

## Traveling digitally



### Objective:

The goal of this activity is to provide elderly individuals the opportunity to explore and experience various destinations and cultures virtually. Through digital travel, participants can enjoy cultural experiences and learn about places around the world.

### Description of how the activity should be carried out:

- Together with the elderly, choose a destination or a country they are interested in exploring. It could be a place they've dreamed of visiting or a place that holds special significance for them.
- Start the computer, tablet, or TV and use search engines or travel websites to find virtual tours, images, and videos of the selected destination.

Virtual traveling: <https://www.youtube.com/c/VirtualTravel>

- Explore various locations, landmarks, culture, and traditions in the chosen destination together. Take time to look at pictures, videos, and read about the places.
- Discuss what you see and learn about the destination. Encourage the elderly to share their thoughts, memories, and dreams about visiting the place in real life.
- If possible, watch virtual tours that allow the elderly person to "walk" through cities or locations on the screen.

### What's needed to conduct the activity:

- A computer, tablet, or TV with an internet connection.
- Capability to display images and videos on the chosen device.

**Time: Long**



**Activity: Calming**



**Fellowship: Alone**



This activity takes from 30 minutes up to a couple of hours, depending on the elderly's preferences and concentration.

This activity is intended to be carried out individually,

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal