

Grundtvig

Start-up-leaflet

Nº

2012-2014

Improving health skills in adult life

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Summary:

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 inducing and motivating them for informal learning.

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Education and Culture
Lifelong learning programme
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Partners:

CEFAE, Lda - Portugal - Vidigueira

It 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 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 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.

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.

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Partners:

Susehri Directorate of National Education - Turkey

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 broad 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.

ISTITUTO PROFESSIONALE DI STATO G.DE GEMMIS - Italy

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.

Ländliche Erwachsenenbildung Niedersachsen e.V. - Germany

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 get 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

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2012 is "The European Year of Active Ageing and Intergenerational Solidarity"

2012 is "The European Year of Active Ageing and Intergenerational Solidarity"

Our Project has had a meaning, importance and recognition from the point of view of adult education, because 2012 is "The European Year of Active Ageing and Intergenerational Solidarity". So, our entities will raise awareness about ways to meet the challenges of aging, as well as the sharing of best practices among the partners.

Active aging can give older people the opportunity to continue to work and share their experiences, they continue to play an active role in society and live their lives in such a way as healthy, independent and fulfilled as possible.

The Year calls for taking action in very different fields: employment, social protection, education and training, health and social services, housing and public infrastructure, thus our partnerships intends to contribute for a common and a different perspective of adult education in each country. The different

experiences will enrich our common project since each partner may have valuable contributions in the different aspects to be considered in terms of education. The project will give us not only a deeper knowledge about our educational systems (formal and non formal) but also a deeper understanding and knowledge of our European partners' cultural and structural educational situation. With the mobilities, we can have a wider experience by co-operation between the partners and it will take away the barriers of cultural ethnicity, language, and improve the enablers of lifetime learning as a common learning platform. The valuable outcome of the common share will be mutual trust and appreciation in the partnership, the brought together competences, contribution of all partner countries, and planned to be disseminated in the European level. Without the international partnership there wouldn't be such an effective outcome achieved -new ideas and well applied practice in different circumstances bring a lot of creativity and new challenges into our institutions.

Objectives:

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.

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.

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Activities:

We will develop several activities and workshops specially prepared for adults 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.

Partners activities

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 create 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).

Romania: Manage the project website and create a common platform etwinning for the project.

Italy: Creating activities and workshops.

Germany: Conference "work -life -balance for adult people between 45-65 years old".

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.

The main motivation of this project is to prevent the social, 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 ICT.

Motivation:

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 new language and having communication with people from other countries.

This project is needed, to exchange good practice in 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.

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Subject:

To learn about the different circumstances of adult education and to discuss the requirements of the attended group of women is our aim. The location where the "activities take place, can have a strong influence for the success, all the region in Europe should care about adult problems. Local entities are the right place to find a little distance to daily problems and to get a calm focus on the own situation. The partners up to now are focused on the local problems. In the partnership it will be realized, that from every place we can use this or those positive aspect of work, share experiences and solve problems.

Impact:

We give special emphasis to the concern of involving the learners in the planning process in order to give them a feeling of the importance of their work and of being a part of an international network. There will also be focused on public relation activities including information to the local societies and media about the project. So, the learners and staff will directly and more effectively participate in the society that they live in.

In this project we will focus disadvantaged adults, either unemployed or retired and will try to bring them to more active role in society through informal learning. One of the aims is to attract these people, giving them hope to a new life, and try to understand they can share and learn in an informal way they life experiences.

The participants will profit from the briefings, workshops, sessions not only by what they learn concerning each of the workshops (Physiotherapy, Mental and Psychological support, health care, IT and English), but also by being together, exchanging of ideas and also from the sense of belonging to a group we want to develop in themselves confidence and self esteem.

The staff will profit from the project, involving themselves in the activities and sharing experiences with learners and also with partners from other countries, knowing different realities. The entities will share and exchange ideas about Adult Education generally, and in particular, their experience gained through working in partnership with other European Adult Education Organizations.

Relevance:

The relevance of our project is from the point of view of adult education, because 2012 is "The European Year of Active Ageing and Intergenerational Solidarity". 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. So, our entities will raise awareness about ways to meet the challenges of aging, as well as the sharing of best practices among the partners. This project is the opportunity for adult people to continue to work and share their experiences, because they continue to play an active role in society and live their lives in such a way as healthy, independent

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and fulfilled as possible. Promoting activities, workshops and briefings is the way of getting a better knowledge about how to prevent diseases, doing exercise and be mental active in society. It is a way of preventing social isolation too.

To include European mobility in the therapy is also in the discussion. In the applied project, the adult actors can share their first experiences with European partners, can study the different public frame and can develop common innovative solutions and European

initiatives for progress in the own work.

The participating institutions want to improve their quality of work by sharing European experiences and ideas and prepare next steps for ongoing activities after project time, recognizing ways of working in adult education system and learning in an European dimension.

Evaluation:

In this Project we will evaluate the participation of learners through a schedule, to verify the attendance of learners, in an informal way of education. So they will be monitored through attendance registers.

We also evaluate this project by questionnaires to the different participating countries and people involved as well as looking at counts on the homepage (visiting counts) and feed back.

The Evaluation will be done: At the beginning: learners' expectations towards the workshops/briefings/classes; what they would like to do in having in mind this specific area; diagnosis/identification of the competences and characteristics; individual characterization (interview/personal report).

There will be also an Intermediate evaluation: competences acquired.

Self-evaluation (inquiry and report); Half time evaluation: On the half time meeting in May 2013. In July 2013 the partners have to prepare a half time report for their National Agency (N.A.).

About Final Evaluation: Two hours review in the beginning of each meeting, in each country; Final report: On the last central meeting in summer 2014 and in July to the N.A.; questionnaires and reports from the learners and staff involved on the workshops.

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Newsletter developed by:

