



## ABOUT MY E - START

My e-Start is a two-year Erasmus+ programme which was launched in October 2020 and will conclude in September 2022. The project aims to develop the digital skills of senior citizens with low levels of digital literacy skills, as well as individuals with low or no formal education.

The aim of My e-Start is to contribute to the digital inclusion of disadvantaged groups of people and address the digital gap. This will be achieved by designing, developing and promoting sustainable and tailored products that are widely applicable and highly impactful.

## MANUAL FOR TRAINERS

The My e-Start Manual for Trainers provides adult trainers and educators with resources and tools to train and support adults to use the My e-Start platform and enhance their digital skills in general.

**The manual and the accompanying slide decks is currently available to download in English:** <https://my-estart.eu/manual-for-trainers/>

The manual includes an overview of the main digital competences in all participating countries, an introduction to the most popular e-government and e-commerce services, while it also familiarizes educators with the DigiComp Framework and how the e-course responds to specific competence areas and levels of the framework. The manual provides a detailed support structure for educators to use in order to integrate the online course into face-to-face sessions. As well as an introductory lesson, for each module there is a lesson plan which takes a blended learning approach – each with an accompanying slide deck. These resources, framework activities and discussions to help learners reinforce, extend and reflect on their knowledge and skills for the online world.

If you are an educator, we'd love to hear your opinion about the manual. You can do so, by filling out this survey:

**English:** <https://forms.office.com/r/6RDPjCjJjX>

## My e-Start ONLINE COURSE

The My e-Start online course is up and running, so individuals can start practising and sharpening their digital skills and knowledge. The course is best experienced on a laptop, computer or a tablet.

**You can access it here:** <https://my-estart.dieberater.com/>

This online course's modules can be accessed by learners at any time. They may be completed at the learner's own pace, and in any order, according to their existing digital skills. The modules are as follows:

- 1) Safety, Security & Digital Identity
- 2) Safety, Security & Digital Identity
- 3) Communication & Assistance
- 4) Online Payments
- 5) e-Government
- 6) e-Commerce

The modules' fields of learning will equip users with the basic digital skills necessary to confidently use the most common e-commerce and e-government services in their country – this being the ultimate objective of My e-Start.

The course will also introduce learners to various concepts and threats which may be encountered online. To ensure the effectiveness of the educational resources developed, an 'easy language' approach has been applied throughout the project's activities.

**The e-course is available in the following languages:**  
English, Bulgarian, German and Greek.

We are still collecting the opinions of users about the quality and friendliness of the platform, so feel free to give us your feedback:

**Greek:** <https://survey.bupnet.de/index.php/428624?lang=el>  
**Bulgarian:** <https://survey.bupnet.de/index.php/428624?lang=bg>  
**English:** <https://survey.bupnet.de/index.php/428624?lang=en>  
**Deutsch:** <https://survey.bupnet.de/index.php/428624?lang=de>



Presenting My e-Start in Limassol, Cyprus, July 26, 2022

## INTRODUCING My e-Start TO THE COMMUNITY

To ensure that we contribute in bridging the digital gap in our community, all partner organisations working on this programme are planning social events to introduce My e-Start, the online course and the Manual for Trainers to the public.

### Cyprus

On July 26, the Center for Social Innovation (CSI) was hosted by the Municipality of Ipsonas, Limassol, to present 'My e-Start' to the locals. Attendees were presented with the online course that aims to initiate a simple process of digital learning for citizens. The event included a discussion surrounding digital exclusion, as well as how local authorities can promote digital learning to facilitate residents' use of e-government and other services.

### Bulgaria

CATRO has conducted several seminars introducing My e-Start to the Bulgarian Labour Agency and the Bulgarian-German Vocational Training Centre (BGVTC). An official event is scheduled for September 28, 2022, where both aforementioned organisations, as well as other stakeholders, will attend a conference organised by CATRO. Participants will learn about the piloting experience of the project and discuss the importance of digital competences in the formal and informal education sectors. A guest lecturer will frame digital skills as a core factor for personal, social and professional actualisation. The event will also host a *World Cafe* where the participants will have the opportunity to network and brainstorm about their role in bringing focus to the growing advantages in one's ability to make use of Information & Communications Technology (ICT).

### Germany

Final Conference - My e-Start joins forces with the REVEAL conference  
Between September 13-15, 2022, My e-Start joins forces with nine other projects to organise the 14th REVEAL Conference in Göttingen, Germany. Our motto is "Open Learning and Development Spaces for Sustainability and COMMUNITY Development". European projects as well as local communities are participating in this new conference format – *we will talk less and experiment more!* My e-Start as well as other European and local projects and initiatives will present their tangible products and prototypes in a special exhibition format and let you try them out.

**Agenda:** <https://my-estart.eu/wp-content/uploads/2022/09/Conference-Invitation.pdf>

**Registration:** <https://survey.bupnet.de/index.php/861228?lang=en>

## WHO WE ARE

My e-Start is implemented by six organisations operating across Europe, with the aim to provide disadvantaged groups with digital and media competences to be able to navigate the ever-changing digital world safely and confidently.



**Landkreis Kassel, Germany**  
Web: <https://www.landkreiskassel.de/>  
Email: [info@landkreiskassel.de](mailto:info@landkreiskassel.de)

**BUPNET, Germany**  
Web: <https://www.bupnet.eu/>  
Email: [info@bupnet.de](mailto:info@bupnet.de)

**Center for Social Innovation (CSI), Cyprus**  
Web: <https://csicy.com/>  
Email: [info@csicy.com](mailto:info@csicy.com)

**CATRO, Bulgaria**  
Web: <https://catrobg.com/>  
Email: [sofia@catro.com](mailto:sofia@catro.com)

**die Berater, Austria**  
Web: <https://dieberater.com/>  
Email: [office@dieberater.com](mailto:office@dieberater.com)

**Apricot Training Management, UK**  
Web: [www.apricot-ltd.co.uk](http://www.apricot-ltd.co.uk)  
Email: [info@apricot-ltd.co.uk](mailto:info@apricot-ltd.co.uk)

### DISCLAIMER

This project has been funded with support from the European Commission. This publication (communication) reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project Number: 2020-1-DE02-KA204-007410.

