



Smart Healthy Age-Friendly Environments (SHAFE) foster healthy ageing, independent living and participation in society for all. You can learn to implement SHAFE! It does not matter if you are a caregiver, a volunteer or if you want to start your own business: everyone can implement SHAFE. Everyone can become a so-called SHAFE facilitator. Are you wondering how?

Well, here we show you how to do it.

On the website of Hands-on SHAFE you will find under LEARN, several learning modules. The training modules address different topics that may be important for you or your target group. Many things you will probably already know, others may be new to you. The modules are designed so that you can use the content directly for practical work.

🖱️ www.hands-on-shafe.eu

- 💡 **SMART:** ICT at home and mobile
- 💚 **HEALTHY:** lifestyle and support others with diseases
- 🏠 **BUILT:** houses, public spaces and mobility
- 📈 **BUSINESS:** set-up your own business
- ✳️ **GENERAL:** end-users and communication



Hands-on SHAFE is realized by 6 organisations from 6 EU countries: