

# Project Grundtvig



Lifelong Learning Programme



Education and Culture DG



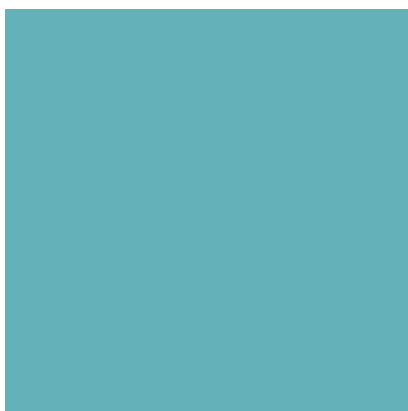
> *Improving Health Skills in adult life*



**Project**



**Grundtvig**



**Escola**

**Profissional**

**Fialho**



**de**



**Almeida**

## > *Improving Health Skills in adult life*

**CEFAE, Lda is the owner of the vocational school, Escola Profissional Fialho de Almeida and provides technical courses of level IV of the Union European, with equivalence to the twelfth year(secondary level) and it has as fundamental aim to graduate a set of qualified workers, who can fill the demands and the needs of the nowadays' enterprises: the need of workers who, beyond the important “Know how to do”, have also the capacity of “Know how to learn”, I mean, have the capacity of learning in an autonomous and continuous way during the formation in a work context.**

**The CEFAE/EPFA with this new project would like to be a new partner in the community where it is implanted and give a new opportunity to people 45+ who are low educated, either retired or unemployed.**

**CEFAE/EPFA intends to form people and give them a better**





## > *Improving Health Skills in adult life*

**chance in several areas, but most of our activity has been focused in secondary education learners, so now with this project it is our aim to gradually involve adults in the school activities, in the society too, inducing and motivating them for informal learning. The fact is that we live in an disadvantaged**



GRUNDTVIG PROJECT > SPORT ACTIVITIES

**area, one of the poorest regions of the European Union and most people have low expectations of life. We will try to do this by developing a series of activities and workshops specially prepared for them through health care, physiotherapy, workshops, briefings about how to prevent diseases, valuing their life knowledge, sharing customs and traditions, to people become valued members of the community too. Our region is known by its aging, so it's necessary to fulfil the expectations of community's life offering ways of value their experiences and promote new ideas and tools.**

***[www.epfavidigueira.pt](http://www.epfavidigueira.pt)***



## **HERMES COMUNITAS 2007 ROMANIA**

**Hermes Comunitas 2007 is a non-profit association affiliated to Economic College "Hermes" from Petrosani. We live in a disadvantaged socio-economic region with a mono-industrial sector, the mining. Besides, the natural potential is very rich, favouring the tourism. We have experience in implementing the social projects, projects that we have involved both adults and trainers; The age of learners involved in the organization is between 16-30 years. Our objective is based on education. We are following as objectives:**

- . to promote the moral values through non-formal activities within the local community;**
- . to create a respectful attitude of the young people towards the values of the community;**
- . to develop artistic, cultural, social, moral and vocational competences;**
- . to develop civic attitude and active citizenship;**
- . to promote the national and international culture within the community;**
- . to encourage a healthy life through sports activities and the adhesion to a specific life style;**
- . to support formal, informal and non-formal education;**
- . to support and to promote ecological activities;**
- to implement and to carry out educational projects and programmes;**
- to initiate and to develop partnerships with governmental and non- governmental institutions from Romania and from abroad;**

**We have also experience in implementing projects abroad and at home, on a various range of themes and involving young and adults people of various ages;**

**For us this project could be an exchange of experiences between young people and adults about active integration and respect for other cultures and to get better confidence having communication with people from other countries. We hope that this way they will understand better the value of our entities, in an informal way of teaching, towards their integration in society.**

***[www.hermescomunitas.trei.ro](http://www.hermescomunitas.trei.ro)***



It is an administrative organization of 42 schools: 9 secondary schools, 25 primary schools, 8 kindergartens; 5000 students and approximately 500 teachers. Susehri is located in a disadvantaged area, migration is a major problem in the district. Recent years, developments such as new industrial areas, opportunity to work in new dams and fishing industry have alleviated unemployment. However, that is not a solid solution. Each year more and more young people immigrate for gaining their livings to bigger cities. As Susehri Directorate of National Education we have involved both minors and adult learners. That provides us a multidimensional aspect. We refer it as a huge opportunity because working with different groups broadens the horizons.

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.



Since foundation in 1951, managed by the rural population with the collaboration of rural women, rural youth organization, Heimvolkshochschule and chamber of agriculture, the LEB is known for its continuity and quality next to innovation for 60 years. The Ländliche Erwachsenenbildung Niedersachsen e.V. (LEB) as project executing organization has its central office in Hannover and local presences, for example in the Emsland and Grafschaft Bentheim. It brings in its skills on adult education and vocational training at activities for college graduates and lower educated people. These activities are made for employees as well as unemployed persons. It is one of the most important national organizations for further education and arranges innovative projects on their own sponsorship at state- district- and area level.

In these, mostly long-term education measures are conveyed vocational skills. In doing so there is a strong cooperation between the LEB and labor administration, Federal Government Department, state department, local government and the European Union as well. On the one hand the location Emsland/Bad Bentheim is engaged in socially marginalized people, for example misdemeanants or socially disadvantaged people who gets social welfare benefit. The main focus is to qualify low skilled people to accompany and to care for elderly people. Also we want to set a high value on personal and vocational development of women and to accompany the crossover from work to retirement age.





**The Istituto Professionale di Stato De Gemmis is a vocational technical school. it includes two schools, situated in Terlizzi and Bitonto. These are two towns near Bari in the south of Italy. In these towns the main activity is agriculture, hence most adults have a lower level of education, for this reason the school itself tries to increase it by activating night courses for adults. The school includes four departments - agriculture, fashion, electricity and chemistry-biology.**

**Our school is eager to participate in the project because it will give the possibility to continue its work of raising adult education, competence and integration in the European context**

**[www.scuoladegemmis.it](http://www.scuoladegemmis.it)**

## > *Improving Health Skills in adult life*

### > SUMMARY OF THE PROJECT

**1. 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 inducing and motivating them for informal learning.**



# >SUMMARY OF THE PROJECT

**We will develop several activities and workshops specially prepared for them through briefings, physiotherapy, workshops, valuing life knowledge, sharing customs and traditions with people in the same age group in other countries who are connected to this project.**

**The objectives are also to promote an active integration and respect for other cultures and to get better confidence having communication with people from other countries. We hope that this way they will understand better the value of our entities, in an informal way of teaching, towards their integration in society.**

**On the other hand through the partnership and project exchange we want to broaden the horizons of the school staff, learners and all the community by sharing and understanding how others do things in other countries.**





# >SUMMARY OF THE PROJECT



**2 . T h e m a i n motivation of this project is to prevent t h e s o c i a l , economical and cultural exclusion of seniors through their inclusion into educational process and stimulation of**

**their demand for learning.**

**The objective is to develop, in the partnership with organizations from different countries, activities to adults who wants to prepare for elderly life, in a way of preventing diseases, being occupied and avoid isolation. With this, we intend to use new organizational methods and pedagogical approaches for seniors as a specific group of learners. 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.**

**The motivation is to develop and share activities related to health care, cultural identity, valuing life knowledge, sharing customs and traditions with people in the same age group in other countries who are connected to this project; to promote an active integration and respect for other cultures; and to get better confidence and self esteem; learn how to use IT; learn a**

# >SUMMARY OF THE PROJECT



**new language and  
h a v i n g  
communication  
with people from  
other countries.**

**This project is  
n e e d e d , t o  
exchange good  
p r a c t i c e i n  
operational adult**

**education with disadvantaged women and to show, how this  
can be well organized in small secured (learning)  
communities, in Europe, as in urban regions as well as in rural  
regions.**

**Applicable adult education in combination with therapy  
aspects, added by teaching soft skills and learning foreign  
languages, gives a feeling of winning competence and the  
chance, to get in exchange with other people in Europe, who  
deal with the same kind of problems.**

**The objectives are to develop and share activities related to  
health care, cultural identity, valuing life knowledge, sharing  
customs and traditions with people in the same age group in  
other countries who are connected to this project; to promote  
an active integration and respect for other cultures; having  
communication with people from other countries.**



**3. Among the objectives of our project, we can emphasize the following aims:**

- 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 ICT;**
- To promote briefings with technicians (therapist, physical education teacher), learn how to prevent diseases;**
- To create activities to promote relationships and to avoid adult isolation;**
- To help people know other European countries as a close reality, in a cultural and historical sense, and even as a prospective source of employment.**
- To encourage strategies to develop the collaboration and exchange of experiences between our respective students.**
- To improve the language skills of the stakeholders, to get better confidence and self esteem;**
- To improve the computing skills of our participants;**
- To exchange educational experiences between staff who take part in the Project;**
- To promote the use of social networks to make easier the learning process of our students and integrate them in social/cultural life.**

# >ACTIVITIES

## Common tasks>

>To work on start-up-leaflet, web presentation, newsletter, prepare meetings, questionnaire, reports

>To prepare information board and take part in process of consultation/dissemination

>To inform about project progress and external possibilities to participate in the Project;

>To promote the use of social networks to make easier the learning process of our students and integrate them in social/cultural life.



> ***Improving Health Skills in adult life***





## PORTUGAL>

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 creat activities, for occupying senior spare time with gymnastic, english and ICT-briefings, workshops, classes.







## **TURKEY>**

- > Meetings with a psychologist for adult learners "How can we broaden the horizons.";**
- > Seminar with a dermatologist "Water, miracle of life", as the region has a lot of spas and some of them health centers for skin illnesses;**
- > Exhibitions of handcrafts which reflect cultural identity (there are different religious orders and different ethnic groups in our district).**

## **ITALY>**

**Creating activities and workshops.**

## **GERMANY>**

**Conference "Work, Life and Balance for adult people between 45-65 years old".**

## **ROMANIA>**

**Manage the project website and create a common platforme etwinning for the project.**

