

### ACTIVITY 1.1 IKIGAI

3.5

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.2 IKIGAI 9

3.6

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.3 Karaoke Session

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.5 Flower Arrangements

3.8

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.6 Clay Sculpture

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.7 Clay Painting

3.8

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 1.9 Musical Dance Moves

3.8

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

IKIGAI

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.1 Guess The App

4.3

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.2 Spot The Mistake

3.2

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.3 Online Safety

3.8

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.4 What Does It Do?

3.9

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.5 Treasure Hunt

4.3

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.6 Facebook Friends Scam

3.9

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.7 Fake Invoice Phishing

4.1

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.8 Unusual Activity Email Scam

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.9 Planning Your Vacations

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.10 Fake Profile Spotting

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 2.11 Spot The Video

4.2

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Digital Transition

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 3.2 Healthy Life Course Game

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

E-Health & Well-Being

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 3.3 Healthy Ageing Assessment

3.9

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

E-Health & Well-Being

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 3.4 Melody Steps

4.3

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

E-Health & Well-Being

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 3.5 Eat Well

4.1

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

E-Health & Well-Being

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 3.8 2 Truths and 1 Lie: Active and Healthy Aging

4.25

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

E-Health & Well-Being

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.2 Sex or Gender

4.3

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.3 Community Mapping

4.2

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.4 Who decides?

4.1

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.6 Our Communities

3.6

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.10 Power Walk

4.4

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.11 You Are Probably Wrong About Ageism

4.6

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree

### ACTIVITY 4.12 You Are Probably Wrong About Elder Abuse

4.7

ITALY 🇮🇹

POLAND 🇵🇱

PORTUGAL 🇵🇹

Citizenship

Totally Disagree Disagree Neutral Agree Totally Agree