Everyday artificial intelligence

Use AI to draft a message, organise a shopping list or plan an outing. Check the answers and protect your personal information.

How to start

State your goal, audience and preferred format. For example, ask for a short invitation to a seniors' club meeting in plain language, with placeholders for the date and address.

How to improve the answer

Ask for one change at a time. For example, shorten the text to three sentences or replace difficult words with simpler ones.

What to check

Check dates, times, prices and addresses with the organiser or an official source. AI can give outdated or invented information.

How to protect your data

Use fictional information for practice. Keep passwords, national ID numbers, banking codes and medical results out of AI tools.

Practice

Ask for a packing list for a day trip. Add that you are travelling by train. Review the list and cross out anything you do not need.

AKTYWNI SENIORZY

Senior online – safely, confidently and actively

Co-funded by the Polish state budget through the Mazovian Voivode.

Active Seniors (ASY) programme · Priority II. Education for older people · 2026 edition