Detailed course program

Title of the Learning Activity	**Pursuing one's hobbies and passions with the use of ICT**
Topic	**Search for resources to putting our hobbies into practice**
Summary of the activity	After learning about the benefits for mental and physical health of the hobbies and passions, and reflecting about one's hobbies and passions, this session aims to provide skills to search for resources to putting them into practice with the use of ICT. Nowadays, Internet and ICT provide us with numerous possibilities to develop our skills as well as to learn new things. On the one hand, we can use different software to develop skills and hobbies (digital painting, music creation, photography, videogames, etc…). On the other hand, we can find numerous tutorials and classes, both free and paid, to learn new things. This session will explain all the possibilities that the participants can find in this sense, as well as will encourage them to be active and take advantage of all the options, according to their hobbies and passions.
Duration	120 min (2h)
Age Group	30+
Aims of the Activity	- to learn different ICT resources to put their hobbies into practice - to learn the main websites, software and apps to search for their interests - to learn how to create a Youtube Channel with lists - to learn how to use Google Maps - to learn how to use Power Point
Guidance for a proper performance of the activities	
Methodology to implement the Activity	This session will take place on a computer room connected to the Internet with a connected multimedia projector. The teaching process should take place with a maximum of 12 learners. This is mainly a practical learning activity, so the participants will be protagonists of the process. The trainer will do emphasis on the importance of the active participation. This means that s/he will encourage the participation if it doesn't flow naturally: doing open questions, encouraging the participants to think about daily examples about the topic, etc. Great emphasis should be placed on daily activities, minimum of theory and everything to support with interactive tools. Activities will also focus on Cooperative learning methodology, by organizing the class into small mixed and heterogeneous groups (4 – 6 participants per group) where students work together in a coordinated way to solve tasks and share opinions.
Methods	Lecture, exercises, brainstorming, quiz, multimedia show Working in pairs, working in a group, discussion

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	Practical activities
Tools and materials	- training materials prepared by the trainer - computers / tablets / smartphones, internet connections, projector - presentation with key information and graphics - computer applications
Knowledge acquired during the classes	The participant is able to: - recognize which ICT resources are more appropriate for their hobbies and passions - use search engines for search relevant information - use Youtube tools - use Google maps - use Power Point
Skills	How to search different resources on Internet, how to take advantage of ICT free resources, how to use Youtube, how to use Google maps, how to select and present information using Power Point, how to communicate with others, how to give feedback to others.
Process	This unit will start with a welcome and will continue with a worm-up activity as an icebreaker. The main objective is the integration of all participants. The following task is the exposure of the topic, connecting it with practical examples of everyday life. Everything is supported by interactive presentation and by encouraging discussion and participation of students.
Session 1 **Opening session** *30 min*	The trainer introduces this session and welcomes everybody, (especially new learners). S/he will ask the participants to do a small summary of the previous session. Afterwards, a short icebreaking activity will take place: "Two truths and one lie": Once gathered, have everyone come up with two things that are true about themselves and another thing that's false, related with their hobbies and passions. Then have each person present what they came up with. Everyone tries to guess the right answer, which leads to stories about past life experiences and facilitates engaging and enjoyable conversation. Afterwards, trainer will make a presentation on the theoretical contents of the session.
Session 2 *75 min*	**Theoretical and practical contents** Based on all the hobbies that participants had suggested in the previous sessions, the trainer will explain how they can use ICT and internet to pursue them. This content depends on each group and the trainer will have to elaborate it after the two previous sessions; it also depends on the country and language of participants. At the same time s/he presents the resources, s/he will open software or websites and participants will see them on the screen, projected. Some examples can be: **1. Websites, software and smartphone apps to develop our hobbies and passions** ● General hobbies: photography (Adobe Photoshop, Gimp softwares); Video creation (Movavi, Windows Movie Maker), Cooking (BBC Good Food app, Smart recipes app); Sports (www.healhline.com, My fitness pal app); Cinema (cinema and series platform such as Netflix, HBO,etc…); Languages (Duolingo app); ● Educational hobbies: coursera.org/courses, www.edx.org, Youtube tutorials. ● Collection hobbies: www.collectors.com ● Competitive hobbies: online games and tournaments.

	2. Searching for free tutorials and courses: use of Youtube
	Trainer will present "Youtube". It is possible that several participants know it, trainer will ask them how they use it, which videos they use to search. Trainer will focus on the free tutorials that they can search to develop their hobbies and passions.
	Trainer will ask participants to do a practical activity: they will create a Youtube channel and elaborate a list to classify videos that are interested for them, related with their hobbies.
	3. How to use ICT to find activities in our town/city
	Trainer will focus on how they can use internet search engines to find activities in their town or city. Participants will search for activities that interest them and will use Google Maps to locate them in their immediate environment.
	To finish the session, participants will have 15 min to elaborate a Power Point presentation with the following elements:
	- My favourite hobbies
	- 5 websites/apps/youtube tutorials related to my hobbies and passions
	- 2 places where I can practice them in my town/city.
	Before starting this individual work, trainer will explain the basics of Power Point. The activity will take place individually for the people who already know the software, and in pairs for the people who doesn't. Trainer will walk around the class-room to help anybody who needs it. Afterwards, the people will share their Power Points in heterogeneous groups (4 people). Members of the group will have to give feedback about the presentation.
Evaluation/Assessment	Self-assessment will be done using the tool "Kahoot" (https://kahoot.it/)
Bibliography, links or resources	https://www.mooc-list.com/ https://support.google.com/youtube/answer/1646861?hl=en https://hobify.es/ https://www.positive-people.org.uk/wp-content/uploads/2017/12/Apps-Hobbies.pdf
Additional activities	Encourage the participants to explore the most common apps related to the session, that they can use also in the PC (Google maps, Youtube, etc) and also motivate them to continue exploring other apps and software for the same purposes.
Mentoring for listeners?	Yes; the purpose of mentoring is to motivate the participants to be active and put in practice their hobbies and passions, using ICT tools to develop them and learn new things, as well as to search for activities in their town or city.
Validation of teaching process	Validation of the learning process is welcomed as long as it focuses on a few key points. The method of validation should relate to the way classes are conducted and should motivate participants to act.
Special requirements for the trainer	Trainer should be a facilitator. Except for the theoretical explanation, the role of the trainer will be facilitator and listener. The following skills are necessary: empathy, active listening, capacity to motivate and make participants share their ideas and reflections.
Innovative elements	The topic of the course itself is innovative, because it's not common to include content about hobbies and passions in learning programs about ICT skills. Other innovative elements are:

	- Linking theory with practice.
	- Presentation of different free ICT tools.
	- Electronic conducted evaluation of activities.

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