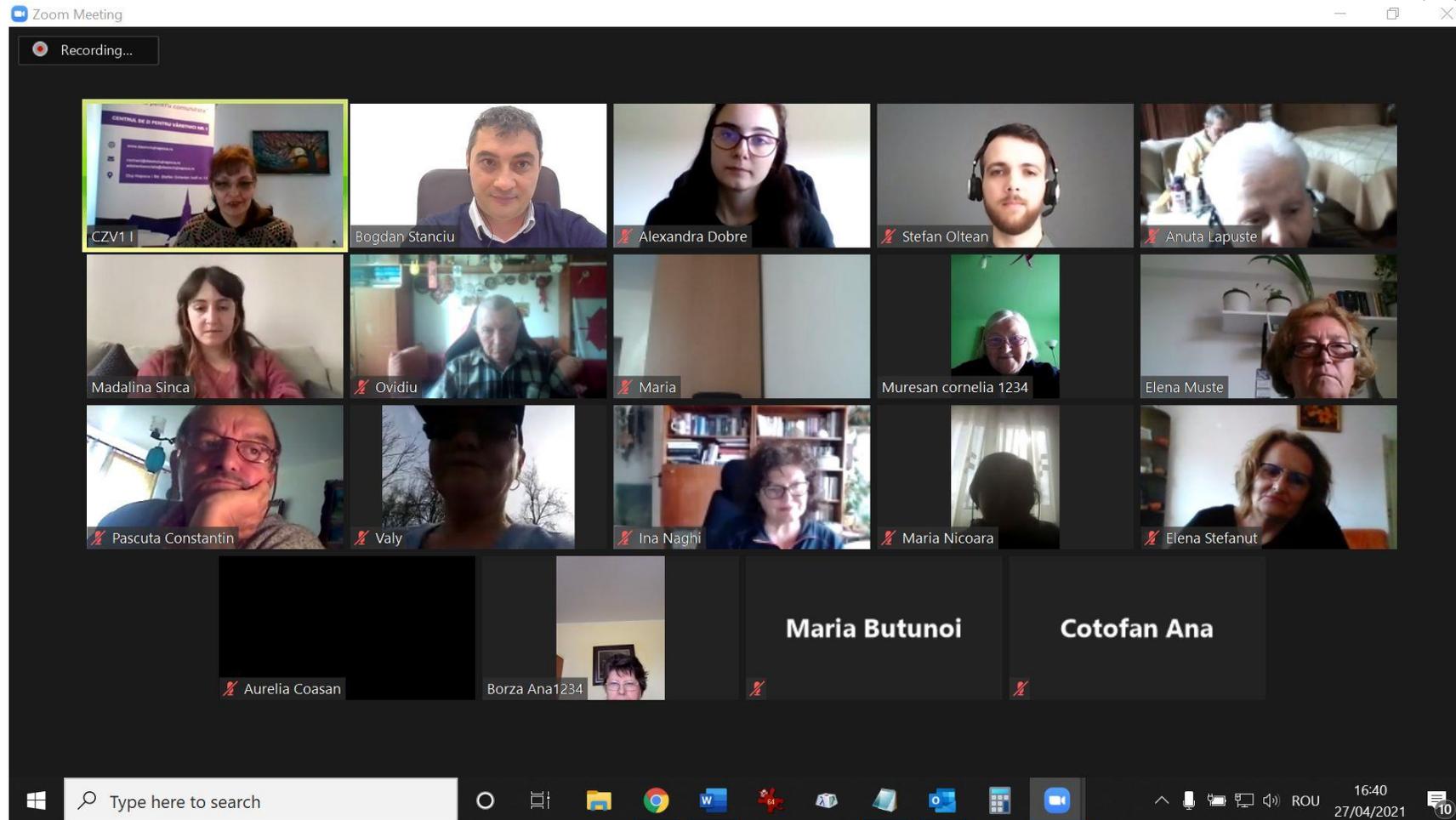


# Cluj Metropolitan Area



## State of play

27.04.2021 - Adrian Răulea, [adrian.raulea@clujmet.ro](mailto:adrian.raulea@clujmet.ro)



% Men: 26

Number of experts (local stakeholders, cities staff): 5

% Women: 74

Number of attendees (senior citizens): 14

# Expert committee stakeholders

- Action/Project n°1: **Update&Adapt**

Converting the current activities of the Day Center for Elders 1 Cluj-Napoca, from offline to online, during the COVID-19 pandemic

.....

- Action/Project n°2: **Third Age University**

Online courses for the elders

.....

- Action/Project n°3: **Seniors in the Digital Age**

Teaching the elders basic computer-related skills

.....

## Senior citizens committee

Main reactions, lessons learned, expressed needs and proposals “from the field”:

- Under the strain of the pandemic, the Day Center for the Elders, an institution that serves tens of seniors from Cluj-Napoca had to swiftly adapt its socializing and networking activities to an online format.
- The transition was rather smooth, because many of the elders were already digital literates, thanks to some previous projects. Communicating continuously through a WhatsApp group really helped to overcome the technical problems.
- A project implemented by a private company, Simplon, whose volunteers had taught basic related skills to the elders, proved to be especially effective.
- Working in conjunction with the Day Center, the Third Age University also converted from offline to online activities, i. e. courses.

# Best practices

Among all actions/projects, please identify some best practices:

1. Teaching the elders basic computer-related skills in a friendly, casual environment proved to be a great asset
2. Maintaining links online, communicating daily through instant messages helped to relieve the stress felt by the seniors throughout the pandemics.
3. Online socializing activities, such as live quizzes, salsa classes, virtual guided tours of certain touristic attractions a.s.o, as well as continuous learning in the framework of Third Age University, helped the elders overcome the difficult times when they were locked in the house.

# Relevance of selected best practices

## Link with EUDIGIT's objectives

EUDIGIT's objectives	n°	Action/ project
Strengthening EU citizenship and citizens awareness	3	Third Age University
Contributing to reduce the digital gap in cities	1	Update&Adapt, Seniors in the
	2	Digital Age
	3	Third Age University

# Thank you for your attention!

