

**BUILDING DIGITAL
COMPETENCES THROUGH
SPORTS AND HOBBIES**

ADULT EDUCATOR MANUAL





MICRO-LEARNING RESOURCES TO RE-ENGAGE LOW-SKILLED ADULT LEARNERS IN EDUCATION AND TRAINING

Adult Educator Manual

The aim of this short handbook is to support you, as an experienced educator working with low-skilled and marginalised adult learners, with diverse needs, to use the video resources and the activity sheets provided in the Suite of Micro-Learning Resources to Re-Engage Low-Skilled Adult Learners in your centre and in your community. Through this short manual, we will provide you with some background information on the topic being discussed in the video resource and provide some guidance to support you to introduce and implement the accompanying activity with adult learners in your group. The activity that has been developed to accompany the video resources aims to further develop their understanding of the topic outlined in the video resource. Finally, this manual will also present you with some de-briefing questions that you can use in your group of adult learners, to assess the user-friendliness and quality of the activity you have completed with them.

The topic of this manual relates to the video resources *Digital Competence Through Sports & Hobbies*.

INTRODUCTION TO THE TOPIC

Enhancing digital skills through sports and hobbies offers a unique and engaging approach to empower low-skilled adults in the digital era. By integrating technology with their passions, these individuals can gain valuable digital competencies while enjoying activities they love. Whether it's using fitness apps to track progress during sports, mastering digital photography during hobbies, or exploring online communities related to interests, this fusion provides hands-on learning experiences. The benefits are twofold: low-skilled adults acquire essential digital literacy, enabling them to navigate the digital landscape with confidence, and they experience improved well-being through increased participation in fulfilling pastimes. This integration not only fosters a sense of accomplishment but also nurtures continuous learning, unlocking new opportunities for personal growth and career prospects.

INTRODUCTION TO THE ACTIVITY

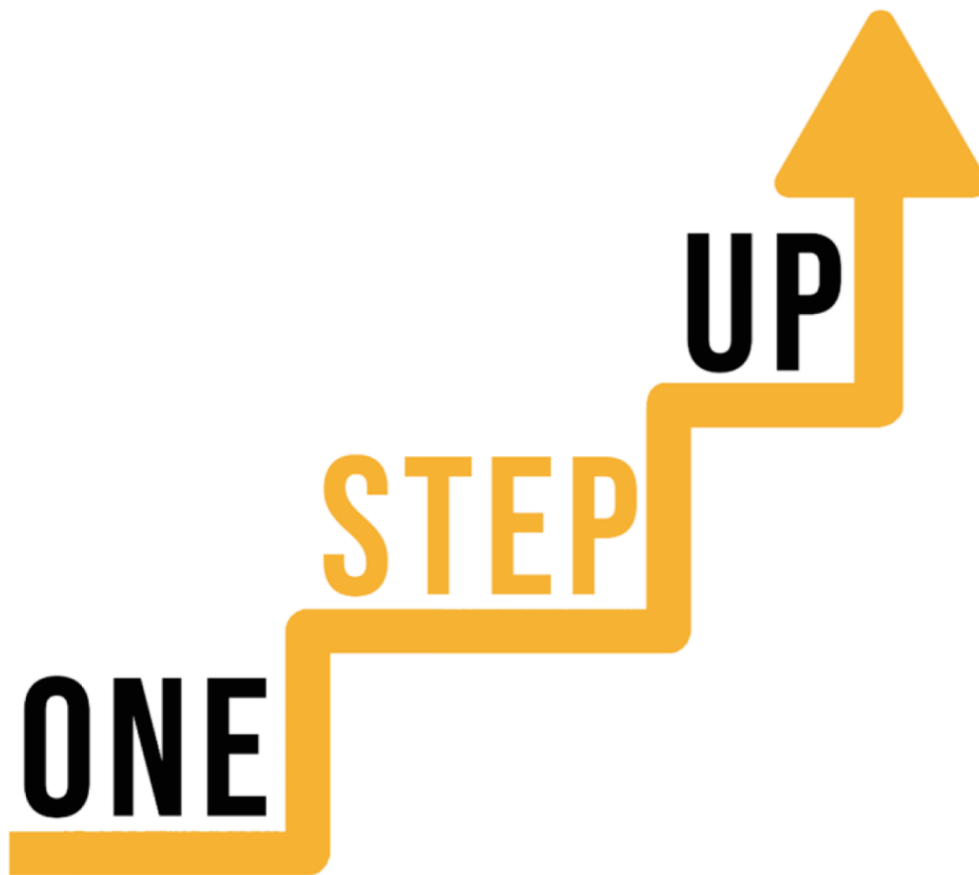
Using the case study, learners will learn about the Erasmus+ project @homeWork that aims to empower inactive women and housewives by enhancing their skills in using smartphones, tablets, and computers. The project focuses on enabling them to develop competencies in fashion design as a hobby. Learners also have a chance to try out “Exploring Technology in Sports and Hobbies” activity which will empower them to combine their digital skills with their sports and hobbies, fostering creativity, innovation, and digital competence.

USING THIS RESOURCE WITH A GROUP

To use this resource with adult learners in your local group, we recommend that you begin by showing them the video resource to introduce the theme of *Digital Competence Through Sports & Hobbies*. This video will help learners to understand the topic before they begin the Learner Handout activity. Once they have gained a general knowledge of the theme, they will be able to begin the handout. For this, we recommend that you print one handout per learner to complete. All learners need for this resource is a pen to complete the learner handout and a computer to view the video. This resource will take one hour in total to complete.

DE-BRIEFING QUESTIONS

- What is one key takeaway from this case study and activity that you explored in the Learner Handout? How can you apply it to your own life or work?
- How did you find the ‘Exploring Technology in Sports and Hobbies’ activity? Did you find it helpful in improving your digital competence?
- How do you think digital components can be incorporated into sports and hobbies? Do you have any further ideas?
- Why do you think using sports and hobbies to build your digital competence is important? How can this help learners?



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