



INTELLECTUAL OUTPUT I.O.3 DESIGNED EXPERIENTIAL TRAINING ACTIVITIES

**3. EVALUATING MY COMPETENCES AND EXPECTATIONS IN
COLLABORATIVE CONSUMPTION. SELF ASSESMENT**

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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 IO.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 2

STEP	CONTENTS	DURATION
SESSION 1. FACE TO FACE		
1.1. Opening session	SESSION PRESENTATION <ul style="list-style-type: none"> Objectives Contents Planning 	15 minutes
1.2. Face to face session	<ol style="list-style-type: none"> Evaluation of strengths and weakness regarding competences to be shared Main needs in terms of support to be received CC. Main digital skills to start participating in collaborative consumption through ICT. Development of Self-Assessment of Collaborative Consumption. 	85 minutes
1.3. Closure/Review	<ul style="list-style-type: none"> e-Training Platform works Presentation of the online training sessions 	20 minutes

TRAINING COURSE PLANNING

	F2F / ONLINE	PARTICIPANTS	DURATION	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(environment, 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) 3. EVALUATING MY COMPETENCES AND EXPECTATIONS IN COLLABORATIVE CONSUMPTION, SELF ASSESSMENT
0	<p>- The length of this DETA is estimated in 2 hour adjoined to the face-to-face session of DETA 1/DETA 2.</p> <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>Objectives:</p> <ul style="list-style-type: none"> To evaluate the strengths and weaknesses of trainees in terms of the competences of trainees to be share with the Collaborative Consumption (CC) To evaluate expectation, what can get/offer through CC to really cover them To identify the main needs of trainees in terms of support to be received. To evaluate the strengths and weakness of in terms of transversal and digital skills To build a self -assessment profile both for persons and for communities in terms of Collaborative Consumption (CC) Development basic digital Skills. <p>Participants:</p> <ul style="list-style-type: none"> Elder People (≥ 60 years old) <p>Training contents: TOPIC 3. EVALUATING MY COMPETENCES AND EXPECTATIONS IN CC, SELF ASSESSMENT.</p> <ol style="list-style-type: none"> Evaluation of strengths and weakness regarding competences to be shared Main needs in terms of support to be received CC Main digital skills to start participating in Collaborative Consumption through ICT platforms. Development of Self-Assessment of Collaborative Consumption
1	FACE TO FACE SESSION –GUIDELINES, DURATION AND TOOLS
1.1	<p>At the beginning of DETA 1/2 the trainer will pass a brief questionnaire that all trainees will have to fill available as “Initial Questionnaire” in the DETA 1/2 folder. The documents will be stored until the end of the program, where the trainees will have to fill a final questionnaire and the results of both will be compared.</p> <p>Note: There is also an on-line option for both questionnaires for those of them who would like to fill it on-line.</p> <p>- Duration: 15 minutes</p> <p>- Tool: initial questionnaire, pen.</p> <p>Opening.</p> <p>The trainer will explain that this following part of DETA 1/2 requires participation, hand the printed table and make sure there are no base doubts, as this requires an understanding of what CC is.</p>

Training contents:

1. Evaluation of strengths and weaknesses regarding competences to be shared CC.
2. Main needs in terms of support to be received CC.
3. **Main digital Skills to start participating in Collaborative Consumption through ICT platforms.**
4. Development of Self-Assessment of Collaborative Consumption.

The trainer will guide a discussion between the trainees based on a different area each time.

- The **main 4 areas** which will be explained in extent in the following DETAs are: mobility, waste reduction, recycling and reuse, wellbeing and essential goods.
- Each of the sectors will have a PPT slide with some pictures helping as **visual aid**, but examples outside them are also welcome and encouraged.
- The **duration** of each sector's discussion (see *"Three discussions in one"* below) will be, approximately, **20 minutes**. After those minutes, the topic will be changed. If there are no further comments before the 20 minutes have passed, that time will be added to next discussions.
- They can also propose examples outside these areas and based on the 7 main sectors they have just seen in DETA 1.
- The methodology is very simple and **static** (discussion led by the trainer through the raise of hands), as we understand some elderly are reticent to a more dynamic approach. However, if this is not the case for the group, you can find a more **dynamic option in DETA 1's folder**.

Three discussions in one:

1.2

- The **first discussion** will be about their needs and habits in that area. The questions to energize this will be the following:
 - What do I consume most in this area? Am I in agreement with this consumption, or do I wish for some changes? If yes, which ones?
 - What do I have difficulties consuming and why? (those have to be products or services they want to consume, not any example of things they can't consume)
- The **second discussion** will be about how to solve or improve each of the examples they gave through the use of Collaborative Consumption.
 - If they don't come up with options, the trainer can give them some clues.
 - Each idea will be concreted by the trainer through examples of Apps or initiatives they can use, explaining to them roughly how they work and remarking that they will be thoroughly explain in future sessions.
 - To motivate participation, the trainer can also use some questions like the following: *How can CC help me in this area? How can I save money? How can I produce less waste? How can I feel better or make others feel better?*
 - The trainer has to try and make them think not only about external solutions, but also about how they can be part of that solution, what they can offer (e.g. sell things, voluntary work in CC organizations...)
- The third discussion will be realizing the difficulties they pose and how to overcome them.

1.2	<p>Notes:</p> <ul style="list-style-type: none"> - The trainer guiding this training will have to take notes about the difficulties some products and/or services pose in a way that every trainee can see it (e.g. blackboard, flipchart, etc.) - Meanwhile, the trainees will write down interesting options for them and to which sector they refer using the table in Annex2. - The more dynamic alternative requires trainees with predisposition and more time. - In some examples, it would be useful to have videos or other options to show the App or the concept. For example, time banks can be perfectly understood through this video https://www.youtube.com/watch?v=aB8ifVJ34JU and other options like car-sharing could be very briefly explained through screenshots, short videos, own experiences, etc. <ul style="list-style-type: none"> - Bear in mind that you will have different profiles with different levels of ICT skills / knowledge, try to give examples understandable for all types of profiles. - Timing: 85 minutes. - Tools: PPT, printed table (annex 2). - Include time for questions and discussion.
1.3	<p>Conclusion:</p> <p>There will be time for questions and doubts at the end of this phase, but the conclusion will be that of DETA 1 DETA 2 , as this point will be a part of it.</p>

TRAINING MATERIALS (I.O.2)

SESSION	MATERIALS TO BE DEVELOPED
FACE TO FACE SESSION/online session.	
1.1. Opening session	Course presentation (PPT) Contents: <ul style="list-style-type: none"> • Objectives • Contents • Planning
1.2. Face to face session/online	Training Materials (PPT) Contents: <ol style="list-style-type: none"> 1.-Evaluation of strengths and weakness regarding competences to be shared 2.-Main needs in terms of support to be received CC 3.-Development digital Skills. 4.- Development of Self-Assessment of Collaborative Consumption.Evaluation Questionnaires.