

INFOPACK ERASMUS +

Mental Health & ICT

Digital Wellbeing, Intergenerational Collaboration & AI for Ageing Societies



Erasmus+



profuture
training

Content:

1. WELCOMING	3
2. TRAINING PURPOSES AND SKILLS	4
3. MODULES	5
4. VENUE	7
5. BASIC INFORMATION ABOUT THE CITY	7
6. USING YOUR CELL-PHONE	11
7. M&M AND YOUR STAY IN BARCELONA	11
8. VOCABULARY FOR EVERYDAY	12

1. WELCOMING

Welcome to this Erasmus+ mobility experience focused on strengthening mental wellbeing, fostering digital confidence, and promoting meaningful intergenerational collaboration through the use of ICT and emerging technologies. This programme combines psychology, digital wellbeing, and artificial intelligence with a human-centred approach, empowering you to support older adults, enhance inclusion, and use technology safely, ethically, and purposefully.



This project has been designed to provide you with practical, innovative, and socially impactful learning opportunities while giving you the chance to experience a new culture, a new working environment, and an international atmosphere of cooperation and exchange.

Throughout this training programme, you will explore the foundations of mental health in ageing populations, discover effective communication strategies, and learn how ICT and AI can be used to promote autonomy, cognitive stimulation, and emotional support. You will also develop key competences in empathy, digital facilitation, problem-solving, and cross-cultural communication, which are essential for your personal and professional growth.

This info pack contains everything you need to know before and during your mobility: your learning objectives, daily schedule, safety information, cultural activities, logistic details, and support contacts.

Let's empower communities through wellbeing, digital inclusion, and human connection.

We wish you a meaningful and enriching experience!

The Erasmus+ Coordination Team
M&M Training Provider

2. TRAINING PURPOSES AND SKILLS

Training Purposes

The main objective of this theoretical and practical course is to understand the foundations of mental health and digital wellbeing while exploring how ICT and AI-based tools can be integrated to support older adults, enhance inclusion, and promote safe, meaningful, and empowering use of technology across generations.

Overall pedagogical aims

By the end of the course, participants will:

- ✓ Understand mental health fundamentals for ageing populations and caregivers.
- ✓ Gain practical strategies to prevent burnout, improve wellbeing and promote emotional support.
- ✓ Learn how to guide older adults through ICT use in a safe, empowering way.
- ✓ Explore digital wellbeing and online safety for vulnerable groups.
- ✓ Understand how AI works and how it can support autonomy, accessibility and personalized support.
- ✓ Design intergenerational learning activities combining psychology, technology and social connection.
- ✓ Apply inclusive, ethical and evidence-based practices in their professional environments.

Participants will also learn how to create learning environments where **younger and older generations grow together**, reducing digital divides and strengthening community wellbeing.

Skills, knowledge, and competences

By the end of the course, participants will know how to:

Mental Health & Ageing

- ✓ Understand stress, anxiety, loneliness and cognitive decline in older adults.
- ✓ Identify warning signs and promote early support.
- ✓ Apply communication techniques based on empathy and active listening.
- ✓ Create psychologically safe learning environments.

Digital Wellbeing & ICT

- ✓ Support older adults in basic and intermediate ICT tasks.
- ✓ Understand digital overload and how to prevent it.
- ✓ Integrate accessible technologies and universal design principles.
- ✓ Promote safe online behaviours and prevent misinformation.

AI & Emerging Technologies

- ✓ Understand basic AI concepts and practical applications for social and educational contexts.
- ✓ Use AI tools for cognitive stimulation, personalized learning and accessibility.
- ✓ Evaluate risks and ethical considerations when working with vulnerable groups.

Intergenerational Learning

- ✓ Design and implement activities where young people guide older adults in the digital world.
- ✓ Strengthen empathy, collaboration and social participation.
- ✓ Facilitate community-based projects.

3. MODULES

Module 1: Mental Health Foundations for Ageing Populations

- ✓ Understanding mental wellbeing, ageing processes and cognitive changes.
- ✓ Common challenges: loneliness, digital exclusion, stress, fear of technology.
- ✓ Protective factors: autonomy, routine, connection and purpose.

Module 2: Digital Wellbeing & Safe Technology Use

- ✓ What is digital wellbeing? Risks, overload, misinformation, screen stress.
- ✓ Supporting older adults in using phones, tablets and essential apps.
- ✓ Accessibility tools: voice commands, enlarged text, simplified interfaces.

Module 3: Intergenerational Learning for Social Inclusion

- ✓ Benefits of connecting younger and older generations.
- ✓ Evidence-based frameworks: mentoring, co-learning and supported autonomy.
- ✓ Designing activities where youth help older adults with ICT tasks.

Module 4: AI and Emerging Technologies for Wellbeing

- ✓ Introduction to AI: how it works, opportunities and risks.
- ✓ Practical applications for ageing and education:
 - cognitive stimulation apps
 - translation and communication tools
 - accessibility features
 - personalized learning support

Module 5: Designing Interdisciplinary Learning Experiences

- ✓ Combining psychology + technology + social inclusion.
- ✓ Case studies of successful hybrid programmes across Europe.
- ✓ Group work: designing a mini project for local implementation.
- ✓ Final presentation with peer feedback.

Certification

All participants will receive a **Certificate of Attendance**. If requested, a **Europass Mobility Certificate** will also be issued.

These documents will include details about the course content, provider, dates, and learning outcomes, following Erasmus+ standards.

4. VENUE

Venue

Centre d'Empreses Baix Llobregat (PROCORNELLÀ)



[Carrer Tirso de Molina, 36, 08940 Cornellà de Llobregat, Barcelona](#)

5. BASIC INFORMATION ABOUT THE CITY



Barcelona is the capital of Catalonia (7,508,106 inhabitants in 2015). It is the eleventh city in Europe in population (1,602,386 inhabitants in 2014). It has a large metropolitan area that includes 36 municipalities, among which it has the most political and economic weight. All metropolitan cities need a large transport network. To move within Barcelona, you have several options.

1. TMB (Metropolitan Transport in Barcelona)

The Barcelona metro and bus network has grown rapidly in recent years: its lines reach practically every corner of the city and interconnect with dozens of stations making it easy for you to change your means of transport. And in order to facilitate mobility, the subway is open all night on Saturday and on the eve of holidays during the year. Each subway line is distinguished by its colour. The city has recently been connected to the Barcelona airport ("El Prat") through a new section of line 9.

<https://www.tmb.cat/en/home>

2. Trolley car

There are two groups of lines: "Trambaix" covers part of the "Diagonal Avenue" and some neighbouring cities in the Baix Llobregat region, while "Trambesòs" continues parallel to the coast and ends in the city of Badalona.

<http://www.tram.cat/en/>

3. Ferrocarrils de la Generalitat

The "Railways of the Generalitat de Catalunya (FFGC)" are the railways of the Government of Catalonia; the "Generalitat". They provide services within Barcelona and its adjoining cities.

<https://www.fgc.cat/en/>

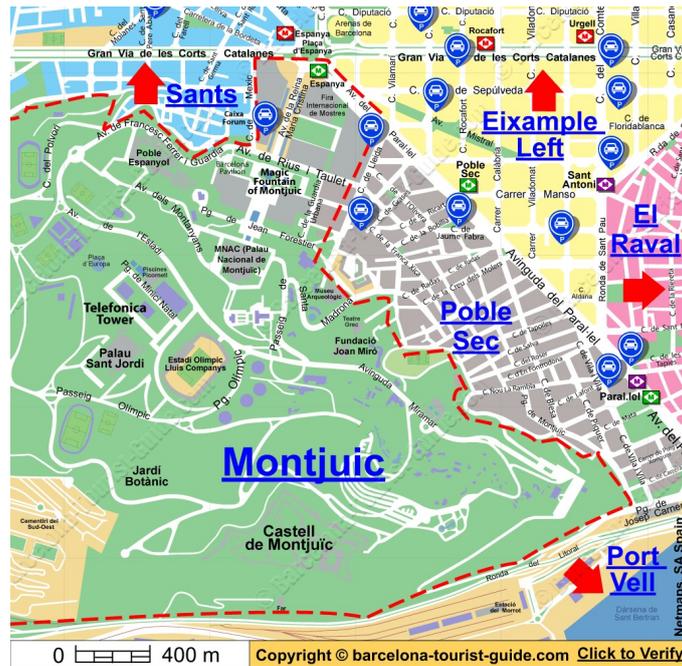
4. Train (RENFE)

The RENFE train network connects many stations through several lines that cross the city and connect it with the metropolitan area and with the main cities of Catalonia. There is a new service with AVE (high-speed train) that takes you to the historic and touristic city of Girona, in northern Catalonia.

<http://www.renfe.com/EN/viajeros/index.html>

Places to visit

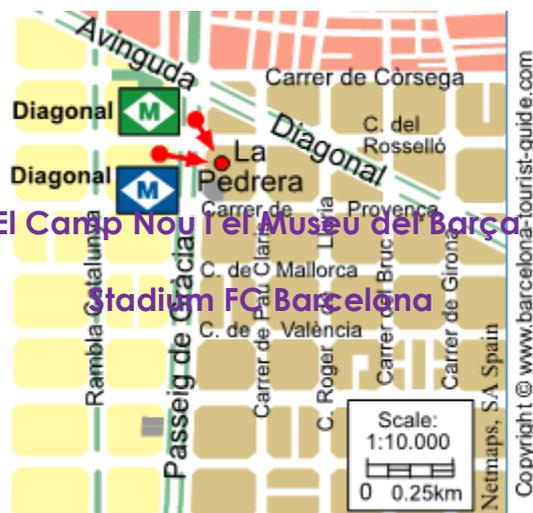
Montjuïc



<http://www.barcelonaturisme.com/wv3/en/page/396/parc-de-montjuic.html>

La Pedrera / Casa Milà (Antoni Gaudí)

<https://www.lapedrera.com/en/home>



El Camp Nou i el Museu del Barça
Estadi FC Barcelona





https://www.fcbarcelona.com/tour/buytickets?_ga=2.60733096.421625540.1523442030-878620209.1523442030

Parc zoològic de Barcelona

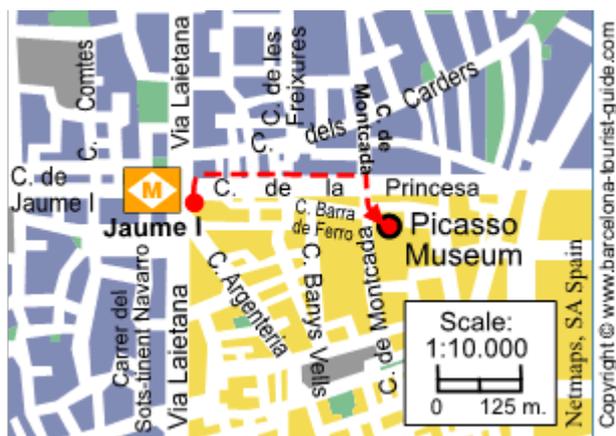


<https://www.zoobarcelona.cat/>



Museu Picasso

www.museupicasso.bcn.cat



6. USING YOUR CELL-PHONE

The international prefix to call SP is +34 (“+” is the international access code of the country from which the call originates, most of which is: 00).

7. M&M AND YOUR STAY IN BARCELONA

You can find us from 9 am up to 3 pm in:
Carrer Tirso de Molina, 36 - 08940, Cornellà de Llobregat

Here you will find our direct contact:

Montserrat Renedo mrenedo@mmpofuture.com +34 697 276 666	Mónica Moreno mmoreno@mmpofuture.com +34 697 276 667
--	--



**M&M AND YOUR
STAY IN BARCELONA**

8. VOCABULARY FOR EVERYDAY

ENGLISH	ESPAÑOL	CATALÀ
GOOD MORNING	BUENOS DÍAS	BON DIA
GOOD AFTERNOON	BUENAS TARDES	BONA TARDA
GOOD EVENING	BUENAS NOCHES	BONA NIT
HOW ARE YOU? VERY WELL AND YOU?	¿CÓMO ESTÁS? MUY BIEN ¿Y TÚ?	COM ESTÀS? MOLT BÉ, I TU?
HOW MUCH DOES THIS COST?	¿QUÉ PRECIO TIENE ESTO? / ¿CUÁNTO VALE ESTO?	QUIN PREU TÉ AIXÒ? / QUANT VAL AIXÒ?
COULD YOU TELL ME HOW TO GET TO...?	PODRÍA DECIRME COMO LLEGAR A...	PODRIA DIR-ME COM ARRIBAR A...
COULD YOU REPEAT THIS AGAIN, PLEASE? I HAVE NOT UNDERSTOOD IT.	¿PODRÍA REPETIRLO OTRA VEZ, POR FAVOR? NO LO HE ENTENDIDO	PODRIA REPETIR-HO UN ALTRE COP, SIUSPLAU? NO HO HE ENTÈS
SEE YOU LATER! SEE YOU TOMORROW!	¡HASTA LUEGO! / ¡HASTA MAÑANA!	FINS DESPRÉS! / FINS DEMÀ!
WHERE IS THE BATHROOM, PLEASE?	POR FAVOR, ¿DÓNDE ESTÁ EL BAÑO?	SI US PLAU, ON ÉS EL LAVABO?
MEALS: BREAKFAST LUNCH DINNER	COMIDAS: DESAYUNO COMIDA CENA	ÀPATS: ESMORZAR DINAR SOPAR
THANK YOU VERY MUCH / THANK YOU/ YOU ARE WELCOME	MUCHAS GRACIAS / GRACIAS / DE NADA	MOLTES GRÀCIES / GRÀCIES / DE RES
WHAT IS YOUR NAME? / MY NAME IS...	¿CÓMO TE LLAMAS? / MI NOMBRE ES...	COM ET DIUS? / EM DIC...
WHAT IS THE TIME, PLEASE?	POR FAVOR ¿QUÉ HORA ES?	QUINA HORA ÉS SIUSPLAU?
DO YOU WANT TO HAVE A COFFEE WITH ME?	¿QUIERES TOMARTE UN CAFÉ CONMIGO?	VOS FER UN CAFÈ AMB MI?

If there is something you do not understand, do not hesitate to ask them to repeat it to avoid misunderstandings, and as it is said, the universal language is gestures; use them in case of need.



**VOCABULARY
FOR EVERYDAY**

Learn, enjoy and make the best out of your ERASMUS+ MOBILITY!!!

 M&M Profuture Training, S.L

 @mmprofuture

 www.mmprofuture.com

