

PROJECT PRESENTATION – CONFERENCE FOR SENIORS IN ŁÓDŹ

SEPTEMBER 12, 2024

On 10 September, Instytut Nowych Technologii presented the Cyber Safe Senior project during the "Active+ for Mature Residents of Łódź" conference.

We would like to thank Ms. Celina Maciejewska, Senior Citizens Advisor to the City of Łódź, and Fabryka Aktywności Miejskiej for inviting us to this inspiring event.

The conference brought together many participants aged 60+, offering a wide range of workshops and informative sessions. We are grateful to everyone who supported the event and to all participants for their active involvement. Your enthusiasm shows how important community engagement is in improving the quality of life of older adults.



SURVEY ON DIGITAL SAFETY OF OLDER ADULTS

NOVEMBER 22, 2024

Your opinion can help make the Internet safer for older adults.

We invite everyone aged 55 and over to complete our anonymous survey about online safety. Your responses will help us better understand how older adults experience the digital world and evaluate how our Cyber Safe Senior project supports safer online behaviour.

By taking part, you will help us improve our training materials and make them even more useful for seniors.

Visit our website to learn more and complete the survey.



First Results of Our Project Now Available

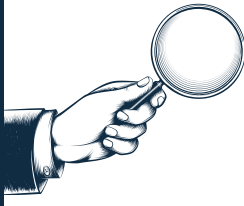
NOVEMBER 3, 2024

We are excited to present the first results of our project, including educational materials designed to help older adults stay safe online.

Our e-book, created through the joint efforts of all project partners, includes 25 real-life stories, 5 educational videos and 5 interactive quizzes. It helps readers understand online threats and learn how to protect themselves. The materials are written in clear, easy-to-understand language and are available in English and the national languages of our project partners.

The e-book Security in the Digital World: Practical Solutions for Seniors with Cybercrime Case Studies, together with the videos and quizzes, is available on our website.

Download the e-book, watch the videos and test your knowledge with the quizzes to improve your online safety.



PROJECT PRESENTATION – EXPERT EVENT IN LJUBLJANA

DECEMBER 6, 2024

Presentation of the Cyber Safe Senior project at the "Informed = Safe" roundtable.

We are pleased to share that our Slovenian partner, Simbioza, organised a successful expert event titled "Informed = Safe – Security Challenges of the Digital World", where the Cyber Safe Senior project and its first educational result were presented.

Participants had the opportunity to learn about our e-book, Security in the Digital World: Practical Solutions for Seniors with Cybercrime Case Studies, which offers practical advice on staying safe online.

The event brought together leading Slovenian experts in cybersecurity, data protection and e-commerce. Discussions focused on the challenges older adults face in the digital world and on practical ways to improve their online safety.

Thank you to all speakers and participants for helping us build a safer digital future for older adults.



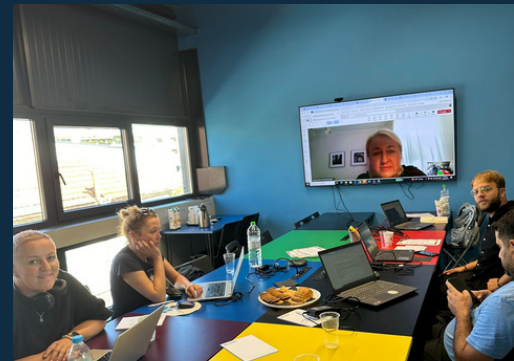
SECOND PARTNERSHIP MEETING IN LARISSA

OCTOBER 1, 2024

We are pleased to share highlights from the second partnership meeting of the Cyber Safe Senior project, held on 27–28 September in Larissa, Greece.

Hosted by the Institute of Entrepreneurship Development (iED), the meeting brought project partners together to review progress and plan the next stages of our work.

A major part of the discussions focused on developing the training programme, improving the IMPROV case studies and agreeing on the next tasks and deadlines. The meeting marked another important step towards creating practical educational resources that will help older adults stay safe online.



CYBER SAFE SENIOR TRAINING PROGRAM TAKES SHAPE

DECEMBER 16, 2024

Partners are making great progress in developing the Cyber Safe Senior training programme.

The programme includes five practical learning modules covering:

- ✓ Cybersecurity basics
- ✓ Common online scams targeting older adults
- ✓ Safe online banking and shopping
- ✓ Safe and responsible use of social media
- ✓ Building confidence in the digital world

Our goal is to give older adults the knowledge and practical skills they need to use digital technologies safely and confidently.

Many thanks to everyone who contributed to creating these valuable educational materials.





CYBERSECURITY REGULATIONS: STRENGTHENING DIGITAL PROTECTION IN EUROPE

DECEMBER 12, 2024

As our digital world continues to grow, strong cybersecurity rules are becoming more important than ever. Across Europe, new regulations are helping protect citizens, businesses and public institutions from cyber threats.

Some of the most important initiatives include:

- Digital Operational Resilience Act (DORA) – helping financial institutions prepare for and respond to digital disruptions.
- Network and Information Security Directive (NIS2) – strengthening cybersecurity across key sectors such as healthcare, energy and transport.
- Cyber Resilience Act (CRA) – introducing cybersecurity requirements for digital products throughout their lifecycle.

Together, these regulations support innovation, strengthen digital resilience and help create a safer online environment for everyone.

GREECE ENTERS THE NIS2 ERA!

DECEMBER 17, 2024

From 27 November 2024, Greece has implemented a new Cybersecurity Law aligned with the EU's NIS2 Directive.

The new legislation introduces:

- a wider range of organisations covered by the rules,
- mandatory cybersecurity risk management,
- enhanced incident reporting requirements,
- stronger penalties for non-compliance.

These changes are another important step towards improving cybersecurity across Europe.

CYBERSECURITY REPORT 2023 FOR SLOVENIA

SEPTEMBER 13, 2024

Slovenia's National Cyber Security Response Centre (SI-CERT), together with the Slovenian Police and the Information Commissioner, has published its latest cybersecurity report.

In 2023, Slovenia recorded 4,280 cyber incidents, an increase of 4% compared to the previous year. Cryptocurrency investment scams caused the greatest financial losses, while smishing attacks – fraudulent SMS messages designed to steal personal and financial information – increased significantly.

The report reminds us to stay alert, avoid suspicious messages and always verify offers that seem too good to be true.

PROJECT PROMOTION IN ŁÓDŹ AND THE REGION

DECEMBER 17, 2024

Between September and December, Instytut Nowych Technologii met with older adults across the Łódź region to present the Cyber Safe Senior project.

During meetings held in Łódź, Ozorków, Aleksandrów Łódzki and Uniejów, participants learned about the project, discussed online safety and completed a survey about their experiences in the digital world.

The feedback collected during these meetings will help us better understand the needs of older adults and continue developing educational materials that respond to real challenges.



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Cyber-Safe-Senior

The newsletter is prepared as part of the Cyber Safe Senior project 2023-1-PL01-KA220-ADU-000160325 funded by the European Union.

Funded by the EU. The views and opinions expressed are those of the author(s) and do not necessarily reflect the views of the European Union or the Erasmus+ National Agency. Neither the European Union nor the grant-making organization is responsible for them.

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