LEARNING BOX OF UNPLUGGED ACTIVITIES

Multigenerational Logistics

This unplugged activity teaches older adults how to manage their time and prioritise tasks when faced with overlapping family responsibilities and personal needs. Participants work on a physical weekly calendar, using time blocks (grandchildren's activities, doctor's appointments, hobbies). The challenge lies in creating an optimal 'weekly algorithm' that takes into account travel times, priorities and the assertive decision to drop the least important tasks. The activity incorporates principles of computational thinking, such as abstraction (filtering priorities) and decomposition (breaking the week down into blocks).

Target Group

- ☑ Low-skilled adults with low digital competences
- ☑ Low-skilled adults with limited formal education or qualifications
- ☑ Low-skilled adults with low participation in lifelong learning / training opportunities

Learning Objectives

- The ability to plan complex schedules whilst taking time constraints into account.
- Developing assertiveness in managing one's own time.
- Understanding the concept of the 'critical path' (tasks that cannot be omitted or postponed).

Competence Areas

a) Innovation Competences

- ☑ Creativity
- ☐ Critical thinking
- ☑ Problem solving
- ☐ Communication
- ☐ Collaboration

b) Information Literacy Competences

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Theme

Time management, assertiveness and logistics planning

Duration

60 - 90 min

Level

Intermediate

Computational Thinking Steps Used

- ☑ Decomposition
- ☐ Pattern recognition
- ☑ Abstraction
- ☑ Algorithmic thinking

Methodological Approach

- ☑ Gamification
- ☑ Challenge-Based Learning
- ☑ Collaborative learning
- ☑ Experiential learning

- ☑ Ability to access, understand, and critically analyse information
- ☑ Interpretation of digital and visual content
- ☐ Awareness of media influence and biases

c) Life and Career Competences

- ☐ Flexibility and adaptability
- ☑ Initiative and autonomy
- ☑ Sociability and intercultural competence
- ☐ Productivity
- ☐ Leadership and responsibility

Learning Outcomes

By the end of the activity, participants will be able to:

- Create a weekly schedule that includes at least three different types of activity (family, health, personal).
- Identify the 'bottlenecks' in your schedule (times when you simply can't be in two places at once).
- Apply the 'if-then' approach when negotiating the schedule with your family.

Notes

- Materials: A large board or sheet with a weekly grid, coloured blocks or magnets (e.g. red – grandchildren's responsibilities, green – time for oneself, blue – travel), a stopwatch.
- Facilitator Notes. Emotions related to family can run high. The trainer should focus on the logical aspect of resource management (time), helping older people to realise that their time is a limited resource, just like a computer's memory

COMPUTATIONAL SENIORS

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Step 1: Introduction and Challenge

Presentation of the scenario: “It’s the busiest week of the year – the children need help looking after their grandchildren, and you have important medical tests and a get-together with friends. Will you manage to juggle it all?”

Duration app. 15 minutes

Step 2: Decomposition - Task inventory

Participants list all tasks on separate sheets of paper or notepads. They must specify the duration of each task and its location.

Duration app. 15 minutes

Step 3: Abstraction - Prioritisation

Groups must assign priorities (1–3). They learn that not everything is equally important. They must decide what can be dropped if there is no room in the calendar (e.g. “I’ll skip the ironing to go for a walk”).

Duration app. 20 minutes

Step 4: Algorithmic Thinking - Creating the weekly algorithm

Physically arranging blocks on the time grid. An important rule: a blue ‘Commute’ block must appear between two tasks in different locations. This is where participants discover logical conflicts.

Duration app. 25 minutes

Step 5: Stress test and debriefing

The trainer introduces a “random event” (e.g. “my grandson finishes school an hour early”). Groups must quickly adjust their algorithm. Finally, a discussion on how these skills help avoid stress in real life.

Duration app. 15 minutes.