



**AWAKE -
Aging With Active Knowledge and Experience**

1st August 2011 – 31st July 2013

Implementation and benefits

**The Final Conference
6th – 9th June 2013
Jelgava, Latvia**



About Grundtvig

The AWAKE project was implemented within Lifelong Learning Programme 2007 – 2013, in partnership with 5 European organizations. Project is funded by European Union.

The Grundtvig program generally concerns education for adults and promotion of cooperation at European level in this area. It is addressed to both learners and staff. Primarily it promotes cooperation within adult education, with the support of vulnerable groups such as disabled people, elderly people and ethnic minorities, low skilled, rural, etc.

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Grundtvig Partnership Projects



- Small-scale projects
- The main purpose is sharing experiences and expanding European cooperation between organizations involved in adult education
- Process-oriented
- Partner organizations staff and learners from several European countries work together on selected object within adult learning topic
- Sharing experiences, practice and methods contributes to raise awareness of cultural diversity, social and economic development of Europe and to better understanding areas of common interests

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Partnership

- The Centre for Senior Citizens Initiatives, Poznań, Poland – project's coordinator
- Lithuanian Adult Education Centers Leaders Association (LAECLA), Vilnius, Lithuania
- Voluntary Service Centre V.S.S.P., Turin, Italy
- Education Innovation Transfer Centre, Jelgava, Latvia
- Association of „LIFELONG EDUCATION”, Târgu Jiu, Romania
- Association of Women for a Healthy Aging (AMES), Madrid, Spain

Challenges

- European countries are facing similar problems connected with the ageing of societies.
- The number of older people in the population increases fast so it means that one should make sure that senior citizens are strong and actively participating in social life group.
- Education is a powerful tool that makes such an activation possible.
- The common goal was to improve the methods of working with people over 50 years, based on proved European teaching and activating methods.
- The main goal was to develop new programs and proposals for the coaches and staff of NGOs and public institutions, who are involved in everyday informal and non-formal education of senior citizens.

One issue – many solutions



- As organizations and institutions working with the elderly, we encounter the same problems, but our work among the elderly is different. Although we have a common goal, we often choose different ways to pursue it and place emphasis on other aspects related to education of the elderly.
- By means of comparison, we could exchange experiences, ideas and learn from each other.

Issues

At the very beginning we considered the following issues connected with non-formal and informal education of people over 50:

- the ways of motivating people over 50 towards learning and social activity, e.g. by team building activities or cultural integration,
- volunteering as a method of lifelong learning, e.g. the benefits coming out from 50+ volunteering, organization of 50+ volunteering,
- IT training and using IT in adult education,
- cultural and artistic activities of 50+ people as a method of lifelong learning,
- using the potential of non-governmental organizations and public institutions in senior citizens education.

Tasks

- Organizing partner meetings – staff and learners international journeys to partner organizations.
- Organizing study visits in partner organization and sharing good practices.
- Organizing seminars/conferences/workshops dealing with issues connected with informal education of people over 50.
- Carrying out the survey researching educational needs of 50+ people.
- Elaborating survey results and preparing the research report.
- Organizing the international seminar which will sum up the project.
- Transferring the experience by the webpages, e-mails and video-conferences.
- Autoevaluation.
- Disseminating of project results and experience.

Benefits



„AWAKE?“

„We have gained a lot more than we expected.“

When we think about benefits we see:

- Senior listeners and volunteers
- Staff of organization
- Organization
- Local society

Benefits



For senior listeners and volunteers:

- new skills: e.g. language, IT (using dropbox, Skype)
- opportunity to travel and to meet other nations and cultures – better understanding and mutual respect
- possibility to evaluate oneself as a valuable person
- increased self-esteem
- breaking stereotypes related to older people's abilities
- local AWAKE team meetings launched collaboration between volunteers from different organizations to create partnerships for new projects

Benefits

For staff:

- new or improved skills, e.g. language, IT,
- knowledge and experience in the field „lifelong learning“, especially using ngo’s environment, IT, cultural activities, volunteering,
- broad knowledge of the educational systems in Europe,
- important experience in realization of international projects, especially in the field of management and evaluation,
- being part of local activities in partner countries as an opportunity to meet wonderful people representing different nations and cultures,
- self-confidence and self-esteem to create new initiatives and overcome own barriers, e.g. to speak English,
- motivated and encouraged to take further actions especially at the international arena,
- build a strong network of contacts in Europe for creating new partnerships,
- developed and enriched the teaching methods connected with the education and activation of seniors, which will contribute to the improvement of the quality of our work.

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Benefits



For organization:

- for new organizations it was an inspiration to development by showing new ways and directions
- showed new solutions and ideas in adults learning
- recognition of power of the cooperation – creating new local partnerships
- local visibility, reward from local authorities
- international and personal contacts
- possibility to create new projects
- new volunteers
- visible results - products

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Benefits



For local society:

- increased awareness of seniors citizens needs
- showed necessity of IT courses
- developed training methods
- increased multitude of activities for senior listeners
- implemented best practises
- launched innovations at local educational market
- created network of organizations, international contacts

Visible results – AWAKE products



Educational needs and expectations of people over 50 years old.

This questionnaire was created as a part of AWAKE project (Aging With Active Knowledge and Experience) to research educational needs of people over 50 and the motivation in voluntary work of 50+ people. Your suggestions and expectations concerning learning in the adult life will help us to improve learning methods and develop educational offer for people over 50.

Information about respondent:

Gender	Female		Male		
Age	51-60	61-70	71-80	81+	
Place of residence	rural	small town	medium	city	
Marital status	married	single	divorced	widower	
Living	alone	couple	with family	old people's home	
Educational level	higher	post high school	high school	professional	basic
Employment status	self-employed	employee	pensioner	unemployed	
What profession?					
Mobility	independent		need help of other people		

Please choose only one answer unless stated otherwise.

Questionnaire part I. CURRENT SITUATION

1. Are you currently involved in any educational program/courses?
 - a. Yes, I'm attending courses (incl. e-learning) (Please indicate what kind of courses): You may select more than one
 1. Foreign languages
 2. On ICT (information communication technologies)
 3. Related to my professional field
 4. Related to my hobbies (e.g., floristic, art and craft, dancing, etc.)

Educational needs

- Questionnaire „Educational needs and expectations of people over 50“ (tool)
- Spreadsheet – excell file (tool)
- Report from the survey with recommendations

Visible results – AWAKE products

Teaching methods

- „How to use the potential of local institutions and organizations in education of 50+ people” (Poland)
- „How to use potential of voluntary organizations in active aging” (Italy)
- „How to use cultural classes in education of 50+ people” (Lithuania)
- „How to use the potential of non-governmental organizations in education of 50+ people” *sided view* (Latvia)
- „How to use ICT in education of 50+ people” (Latvia)
- „How to use ICT in education of 50+ people .Tips for EU institutions” (Latvia) supplemented by two appendixes how to promote e-skills:
- „Initiation into IT for adults 50+. Practical support” (Romania)
- Collection of best practices in IT training from every country

Visible results – AWAKE products



Project monitoring and evaluation instruments

- Questionnaire 1: „Evaluation of efficiency of the communication among partners”
- Purpose of this questionnaire is to assess the partners’ views on communication methods and their effectiveness in order to implement successfully the project objectives, plan activities and promote cooperation.
- Questionnaire 2: „Meetings evaluation questionnaire”
- Purpose of this questionnaire is to assess the meetings organization and its contribution to implement successfully the project activities and promote cooperation.
- Questionnaire 3: „Partnerships evaluation questionnaire”
- Purpose of this questionnaire is to know partners’ views on participation in project activities, cooperation, the environment and opportunities.

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Visible results – AWAKE products

Recognition

Seniors constitute a very varied group – investigate the needs of elderly people. Check if there are any initiatives going on in your city/district/neighborhood.

- Prepare the map of needs
- Search for good practices
- Meet other people, listen and share opinions
- Check and confirm the information

Information

The most important thing is giving the elderly the reliable information.

- Create and spread data bases
- Create the space and opportunity to present oneself
- Verify the information regularly
- Promote the best practices and valuable examples
- Use different tools (the internet, local radio, tv, newspaper, help of volunteers)

Cooperation

The best way to reach the greatest number of senior citizens is local cooperation. Together we can do more.

- Promote cooperation – make partnerships
- Exchange resources and ideas
- Base your actions on intergenerational solidarity
- Encourage people to be a Volunteer

Healthy aging

By providing seniors with the reliable information, creating varied offer, cooperating with local environment, involving seniors in educational activities you give them the chance to **age in good health**.

Example:

„How to use the potential of local institutions and organizations in education of 50+ people“

Visible results – AWAKE products

Example:

„How to use the potential of voluntary organizations in active aging“

Promotion

In order to inspire people to volunteer it is important to promote the value, the meaning and already existing opportunities.

- Organize public events which are informing about volunteering.
- Involve local voluntary associations working in different fields.
- Give the floor to volunteers: let them talk about their experience.
- Convince people to take part in voluntary work by promoting its values between the volunteers' families and friends.

Information

Every candidate needs some information before entering and choosing the organization, as well as after joining the association.

- Create a volunteering information desk with competent people.
- Create and spread data bases of voluntary organizations: fields of action, missions, aims, activities.
- Meet with the potential volunteers to speak about their motivation, expectations and their level of involvement.
- Encourage to share knowledge between more and less experienced volunteers.

Collaboration

Active collaboration between local institutions (public and private) and voluntary organizations is very important for increasing voluntary power.

- Develop networks between voluntary organizations working in the same field.
- Promote debates among public institutions and voluntary organizations.
- Plan events which would explain to citizens and stakeholders the contribution of voluntary work towards social development.
- Involve volunteers in decision-making process in various fields: social assistance, healthcare, culture; they would know the solutions because they are facing the problems.

Knowledge

Volunteering allows to increase the knowledge and skills; also, it is also a good way to establish oneself as a source of knowledge.

Volunteering is a great way to discover in oneself comprehensive knowledge and values and transfer them to the new generations.

Volunteering is also a great opportunity to exchange knowledge and experiences between different generations.

Benefits



Something specific for:

- Latvia – „Several original approaches in the field of the project management and evaluation have been deployed [...]. Most important of them are how to organize a project to achieve the "tangible" results of the project and how to increase the project implementation quality.”
- Romania – „We understand that only the intelligent organization (steps and concrete tasks/partners), the cooperation and the communication will lead to achievements.”
- Italy – „Thanks to AWAKE European project there are no more dream, but a strong reality in VSSP organization.”
- Poland – „The greatest value of the project was certainly a greater insight into the process of education and a sense that there are no such initiatives or ideas for motivating the elderly, which would not be connected to learning.”

Benefits



Something specific for:

- Lithuania – „Our seniors now have much more motivation and encouragement to gain new experience at the international level, they got linguistic experience, increased their self-esteem, they have growing desire to explore the cultures of other countries, they have many new contacts in various European countries. [...] Each of us found out:
 - How interesting and useful is to participate in international project.
 - Seniors can teach young people a lot of things.
 - Everyone can speak and be heard.
 - We have a lot of new friends in different European countries.
 - We can speak in different languages.
 - We are REALLY learning all our life!”

Benefits



Thank you for your attention!