

REGULAR MONTHLY ONLINE MEETINGS OF PROJECT PARTNERS

JANUARY - JUNE , 2025

Between January and June 2025, project partners met online every month to coordinate ongoing activities, discuss progress and plan the next steps. The meetings provided an opportunity to exchange ideas, solve current challenges and ensure smooth cooperation between all partner organisations. During this period, partners focused on preparing the Joint Staff Training, organising the third international project meeting and finalising the Cyber Safe Senior training programme.

Together, they developed 10 interactive IMPROV case studies and 5 educational modules covering:

- Cybersecurity Basics
- Common Online Scams Targeting Seniors
- Online Banking and Shopping Safety
- Safe and Responsible Social Media Use
- Safe Digital Skills for Older Adults
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Thanks to the commitment of all partners, another important stage of the project has been successfully completed.



SENIORS IN ŁÓDŹ: DISCOVERING ONLINE SAFETY

MARCH, 2025

The Polish partners organised a series of meetings with older adults in Łódź, introducing them to the Cyber Safe Senior project and its educational materials.

Participants explored real-life examples of online scams presented in the project e-book Security in the Digital World: Practical Solutions for Seniors with Cybercrime Case Studies. They also watched educational videos, completed interactive quizzes and shared their own experiences of staying safe online.

The meetings were also an opportunity to distribute project materials and collect valuable feedback through participant surveys. Thank you to everyone who took part and helped us better understand the needs of older adults in the digital world.



CELEBRATING WORLD PASSWORD DAY

MAY, 2025

Every year, on the first Thursday of May, we celebrate World Password Day — a great reminder to take care of our online security.

Strong passwords don't have to be difficult to remember. Instead of short combinations of characters, try using passphrases — longer passwords made from easy-to-remember sentences or phrases.

Why choose a passphrase?

- Longer and more secure
- Easier to remember
- Much harder for attackers to guess

Examples:

- BlueCatDancesAtMidnight!
- SummerRainBringsFreshAir2025
- NeverSkipMorningCoffee@7AM

Remember:

- ✓ Use a different password for every account.
- ✓ Store your passwords safely using a password manager.

Take a few minutes today to review your passwords and stay #CyberSafeSenior every day.



SIMBIOZA ARTICLES PROMOTE ONLINE SAFETY FOR SENIORS

MAY - JUNE 2025

We are delighted to share that our Slovenian partner, Simbioza, published two articles based on the Cyber Safe Senior e-book: Why Clicking on a Fake SMS is Dangerous and Be Careful with Phone and Email Scams.

The articles appeared in Vzajemnost Magazine, Slovenia's leading magazine for older adults, which has been supporting and informing seniors for over 50 years.

Congratulations to the Simbioza team for helping raise awareness of online safety and bringing the Cyber Safe Senior project to an even wider audience.



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CYBER SAFE
SENIOR 

PROJECT PROMOTION

Article published in
the Slovenian
Vzajemnost
Magazine



JOINING FORCES FOR A SAFER DIGITAL FUTURE – INTERNATIONAL TRAINING IN SLOVENIA

JUNE, 2025

From 18 to 20 June 2025, our Slovenian partner Simbioza welcomed participants from Slovenia, Poland, Greece and Türkiye for a three-day international training.

The programme brought together 25 future trainers, who explored practical ways to help older adults use the internet safely and confidently.

Through workshops, discussions, real-life case studies and interactive activities, participants exchanged experiences, learned from one another and developed new skills they will soon share with seniors in their own countries.





INTERNATIONAL TRAINING IN SLOVENIA – LEARNING THROUGH PRACTICE

JUNE, 2025

The three-day international training was designed for future trainers who will help older adults use the internet safely, confidently and independently.

The programme, developed by the project partners, combined expert knowledge with practical activities, including real-life case studies, simulations and interactive exercises. Throughout the training, participants explored effective teaching methods tailored to the needs and experiences of older learners.

Day 1 – Building Confidence in the Digital World

The training opened with an introduction to the Cyber Safe Senior project and its educational approach. Participants then explored ways to help older adults feel more confident when using digital technologies through practical exercises, discussions and simulations.

Day 2 – Understanding Cyber Threats

The second day focused on cybersecurity basics and the most common online scams targeting older adults. Participants practised explaining complex topics in a simple and engaging way while analysing real-life examples and developing strategies to help seniors recognise online risks.

Day 3 – Safe Online Services and Social Media

The final day covered online banking, shopping and social media safety. Participants learned how to support older adults in using digital services securely, protecting their personal data and recognising fraud on social media platforms.

The training concluded with evaluations, reflections, and the presentation of certificates and Europass documents.

Congratulations to our new Cyber Safe Senior trainers!

And... here they are – the new trainers of the Cyber Safe Senior educational program!



**WE STAY CONNECTED!**

Although the training has come to an end, the connections we built continue to grow.

The knowledge, experience and friendships gained during these days will inspire our future work and help us better support older adults in using the internet safely and confidently.

Together, we can achieve more!



THIRD INTERNATIONAL PARTNER MEETING IN SLOVENIA

Developing New Online Lessons for Older Adults

JUNE, 2025

While the international training was taking place, project partners also met in Slovenia for the third international partnership meeting.

The main focus was on developing the new online learning lessons that will become part of the Cyber Safe Senior e-learning platform. Together, the partners reviewed the materials prepared so far, refined the lesson content and agreed on the next steps in creating engaging and easy-to-use online resources for older adults.

The meeting also included discussions on project management, communication activities and the upcoming pilot training sessions that will be organised in all partner countries.

As always, the meeting was filled with cooperation, new ideas and a shared commitment to helping older adults feel safer and more confident in the digital world.



www.cybersafesenior.eu**Cyber-Safe-Senior**

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