



## Summary of the Grundtvig Project

The partners would like to work with marginalized sections of the community such as persons living in rural or disadvantaged areas and people with low basic skills, living alone and with low self-esteem. With this project we intend to promote skills on adult people, teach ways of promoting physical condition to senior people. Physical therapy as a way to prevent disease, mental support and psychological care, as also create activities for occupying senior spare time with gymnastic, English and TIC.

It's our aim to gradually involve adults in social activities, mainly those over 45 that are low educated, either retired or unemployed, so that they could prevent diseases in their life, learn how to deal with health problems, learn a new language (English) deal with the new technologies and thus inducting and motivating them for informal learning.

# Summary

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## ICT Workshop



The CEFAE/EFA is continuing to develop ICT to learners between 45 and 77 years old.

The main goal is to deal with the new technologies and learn how to create a powerpoint presentation. The learners are very enthusiastic with the tool and they are creating beautiful powerpoint presentations with photos, text and sound to send to their relatives and friends. After they use the internet to communicate and send their works.



## Clarification session on "Degenerative Diseases: Parkinson's and Alzheimer's"



On February 19th the CEFAE/Escola Profissional Fialhode Almeida, vocational school of Vidigueira, held a Clarification session on "Degenerative Diseases: Parkinson's and Alzheimer's" with the attendance of Doctor António Leitão from the Portuguese Patients with Parkinson's Association, delegation of Évora. This initiative was inserted under the GRUNDTVIG Partnership Program aiming to raise awareness and debate among the adult population of the county of Vidigueira with regard to health and active aging. Thus, this initiative aimed to:- Disseminate information on Parkinson and Alzheimer diseases and ways to overcome difficulties, contributing to the change in attitude towards them both to carriers as well as general public;- Clarify the general population about the symptoms of the disease and ways to minimize the inherent inability towards the disease;- Promote and share experiences with the adult population in the area of health education, among others.





Psychological course to promote health care, self confidence and self esteem

With the support of a specialized technician of Psychology we developed 3 sessions. The aim was to promote a place of discussion and reflection, of sharing experiences, to support the development of parental and marital competences, to develop personal skills, to promote self confidence and self image, and to improve communicative and assertive skills. In this workshop the participants were the chance of telling their narrative biography, talking about their childhood

**SESSÃO DE ESCLARECIMENTO  
SAÚDE FÍSICA E MENTAL**

**19 DE NOVEMBRO  
10H30 . VIDIGUEIRA**

**CENTRO MULTIFACETADO DAS NOVAS TECNOLOGIAS  
ABERTO A TODA A COMUNIDADE**

**PROMOVER HÁBITOS DE SAÚDE NA IDADE ADULTA**

**ATIVIDADE INTEGRADA NO PROJETO GRUNDTVIG**

**organização** **apoio**

During this project period the Psychological Therapist discuss, analyzed and reflected about feelings, memories and applied some tests, that can be used in took off and diagnosis of cognitive problems, mental diseases or, more specifically, of the Disease of Alzheimer. There were administered some sub-tests of the Wechsler Adult Intelligence Scale (WAIS-III), which allowed to value the functions of the attention, of the language and memory. All the proposed tasks woke greatly interest in the participants, which revealed a well-known motivation in his development. Like reward of his effort, pledge and success in the activities, it used the praise like positive reinforcement, in the form to congratulate the participants and to reinforce his

capacities and feelings of autoesteem  
We had the intention also of promoting the relationship among the staff and learners and improving the communicational and the assertive skills of the participants

**Atividades:**

- aulas de ginástica e sessões de biofeedback, como forma de evitar a doença física e mental;
- aulas de inglês e TIC, a fim de aprender um novo idioma e aprender ou melhorar as suas competências na área das novas tecnologias;
- reuniões e sessões de encorajamento com técnicos especializados em diferentes áreas temáticas, tais como: Saúde Física e Mental; Alzheimer; Higiene; Prevenção de acidentes domésticos...

**Público-alvo:**  
adultos, com idade igual ou superior a 45 anos.

**Objetivos gerais:**

- integrar uma experiência enriquecedora na área de educação de adultos, de modo não-formal, num contexto de formação ao longo da vida;
- fomentar e partilhar boas práticas junto da população adulta, na área de educação para a saúde;
- promover e melhorar as condições físicas de pessoas adultas, com idade a partir dos 45 anos;
- aumentar a consciência da população sobre formas de prevenção de doenças. No âmbito a prática de hábitos saudáveis e estilos de atuação, a fim de melhorar as suas competências sociais e cívicas e conhecimentos na área de saúde, promovendo entre os participantes, para enfrentarem os desafios do envelhecimento de forma consciente, ativa e responsável.

**Objetivos específicos:**

- criar um conjunto de atividades para ocupação de tempos livres;
- promover desafios mentais e físicos na vida adulta e aprender a lidar com problemas de saúde já existentes;
- promover a troca de experiências entre os participantes, as relações interpessoais, evitando desta forma o isolamento social;
- estimular o uso das redes sociais, de forma a facilitar o processo de aprendizagem dos formandos, e integrá-los na vida social/cultural;
- adquirir conhecimentos sobre estilos e valores, tradições e modos de atuação/trabalho;
- promover uma integração ativa e a respeito por outras culturas, bem como estimular a comunicação entre pessoas de diferentes países, alargando os horizontes e expectativas de todos os pessoais envolvidos, staff e formandos.

**“Não se conhece o mundo até ao fim, mas se conhece o mundo até ao fim, não se conhece o mundo até ao fim.”**  
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**Fernando Pessoa**

**Projeto Grundtvig 2012-2014**  
**Promover hábitos de saúde na idade adulta**

**Parceiros:**  
**CMAL, IRL, IPRA, PRA, PRA**  
**UNIVERSIDADE DE LISBOA, DE COVILHÃ**  
**Associação Nacional de Educação de Adultos, da Europa**  
**INSTITUTO PORTUGUÊS DE SAÚDE E DE BEM-ESTAR**  
**INTEGRO**  
**123 - Educação e Formação de Adultos**  
**União Europeia e U. de Alameda**

## Newsletter II

## Meeting in Nordhorn

Europe visited the Grafschaft Bentheim and the Emsland

Our colleagues from the participating lands Portugal, Romania and Turkey visited us in the context of a transnational exchange.

The participants arrived at the airport



Schiphol/Amsterdam and were picked up there by our co-workers Winfried Koschnicke, Timo Kreusch-Vartmann and Ms. Ursula Schröder and they drove to Nordhorn, to the monastery "Kloster Frenswegen" at sub-zero temperature in a good heated car. Mrs. Paetzold was waiting there and she bid them welcome and she accompanied the participants through the extensive programme about the whole week.

After the accommodation in the monastery and having coffee with cake, all guests with their companions drove to the restaurant Pier 99 to conclude a long day.

At ten o'clock in the evening all participants lay in their beds. Many of them were already on the way for more than 24 hours.

Tuesday morning, punctual at 8.30 a.m., the team from the LEB stood in front of the gates of the monastery to pick up the guests and to accompany them through the day.

The first stage was the district administration of the Grafschaft Bentheim. There, the administrative head of the district, Mr. Kethorn, was already waiting to greet the guests from Romania, Portugal and the Turkey. Mr. Kethorn and Mrs. Güler-Alsmeier both described the economic and social situation in the Grafschaft Bentheim. An interpreter from the LEB assisted them.



Made curious by the information from the two government officials, the guests wanted to hear more about Nordhorn and about the work of the German colleagues, too.

For it, all were invited to the BZ (training centre Nordhorn), where the students of the qualification measure "qualified employee in health care/nursing auxiliary" are already waiting.

After a presentation of the individual countries and of project exchange, the students organized a special guided tour through the city equipped with exceptional means for elderly people; the guests were invited to slip into the role of a senior citizen and to find out about the accessibility in Nordhorn. That was of peculiar interest, in that the other nations also work with the participants of their projects on the topics to get older and to stay healthy.



After a following visit of the "old people home" "Pflegezentrum Nordhorn" (Rovenkamp) consolidated the impressions of the morning. Here, the participants saw which means care of old people in everyday life.  
[www.pflegezentrum-nordhorn.de](http://www.pflegezentrum-nordhorn.de)

Mrs. Michaela Suhr (4 from left) with the guests of the



project "Improving health skills in an adult life" and the coordinator of the project of the German part Eva Paetzold (3 of the right)

A short break and the trip went on – this time into the past of the region – visit to the castle Burg Bentheim. A good guided tour in English makes it possible for all to retrace the history of the house Bad Bentheim with the Netherlands. In spite of the cold weather and a strong east wind all participants enjoyed the guided tour through the well preserved castle.

The first day ended in the monastery Kloster Frenswegen at 6.30 p.m., where all sat together with a warming up hot mulled wine. A special pleasure with the cold weather, actually with the snow we could make happy our guests from Portugal.

On Wednesday the specialist conference "getting older with resources" was on the programme. This is determined in the international project description and it was in attendance for other participants from outside of this project.

We could hear Dr. Kasterbutt doing the introduction presentation. Possibly he is known many people with reference to the seminar working. Dr. Kasterbutt presented in great detail about the "connections of strengthening of resources in the everyday life and healthy well-being". By it he referred to the salutogenetic model by Aaron Antonovsky. For more information you can look on our internet page [www.impulselebbe.de](http://www.impulselebbe.de)

Altogether the event was well attended and came in the ensuing discussion to a lively exchange. With it the similarities became clear, but the differences too. They were particularly clear in the diversity of the education and health systems of the individual countries.

While in the morning the focal points were information and discussion, the afternoon were arranged by the docents Ms. Steffi Herrmann and Mr. Chris Tettke more practically and relaxed. With photo camera and good mood everybody tried to approach himself on a new point of view to the subject "to grow older".

The participants were divided up into two groups and looked for motives that give expression to the getting older either in the sphere of the monastery or at the

recycling centre in Wilsum.

In the following we show some pictures that convey the impression of the day and the getting older.

These photographs were taken on the recycling centre in Wilsum. If you want more information, you can have a look on our internet pages [www.impulselebbe.de](http://www.impulselebbe.de) or you can attend our workshop photographing.

The other group was in move around the monastery. News is building upon the old. Even though we are no longer in this world, the things we've done are enduring.

Then the Thursday put us to the north Emsland in the end. At first we visited the shipyard Meyer-Werft in Papenburg, which economic capacity extends beyond the south Emsland and the Grafschaft Bentheim.

The last built cruise liner unfortunately looked out at the day before. So the docks were almost empty at the time of our visit. Nevertheless we're good able to retrace how such a ship will be built.

We got a lot of instructively information about the shipbuilding and the development of the Meyer-Werft at the visitors' centre of the company.

Subsequent to the very interesting visit of the Meyer-Werft we were guests of the Ems-Achse in Papenburg.

This in particular was for the colleagues from Portugal and Romania of great interest. A big youth unemployment had been in both countries, and the activities of the Ems-Achse, to counteract the lack of qualified personnel with the recruitment of foreign trainees, obtained the attention from the visitors. As result they exchanged addresses and promised to stay in contact.

After a short stroll through Papenburg we went to visit the moor museum in Großheesepe.

To round off the day and the visit in Germany we went back to Nordhorn. Here the programme was completed with a typical "Grafschafter Hochzeitssessen" (a meal that is a typical dinner at wedding festivities).

At Friday all visitors were brought back to Amsterdam. The next meeting will take place in the Turkey in June. We will make the report in the next newsletter about it.

At this point I want to thank to all colleagues which helped to make it possible that our guests had an eventful week.

## BEAUTY – A STATE OF SPIRIT – MAY, 2013

Aim achievement of a good state of mind, increasing the self-confidence through a permanent creation and maintenance of the inner and exterior beauty, in whole.

### OBJECTIVES



O1 Knowledge of the way we can have a high tone, through cardio exercises, massage and diet

O2 Knowledge of some cosmetic beauty products, ways to use and choose them according to the particularities of each and individual make-up achievement.

O3 Correlation of the way we dress with obtaining a good mood, by addressing warm colors, floral and modern patterns, adapted to everyone.

O1. Knowledge of the way we can have a high tone, through cardio exercises, massage and diet

Aerobic exercises

\_ Maximum efficiency in carbohydrates and fats burning

\_ Performing with the body weight or against some low resistance

\_ Cardio exercises and the massage determine a high tone, in the presence of a proper nutrition



2 Knowledge of some cosmetic beauty products, ways to use and choose them according to the particularities of each and individual make-up achievement; Make-up kits and cosmetic products (foundation cream, creams, mascara, etc.)



O3 Correlation of the way we dress with obtaining a good mood by addressing warm colors, floral and modern patterns, adapted to everyone; Free discussions based on some visual materials

### Objectives

\_ To form some responsible attitudes and behaviors regarding alimentary health

\_ To recognize the healthy eating behavior and the risk behavior;

\_ To get informed regarding the risks of incorrect eating habits;

\_ To get aware of the necessity to choose quality in a world of values competition

\_ To be aware of getting informed in a complete, correct and precise way regarding the essential characteristics of the food

## THE INTERNATIONAL SYMPOSIUM HEALTH THROUGH ALIMENTATION 8TH OF JUNE 2013



The symposium had as purpose informing and educating of the over 45 years old persons, regarding a correct and balanced alimentation, to create a healthy life-style, in order to preserve their physical and mental.



## ROMENA

### ASPECTS FROM THE EVENT

Invited experts: a general physician, a doctor from the Sanitary Veterinary Directorate, a department that deals with the control of the products quality, and a nutritionist. The discussions had as subjects: A young immunity system through exercise and healthy alimentation, The alimentation hygiene and health, Educating the eating habits, The body detoxification in a natural way, Anti-stress alimentation; etc health



# Newsletter II



## MEETING INSUSHERI



As Susehri Directorate of National Education, our major objective is based on public education. We intend to support formal and informal education at different age levels, to give equal opportunities and rights to disabled people, women and lower socioeconomic status, to support communication and cooperation among students, parents, teachers and administrative staff, to prepare seminars and courses on different fields, to provide cultural diversity. So we try to reflect that exact aim to elder people. Susehri Directorate of National Education have prepared three seminars about "avoiding stress, stress based illnesses", "water miracle of the life" and "cooking healthy and delicious food".



In all these seminar our priority is elder people especially who do not have akins or children. For those lonely people being healthy and powerful are so important. In all seminars doctors, a psychologist, a dermatologist, volunteers and social worker have helped us.

In very first seminar 2 doctors and a psychologist taught tips on avoiding stress in the daily life. They told how stress could affect the heart, the brain and the veins. People, aged 45-65 had exercises for getting rid of stress and anger, they shared experiences among all.



In the second one, a dermatologist gave tip for a young and healthy skin especially women were very interested in these sections. Our religion is famous for its spas and thermal water. We talked and learnt about their benefits for skin and internal organs all together. Some cleaning kits were given as presents to participant and they got certificates at the end of the seminar.

Last but not least a volunteer cook taught healthy ways of cooking. He told about how important to eat vegetables and natural product especially in elderhood. They had learnt about curing herbs, teas and vegetables. All participants cooked together. essential characteristics of the food.



Newsletter developed by:



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