



Navigating Mis- and
Disinformation at an Older Age

CAN YOU COMPLETE THESE AI CHALLENGES?

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Nordplus



JYVÄSKYLÄN
KESÄYLIOPISTO



Vanhustyön keskusliitto
CENTRALFÖRBUNDET FÖR DE GAMLAS VÄL RY



Medardo Čoboto
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How to use this material

This material is designed to help participants explore how AI can be used in everyday life through simple hands-on challenges.

You can use this material:

- independently or together with others
- during workshops, courses, or group discussions
- with a computer, tablet, or smartphone.



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Can you complete these AI challenges?

Each challenge helps you explore how artificial intelligence can make everyday life easier: from finding information to supporting creativity.

1. Reverse image search
2. Use AI to create a recipe
3. Plan a trip to a city of your choice
4. Try AI-powered image editing (in under 5 minutes)

Reverse image search

Goal: Find out where an image comes from or whether it appears elsewhere online.

Why it is useful: Helps you check whether an image is authentic or used in misleading contexts.

1. Go to [Google Images](#)
2. Click the camera icon in the search bar
3. Upload an image file or paste the image link (for example, a link to a news image)
4. Google will show where else the image appears online

Tip: You can use this to check suspicious images or to find out whether an image has been taken out of its original context.

Use AI to create a recipe

Goal: Get recipe ideas based on the ingredients you already have at home.

Why it is useful: Saves time and helps reduce food waste.

Choose an AI tool, such as [ChatGPT](#), [Google Gemini](#), [Microsoft Copilot](#), or [Perplexity](#).

You can type something like: “I have these ingredients — what could I make for dinner?”

You can also take a photo of your ingredients and upload it to the AI tool. The AI can suggest meals and provide cooking instructions.

Tip: You can ask for quick meals, vegetarian options, or recipes for two people.

Plan a trip with AI

Goal: Use AI to plan a day trip or holiday.

Why it is useful: AI can suggest activities, transportation options, and places to visit.

Choose an AI tool, such as [ChatGPT](#), [Google Gemini](#), [Microsoft Copilot](#), or [Perplexity](#).

You can type something like: “Plan a 3-day trip to Tallinn with easy walking routes and museum visits.” The AI will create a travel itinerary for you.

Tip: You can also ask for restaurant recommendations, parks, shopping areas, public transportation information, or free activities.

Try AI-powered image editing

Goal: Edit or improve an image using AI tools.

Why it is useful: You can adjust lighting, remove distracting objects, or add creative effects easily.

At the same time, this activity helps you practice media literacy by reflecting on how easy it can be to make an image look real, even when it has been altered or is not authentic.

Try it yourself: Cleanup.pictures

Go to the free AI image editing tool [Cleanup.pictures](https://cleanup.pictures).

1. Upload your own photo or use one of the example images
2. Use the AI brush tool to highlight an area you want to remove (for example, a person in the background, a date stamp, or an unwanted object)
3. The AI will automatically fill in the selected area

Tip: After editing the image, think about how easily photos can be changed online and how this may affect what people believe is real.

Try another free AI image editing tool

Go to [Pixlr](#).

1. Upload an image to the box on the left side
2. You can ignore the “Start free trial” advertisements
3. When the image opens, select “AI Tools” from the menu on the left

Try features such as: Remove Background, Remove Object, Generative Transform.

Tip: Compare the original and edited versions of the image. Consider how AI tools can make realistic changes that may sometimes be difficult to notice.