



Adult education on digital, health and data literacy for citizen empowerment

Sustainability Plan



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Introduction

The TRIO project's sustainability strategy is twofold, as (i) on one side targets sharing and promoting its main outcomes, namely the developed educational materials and methodology, including the Manual, a curriculum and a complete toolkit for adult educators, supported by a digital learning platform, as well as a Green Paper to be delivered to political decision-makers, and (ii) on the other side aims at exploring new avenues to further strengthen the TRIO project impact in the future, with the aim of keeping the content up to date in the long term. These co-operation efforts are the basis for drawing up this sustainability plan for the TRIO project, which is led by INESC TEC, but it is a critical task for the exploitation of the project outcomes by all the partners.

There is a common strategy, but there are also individual plans to be developed in the consortium countries and expansion plans.

As part of TRIO's long-term sustainability, the following are included:

During the project, there were debates about how to (financially and practically) involve stakeholders to create their own workshop ideas and new training contexts, with the vision of an evolving community in which stakeholders can share experiences and build their own hub for TRIO. This plan developed from the idea that the educational platform could be exportable and updated so that we could include new languages and be included in learning circuits (formal and informal), online and on site. This adaptability makes the project open to new contributions and approaches, guaranteeing its future project viability.

As the project began, the visions of all the partners were discussed and shared through desk research, analysing academic and European sources as well as interviews with health professionals. In the reports made available online, it is possible to identify the reality of each country and identify the triad concepts of the proposed areas (digital, health and data). This promotional work has been targeted at local groups, with the inclusion of working groups in the co-creation workshops that resulted in the educational platform.

The Manual for citizens, educators and political decision-makers is an original document that summarises the content covered in the project. It is an accessible and extremely useful document for informed reading, but also as support for the educational platform and workshop trainers. It is available online in 6 languages and is an excellent theoretical and practical support for essential content to promote good practices in digital, health and data literacy. As it is targeted at adult educators, this document guarantees the adherence and long-term support (and therefore sustainability) of these different stakeholders throughout and after the project.

The results of the project were presented throughout the project to the target groups, emphasising that they are accessible and inclusive and that they meet the intended purpose and objectives of their learning needs, with special attention to transferability to other European countries and other related areas, all through appropriate dissemination on social networks or during participation in specific events. At these

events it was possible to identify gaps, requirements and apply a participatory methodology, to adapt and guarantee the applicability of the resources presented by TRIO. This methodology of involving all the target groups (citizens and project partners) in the process of developing the educational platform is a way of assuring its dissemination and applicability. It is also essential that this learning and training offer is appealing and of high quality, guaranteeing the use of the interactive digital platform, independent in time of all the project's results and fully open access for at least 5 years after the project's conclusion. Through the project website and also with the possibility of this result being transferable and integrated to other projects or educational platforms, where the content can be extended/updated.

The project partners therefore intend to use the results of the project as part of their daily activities and to group together similar initiatives and join complementary projects in order to exchange good practice, increase the reach and optimise the overall project dissemination. Some of the letters of interest in the project are part of the work done to secure this membership. The results of the project and specifically the PR2 educational platform will be maintained, used and updated in other projects related to health literacy in which INESC TEC is involved. European players such as The European University Alliance for Global Health (EUGLOH) are interested in this, and the University of Porto, as the unit responsible, has shown an interest in disseminating the content in its courses. The following are part of this consortium: Université Paris-Saclay (UPSaclay); Lund University (LU), University of Szeged (USZ), Ludwig-Maximilians-Universität München (LMU Munich), University of Alcalá (UAH), UiT The Arctic University of Norway (UiT), University of Novi Sad (UNS), Universität Hamburg (UHH). The other project partners, especially the SMEs SHINE and AFE will also be interested

in promoting the use of the platform in their training activities, thus leveraging the results. BOKtech, who is a eHealth solution provider for healthcare stakeholders in Romania and Greece, plans to integrate the TRIO platform content into its cloud services, and further expand the content to be used by its Romanian customers, and also to be adapted and translated into Greek.

There will also be results at the political level, which will guarantee TRIO's adherence and long-term support, namely with the presentation of the Green paper to national and European political communities, through the INESC Brussels HUB centre, which will forward the information to the European Commission.

At a local level, the methodology presented in the Toolkit, designed for the planning and delivery of workshops focused on the TRIO literacies (digital, health and data), is an excellent support document for trainers in the TRIO areas. The way it has been presented is suitable for different approaches (local/online) with different levels of depth of content, guaranteeing its cultural adaptability and the level of competency of the target audience.

Given the potential social impact, all partners agree to continue promoting the project as part of their daily activities after the funding period.

1. Activities to carry out

- The link to the project will remain available on the **partners' websites**.
- The project partners will ensure the regular update of the project website after the end of the funding period for at least **5 years**.
- Each partner will designate an official **contact person** to support interested organizations in making use of the educational online-based learning offer for their paid staff and volunteers.
- The project partners will **promote collaborative relations** with similar or relevant existing projects.
- Involve stakeholders to **create their own workshop** ideas and new training settings, with the vision of an evolving community in which stakeholders can share experiences and build their own hub for the trio of literacies.
- **Educational platform can be exportable and updated** so that could include new languages and be included in learning circuits (formal and informal), online and on site. This adaptability makes the project open to new contributions and approaches, guaranteeing its future project viability.
- **The Manual** is an accessible and extremely useful document for informed reading, but also as **support for the educational platform and workshop trainers**. This document guarantees the adherence and long-term support (and therefore sustainability) of these different stakeholders throughout and after the project.
- There will also be results at the political level, which will guarantee TRIO's adherence and long-term support, namely with the presentation of the Green paper to national and European political communities, through the **INESC Brussels HUB centre**, which will forward the information to the European Commission.
- **BOKtech**, has a plan to integrate the TRIO platform content into its cloud services, and further expand the content to be used by its Romanian customers, and also to be adapted and translated into **Greek**, as well as its use in Romania.

2. SWOT analyses



STRENGTHS

- The TRIO outputs are covering diverse domains (digital, health and data), and are **ready to use, free of charge**, and useful for a large target audience (e.g. adults of all ages).
- Citizens, educators, and policy makers have the **option to pick and choose which elements** they would want to use without needing to go through all of the material.
- The structure of the learning modules on **3 levels of difficulty** provides flexibility in the design of workshops.
- The choice of Moodle as platform for the implementation, supports import/export actions and **easy integration with other projects**.
- The use of gamified elements in the learning modules makes the **learning process easier and enjoyable**.

WEAKNESS

- The TRIO outputs are **covering diverse domains** (digital, health and data), and are ready Weakness.
- Despite dissemination, the **TRIO project is not well-known** to people and may therefore not reach the target groups.
- The used language, in particular for **the advanced level modules**, may still be **too complex for low literate individuals**, which one of the groups that according to our own research could benefit the most from the TRIO learning material.
- **Translation and adaptation** to new languages requires **very good knowledge of Moodle** and of the tools to create gamified elements.

OPPORTUNITIES

- The content of the platform **can be re-used**, adapted and updated.
- eHealth literacy is becoming a **hot topic due to government** and EU attention.
- The **manual, platform, toolkit**, and green paper **are interlinked, yet distinct**, improving visibility between the outputs and enlarging their reach.
- Increased **availability of digital infrastructure and technology** (e.g. smart phones) in all EU countries provide the ground for increased access to digital learning tools for all citizens.

THREATS

- There is already a **multitude of offers** available for **people to practice** their digital and health skills.
- People who need the most help with their literacy levels **are often less able to the find learning offers by themselves**, especially when digital skills are lacking.
- People with low literacy levels **can be unwilling to learn due to shame or lack of confidence**.
- The adoption of the digital learning tools by the healthcare stakeholders is subject **to their own digital literacy, which is still bellow basic levels in some EU countries (e.g. Romania)**.

Actions to be taken

How to reinforce strengths and opportunities?

- Disseminating the **TRIO project top down through official instances**, policymakers, and health organisations may help to increase traction for the project in the growing eHealth literacy crisis.
- We could offer to integrate (a link to) the TRIO outputs on existing website and platforms.

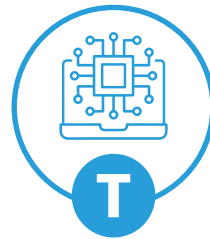
How to minimise weaknesses/ threats?

- Disseminating learning offers **through libraries or other public facilities** is a good way to reach people with a lower

income or no access to digital devices or internet.

- To ensure that TRIO reaches the full target audience we could **disseminate our programme to existing networks and initiatives that aim to improve interregional collaborations between organisations** and contact with citizens with learning needs.
- **Supporting adopters and trainers** with expert knowledge on how to integrate and expand the TRIO educational materials and tools.

3. PESTLE analysis



POLITICAL

- In TRIO, **good policy practices in each country were identified and summarised** in a TRIO Green Paper - with a set of recommendations for policymakers and relevant organisations. The impact of these recommendations is expected to be an important external support element for the project.
- National and **EU-level programmes are rising on digital and health literacy skills**, as is the general understanding of the current gaps and needs

ECONOMIC

- To use the project's outputs, **it is only necessary to guarantee access to the Internet**, and access to the content and its **re-use is open** to members of the consortium.
- Rising healthcare costs **may induce people to seek out more self-help ways** to improve their health. eHealth is an important tool in this process.

SOCIAL

- The results of the project will be documented and **published on the TRIO website for a period of 10 years**, social networks and the **EPALE network**. Links will be shared on social networks for free re-use by consortium members, associated partners and project participants. As the content has been designed for adults, they should be the target audience, regardless of their digital skills, as they will be able to use it as a resource.
- **'Being fit' is becoming a social norm**, fitfluencers are gaining popularity. At the same time, **we are still dealing with an obesity problem**. These trends are polarising society.

TECHNOLOGICAL

- The project was created on the **Moodle platform**, which is a learning platform or course management system (CMS) - **a free, open-source software package** designed to help educators create effective online courses that can be

exported and accessed on different servers.

- Digital technology is increasing rapidly. This effects both the content of our offer, **which will need to be updated regularly to remain relevant**, as well as what people are expecting to receive in a 'e-learning offer' in terms of graphics, gamification, etc

LEGAL

- The TRIO project is a European project that complies with European rules, so all legal issues related to the **GDPR must be guaranteed** when using its deliverables.
- New policies will be needed to deal with the **growing crisis in the healthcare** sector.

ENVIRONMENTAL

- TRIO events must comply with **healthy nutrition standards** and use reusable crockery.
- TRIO events must have respect for the environment and **the use of digital format documents**.
- TRIO consortium is encouraging adopters and trainers to choose the design and **implementation of online or hybrid workshops whenever possible**, to reduce the **environment carbon footprint** through reduced needs of transportation.



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