

# ‘EDUMOM’ GUIDE for educational opportunities



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## HEADING 1: PROJECT DESCRIPTION

The project aims to empower women on parental leave through skills development and employment prospects. It aims to enhance the skills and knowledge of 40 women on parental leave in European countries, focusing on career development through local trainings.

The project supports quality improvement and innovation in adults' education work through international training and the creation of tangible outputs. It also increases awareness among women on parental leave about lifelong learning and various options for continuing education and training.

The project provides women on parental leave with access to a range of learning and skills development options and resources through a specialized website.

## HEADING 2: PARTNERS INFORMATION

### Partner from Turkey



IOVA aims to develop social initiatives, inspired by democracy, equality, pluralism and the development of education, training and entrepreneurship of young people, women, migrants and the disabled in Aydın and abroad.

The association's vision is to raise responsible, socially conscious individuals who can approach differences with tolerance.

Its mission is to support the development of young people with shared values around the same goal in the social and cultural area, to develop projects together, to carry out the necessary activities and to create the groundwork for the implementation of these projects.

Facebook [link](#) of IOVA

Instagram [link](#) of IOVA

## Partner from Sweden



B-Creative is an association that are developing courses, event, workshops in different topics such as language learning, virtual travelling, education concepts and cultural concepts. B- Creative have a large network in Sweden and in Europe with NGOs, education organisations and associations.

The staff in B- Creative have experience of European projects, development of education material, marketing, networking and focus on the individual are central values for us.

Web page [link](#) of B-Creative

Facebook [link](#) of B-Creative

## Partner from Portugal



Located in Vilamoura, Portugal, TropicalAstral is a dynamic marketing agency blending traditional and digital expertise. Since 2006, they've crafted websites, social media profiles, and mobile apps, offering businesses a comprehensive approach to boost growth and brand visibility.

Distinguished by ethical practices, TropicalAstral avoids taking on direct competitors as clients, fostering a collaborative business environment. Beyond local impact, the company engages in European Union projects, boasting five approved Erasmus+ initiatives focused on education, integration, and migrant inclusion.

In addition to marketing, TropicalAstral offers seminars and tools guiding individuals through the intricacies of participating in EU projects. Their courses cover diverse topics such as digital tools, social media marketing, entrepreneurship, and financial literacy.

TropicalAstral transcends the typical marketing agency, becoming a hub of expertise that not only enhances businesses' digital presence but also empowers individuals and contributes to meaningful EU initiatives. With TropicalAstral, the journey to marketing excellence is a collaborative and enriching experience.

Web page [link](#) of TropicalAstral

Facebook [link](#) of TropicalAstral

Instagram [link](#) of TropicalAstral

## Partner from Lithuania



IVAIGO, a remarkable organization in Lithuania, is dedicated to enhancing social inclusion and equal opportunities for people with fewer opportunities. Their mission is to break down barriers and empower individuals to fully participate in all aspects of life, envisioning a world where they are valued and respected. Through collaborations with government institutions, the private sector, and civil society organizations, IVAIGO promotes social integration in education, employment, accessibility, and awareness. Their initiatives include enhancing public space accessibility, providing personal assistance services, and challenging societal attitudes through campaigns. With support from various partners, IVAIGO is a driving force for positive change, advocating for the rights and social inclusion of individuals with fewer opportunities in Lithuania.

Web page [link](#) of IVAIGO

Facebook [link](#) of IVAIGO

Instagram [link](#) of IVAIGO

## HEADING 3: MOTHERS ON PARENTAL LEAVE SITUATION AND BENEFITS IN PARTNER COUNTRIES

In this section, we delve into the situations and benefits of mothers on parental leave in each partner country under the sub-heading.

### Parental Leave in Turkey

#### Duration and Payment Structure:

Mothers are entitled to 16 weeks of paid maternity leave, extended to 18 weeks for multiple pregnancies or high-risk situations. Part-time work options are available based on the number of children: 60 days for one child, 120 days for two children, 180 days for three or more children, and 360 days for children with disabilities or adopted.

#### Eligibility and Conditions:

Female employees are covered by the Turkish social security system. Social security contributions are required for maternity benefits. Notification to the employer about pregnancy and expected childbirth date.

#### Duration of Maternity Leave:

Typically 16 weeks, with variations for multiple births or medical reasons.

#### Maternity Allowance:

Calculated based on the insured woman's daily earning average. Two-thirds (2/3) of the full salary from the Social Security Institution.

#### Limits and Floors of Parental Benefits:

Maternity allowance is calculated as a percentage of the insured woman's regular salary. Daily earning average limit may apply.

## Parental Leave in Sweden

Parental leave in Sweden is a legally protected right that allows individuals to stay at home with their children instead of working. Key points include;

#### Duration and Flexibility:

Full-time parental leave until the child is 18 months old without losing employment. Option to reduce working hours by a quarter until the child is 8.

#### Eligibility:

Legal parents, guardians, or those cohabiting with the child's parent can receive parental benefits. Parents adopting a child are entitled to parental leave and benefits. Sole custodians can transfer parental benefits to a friend or relative under certain conditions.

#### Insurance and Residency:

To receive parental benefits, individuals must be insured in Sweden, and the child must reside in Sweden, the EU/EEA, or Switzerland.

#### Allocation of Parental Days:

480 parental days for one child; and 240 days each for two parents. Parental benefit can be used until the child turns 12 or completes grade 5, with a limit of saving 96 days from age 4 to 12. Compensation is based on sickness benefit level and a minimum level (currently 180 SEK/day).

#### Parental Benefit for Different Groups:

Unemployed, seeking work, or students are entitled to parental benefit. Compensation for the unemployed or students is SEK 250 per day or based on previous income if applicable. Self-employed parents receive parental leave and benefits based on their business structure, with a maximum amount for the sickness benefit level being SEK 1,012 per day.

## Parental Leave in Portugal

### Maternity Leave:

Lasts 120 or 150 days, with maternity pay options of 100% for 120 days or 80% for 150 days. Qualification requires six months of social security contributions. The application through the Social Security website with employment protections.

### Paternity Leave:

Increased to 28 days in 2023, with five days mandatory after birth. Fathers receive full salary; shared parental leave adds 30 days with varying pay. The application requires written notification to the employer and six months of social security contributions.

### Unpaid Leave and Support:

Employees can request up to two years of unpaid leave. Self-employed qualify based on past contributions; unemployed parents receive paid leave. The additional rights include breastfeeding time, childcare-related absences, and financial support.

### Addressing Refusals and Resources:

Employers are obligated to grant parental leave; violations reported to ACT or legal consultation. Resources include ePortugal, the European Commission, and Segurança Social.

## Parental leave in Lithuania

### Duration and Payment Structure:

Parental leave in Lithuania extends from the end of pregnancy and maternity leave until the child turns 3 years old, with payments primarily made until the child reaches 24 months. Employers must maintain the employee's position during parental leave.

### Eligibility and Conditions:

Eligible individuals include biological parents, adoptive parents, guardians, and grandparents (conditional on one of the child's parents having the right to receive parental benefits). To qualify, the caregiver must be covered by maternity social insurance, on parental leave with a child up to 3 years old, and meet specific work history criteria.

### Payment Amount and Duration:

Parental benefits are paid from the end of maternity leave until the child reaches 18 or 24 months. Parents choose between an 18-month or 24-month payment option, with payment amounts ranging from 60% to 30% of the compensatory wage.

### Limits and Floors of Parental Benefits:

Benefit ceilings are capped at 2 times the average national monthly wage. Benefit floors are set at a minimum of 6 times the basic social benefit.

Additional Considerations:

If a parent becomes eligible for maternity benefits for another child's birth while receiving parental benefits, both benefits are paid, but the total cannot exceed 78% of the recipient's compensatory wage.



## HEADING 4: FORMAL AND NON-FORMAL EDUCATION OPPORTUNITIES BOTH IN PARTNER COUNTRIES AND ABROAD TO DEVELOP NEW SKILLS ONLINE FREE OF CHARGE OR AT A VERY SMALL FEE

### **Formal and Non-Formal Education Opportunities in Turkey**



NAME	DESCRIPTION	WEBSITE	COST
Ege University- EGESEM	It prepares training programs for individuals and organizations in the fields they need.	<a href="https://egesem.ege.edu.tr">https://egesem.ege.edu.tr</a>	Paid except for Ege University students
UDEMY	Udemy provides online learning opportunities in various fields.	<a href="https://www.udemy.com">udemy.com</a>	Each course has different fees.
Coursera	Coursera offers a wide range of online courses from universities and colleges around the world.	<a href="https://www.coursera.org/">https://www.coursera.org/</a>	Some courses are free, while others may have a fee. Financial aid is often available.
MEB EBA	It is a platform offered by the Turkish Ministry of National Education.	<a href="https://www.eba.gov.tr/">https://www.eba.gov.tr/</a>	Completely free.
Udacity	It usually includes specialized courses in technology and programming.	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	It is paid because it is given by expert instructors.
LinkedIn Learning	LinkedIn Learning provides a platform for online courses covering various professional skills.	<a href="https://www.linkedin.com/learning/">https://www.linkedin.com/learning/</a>	Subscription-based, but often offers a free trial.
Harvard Online Learning	Contains a variety of free online courses and resources offered by Harvard University.	<a href="https://online-learning.harvard.edu/">https://online-learning.harvard.edu/</a>	It offers paid and free courses.
Duolingo	Duolingo offers free language learning courses with a gamified approach.	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>	Basic access is free; premium features available.
Codecademy	Codecademy offers interactive coding lessons in various programming languages.	<a href="https://www.codecademy.com/">https://www.codecademy.com/</a>	Free for basic access; a subscription is required for additional features.
Turkcell Academy	It is a digital education platform created by Turkcell.	<a href="https://www.turkcellakademi.com/">https://www.turkcellakademi.com/</a>	Free



BTK Academy	It is an educational platform that aims to train qualified manpower in the information and communication technologies sector in Turkey.	<a href="http://btkakademi.gov.tr">btkakademi.gov.tr</a>	Completely free.
Doping Hafıza	A panel consisting of trainings prepared according to the high school and university system in Turkey	<a href="https://www.dopinghafiza.com/">https://www.dopinghafiza.com/</a>	There are price differences between trainings. It is paid.
Skillshare	Skillshare provides a platform for various creative and professional skills courses.	<a href="https://www.skillshare.com/">https://www.skillshare.com/</a>	Subscription-based, with a free trial period
Anadolu University open education program	Provides access to open education programs and courses offered by Anadolu University.	<a href="http://www.aof.anadolu.edu.tr/">http://www.aof.anadolu.edu.tr/</a>	usually paid
"Kodluyoruz"	It is a platform that offers free training in the field of software and programming.	<a href="http://www.kodluyoruz.org">www.kodluyoruz.org</a>	Completely free.
"Turkcell Geleceği Yazarlar"- Turkcell Future Writers	It is a program organized by Turkcell for young people. It includes training on topics such as software development and digital marketing.	<a href="http://www.gelecegiyazarlar.com">www.gelecegiyazarlar.com</a>	Free of charge.
İstanbul Data Science Academy	It is an institution that provides training on data science and artificial intelligence.	<a href="https://istdatascience.com/">https://istdatascience.com/</a>	There are price differences between trainings. It is paid.
Khan Academy	It offers interactive course content in mathematics, physics, biology, chemistry, economics, history and a host of other subjects.	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	Completely free.

“ODTU Bilgeiş”	The goal is to provide 100 online lessons to everyone for free. It is a project.	<a href="https://bilgeis.net/tr">https://bilgeis.net/tr</a>	Free.
“Tech Career”	It is a platform that trains new digital talents and brings together candidates currently working in the IT sector in order to be a solution to the digital talent gap problem experienced both in Turkey and the world.	<a href="https://www.techcareer.net/">https://www.techcareer.net/</a>	Completely Free.
“Patika.dev”	“Patika.dev” includes various courses on many subjects such as software development, web development, data science, artificial intelligence, mobile application development.	<a href="http://www.patika.dev">www.patika.dev</a>	Free of charge.
“Veri Bilimi Okulu”- Data Science School	The Youth Career Center provides various resources and training opportunities for young people, including career development and skills training.	<a href="http://www.veribilimiokulu.com">www.veribilimiokulu.com</a>	Free.
Istanbul University, Distance Education Certificate Programs	Program that provides certificates to participants through distance education	<a href="https://sfk.istanbul.edu.tr/">https://sfk.istanbul.edu.tr/</a>	Trainings have certain fees.
LABA	It offers participants a real-time educational experience with interactive live lessons.	<a href="https://laba.com.tr/">https://laba.com.tr/</a>	Some programs may be free or have a low fee.
Global Institute	The most preferred trainings are in the fields of life, health, personal development and informatics.	<a href="https://globalenstitu.com/">https://globalenstitu.com/</a>	Free

"IENSTITU"	Some course content includes stress management, blogging, screen writing, effective selling techniques on Instagram, and Facebook and Instagram advertising.	<a href="https://www.ienstitu.com/">https://www.ienstitu.com/</a>	Costs may vary; check specific programs.
ALISON	Here you can find courses that run simultaneously with your high school and university courses.	<a href="https://alison.com/">https://alison.com/</a>	Costs may vary; check specific programs.
"TKM Akademi"-TKM Academy	A special distance education platform for students and teachers preparing for KPSS and ÖABT exams	<a href="https://tkmakademi.com/">https://tkmakademi.com/</a>	They have certain packages and their prices vary
"Dijital Akademi"-Digital Academy	Digital Academy organizes seminars and workshops for anyone interested in photography to improve their photography.	<a href="https://www.dijitalakademi.com/">https://www.dijitalakademi.com/</a>	Free
"Akademi İzmir Belediyesi"	Training is provided in various fields by İzmir Municipality.	<a href="http://akademi.izmir.bel.tr">akademi.izmir.bel.tr</a>	Completely free.
"Oyun ve Uygulama Akademisi"- Game and Application Academy	It is a free and online program that aims to enable young people between the ages of 18-29 to contribute to employment growth in the technology sector and Turkey's digital economy by specializing in areas such as game and application development, entrepreneurship and project management.	<a href="https://oyunveuygulamaakademisi.com/">https://oyunveuygulamaakademisi.com/</a>	It is free. But only those who have earned the right to education can benefit from it.

"Google Dijital Atölye"- Google Digital Workshop	Digital Workshop, where you can find answers to all the questions you have about the digital world, provides you with a lot of useful information, whether you are a business owner or not.	<a href="https://grow.google/intl/tr/">https://grow.google/intl/tr/</a>	Free.
Coderspace	Hiring offers many opportunities such as challenge day and bootcamp etc.	<a href="https://coderspace.io/">https://coderspace.io/</a>	Free of charge.
Cambly	Provides the opportunity to practice English with a native English speaking Cambly instructor	<a href="https://www.cambly.com/english?lang=tr">https://www.cambly.com/english?lang=tr</a>	Have certain fees.
"Dijital Eğitim"- Digital Education	smart testing system, parent tracking system, dietitian and psychologist support and much more...	dijitalegitim.net	They have certain packages and their prices vary
GOETHE INSTITUT	Promotes the learning of the German language and increases international cultural cooperation	<a href="https://www.goethe.de/">https://www.goethe.de/</a>	Trainings have certain fees.
"Koç Akademi"-Koc Academy	It is an online video training platform exclusively for Koç members and their families, offering thousands of video training contents from	<a href="https://www.kocakademi.com/">https://www.kocakademi.com/</a>	Free.



	technology to personal development, from healthy life to family and hobbies.		
MIT Open Courseware	Offers courses in English at university and high school levels	<a href="https://ocw.mit.edu/">https://ocw.mit.edu/</a>	Free.
Udacity	It offers training related to the software industry.	<a href="https://www.udacity.com/">https://www.udacity.com/</a>	Trainings have certain fees.
“Limon Ders”-Lemon Lesson	Offers training packages related to specific departments	<a href="https://limonders.com/">https://limonders.com/</a>	They have certain packages and their prices vary

## Formal and Non-Formal Education Opportunities in Sweden

NAME	DESCRIPTION	WEBSITE	COST
Alison	IT courses from getting started with Internet Explorer 6 (!) and Gmail. to advanced programming and systems science.	<a href="http://www.alison.com/">http://www.alison.com/</a> (EN)	Free
Code Academy	Learn programming - JavaScript, html/CSS, PHP, Python, Ruby and APIs.	<a href="http://www.codecademy.com/">http://www.codecademy.com/</a> (EN)	Free





Coursera	594 courses from 108 different organisations including 85 universities - that's what Coursera has to offer. Courses in the IT field.	<a href="http://www.coursera.org/">http://www.coursera.org/</a> (EN)	Free
Goodwill Community Foundation, GCF.	You will have the opportunity to study a wide range of software, mostly from Microsoft, as well as a number of other basic IT courses.	<a href="http://www.gcflearnfree.org/">http://www.gcflearnfree.org/</a> (EN)	Free
Harvard Open Courses	In total, there are eight courses in the catalogue and two of these, Intensive Introduction to Computer Science and Bits, are IT related.	<a href="http://www.extension.harvard.edu/open-learning-initiative">http://www.extension.harvard.edu/open-learning-initiative</a> (EN)	Free
Itunes U	The app is ideal if you want to learn more about computer science in general or want to learn about networking and artificial intelligence.	<a href="http://www.apple.com/se/education/itunes-u">http://www.apple.com/se/education/itunes-u</a> (EN)	Free





Khan Academy	A basic programming course and a more in-depth one in Python are offered, and a nice touch is that you can create your own small programmes in the service and also browse other users' work.	<a href="http://www.khanacademy.org/">http://www.khanacademy.org/</a> (EN)	Free
Open learning	IT programmes at both low and high levels. You can learn about forensic science with an IT focus, Microsoft server technologies and system modelling. After completing the programme, you will receive a diploma	<a href="http://www.open.edu/openlearn">http://www.open.edu/openlearn</a> (EN)	Free
Stanford Engineering Everywhere	Courses are offered at engineering level and there are only 13 courses to choose from.	<a href="http://see.stanford.edu/">http://see.stanford.edu/</a> (EN)	Free



Udacity	IT focus - computer science and web development, and IT courses including CUDA programming, software testing and 3D graphics.	<a href="http://www.udacity.com/">http://www.udacity.com/</a> (EN)	Free  Requires a paid subscription to access all features.
Udemy	Plenty of free IT courses, possibility to create your own courses, possibility to get certificates.	<a href="http://www.udemy.com/">http://www.udemy.com/</a> (EN)	Free  But also have many courses that you have to pay for.
Searching for jobs online	The content sections cover everything from how to create a CV and cover letter to applying for a job via an online advert.	<a href="https://www.digitalajag.se/track-3.html">https://www.digitalajag.se/track-3.html</a> (SV) (EN)	Free
Microsoft 365 training	Learn the basics.  Get started quickly and easily with the Microsoft 365 video course.	<a href="https://support.microsoft.com/sv-se/training">https://support.microsoft.com/sv-se/training</a> (SV)	Free
Akademi Båstad Vocational College	Systematic sustainability management for destinations, Distance learning	<a href="https://www.yhutbildningar.se/skola/akademi-bastad-yrkeshogskola/">https://www.yhutbildningar.se/skola/akademi-bastad-yrkeshogskola/</a> (SV)	Free





Stockholm School of Business	A short skills course for those who need to update their knowledge of digital marketing. The course is at a distance	<a href="https://www.yhutbildningar.se/skola/ssb-stockholm-school-of-business/">https://www.yhutbildningar.se/skola/ssb-stockholm-school-of-business/</a> (SV)	Free
One Academy	Environment and sustainability Sustainable Procurement - distance	<a href="https://www.yhutbildningar.se/skola/one-academy/">https://www.yhutbildningar.se/skola/one-academy/</a> (SV)	Free
Education Online	Certified Digital Marketer, Distance learning	<a href="https://www.yhutbildningar.se/skola/education-online/">https://www.yhutbildningar.se/skola/education-online/</a> (SV)	13 500 Sek
One Academy	Distance learning programme for Purchasing Analysts	<a href="https://www.yhutbildningar.se/skola/one-academy/">https://www.yhutbildningar.se/skola/one-academy/</a> (SV)	Free
Google	28 different courses such as effective networking, expanding your business internationally.	<a href="https://grow.google/intl/se/courses-and-tools/?category=career&amp;type=online-courses">https://grow.google/intl/se/courses-and-tools/?category=career&amp;type=online-courses</a> (SV)	Free
Linköping University	Circular economy - a short basic course (MOOC) Distance	<a href="https://liu.se/utbildning/kurs/cirkular-ekonomi-en-kort-grundkurs-mooc">https://liu.se/utbildning/kurs/cirkular-ekonomi-en-kort-grundkurs-mooc</a> (SV)	Free





Linköping University	Learn about remanufacturing in this short introduction course. Distance	<a href="https://liu.se/en/education/course/remanufacturing-mooc">https://liu.se/en/education/course/remanufacturing-mooc</a> (EN)	Free
Linköping University	This course offers a wider understanding of our current global predicaments in the perspective of sustainable development and technology. Distance	<a href="https://liu.se/en/education/course/interdisciplinary-perspectives-on-technology-and-sustainable-development-mooc">https://liu.se/en/education/course/interdisciplinary-perspectives-on-technology-and-sustainable-development-mooc</a> (EN)	Free
Linköping University	This course is an accessible introduction to the challenges that both public leadership and governance face in an increasingly digital and globalised world. Distance	<a href="https://liu.se/en/education/course/sustainable-and-democratic-digital-governance-mooc">https://liu.se/en/education/course/sustainable-and-democratic-digital-governance-mooc</a> (EN)	Free
Saylor	Saylor uses accredited teachers to create free courses and useful open educational resources in more than 15 categories.	<a href="https://www.saylor.org/">https://www.saylor.org/</a> (EN)	Free





Coaching Academy	Free PT course - Become a successful PT and trainer. Distance	<a href="https://www.distansutbildningar.se/skola/tranarakademin/">https://www.distansutbildningar.se/skola/tranarakademin/</a> (SV)	Free
Swedish Training Centre	Basic course in classical massage Distance	<a href="https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/">https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/</a> (SV)	1495 Sek
Swedish Training Centre	Taxi driver's licence (TFL) Distance	<a href="https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/">https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/</a> (SV)	1 390 Sek
Swedish Training Centre	Certified wellness masseur Distance	<a href="https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/">https://www.distansutbildningar.se/skola/sveriges-utbildningscenter/</a> (SV)	5 500 Sek
Nordic Tech Institute - Distance learning programmes	The e-Commerce programme gives you everything you need to start your own e-Commerce business or develop and grow the e-Commerce business you are currently working on.	<a href="https://www.utbildning.se/kurser/nordic-tech-institute/">https://www.utbildning.se/kurser/nordic-tech-institute/</a> (SV)	3 996 sec
Loecsen	Swedish language course Online	<a href="https://www.loecsen.com/sv/kurs-svenska#/sv/N%C3%B6dvandiga%20uttryck">https://www.loecsen.com/sv/kurs-svenska#/sv/N%C3%B6dvandiga%20uttryck</a> (SV)	Free



Lund University	Moocar, or open online courses, at Lund University	<a href="https://www.lu.se/studera/valja-studier/program-och-kurser/moocar">https://www.lu.se/studera/valja-studier/program-och-kurser/moocar</a> (EN) (SV)	Free
Learning4 professionals	Open online education for climate change	<a href="https://learning4professionals.se/coursesByInstitution/24/Open%20for%20the%20Climate">https://learning4professionals.se/coursesByInstitution/24/Open for the Climate</a> (EN) (SV)	Free
Mälardalen University	Different Online courses	<a href="https://open.mdu.se/">https://open.mdu.se/</a> (EN) (SE)	Free
Academies of excellence	12 free online courses, languages, IT-courses	<a href="https://www.excelakademien.se/blog/gratis-online-kurser-pa-svenska">https://www.excelakademien.se/blog/gratis-online-kurser-pa-svenska</a> (SV)	Free
Studieförbundet Vuxenskolan	This course is aimed at those who are or are about to become circle leaders within Studieförbundet Vuxenskolan.	<a href="https://www.kurser.se/utbildning/sv-vasterbotten/cirkelledarutbildning-distans-kvall-30-november-1896125">https://www.kurser.se/utbildning/sv-vasterbotten/cirkelledarutbildning-distans-kvall-30-november-1896125</a> (SV)	Free
Distance learning centre	Training for administrators	<a href="https://www.kurser.se/utbildning/distansinstitutet/administrator-1044419">https://www.kurser.se/utbildning/distansinstitutet/administrator-1044419</a> (SV)	12 500 Sek

## Formal and Non-Formal Education Opportunities in Portugal

NAME	DESCRIPTION	WEBSITE	COST
Universidade Aberta UAB	Universidade Aberta emerged to combat student isolation in distance education.	<a href="https://aauab.pt/">https://aauab.pt/</a>	Currently provides 42 free online courses and resources, attracting over 20,000 users. <a href="https://portal.uab.pt/aulab">https://portal.uab.pt/aulab</a>



			<a href="#">erta-aprenda-online-gratuitamente/</a>
Universidade do Porto	The University of Porto (U.Porto) is dedicated to producing scientific, cultural, and artistic knowledge while providing higher education grounded in research.	<a href="https://www.up.pt/portal/en/">https://www.up.pt/portal/en/</a>	<a href="https://academia.up.pt/lms/theme/academiaboot/pages/courses.php">https://academia.up.pt/lms/theme/academiaboot/pages/courses.php</a> Cost and courses available.
Universidade de Lisboa	Is the largest and most prestigious university in Portugal and is one of Europe's leading universities.	<a href="https://www.ulisboa.pt/">https://www.ulisboa.pt/</a>	<a href="https://www.ulisboa.pt/search/node/cursos%20online">https://www.ulisboa.pt/search/node/cursos%20online</a> A few online courses free of charge
Universidade Católica Portuguesa	Universidade Católica Portuguesa has drawn on the great tradition of Catholic universities to develop an internationally minded transformational education and research model.	<a href="https://www.ucp.pt/about-catolica">https://www.ucp.pt/about-catolica</a>	Several courses with different costs <a href="https://www.ucp.pt/search?set_language=en">https://www.ucp.pt/search?set_language=en</a>
Coursera	Unlimited access to more than 7,000 world-class courses, hands-on projects, and certified work readiness programs. Everything included in your registration.	<a href="#">Coursera</a>	€54/month. Can be canceled at any time  <a href="#">Link</a>
Udemy	Udemy is a premier online learning platform with a vast selection of over 210,000 video courses, continuously expanding with monthly additions.	<a href="#">Udemy</a>	Udemy offers courses from €12.99 each  <a href="#">Link</a>
EdX	EdX, a leading online education provider, specializes in delivering Massive Open Online Courses (MOOCs) from	<a href="#">edX</a>	Several free online courses on different subjects .  <a href="#">Link</a>



	top universities and institutions worldwide. With a vast catalog exceeding 3,000 courses, EdX offers learners a diverse range of educational opportunities crafted by renowned partners. Elevate your knowledge with EdX, where the world's best institutions come together to make learning accessible to all.		
Future Learn	Online Teaching: Creating Courses for Adult Learners	<a href="#">Future Learn</a>	819€  <a href="#">LINK</a>
Khan Academy	Online free courses	<a href="#">Khan Academy</a>	Several free online courses.  <a href="#">Link</a>
Linkedin Learning	With LinkedIn Learning, individuals & organizations can develop the most in-demand skills with the latest courses & deeply personalized career coaching.	<a href="#">Linkedin Learning</a>	Several options there  <a href="#">Link</a>

## Formal and Non-Formal Education Opportunities in Lithuania

NAME	DESCRIPTION	WEBSITE	COST
Vytautas Magnus University (VMU) Online Courses	VMU offers a variety of online courses across different disciplines.	<a href="https://www.vdu.lt/en/">https://www.vdu.lt/en/</a>	Check the specific course for any associated fees.





Mykolas Romeris University e-learning platform	MRU provides online learning opportunities in various fields.	<a href="https://www.mruni.eu/">https://www.mruni.eu/</a>	Varies by course.
Coursera	Coursera offers a wide range of online courses from universities and colleges around the world.	<a href="https://www.coursera.org/">https://www.coursera.org/</a>	Some courses are free, while others may have a fee. Financial aid is often available.
edX	edX provides online courses from top universities globally.	<a href="https://www.edx.org/">https://www.edx.org/</a>	Courses are free to audit, but a fee may be required for a certificate
Khan Academy	Khan Academy offers free online courses in various subjects, primarily focusing on K-12 education.	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	Completely free.
LinkedIn Learning	LinkedIn Learning provides a platform for online courses covering various professional skills.	<a href="https://www.linkedin.com/learning/">https://www.linkedin.com/learning/</a>	Subscription-based, but often offers a free trial.
SoloLearn	SoloLearn is a mobile-friendly platform for learning coding and programming languages.	<a href="https://www.sololearn.com/">https://www.sololearn.com/</a>	Basic access is free; premium features may have a fee.
Duolingo	Duolingo offers free language learning courses with a gamified approach.	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>	Basic access is free; premium features available.
Codecademy	Codecademy offers interactive coding lessons in various programming languages.	<a href="https://www.codecademy.com/">https://www.codecademy.com/</a>	Free for basic access; a subscription is required for additional features.
Google Digital Garage	Google Digital Garage provides free online courses on digital marketing, business, and career development.	<a href="https://grow.google/intl/uk/">https://grow.google/intl/uk/</a>	Free
eMundus	eMundus offers online courses, webinars, and workshops in various fields, with a focus on	<a href="https://www.emundus.lt/">https://www.emundus.lt/</a>	Varies; some courses may be free.



	international cooperation and mobility.		
National Library of Lithuania - Online Resources	The National Library may provide access to online resources, including digital courses and educational materials.	<a href="https://www.lnb.lt/en">https://www.lnb.lt/en</a>	Some resources may be free; others may require library membership.
Skillshare	Skillshare provides a platform for various creative and professional skills courses.	<a href="https://www.skillshare.com/">https://www.skillshare.com/</a>	Subscription-based, with a free trial period
"Edukaciniai projektai" by Vilnius University	Vilnius University offers various educational projects and resources online, covering a range of subjects.	<a href="https://edukacija.vu.lt/">https://edukacija.vu.lt/</a>	Some courses may be free or have a nominal fee.
"Moodle" at Kaunas University of Technology	Kaunas University of Technology uses Moodle for online courses.	<a href="https://moodle.ktu.edu/lo cal/customloginpage/custom_login.php">https://moodle.ktu.edu/lo cal/customloginpage/custom_login.php</a>	Courses vary, but some may be free or low-cost.
"Europass Training" by Europass	Europass offers a range of free online training courses covering different skills and topics.	<a href="https://europa.eu/europa ss/select-language?destination=/node/">https://europa.eu/europa ss/select-language?destination=/node/</a>	Free of charge.
"Interactive e-learning courses" by eIFL.net	eIFL.net provides free e-learning courses on various subjects, including information literacy and digital skills.	<a href="https://www.eifl.net/">https://www.eifl.net/</a>	Free of charge.
"Švietimo mainų paramos fondas (ŠMPF)" - Educational Exchange Support Foundation	ŠMPF may offer various educational opportunities and resources for personal and professional development.	<a href="https://www.smpf.lt/">https://www.smpf.lt/</a>	Costs may vary; check specific programs.
"Lithuanian Red Cross Training" by Lithuanian Red Cross	The Lithuanian Red Cross may provide online training courses on first aid, disaster response, and	<a href="https://redcross.lt/">https://redcross.lt/</a>	Costs may vary; check specific courses.



	community assistance.		
"Courses for the Unemployed" by Lithuanian Labor Exchange (Lietuvos darbo birža)	The Lithuanian Labor Exchange may offer free or subsidized online courses for unemployed individuals to enhance their skills and employability	<a href="https://ldb.lt/">https://ldb.lt/</a>	Free or subsidized for unemployed individuals.
"Lietuviškos Studijos" by LRT	Lietuviškos Studijos is an online platform by the Lithuanian National Radio and Television (LRT) that offers various educational programs and materials in Lithuanian.	<a href="https://www.lrt.lt/">https://www.lrt.lt/</a>	Free of charge.
"Jaunimo Karjeros Centras (Youth Career Center)	The Youth Career Center provides various resources and training opportunities for young people, including career development and skills training.	<a href="https://www.jkc.lt/">https://www.jkc.lt/</a>	Some programs may be free or have a nominal fee.
"Tarptautinės Moterų Programos (International Women's Program)" by Moterų Alijansas (Women's Alliance)	Moterų Alijansas offers international women's programs that may include training and skill development opportunities.	<a href="http://www.moterualjansas.lt/">http://www.moterualjansas.lt/</a>	Varies; check specific programs.
"Versli Lietuva (Enterprise Lithuania)"	Enterprise Lithuania may organize workshops, webinars, and training sessions aimed at fostering entrepreneurship and business skills.	<a href="https://www.verslilietuva.lt/">https://www.verslilietuva.lt/</a>	Some programs may be free or have a low fee.
"Lietuvos Švietimo Pagalbos Organizacija (Lithuanian Education Assistance Organization)"	This organization may provide educational support and resources, including opportunities for skill development.	<a href="https://www.lspo.lt/">https://www.lspo.lt/</a>	Check specific programs for costs.



"LTG Infra" - Training Programs	LTG Infra, a state-owned company, may offer training programs related to infrastructure development and related skills.	<a href="https://ltg.lt/">https://ltg.lt/</a>	Costs may vary; check specific programs.
"Global Lithuanian Leaders" (GLL) Online Academy	GLL offers an online academy with webinars and courses focused on leadership, innovation, and professional development for the Lithuanian diaspora.	<a href="https://www.gllplatform.org/">https://www.gllplatform.org/</a>	Some resources may be free; fees may apply to certain programs.
"Rimtų Žaidimų Asociacija (Serious Games Association)"	The Serious Games Association organizes events, workshops, and resources focused on serious games and gamification for educational purposes.	<a href="https://www.sga.lt/">https://www.sga.lt/</a>	Costs vary; some events may be free.
"Jaunimo organizacija 'Jungtis' (Youth Organization 'Jungtis')"	Jungtis may offer youth-oriented programs, including workshops and online courses, covering personal development and leadership skills	<a href="https://jungtis.org/">https://jungtis.org/</a>	Check specific programs for costs.
"Lietuvos Studentų Sąjunga (Lithuanian Students' Union)"	The Lithuanian Students' Union may organize educational events, conferences, and workshops for students, covering various topics and skills.	<a href="https://www.lss.lt/">https://www.lss.lt/</a>	Some events may be free or have a minimal fee.
"Vilnius Tech Park - Academy"	Vilnius Tech Park's Academy may offer training programs and workshops related to technology, entrepreneurship, and innovation.	<a href="https://vilniustechpark.com/">https://vilniustechpark.com/</a>	Costs may vary; check specific programs.

## HEADING 5: A LIST OF DIGITAL TOOLS FOR COMPLETING VARIOUS TASKS ONLINE

Please click the [link](#) to access a list of digital tools for completing various tasks online.

