association of five foundations: the extra-mural departments attached to the Universities of Stockholm, Uppsala, Göteborg, Lund and Umeå. Folkuniversitetet runs numerous internationally oriented activities such as language courses, courses abroad and projects with an international emphasis. Senior University and Retirement University, by retirees for retirees. Associations for "Third Age University" - available at university and college locations in Sweden and abroad. They are politically, unionically and religiously independent. <https://www.folkuniversitetet.se/om-folkuniversitetet/samarbeten/senioruniversitet/>

              <https://www.folkuniversitetet.se/in-english/>

           **Lunds Senior university (in Swedish)**      <https://www.folkuniversitetet.se/om-folkuniversitetet/samarbeten/senioruniversitet/lunds-senioruniversitet/>

* **Swedish Gastronomy**

Swedish Cuisine <https://en.wikipedia.org/wiki/Swedish_cuisine>

Swedish Cuisine Cultural trip <https://theculturetrip.com/europe/sweden/articles/13-delicious-swedish-foods-dishes-worth-savoring/>

Swedish food culture - local produce, international flavours and forward thinking

<https://visitsweden.com/what-to-do/food-drink/swedish-food-culture/>

* 10 things to know about Swedish fvisiood and traditiona <https://sweden.se/culture-traditions/10-things-to-know-about-swedish-food/>

***About Lund (Ebbas city)***

* Visit Lund <https://visitlund.se/en/>
* About Lund University <https://www.lunduniversity.lu.se/about-lund-university/about-lund-university>
* The history of Lund University <https://www.lunduniversity.lu.se/about-lund-university/about-lund-university/history-lund-university>
* Lund University Research and Innovation <https://www.lunduniversity.lu.se/research-innovation>
* Lund University has one of Sweden’s strongest and broadest research environments and is recognised as one of the world's top research-led full-scale universities

<https://www.lunduniversity.lu.se/research-innovation/research-excellence-areas>

* Guided tour Spring in LUND <https://www.youtube.com/watch?v=izN42L8Q71s>
* A Day trip to Lund, Skåne, Sweden - A charming, historical & lively university town - Visit Lund <https://www.youtube.com/watch?v=tqfLveOScZk>
* A walking tour in Lund <https://youtu.be/6wDq1J2UzBo>
* Musik/ Studentsångarna Under rönn och Syren (one of the most popular songs in Sweden)  <https://youtu.be/Js-xpcM8NKk>
* Art Skissernas museum <https://youtu.be/KNVdzRp4-FM> (talk in Swedish, but film is worth to look at as the atmosphere is fantastic, walking tour is nice, to get the feeling)
* Welcome to Domkyrkan, Lund Cathedral <https://youtu.be/rWe72P355Jo>
* Fritiof Nilsson Piraten  (a famous Swedish authir who lived for a while in Lund) <http://www.piratensallskapet.se/om-piraten/piraten-berattar/>

***About Härnösand (Ulfs city)***

* Videos från Härnösand, SE

***About initiatives in Sweden, which also will be presented to some extent, but just shortly***

* Digital teknik för social delaktighet bland äldre personer <https://pts.se/digitalhjalpen>
* FHM [https://www.folkhalsomyndigheten.se/publicerat-material/publikationsarkiv/d/digital-teknik-for-social-delaktighet-bland-aldre-persone](https://www.folkhalsomyndigheten.se/publicerat-material/publikationsarkiv/d/digital-teknik-for-social-delaktighet-bland-aldre-personer/)

**Författare:** Folkhälsomyndigheten, Forte, Socialstyrelsen, Statens beredning för medicinsk och social utvärdering och Myndigheten för delaktighet **Utgivningsdatum:** 2018-10-02

* Susanne ivarsson CASE LU [https://www.case.lu.se](https://www.case.lu.se/)
* <https://www.sverd.se/professor-susanne-iwarsson-lunds-universitet-uppmanar-blivande-hundraaringar-att-bli-digitala/>
* Cecilia Bjursell, ENCELL <https://ju.se/center/encell.htm>
* Carl Heath, RISE
* PTS Digitalhjälpen Vägledning och tips för en lättare vardag
* Computer Sweden
* E-Citizens, Sweden [https://emedborgaren.se](https://emedborgaren.se/)
* ICT4AE
* Ungdomars och pensionärers samverkan Henrik Hansson, DSV
* The Swedes and the Internet <https://svenskarnaochinternet.se/english/>

***Engagement events***

* Quizz from the countries
* Gamification
* Blog /Vlogs from SVERD EC

Badges will be given. The event will be recorded, a short report will be written as documentation and as a project outcome.  Breakoutrooms, Padlet, Menti and maybe other tools will be used for communication.  A list of participants will be signed as project documentation.