



Enhancing Active Ageing through Organic Gardening

D2.4: ICT Competencies Report

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Executive Summary

D2.4 – ICT Competencies Report provides an overview of free ICT competency tools designed for seniors, primarily developed within the context of EU-funded projects, which can be incorporated into the training content under WP3 to strengthen the digital skills of senior learners. The research was guided by the Digital Competences Framework (DigComp), which is the European Digital Competence Framework for Citizens and is structured around six core ICT competency areas: Basic Digital Literacy, Information Management, Communication and Collaboration, Content Creation, Online Safety and Security, and Problem Solving and Critical Thinking. Through a systematic search and evaluation process, 13 tools were identified.

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1 Introduction

1.1 Purpose

The purpose of D2.4 – ICT Competencies Report is to search and identify free ICT competencies tools mainly generated from EU (co)funded projects in order to assess their applicability to be incorporated in the training content to be developed under Work Package 3 (WP3).

1.2 Relation to other WPs and Deliverables

D2.4 builds directly on the findings of D2.3, a key deliverable in which the user requirements of seniors, particularly in terms of digital literacy and ICT competencies, were identified and defined. Moreover, this deliverable is closely linked to Work Package 3 (WP3), which focuses on the development of training materials in organic and smart gardening tailored for senior learners. In this context, the selection of ICT tools will be guided by the user requirements outlined in D2.3 and integrated into the WP3 training content. This will support the effective acquisition of digital skills and competencies by seniors, enabling them to engage more confidently with smart gardening practices.

1.3 Structure of the Deliverable

The deliverable begins with the Methodology section, which outlines the approach, criteria, and processes used to identify and evaluate suitable ICT competencies tools for seniors. This is followed by the ICT Competencies Tools section, where each selected tool is presented using a common template detailing its origin, target audience, description, usability, and suggested adaptations. The structure ensures comparability across tools and highlights their relevance to the defined competency areas. The deliverable concludes with the Conclusions section, which synthesises the key insights, identifies gaps and challenges, and outlines how the findings will inform the development of training content under WP3.

2 Methodology

To guide the identification of suitable ICT competency tools for senior learners, it was essential to first establish a shared understanding within the consortium regarding the definition and scope of ICT competencies. To this end, an internal reference document was developed, outlining the core areas of digital competences identified in the European Digital Competences Framework (DigComp) for Citizens¹, that would serve as the basis for research and evaluation. This document provided a common framework for the consortium, ensuring methodological consistency and alignment during the selection and analysis of digital tools.

2.1 DigComp Framework

According to the DigComp Framework the six core ICT Competency Areas are:

1. **Basic Digital Literacy**

- Understanding how to use digital devices (computers, tablets, smartphones)
- Navigating operating systems and user interfaces
- Typing, using a mouse, opening programs

2. **Information Management**

- Searching, evaluating, and organizing information online
- Using browsers and search engines effectively
- Recognizing reliable vs. unreliable sources

3. **Communication and Collaboration**

- Using email, messaging apps, and social media
- Participating in video calls or online meetings
- Collaborating on documents using cloud tools (e.g., Google Drive, Microsoft 365)

4. **Content Creation**

- Creating simple digital documents, presentations, or graphics
- Creating content for social media
- Understanding copyright, licensing, and digital rights

5. **Online Safety and Security**

- Creating strong passwords and protecting personal data
- Recognizing scams, phishing, and harmful content
- Understanding privacy settings and secure browsing

6. **Problem Solving and Critical Thinking**

- Using digital tools to solve everyday problems
- Troubleshooting basic technical issues
- Adapting to new technologies

¹ Vuorikari, R., Kluzer, S. and Punie, Y., DigComp 2.2: The Digital Competence Framework for Citizens - With new examples of knowledge, skills and attitudes, EUR 31006 EN, Publications Office of the European Union, Luxembourg, 2022, ISBN 978-92-76-48882-8, doi:10.2760/115376, JRC128415.

The research process involved a systematic review of existing EU-funded projects and publicly available online resources. The Erasmus+ Project Results Platform served as a primary source of information, complemented by the existing knowledge and experience of consortium members gained through their participation in relevant past projects. The objective was to identify free digital tools that support the development of ICT skills, with priority given to tools specifically designed for seniors. When such targeted tools were not available, general-purpose digital tools were considered, provided they could be readily adapted to meet the needs and current ICT literacy levels of older adults.

To focus the search process, a set of targeted keywords was used, including: "digital literacy for seniors," "ICT tools for older adults," "free digital skills apps," "technology training for seniors," "intergenerational digital learning," "senior-friendly digital tools," "basic computer skills," and "inclusive digital education."

Key selection criteria included user-friendliness, alignment with the defined ICT competency areas, and the potential to be integrated into the training materials developed under WP3. Where necessary, suggested adaptations were formulated to enhance usability and relevance for older users.

For reporting purposes, a common template was designed allowing consortium partners to insert relevant information for each identified tool:

◆ **1. Tool Name:**

🔗 **2. Link/Source:**

🌱 **3. Origin:**

- ☐ EU-funded project
- ☐ Public educational platform
- ☐ NGO/Non-profit initiative
- ☐ Other (please specify): _____




🌐 **4. Language(s) available**

👥 **4. Target Audience:**

📄 **5. Description:**

😊 **6. User friendly:**

How easy is the tool to use for seniors? Tick one and add comments if needed:

- ☐  Very easy to use – clear layout, simple steps, accessible design
- ☐  Somewhat easy – may need guidance or support to use confidently
- ☐  Not user-friendly – difficult for seniors without major adaptation

✂ **7. Suggested Adaptations (if needed):**




3 ICT Competencies Tools

The ICT Competencies Tools identified from the Consortium for this project are:

3.1 Seniors Go Digital

The Seniors Go Digital is a tool developed by an EU-funded project, which is specifically tailored for senior people aiming to enhance their digital competences. More information about the tool is described below:

Table 1: ICT Competencies Tool 1

Tool Name	Seniors Go Digital
Link/Source	http://seniorsgodigital.iit.demokritos.gr/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Italian, Greek, Swedish, Bulgarian
Target Audience	Seniors
Description	The Seniors Go Digital e-learning platform provides five (5) courses in five (5) different languages (25 courses in total): Computer Basics and Problem Solving; Communication and Collaboration; Safety; Digital Content Creation; Information and Data Literacy. The courses consist of an optional Self-Assessment Quiz, e-Books and a mandatory Final Assessment Quiz on digital competences. Upon studying of the e-Books and successful completion of the Final-Assessment Quiz (above 60% grade), users can earn a Badge for each module that proves their abilities.
User friendly	<input checked="" type="checkbox"/>  Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/>  Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/>  Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.2 SCOPE – Seniors Creating Digital Opportunities for Peer Empowerment

Scope constitutes another tool developed within an EU-funded project, specifically designed for senior people. Its aim is to train seniors in navigating through the online world. Detailed information about the tool is described in the table below.

Table 2: ICT Competencies Tool 2

Tool Name	SCOPE – Seniors Creating Digital Opportunities for Peer Empowerment
Link/Source	https://platform.digitaliators.eu/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Italian, Greek, Bulgarian, Romanian, Slovenian
Target Audience	Seniors
Description	A comprehensive program that includes training modules tailored for seniors, video tutorials featuring senior citizens sharing their experiences in the digital world, and a handbook for senior educators. The training modules cover a variety of topics including: protection of online accounts; online behavior and image; sharing information online; fake news; how to capture photos and videos; how to use WhatsApp and Viber; Google Search.
User friendly	<input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.3 Senior Planet

Senior Planet is an NGO initiative aiming to assist senior people to exploit the internet for various reasons. Among its functionalities, it offers learning tutorials on how to use several online tools, such as email or teleconferencing. More information is provided below.

Table 3: ICT Competencies Tool 3

Tool Name	Senior Planet
Link/Source	https://seniorplanet.org/digitalskillsready/
Origin	<input type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input checked="" type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English
Target Audience	Seniors
Description	Digital essentials to help seniors find and secure jobs, change careers, or explore entrepreneurship. The

	platform provides a variety of accessible, no-cost learning tools such as free recorded videos and handouts on how to create a Gmail account along with how to set up a Zoom account and call.
	The content is provided in English only.
User friendly	<input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.4 Senior for Change

Seniors for Change is an EU-funded project aiming to empower senior people to contribute to the fight against climate change through the use of Social Media. More information about the tool is presented below.

Table 4: ICT Competencies Tool 4

Tool Name	Seniors for Change
Link/Source	https://elearning.seniors4change.eu/e-learning/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Greek, French, Dutch, Portuguese, Bulgarian
Target Audience	Senior adult learners, educators, digital inclusion facilitators
Description	<p>The aim of the platform is to empower older people to contribute to the fight against climate change through social media and DIY sharing, using videos, and in particular to promote existing eco-friendly practices and pass on the practices of older people to other generations using social media.</p> <p>Modules include: Improvement of social media skills, thoughtful and safe social networking, mastery of videography skills on smartphones (from learning how to use a camera on smartphone to editing a video with simple apps). All resources and videos are available in the various languages of the platform, with specific examples for each country. The training courses are illustrated with numerous images and screenshots for greater clarity.</p>

User friendly	<input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.5 SOS Creativity - Seniors online security for creativity

Another tool created in the context of an EU-funded project has been identified and focuses on enhancing senior's ICT competences in order to enjoy cultural offerings and artistic content available online. Further information about the tool is presented below.

Table 5: ICT Competencies Tool 5

Tool Name	SOS Creativity - Seniors online security for creativity
Link/Source	https://www.soscreativity.eu/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Spanish, Italian, French, Polish, Macedonian
Target Audience	Senior adult learners, educators
Description	S.O.S. Creativity is a tool aimed at enhancing adults' IT competences, enabling them to fully access and enjoy cultural offerings and artistic content available online. At the same time, it seeks to raise awareness of both the opportunities and the risks of the digital environment, such as phishing, fraud, fake news, privacy breaches, and defamation, that users may encounter while navigating the internet.
User friendly	<input type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input checked="" type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	<ul style="list-style-type: none"> • Simplify access to the demo video on the website ('Results' > 'Demo') • Reorder the presentation and access to the platform's resources

3.6 Bons Clics

The sixth tool identified is an educational platform called Bons Clics, which offers a range of free ready-to-use resources to help seniors understand and confidently use digital tools. More information about the platform is showcased below.

Table 6: ICT Competencies Tool 6




Tool Name	Bons Clics
Link/Source	https://www.lesbonsclics.fr/fr/ressources-pedagogiques
Origin	<input type="checkbox"/> EU-funded project <input checked="" type="checkbox"/> Public educational platform <input checked="" type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	French
Target Audience	Digital inclusion facilitators, social workers, and adults with limited digital skills, especially seniors
Description	Les Bons Clics offers a wide range of free, ready-to-use educational resources to help adults understand and confidently use digital tools, online administrative services, and everyday technologies. Widely adopted in France as a digital inclusion platform, it covers modules on using a computer, using a smartphone, energy, banking, e-administration, accessing your rights, e-health, mobility, and employment. Key points from each resource or lesson can be printed for offline reference, and the platform's design is visually appealing, clear, and engaging.
User friendly	<input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.7 MILEAGE: Media And Information Literacy And Digital Competences Enhancement For Active Aging

Mileage is an online learning platform developed in the context of an EU-funded project designed to strengthen media and information literacy. Table 7 below provides further information about it.

Table 7: ICT Competencies Tool 7

Tool Name	MILEAGE: Media And Information Literacy And Digital Competences Enhancement For Active Aging
Link/Source	https://mileageproject.eu/
Origin	<input checked="" type="checkbox"/> EU-funded project

	<input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, French, Italian, Greek, Czech.
Target Audience	Educators, senior adult learners
Description	<p>MILEAGE is an online learning platform designed to strengthen media and information literacy (MIL) through micro-lessons, interactive scenarios, and a comprehensive toolkit. It supports users in evaluating digital content, avoiding misinformation, and building ICT confidence.</p> <p>The micro-lessons are organised into categories such as scams, usage & behaviours, finances, spotting fakes, and internet platforms.</p> <p>Specific modules address practical topics including booking travel and accommodation, using dating apps, recognising fake news and fake videos, making secure online payments, managing online banking, identifying scams and phishing attempts, using WhatsApp, and practicing good netiquette.</p>
User friendly	<input type="checkbox"/>  Very easy to use – clear layout, simple steps, accessible design <input checked="" type="checkbox"/>  Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/>  Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.8 Digital Skills Passport for Senior

Another EU-funded project tool identified is the Digital Skills Passport for Senior, a platform specialised for seniors aged 65+ to build their digital competences. Information about the tool is presented in the table below.

Table 8: ICT Competencies Tool 8

Tool Name	Digital Skills Passport for Senior
Link/Source	https://www.digiskipass.com/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Italian, French
Target Audience	Senior adult learners, educators, digital inclusion facilitators

Description	Digital Skills Passport for Senior (DigiSkiPasS) helps adults aged 65+ build digital competence through free, easy-to-follow workshops, handouts, and interactive modules. The programme promotes active ageing, social inclusion, and intergenerational exchange, enabling seniors to use technology confidently and safely. Topics covered include digital basics, word processing, spreadsheets, access to public services (e.g., SPID, Itsme), online safety, artificial intelligence, Agenda 2030, intergenerationality, and green digital practices. All resources are designed to be step-by-step, practical, and accessible, making the platform suitable for seniors of varying digital skill levels.
User friendly	<input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.9 OnSafe

OnSafe is another EU funded people which developed specialised training content for raising awareness on online sexually related risks. More information is presented below.

Table 9: ICT Competencies Tool 9

Tool Name	OnSafe
Link/Source	https://www.onsafety.eu/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English
Target Audience	Youth workers, young people, educators
Description	The project focuses at equipping young people and teenagers with the necessary knowledge, skills and tools to prevent being exposed to sexually related online risks and threats (sexting, sextortion, grooming/child sexual abuse material, revenge porn), through the development, piloting and implementation of a series of interactive workshops.
User friendly	<input type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently

	<input checked="" type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	<ul style="list-style-type: none"> The workshop content is highly relevant for seniors with extensive online experience, as it addresses advanced and practical digital topics. The content is currently available only in English, so any use in non-English-speaking contexts should be accompanied by appropriate translation to ensure accessibility and understanding.

3.10 SmartHome4SENIORS App

An app developed in the context of an EU-funded project, the SmartHome4SENIORS is designed to help adults over 55 develop practical digital skills through DIY smart home automations. Details about the features of the app, are described below.

Table 10: ICT Competencies Tool 10

Tool Name	SmartHome4SENIORS App
Link/Source	https://sh4seniors.erasmusplus.website/app
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English
Target Audience	Seniors
Description	<p>The project is designed to help adults aged 55+ develop practical digital skills through do-it-yourself smart home automation. Combining hands-on electronics with online learning, it equips seniors with the ability to assemble and program devices such as smart lighting, alarm systems, music doorbells, and automated garage doors. Using the SmartHome Kit, which includes a Raspberry Pi Pico microcontroller and smart sensors, participants learn coding basics, sensor integration, and device configuration in a guided, accessible way.</p> <p>The project also offers a web-based learning platform with interactive tutorials, gamified quizzes, and badges, fostering motivation and step-by-step skill development in areas like programming, troubleshooting, and safe technology use.</p>
User friendly	<input type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently

	<input checked="" type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	<ul style="list-style-type: none"> Activities require assembling hardware and writing basic code, which may feel intimidating for seniors with no prior experience in electronics or programming. Some navigation of the online platform and kit setup may require initial guidance from trainers or volunteers.

3.11 Mobile Money

Mobile money, is another tool developed in the context of an EU-funded project aiming to assist seniors enhance their digital and financial skills. Information about the tool is provided in the table below.

Table 11: ICT Competencies Tool 11




Tool Name	Mobile Money
Link/Source	https://elderlymobilemoney.eu/results/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English, Greek, Spanish, Slovenian, Romanian, French
Target Audience	Seniors
Description	The Mobile Money project combines a blended training course with a dedicated mobile app to help seniors build the digital and financial skills needed to manage personal finances confidently and safely online. The course covers essential topics such as smartphone use, online security, mobile banking, money transfers, online shopping, and paying taxes and bills digitally, using participatory methods, gamification, and real-life simulations. Complementing the training, the Mobile Money e-Training app offers on-demand access to course materials, trainers' guides, and interactive simulators for mobile banking and online marketplaces, allowing seniors to practice transactions and develop confidence in a safe, risk-free environment.
User friendly	<input type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design <input checked="" type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation

Suggested Adaptations (if needed):	<ul style="list-style-type: none"> Assistance is needed to be provided to seniors for unfamiliar terms.
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3.12 Easierphone

Easierphone is an NGO initiative app which simplifies smartphones for older adults. Detailed information on the exact features of the app are presented in table 12.

Table 12: ICT Competencies Tool 12

Tool Name	Easierphone
Link/Source	https://easierphone.com/
Origin	<input type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input checked="" type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____
Language(s) available	English
Target Audience	Seniors
Description	Easierphone is an Android launcher that simplifies smartphones for older adults. It replaces complex menus with a clean, easy-to-navigate interface. It helps seniors use essential phone features like calls, messages, and camera more confidently.
User friendly	<input checked="" type="checkbox"/>  Very easy to use – clear layout, simple steps, accessible design <input type="checkbox"/>  Somewhat easy – may need guidance or support to use confidently <input type="checkbox"/>  Not user-friendly – difficult for seniors without major adaptation
Suggested Adaptations (if needed):	

3.13 BOOMER

The last ICT Competencies tool identified comes from another EU-funded project called BOOMER. BOOMER offers real-world, easy-to-use educational content on digital skills and social inclusion, specifically tailored to address senior people. Further information is presented below.

Table 13: ICT Competencies Tool 13

Tool Name	BOOMER
Link/Source	https://www.digital-boomer.eu/
Origin	<input checked="" type="checkbox"/> EU-funded project <input type="checkbox"/> Public educational platform <input type="checkbox"/> NGO/Non-profit initiative <input type="checkbox"/> Other (please specify): _____

Language(s) available	English, Dutch, Italian, Spanish, Croatian
Target Audience	Seniors
Description	<p>BOOMER aims to deliver real-world, easy-to-use educational content tailored to seniors, helping them build essential digital skills for social inclusion. Offered through the freely accessible “BOOMER Virtual Corner”, the courses are designed for simplicity and practical application.</p> <p>Training covers a broad range of topics, including basic device use, such as turning on devices, adjusting settings, managing files, and connecting to Wi-Fi, alongside internet navigation skills like using search engines, bookmarking pages, and evaluating online information. Seniors also learn to use communication tools, including sending emails, using messaging apps, and participating in video calls. The programme places strong emphasis on online safety, teaching participants how to recognise phishing attempts and scams, create secure passwords, and protect personal data. Other modules focus on digital transactions, from making online purchases and paying bills to using e-banking securely, as well as accessing e-government services for retrieving official documents, booking appointments, and navigating public service portals</p>
User friendly	<p><input checked="" type="checkbox"/> ● Very easy to use – clear layout, simple steps, accessible design</p> <p><input type="checkbox"/> ● Somewhat easy – may need guidance or support to use confidently</p> <p><input type="checkbox"/> ● Not user-friendly – difficult for seniors without major adaptation</p>
Suggested Adaptations (if needed):	

4 ICT Competences Tools Analysis

The ICT Competences Tools described above can be grouped in to the following categories:

1. **Tools Focused on Basic Digital Competencies:** Seniors Go Digital and BOOMER both offer broad, foundational training in areas such as computer basics, online communication, content creation, and safety. These are ideal for the initial ICT upskilling of seniors, ensuring they have the confidence to later use smart gardening apps and participate in online project communities.
2. **Tools with Peer-Learning and Social Engagement Approaches:** SCOPE and Seniors for Change emphasise peer-to-peer learning, storytelling, and using digital tools for social participation. These tools link well to the project's intergenerational and participatory approach, encouraging seniors to share gardening experiences online and promote sustainability practices.
3. **Specialised or Thematic Tools:** Senior Planet focuses on practical digital skills for employability and entrepreneurship, SOS Creativity addresses safe use of online cultural content, highlighting risks like phishing and fake news. MILEAGE develops media literacy and critical thinking through micro-lessons on fake news, scams, and online behavior. Mobile Money strengthens digital and financial literacy, teaching mobile banking, online shopping, and bill payment. SmartHome4SENIORS equips seniors with hands-on skills in smart home automation. OnSafe targets awareness of online sexual risks. Easierphone simplifies smartphone use with a clean interface for essential functions. Bons Clics (French-only) provides resources for everyday digital needs like e-administration, e-health, and mobility. Associating their relevance to seniors, Mobile Money and SOS Creativity are especially valuable, as they build digital confidence in practical, real-world contexts. Easierphone could be recommended to seniors with low confidence in smartphone use, supporting access to apps relevant for gardening and communication. SmartHome4SENIORS is innovative but may be too advanced for seniors unless guided in workshops.

4.1 Feature Analysis

Many tools are multilingual (Seniors Go Digital, SCOPE, Seniors for Change, BOOMER), but some (Senior Planet, Easierphone) are English-only, limiting reach. Most platforms are designed with seniors in mind, using visuals, step-by-step modules, and quizzes. Some tools (e.g., BOOMER, Seniors Go Digital) provide comprehensive digital literacy, while others (SmartHome4SENIORS, Mobile Money) are specialised. Features like badges (Seniors Go Digital), storytelling (SCOPE), and gamified quizzes (SmartHome4SENIORS, Mobile Money) enhance engagement and can be adapted to SeniORGarden's participatory training approach.

4.2 ICT Tools for SeniORGarden

Taking into consideration the above analysis of the tools, several seem more suitable than others to be exploited in the context of SeniORGarden. Specifically, the most suitable tool seems to be the '**Seniors Go Digital**' as it provides a solid baseline of digital literacy (computer use, communication, online safety) rendering it as an excellent entry point for seniors with mixed ICT experience. Seniors Go Digital can help build senior's confidence to later use smart gardening apps and online platforms.

Another tool that is suitable for use at SeniORGarden is '**Boomer**'. It has strong emphasis on the safer use of the internet and advances practical skills like e-banking and e-government. Boomer can increase digital independence while addressing one of the major concerns of seniors, namely, online safety.

A third tool that can be exploited by the project in its developed training is '**SCOPE**', as it focuses on peer-to-peer learning and storytelling with seniors as role models. It encourages intergenerational exchange and allows seniors to share stories digitally, which be excellently exploited for sharing their gardening stories.

Finally, a good tool seems to be '**Easierphone**' as it simplifies smartphone use with a senior-friendly interface, making it ideal for participants with low ICT confidence, ensuring they can easily access smart gardening apps, messaging tools, and project updates.

The final selection of tools to be used in the training content at WP3, will be made taking into consideration the ICT Competence level of seniors, as presented in the User Requirements and Needs Analysis report (D2.3).

5 Conclusions

The review and analysis of ICT Competencies Tools carried out in this report highlights the wide range of digital learning opportunities currently available for seniors, many of which were developed within EU-funded projects. While these tools differ in scope, complexity, and focus, they collectively address the six core competency areas outlined in the DigComp Framework, ensuring coverage of basic digital literacy, online safety, communication, content creation, and critical thinking.

For the purposes of SeniORGarden, the findings demonstrate that a selection of tools can be strategically integrated into the project's training design under WP3 to both strengthen seniors' digital skills and directly support their engagement with smart gardening practices. Tools such as *Seniors Go Digital* and *BOOMER* are well suited for building foundational competences and ensuring online safety, while *SCOPE* offers strong potential for fostering peer-to-peer learning and intergenerational exchange. In addition, *Easierphone* offers a practical solution for simplifying smartphone use, thereby lowering barriers for participants with limited ICT confidence. Together, these tools provide a balanced mix of accessibility, safety, engagement and relevance.

Summing up, the recommended tools can enhance seniors' capacity to actively participate in the project's activities, access and use smart gardening applications, and contribute to the online community to be developed. At the same time, they foster digital inclusion, empower seniors to share their experiences and support their overall confidence in using technology. The final integration of tools will be adapted to the digital competence levels identified in the User Requirements and Needs Analysis Report (D2.3), ensuring alignment with the real needs of the project's target group. By embedding these tools within the training content, SeniORGarden not only promotes active ageing and social participation but also bridges the digital divide for seniors in a meaningful and sustainable way while it creates a sustainability route for tools developed with European Union funding.

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Enhancing Active Ageing through Organic Gardening

Quality Checklist

D2.4: ICT Competencies Report

Reviewer (Name)	Partner Organisation
Piera Sciama	M3CUBE

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CRITERIA	VERIFICATION
Conformity to Standards & Project Templates	
Logos (CyberEqual, EU)	<input checked="" type="checkbox"/>
Project title, reference, author, version, revision, data	<input checked="" type="checkbox"/>
Mandatory Statements (disclaimer)	<input checked="" type="checkbox"/>
Conformance to the Deliverables Template Structure (i.e., Executive Summary, Introduction, etc.)	<input checked="" type="checkbox"/>
Language Check (Typing Mistakes, Grammar, etc.)	
	<input checked="" type="checkbox"/>
Coherence with the Project's Objectives	
	<input checked="" type="checkbox"/>
Reliability of Data	
Information and sources well identified	<input checked="" type="checkbox"/>
Data and information are free from factual or logic errors	<input checked="" type="checkbox"/>
The analysis is reliable (previous studies have been sufficiently reviewed; qualitative information and quantitative data are balanced and appropriate)	<input checked="" type="checkbox"/>
Validity of Conclusions	
Conclusions meet evaluation questions and information needs	<input checked="" type="checkbox"/>
No conclusions missing according to the evidences presented	<input checked="" type="checkbox"/>
Please indicate any deviations from contractual conditions (WP objectives)	

Comments/Suggestions for Revision

Implementation of revisions/modifications suggested and explanation for possible rejections (performed by the Responsible of the Deliverable)

Deliverable Accepted

☒ Yes ☐ No

If NO, please state reasons: