



INTELLECTUAL OUTPUT I.O.3 DESIGNED EXPERIENTIAL TRAINING ACTIVITIES

Topic 4: Collaborative Consumption in the field of wellbeing (health and emotional)

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INTELLECTUAL OUTPUT PRESENTATION

The intellectual output 'Designed Experiential Training Activities' is part of the project ERASMUS+ COL-SUMERS. The contents are based on the results of the IO.1 (co-created training methodology) and they have been developed in collaboration with the I.O.2 (training materials).

IO.3 Designed Experiential Training Activities will be the final output of the following activities:

- O3-A1. Design of Experiential Training Activities and Materials.
- O3-A2. Train the trainer of Designed Experiential Training Activities
- O3-A3. Translations of Designed Experiential Training Activities

As stated in IO.1, COL – SUMERS has the main goal to increase the competences (attitudes, skills, knowledge) of Elder People (≥ 60 years old) on how to exploit Collaborative Consumption (CC) through an innovative training program.

The COLSUMERS course is structured according to the following principles

1. The duration of the course is 30 hours, of which:
 - a. 11 hours are face to face sessions,
 - b. 11 hours are online sessions
 - c. 8 hours dedicated to the COL-SUMERS LAB
2. The methodology will be active, participative and adapted to the needs of elderly people. It will take be conducted in different workshops and will include:
 - a. Face to face sessions.
 - b. Online sessions.
 - c. Practical and experiential activities to be implemented in real scenarios.
 - e. Practical approach with study cases, videos, expert seminars and complementary readings.
3. An e-Training platform will be developed with the purpose of:
 - a. Allocating the different training materials and resources.
 - b. Virtual co-working.

These guidelines should be applied flexibly in practice. Trainers should prepare each session according to their specific needs, always keeping in mind the training programmes' objectives.

Difference between I.O2 (Training Materials) and I.O3 (Designed Experiential Training Activities-DETA)

I.O2	I.O3
Training Materials	Training Methodology / Activities
Content	Structure
Text	Templates

O3 creates the structure, templates and design of the program and O2 fills in the content upon request

How to read the DETA

- DETAs are addressed to the trainers and they include the design of the training activities.
- DETAs offer guidelines for the implementation of the training methodology and facilitate the conduction of the sessions

Training Materials and trainers material

To facilitate the teaching of the topic described in this DETA, two packages of materials have been developed:

- Training materials: Materials to be used by attendees during classes. This material will be shown and / or delivered to students during classes.
- Trainers' materials: Materials to help teachers implement the class. This material will be used exclusively by the teacher

AGENDA DETA 3

STEP	CONTENTS	DURATION
SESSION 1. FACE TO FACE		
1.1. Opening and introduction session	Session presentation <ul style="list-style-type: none"> • Introducción • Objectives of session • Contents 	20 minutes
1.2. Face to face session (Part 1)	<ol style="list-style-type: none"> 1. Social motives concept. 2. Trustworthiness and extent of CC platforms 3. Presentation of: <ul style="list-style-type: none"> <input type="checkbox"/> Part I. Global trends in Collaborative Consumption versus traditional Consumption worldwide from social perspective <input type="checkbox"/> Part II. Exploring digital wellbeing as social factor of Collaborative Consumption <input type="checkbox"/> Part III. Exploring indirect effects of Collaborative Consumption on society <input type="checkbox"/> Part IV. Sustainable Collaborative Consumption and wellbeing 	40 minutes
1.3. Face to face session (Part 2)	Examples of: <ul style="list-style-type: none"> ○ Social motives and resources of the platform provider ○ Trustworthiness and resources of the platform provider Practical exercise Presentation and step by step guidance through: https://getpony.ro/ http://ro.justnow.co/ CPAC app The application "There is a hero in each of you" The application "Rent a bike"	50 minutes
1.4. Closure	- Feedback and conclusions	10 minutes
SESSION 2. ON LINE SESSION		
2.1. The COL SUMERS e-training platform	<ul style="list-style-type: none"> • Present your session with a brief summary of the training topic's key points. Learn more about how to create an account and Log in. • Communicate to the online participants the data related to social aspects of CC. In the key helping of the session, clarify key points, show trials, and transmit any other 	60 minutes

	<p>information elderly person requirement to be familiar with.</p> <ul style="list-style-type: none"> • Complete with a summary of your introductory virtual overview of e-training platform. • Using download training materials the trainers will demonstrate and apply teaching topics to generate better understanding and knowledge of the topic of wellbeing. • Involve learners using messages or chats. For instance, ask elderly peoples to share their know-hows regarding social aspects of CC platforms. • Ask feedback on the online training session and after this all participants can Log out 	
2.2. Creating their own study cases	<ul style="list-style-type: none"> • Selection together with elderly peoples of a CC platforms or apps compatible to wellbeing topic • Description of the characteristics and possibilities expected for well -being when using a CC platform for the main purpose of socializing. 	60 minutes

TRAINING COURSE SCHEDULING

	F2F / ONLINE	PARTICIPA NTS	DURATIO N	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1. Introduction to collaborative consumption	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
2. Impact of collaborative consumption in sustainability (enviroment, society and economy)	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
3. Evaluating my competences and expectations in CC, Self-assessment	F2F	ALL	2h.						
4. Collaborative consumption in the field of wellbeing (health and emotional)	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
5. Collaborative consumption in the field of Energy and Water Consumption	F2F	ALL	1h.						
	ONLINE	ALL	1h.						
6. Collaborative consumption to reduce wastes (including food) and promoting recycling and reusing	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
7. Collaborative consumption in the field of mobility	F2F	ALL	2h.						
	ONLINE	ALL	2h.						

8. Collaborative consumption for sharing essential goods (clothes, households,...)	F2F	ALL	2h.						
	ONLINE	ALL	2h.						
9. COL-SUMERS LAB	F2F / ONLINE	ALL	8 h.						

Step	DESIGNED EXPERIENTIAL TRAINING ACTIVITY (DETA) Topic 3: Collaborative Consumption in the field of wellbeing (health and emotional)
0	<p>- The length of this DETA is estimated in 4 hours distributed in 2 training sessions,</p> <ul style="list-style-type: none"> • 2 hours face-to-face (F2F) • 2 hours online <p>- Don't forget to have the attendance list ready.</p> <p>- Don't forget to take pictures and if possible record some video of the activities.</p> <p>- Coffee breaks are not included in the duration. Coffee break should take approximately 30 minutes.</p>
0.1	<p>General Objectives:</p> <ul style="list-style-type: none"> ➤ To increase the competences of elder persons in terms of integration between <i>knowledge, skills and attitudes</i> regarding the exploitation of Collaborative Consumption from social dimensions perspective; ➤ To define the main opportunities presented by Collaborative Consumption from social dimensions perspective; ➤ To examine and present the main Collaborative Consumption platforms focused on social issues through practical examples. <p>Specific Objectives:</p> <ul style="list-style-type: none"> • To develop the abilities of elder persons – to increase self-awareness, to feel more self-confident and to improve the ability to relate to others • Highlighted the main openings offered by platforms regarding the increase of emotional wellbeing that are related to mental health. • To prevent concerns such as stress, and anxiety regarding CC concluded by practical exercises <p>Participants:</p> <ul style="list-style-type: none"> • Elder People (≥ 60 years old) <p>Training contents: Topic 3: Collaborative Consumption in the field of wellbeing (health and emotional)</p> <ol style="list-style-type: none"> 1. Perception and categories of CC platforms from wellbeing perspective; 2. Digital wellbeing as social factor of Collaborative Consumption; 3. Societal aspects of CC platforms (motivation, trust); 4. Sustainability dimension of CC related to wellbeing feature; 5. Video demonstration of CC and concept of wellbeing; 6. Practical exercises: 1 to 5
1	FACE TO FACE SESSION –GUIDELINES, DURATION AND TOOLS

1.1	<p>Opening.</p> <ul style="list-style-type: none"> -Once attendees have arrived to the classroom, the trainer will welcome them, present himself and introduce a brief explanation of the course (objectives, contents and planning). -They will also introduce Collaborative Consumption in the field of wellbeing (health and emotional) -Duration: 20 minutes. - Tool: PPT, e-learning platforms (e.g. https://livresq.com/)
1.2	<p>Course contents:</p> <ol style="list-style-type: none"> 1. Types of CC platforms in the area of wellbeing 2. The concept of wellbeing. <p>The trainer will introduce CC platforms in the area of wellbeing</p> <ul style="list-style-type: none"> • The trainer will start with explaining the types of platforms what contributes to wellbeing of elderly persons: <ol style="list-style-type: none"> 1. CC platforms and social networking 2. CC platforms and voluntaries • Methodologies: Debates, Brainstorming, Study case <p>Conclusions (10 minutes). This session will consist of each group of participants to expose their concluded case study tasks. The purposes of the course could theoretically help as targets.</p>
1.3	<p>Course contents:</p> <ol style="list-style-type: none"> 4. Practical exercise 1. Presentation and step by step guidance through the CC platform “Getpony” or 5. Practical exercise 2. Presentation and step by step guidance through the CC platform “Justnow” or 6. Practical exercise 3. Presentation and step by step guidance through the CC platform “CPAC” 7. Practical exercise 4. Presentation and step by step guidance through the CC platform “There is a hero in each of you” 8. Practical exercise 5. Presentation and step by step guidance through the CC platform “Rent a bike” <ul style="list-style-type: none"> - The idea of useful training is that each exercise could be can easily explained to be understood by elderly peoples. - Each trainer will begin the practical exercise with an introduction (15 minutes) regarding CC and societal aspects that are believed to have an impact on elderly wellbeing. <p>Practical examples Part I (35 minutes): presentation of CC platforms or apps.</p> <p>A step by step approach will be implemented with the aim to get the participants aquatinted with the process.</p> <p>Download: How do you download an app step by step?</p> <p>Registration: How do I register?</p> <p>Use: How to Use the App?</p> <p>Practical examples Part II (50 minutes(<i>include time for exchanges</i>)): practical examples</p> <p>Methods: debates, competitions, games, etc.</p> <p>Synchronous Instruction (Course-wide Lectures)</p> <p>Tools: online resources, video and audio materials, PPT, web conferencing tools</p>

1.4	<p>Conclusion</p> <ul style="list-style-type: none">• The organizers should measure participants progress; Quantitatively, in rapports with knowledge to use CC platforms and Qualitatively, in rapports with motivation, satisfaction and the level of achievement of training course expectations by elderly persons. <p>- Duration: 10 minutes. - online resources, video and audio materials, PPT, web conferencing tools</p>
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2	ONLINE SESSION – GUIDELINES, DURATION AND TOOLS
2.0	<p>The trainer has already designed and uploaded the online session to the e-Training platform.</p> <p>Things to be done online:</p> <p>Trainees must read (and download, if they want), the training materials (PPT, Word document, complementary readings, etc.) for TOPIC 3.</p>
2.1.	<p>Activity 1. The COL SUMERS e-training platform</p> <p>The first part of the online session is to show how the online platform works. The student will have to perform the following operations:</p> <ul style="list-style-type: none"> • Create an account • Log In • Download training materials • Send messages / Chats • Log out <p>Duration 60 minutes</p>
2.2	<p>Activity 2. Creating their own study cases</p> <p>The trainees must make a case study (instructions and points of the report must be decided on in advance) of national CC digital platforms (at least 2), stating in a document the main characteristics, and the opportunities provided for the improvement of their quality of life.</p> <ul style="list-style-type: none"> • The teacher will help the students to select CC platforms in the area of TOPIC 3. Collaborative Consumption in the field of wellbeing (health and emotional) • This can be done in the co-working space. • This can be done in groups or individually. • Results must be uploaded in the e-Training platform (virtual co-working space), accessible by all participants • This can be discussed in the forum. • Duration 60 minutes

TRAINING MATERIALS (I.O.2)

SESSION	MATERIALS
FACE TO FACE SESSION	
1.1. Opening session	Course presentation (PPT) Contents: <ul style="list-style-type: none"> • Introduction • Objectives of session • Contents
1.2. Face to face session part 1	Training Materials (PPT, video) Contents: <p>Part I. Global trends in Collaborative Consumption versus traditional Conventional Consumption worldwide from social perspective</p> <p>Part II. Exploring digital wellbeing as social factor of Collaborative Consumption</p> <p>Part III. Exploring indirect effects of Collaborative Consumption on society</p> <p>Part IV. Sustainable Collaborative Consumption and wellbeing</p>
1.3. Face to face session part 2	Training Materials (PPT, websites, articles) Contents: <p>- Introduction</p> <p>Part V. Practical exercise 1. Presentation and step by step guidance through the CC platform "Getpony" or</p> <p>Part VI. Practical exercise 2. Presentation and step by step guidance through the CC platform "Justnow" or</p> <p>Part VII. Practical exercise 3. Presentation and step by step guidance through the CC platform "CPAC"</p> <p>Part VIII. Practical exercise 4. Presentation and step by step guidance through the CC platform "There is a hero in each of you"</p> <p>Part IX. Practical exercise 5. Presentation and step by step guidance through the CC platform "Rent a bike"</p>
1.4. Closure	Presentation (PPT) Contents: <ol style="list-style-type: none"> 1. How the e-Training Platform works for Topic 3. 2. Presentation of the online training sessions
ON LINE SESSION	
2.1. The COL SUMERS e-training platform	Presentation (PPT) Contents: <ol style="list-style-type: none"> 1. e-Training Platform for topic 3: wellbeing
2.2. Creating their own study cases / Analysis of a CC platform	Word document <ol style="list-style-type: none"> 1. Template to give feedback on the characteristics of Collaborative Consumption in the field of wellbeing (health and emotional) for the improvement of elderly peoples' quality of life.