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Project 2025-1-CY01-KA210-ADU-000354612

**Safe Training & Education Program - Unveiling Prevention for Older People
(STEP-UP)**

User Manual

Document Information

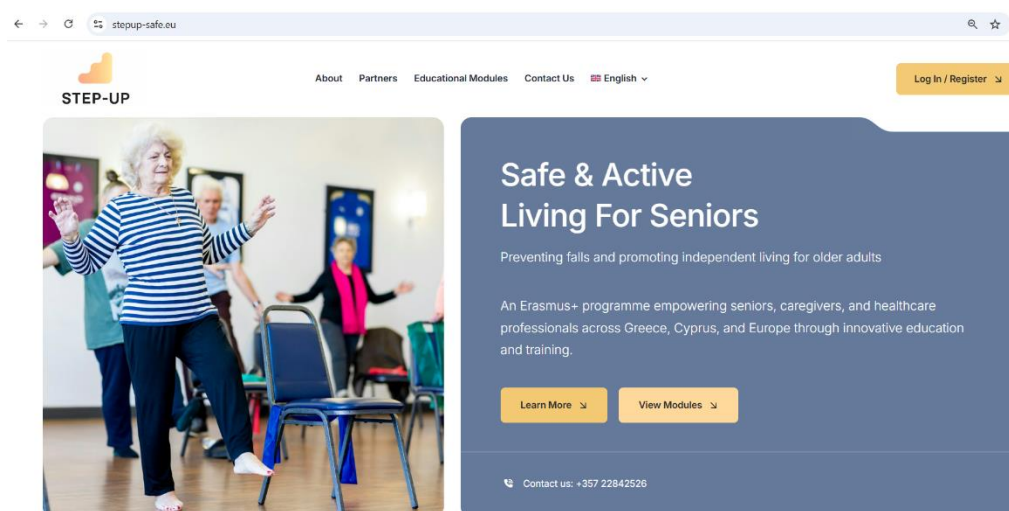
Item	Description
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Project Title	Safe & Active Living for Seniors
Programme	Erasmus+
Action Type	Small-scale Partnership
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Coordinator	University of Nicosia, Cyprus
Project Coordinator	Professor Christoforos D. Giannaki
Partner Organisation	AI4, Greece
Work Package	3

User Manual

The STEP-UP project training material is available at the following link:

<https://www.stepup-safe.eu/>

Once you are redirected to the project website, click the “Log In/Register” button to access the STEP-UP project training material.



Then, if you do not already have an account, click the “Register” button to create a new one.

The screenshot displays the login and registration interface of the STEP-UP project. At the top right, there is a language selector with 'English' and 'Ελληνικά' options. The central part of the page features the STEP-UP logo, which consists of a stylized orange and yellow staircase graphic, followed by the text 'Step Up' and 'Welcome back!'. Below this, there are two input fields: 'Email' and 'Password'. The 'Password' field includes an eye icon to toggle visibility. A large green button labeled 'Login' is positioned below the input fields. Underneath the 'Login' button is a link for 'Forgot Password?'. At the bottom of the login section, there is a link for 'Don't have an account? Register'. The footer of the page contains a disclaimer about European Union funding, copyright information for the 2026 Step Up Project, and the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.

You will then be asked to enter your email address and click the “Register” button.

🇬🇧 English Ελληνικά



Step Up

Create your account

Email

Register

Already have an account? [Login](#)



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After clicking the “Register” button, a message will appear confirming that your registration was successful and asking you to check your email to complete the registration process.

🇬🇧 English Ελληνικά



Step Up

Welcome back!

✔ Registration successful! Check your email to set up your password

Email

Password

Login

[Forgot Password?](#)

Don't have an account? [Register](#)



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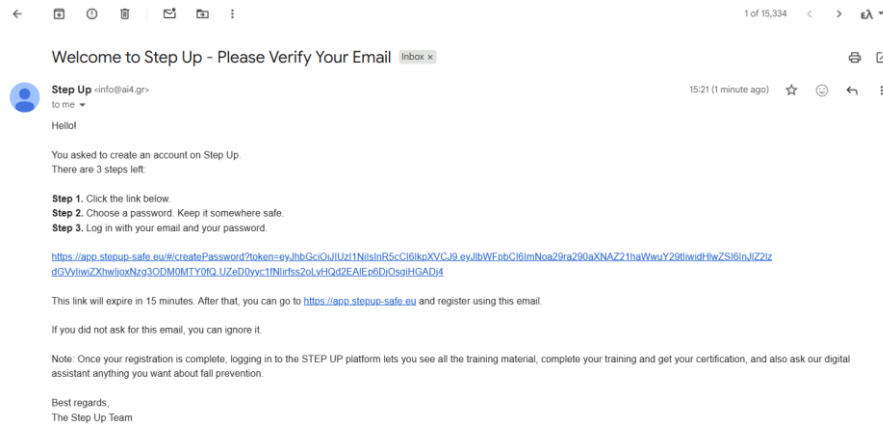
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3

The message you receive will contain an active link for you to click.

Note: Sometimes you may need to copy the link and open it in another browser tab.



After activating the link as described in the previous step, you will be asked to enter your first name and last name, select the language in which you would like to access the training material, and enter your preferred password twice. Once you have completed the above, click the “Create Password” button.

A screenshot of the 'Step Up' registration page. At the top is the 'Step Up' logo and a language selector with 'English' and 'Ελληνικά' options. Below the logo is the text 'Create Password'. The form consists of five input fields: 'First Name', 'Last Name', 'Language' (with a dropdown menu showing 'English'), 'Password', and 'Repeat Password'. Each field has a small icon on the left (person for names, flag for language, lock for passwords) and a visibility toggle on the right. At the bottom of the form is a large green 'Create Password' button. Below the button is a 'Back to Login' link. At the very bottom is a dark blue footer containing the European Union flag, the text 'Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be held responsible for them.', the copyright notice '© 2026 Step Up Project. All rights reserved. v0.7.2', and the license 'Licensed under Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.'

Once the above step has been completed, enter your email address and password and click the “Login” button to access the STEP-UP project training material.

🌐 English Ελληνικά



Step Up

Welcome back!

Login

[Forgot Password?](#)

[Don't have an account? Register](#)



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If you have forgotten your password, you can click the “Forgot Password” button on the project website <https://www.stepup-safe.eu/> to start the password reset process, as shown below. To continue, you will be asked to enter your email address and click the “Send Reset Link” button.

🌐 English Ελληνικά



Step Up

[Forgot Password?](#)

Send Reset Link

[Back to Login](#)



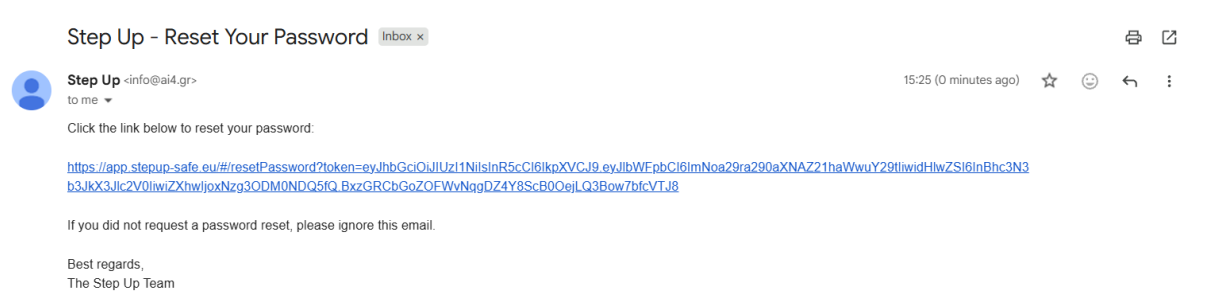
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After clicking the button above, you will receive the email shown below. The message will contain an active link for you to click.

Note: Sometimes you may need to copy the link and open it in another browser tab.



After activating the link as described in the previous step, you will be asked to enter your preferred password twice. Once you have completed the above, click the “Reset Password” button.



Step Up
Create Password

 Password



 Repeat Password



Reset Password

[Back to Login](#)

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Once the above step has been completed, enter your email address and password and click the “Login” button to access the STEP-UP project training material.

🌐 English Ελληνικά



Step Up

Welcome back!

Email

Password

Login

[Forgot Password?](#)

[Don't have an account? Register](#)



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Once you have logged in, you will be taken to the “Dashboard”. To continue, click the “My courses” option.

UNIC Erasmus

Home Dashboard My courses



CK

Edit mode

Dashboard

Hi, Christos! 🙌

Timeline

Next 7 days

Sort by dates

Search by activity type or name



No activities require action

Calendar

All courses

New event

July

August 2026

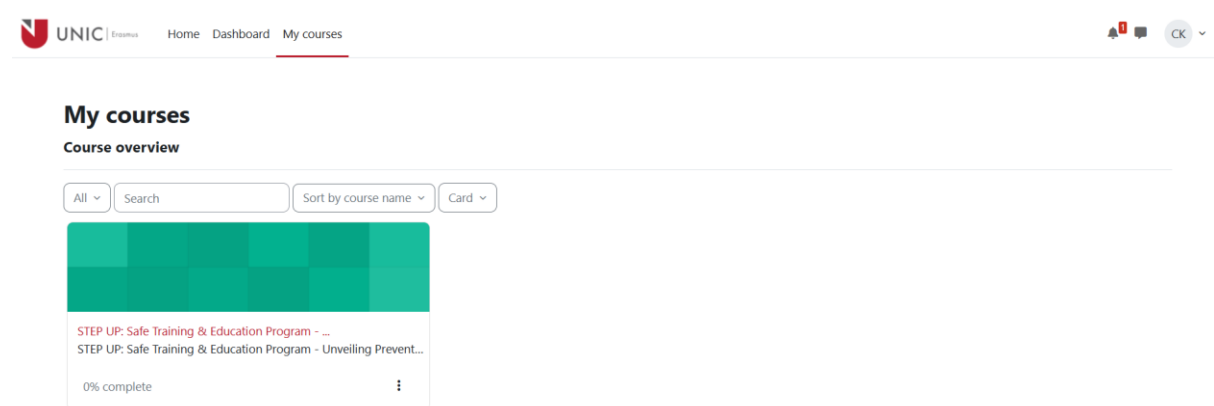
September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2

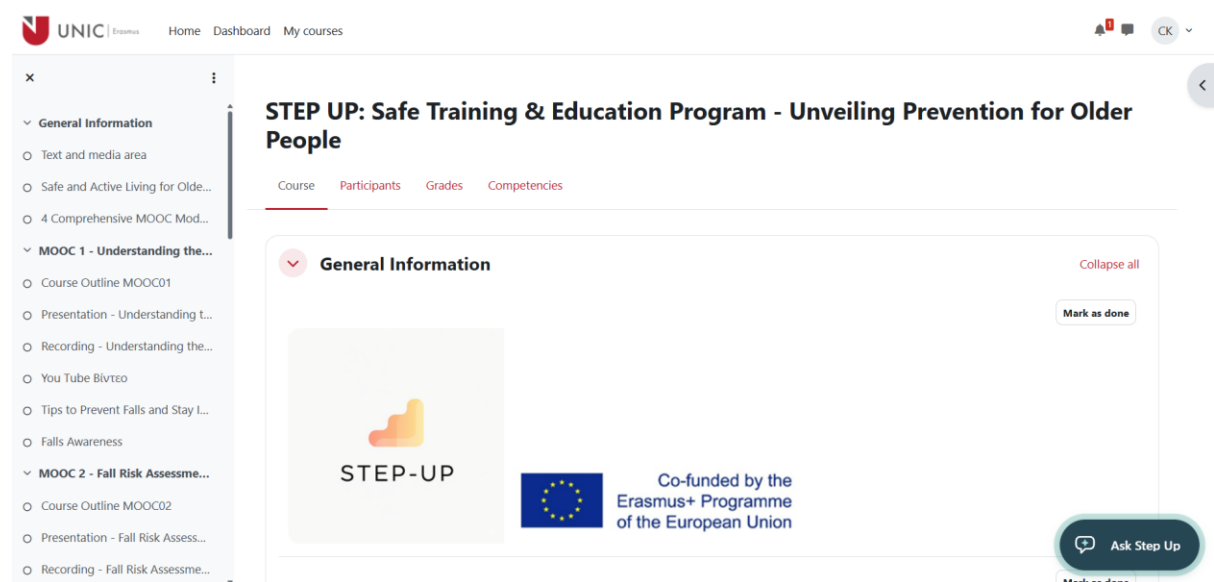
?

There you will find the training material by clicking on the title:

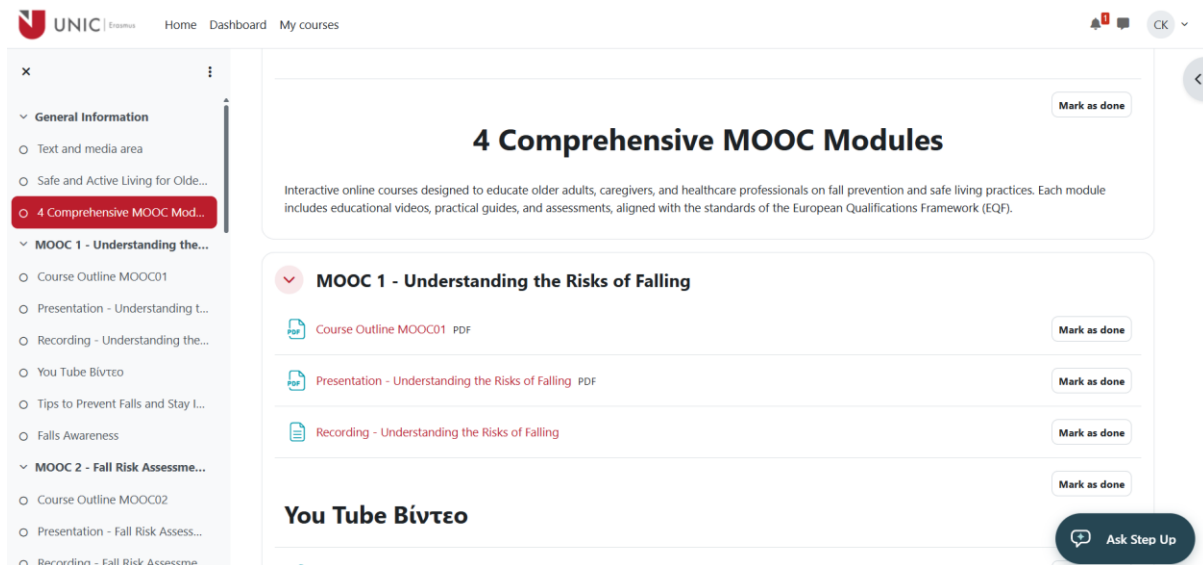
STEP UP: Safe Training & Education Program - Unveiling Prevention for Older People



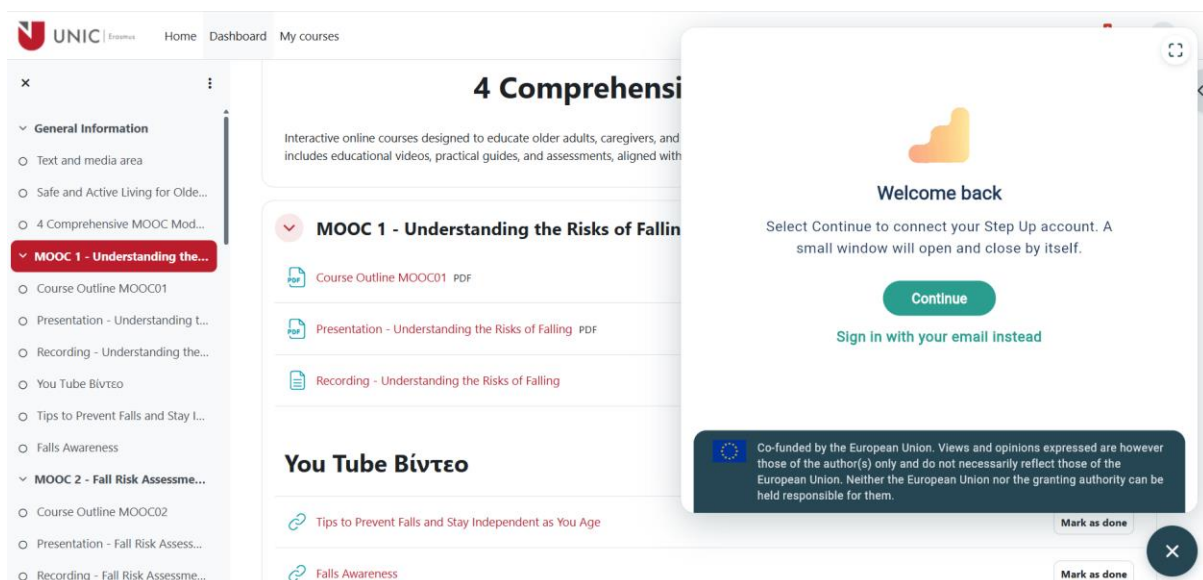
After completing the above steps, the training material will be available to the user. As the user progresses through the training material, each training unit should be marked by clicking “Mark as done” upon completion so that the user can receive certification at the end.



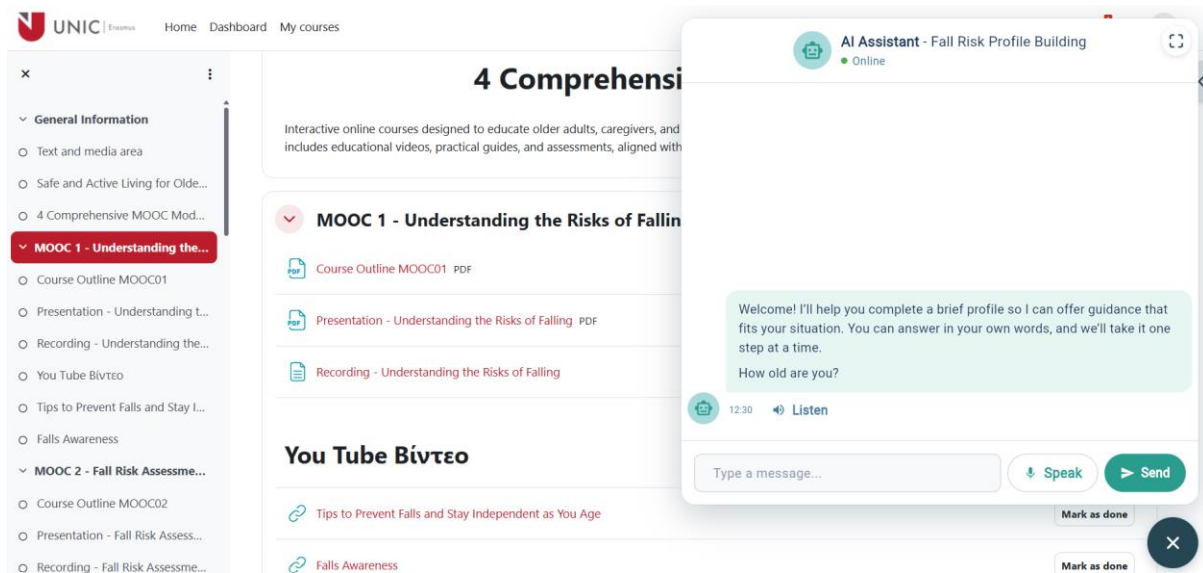
In addition, the user can use the AI-Digital Assistant and receive individualized responses, providing personalized training according to their needs.



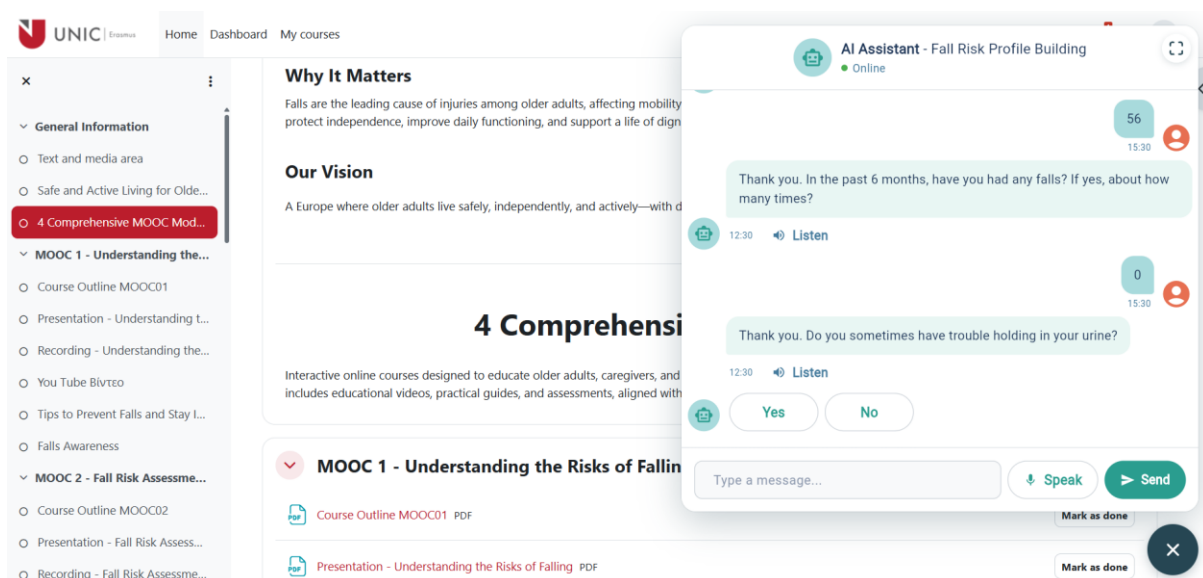
When using the Digital Assistant for the first time, the user should select “Continue”.



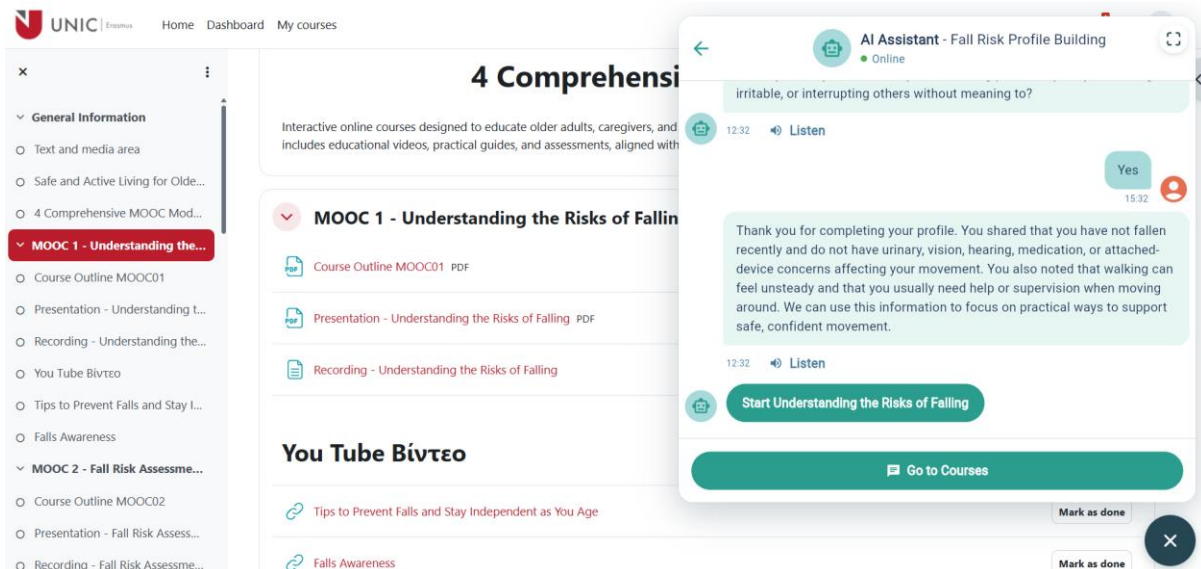
When the Digital Assistant is activated, the user will be asked to answer specific questions so that a personalized learning profile can be created according to their needs.



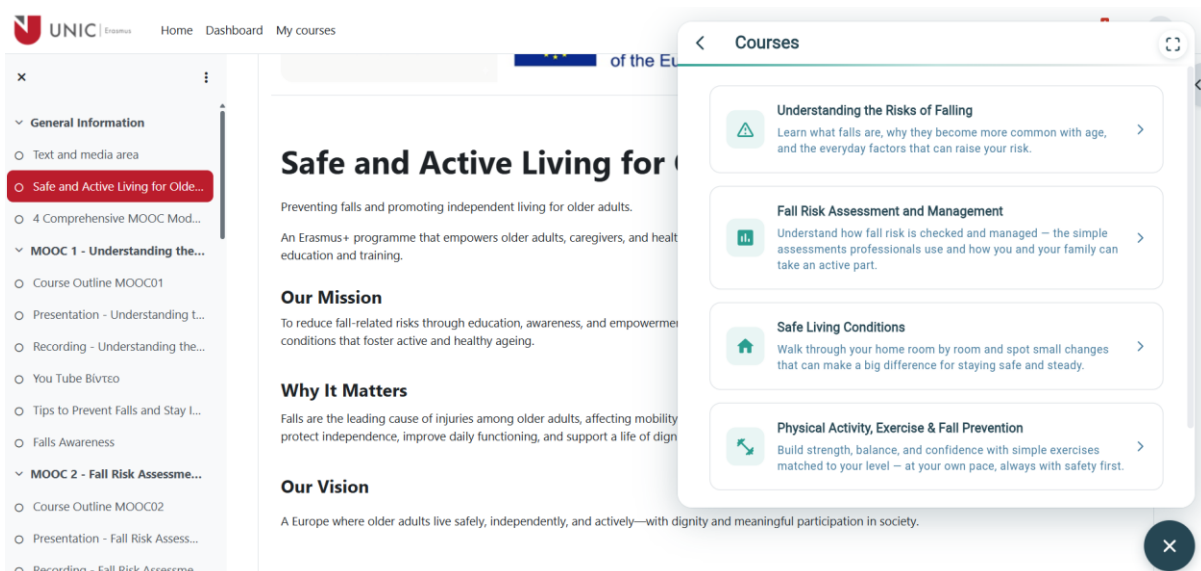
Some indicative examples are shown below:



Once the user profile has been completed, the user can either proceed to the first lesson “Understanding the Risks of Falling” or access the other available training units:



The available training units are shown below:



Example of a training unit:

The screenshot displays a web interface for a training unit. On the left is a sidebar menu with a search icon at the top. The menu is organized into sections: 'General Information' (containing 'Text and media area' and 'Safe and Active Living for Older Adults'), 'MOOC 1 - Understanding the...' (containing 'Course Outline MOOC01', 'Presentation - Understanding the...', 'Recording - Understanding the...', and 'You Tube Bivrtzo'), and 'MOOC 2 - Fall Risk Assessment...' (containing 'Course Outline MOOC02', 'Presentation - Fall Risk Assessment...', and 'Recording - Fall Risk Assessment...'). The 'Safe and Active Living for Older Adults' item is highlighted in red. The main content area on the right is titled 'Safe and Active Living for Older Adults' and includes a subtitle 'Preventing falls and promoting independent living for older adults.' It also mentions 'An Erasmus+ programme that empowers older adults, caregivers, and health professionals through education and training.' Below this are sections for 'Our Mission', 'Why It Matters', and 'Our Vision'. Overlaid on the right side of the main content is a chat window titled 'AI Assistant - Physical Activity, Exercise & Fall Prevention'. The chat window shows a welcome message from the AI assistant, followed by a user's input about walking feeling unsteady. The assistant responds with advice to check with a doctor and offers to start with a simple chair-supported balance exercise or a seated-to-standing strength exercise. The chat window includes a 'Listen' button, a 'Type a message...' input field, and 'Speak' and 'Send' buttons.

By clicking the icon in the upper-right corner, the user can switch to full-screen mode.

This screenshot shows the AI Assistant chat window in full-screen mode. The window is titled 'AI Assistant - Physical Activity, Exercise & Fall Prevention' and indicates the assistant is 'Online'. The chat history shows the same welcome message and user input as the previous screenshot. The assistant's response is also present. The interface includes a 'Listen' button, a 'Type a message...' input field, and 'Speak' and 'Send' buttons. A small icon in the upper-right corner of the chat window allows the user to switch to full-screen mode.

