Level *Up*

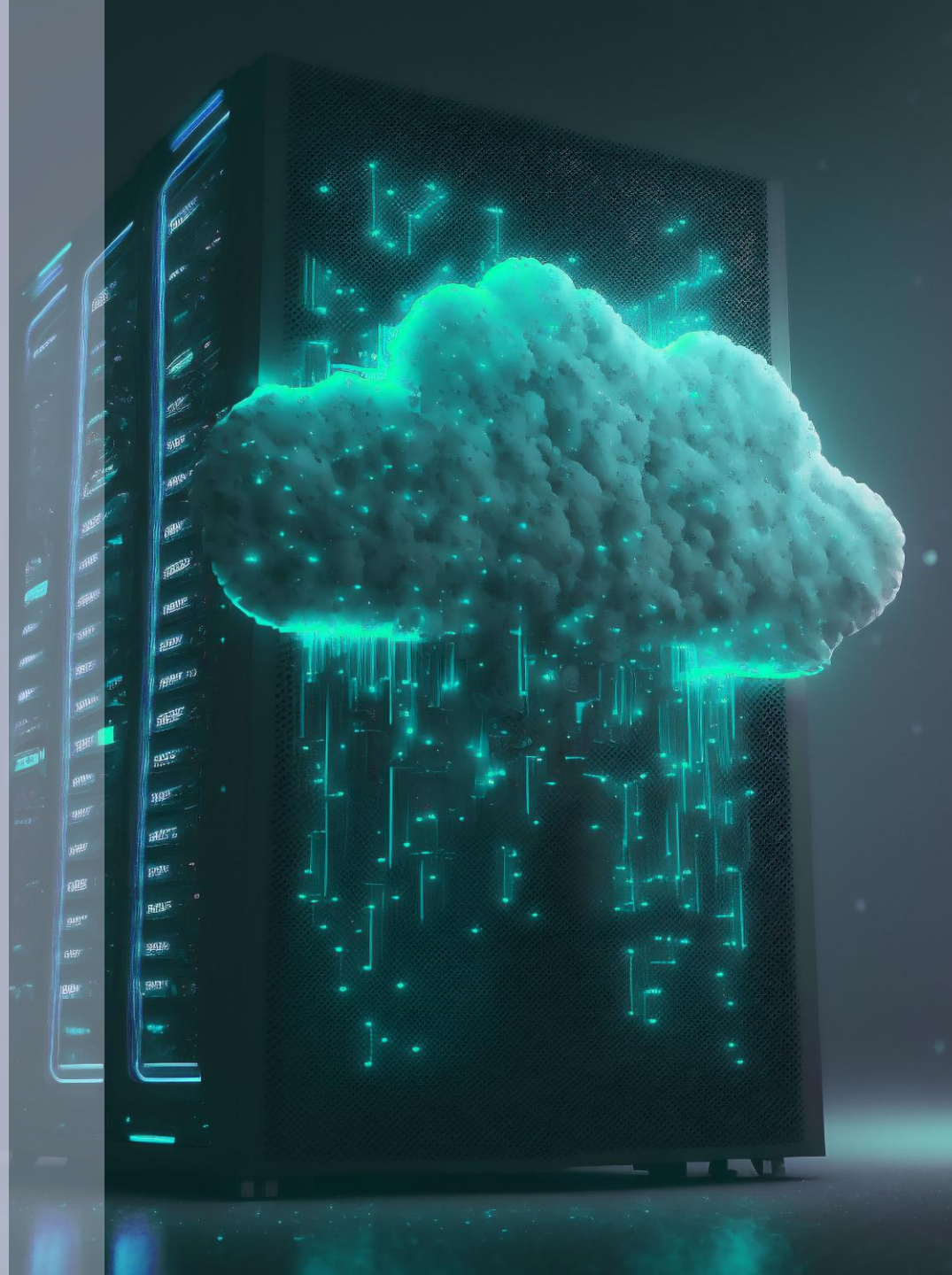# MASTER YOUR DIGITAL SKILLS

Cyber Hygiene Essentials
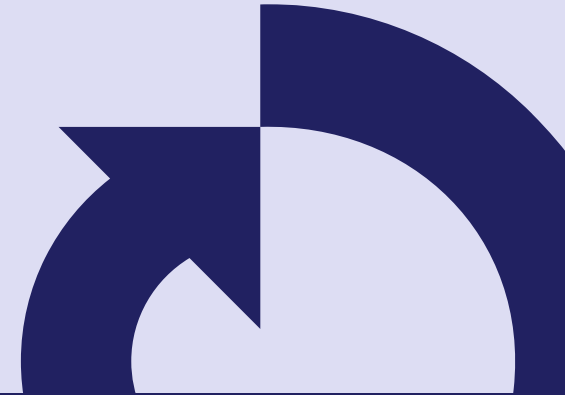
Cybersecurity

JOIST Innovation Park

Co-funded by
the European Union

COURSE OVERVIEW

Cyber Hygiene Essentials is an interactive, self-paced course designed to equip individuals and small-to-medium-sized enterprise (SME) teams with the practical skills and knowledge needed to stay secure in today's digital landscape. Through real-world examples, interactive simulations, and hands-on tools, learners will explore how to identify threats, implement basic security measures, and build lasting cyber-safe habits at both personal and organizational levels.

TARGET AUDIENCE

1. **Everyday users who want to protect their personal data and online accounts.**
2. **SME employees and managers seeking practical cybersecurity skills without technical backgrounds.**
3. **Remote workers and freelancers who need to secure devices and connections in flexible work environments.**
4. **Students and early-career professionals building foundational digital security habits.**

COURSE DESCRIPTION

By the end of this course, learners will be able to:

- Explain the importance of cyber hygiene and identify common threats.
- Apply key security practices like strong passwords, MFA, and regular updates.
- Manage data safely using secure backups and safe browsing habits.
- Develop a proactive, security-aware mindset for personal and professional use.

📦 Modules at a Glance

✅ Module 1: Understanding Cyber Hygiene and Basic Security Concepts

Learn what cyber hygiene is, why it matters, and how basic security measures like encryption, firewalls, and VPNs protect your data.

🛡️ Module 2: Implementing Practical Cyber Hygiene Measures

Put knowledge into practice with hands-on guidance in password management, MFA setup, patching, and safe browsing.
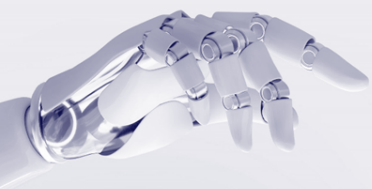
💼 Module 3: Developing a Personal Cyber Hygiene Routine

Create your own cyber hygiene checklist through guided audits, data backups, scam awareness, and privacy management.

COURSE INFO

Location	**JOIST Academy**
Available from	**12.05.2025**
Duration	**15 hours**
Cost	**Free**

Level Up

Enroll Now

CONNECT WITH US

M. info@joistpark.eu
T. +30 2410 234422

VISIT US AT

https://joistpark.eu/en/

VISIT US AT

levelup-skills.eu

CONNECT WITH US