



SMART



HEALTHY



BUILT



BUSINESS



GENERAL

SMART 01:
Mobile technology

SMART 02:
Making And Receiving Calls
With A Smartphone

SMART 03:
How To Communicate By
Text With A Smartphone

SMART 04:
Personal mobile security

SMART 05:
Calendars, Alarms and Maps

SMART 06:
Wearable technology

SMART 07:
Introduction To Home
Security Locks

SMART 08:
Introduction to Remote
Controlled Switch Sockets

HEALTHY 01:
Basic Information On
Health And Well-being

HEALTHY 02:
Lifestyle And Therapy

HEALTHY 03:
Chronic Diseases

HEALTHY 04:
Physical and sensory
impairment

HEALTHY 05:
Cognitive impairment and
dementia

BUILT 01:
Basic

BUILT 02:
Age-friendly home

BUILT 03:
Dementia-Friendly Home

BUILT 04:
Age-friendly services

BUILT 05:
Nature and the built
environment

BUILT 06:
Mobility At Home

BUILT 07:
Mobility Outside

BUSINESS 01:
The Stages Of Business
Creation

BUSINESS 02:
Human-Business Coherence

BUSINESS 03:
Clarification Of The Idea

BUSINESS 04:
Market study

BUSINESS 05:
Business model and
strategy

BUSINESS 06:
Financial forecasts

BUSINESS 07:
Business plan

GENERAL 01:
SHAPE And Me. An
Introduction To Smart
Healthy Age-Friendly
Environments

GENERAL 02:
Communication And
Presentation Techniques

