



Summary report December 2020 – December 2021

The Educational Institute of the Central Bohemian Region (VISK) launched the Erasmus + project entitled Seniors in the Education with its first activities and working meetings. The project will last two years (2021-2022). It was submitted in 2020 by the Polish organization Fundacja PCKK Edukacja i Rozwój from the city of Jelenia Góra, which is the project leader and its main guarantor. VISK is a partner organization that uses this long-term experience in this project from the implementation of dozens and dozens of educational programs for seniors within the Academy of the Third Age, through which more than a thousand students pass each year. The second foreign partner organization is Kauno Trečiojo Amžiaus Universitetas from Kaunas, Lithuania.

The aim of the joint project is not only to exchange experiences in the field of senior education and to share examples of good practice, but also to create new educational modules and procedures that will be applied in pilots in all three countries. The main focus will be on the use of the Study Circles methodology and the direct involvement of seniors in the creation of educational activities. One of the tasks for VISK will also be the creation of evaluation tools for individual activities.

The project was officially launched in December 2020. Due to the COVID-19 epidemic, no face to face activities could be carried out so far, so in December, intensive electronic communication took place between the partners and all documents necessary for the project implementation were completed and signed.

The first activity that VISK has included in the project portfolio is the distribution of electronic study materials to students of the Academy of the Third Age. This activity is evaluated very positively by students, because it keeps them in contact not only with their community, but also provides them with a lot of interesting information from individual regions. These materials (electronic journals), which are created by the MLSA and its partners, are distributed by VISK to students of the Academy of the Third Age, who have access to electronic media. The second activity, which was started to work hard in an emergency, is the preparation of a series of distance seminars - webinars with proven and popular lecturers. Historical topics will be elaborated, but also topics related to maintaining and increasing the cognitive abilities and skills of individuals. There have also been several internal meetings and consultations of the project team. On the 28th January 2021, the first online meeting took place with the project partners, where the individual topics and tasks set by the partner organizations and the time schedule were discussed. Designs of the project logo created by the Lithuanian side were also presented. For VISK, proposal number one was selected by a vote of the project team and the result of the vote was sent to the partners. At the internal VISK project meetings, which took place on the 21st January 2021 and on the 28th January 2021, tasks were set for individual team members, in particular the preparation of educational activities, project dissemination (VISK website, Facebook, etc.) and the rules for selecting a senior team.

All activities of VISK in SenEd project were realized on-line due to the COVID -19 epidemic through the first part of 2021. VISK continued to distribute electronic study materials to



students of the Academy of the Third Age. Due to this unusual situation, VISK added webinars for seniors to its offer, so the seniors could continue their education under the auspices of the Educational Institution of the Central Bohemian Region within the Academy of the Third Age. Seniors were interested in both of the topic- The History of Prague and The Brain Jogging. Participants of webinars didn't let their brains idle even during the pandemic. These activities (webinars) were also recorded for participants for later watching. The age of candidates was from 45 to 85. The response to the topics and realizations was great and the participants were involved in further planning. VISK shared the activities about Erasmus+ project - Seniors in the Education with logo of this project on VISK's websites and VISK gave the information to the seniors, who participated in education within A3V as well. The information leaflets were posted at the information centre in Kutná Hora, on the website of the city Kutná Hora and in the Infocentre of the city Benešov. The situation was adversely affected by COVID -19, because seniors were the most endangered group and the most limited group in their usual activities and their education as well.

In the whole autumn semester, full-time study on the topic of History of Europe II, Homeland Studies Journey and History of Art as well as Family Psychology, Memory training, etc. is prepared for A3V students in the whole Central Bohemia region. The offer also includes webinars on the topic of Prague Castle. This will be followed by an excursion for A3V around the sights in Prague and Kutná Hora in spring 2022. VISK still shared the activities about SenEd with logo of this project on VISK's websites and gave the information to the seniors, who participated in education within A3V as well.

The first Transnational meeting with partners took place on 14th – 16th September 2021 in Prague, Czech Republic. It was organized by VISK and the program was quite rich:

- presentation of partners' institutions
- discussion of the substantive part of the project and a brief reminder of the goals and objectives
- project dissemination activities
- dissemination report (for the first half of the year)
- planning further dissemination activities
- examples of good practice
- introduction of the evaluation tools
- planning of next steps

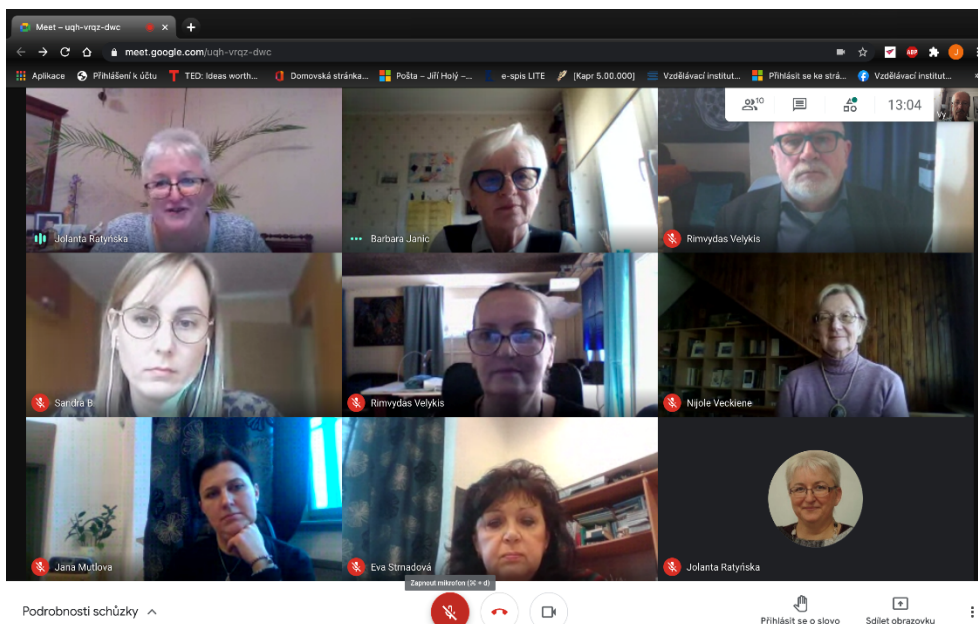
An evaluation tool was presented by VISK at the meeting - a questionnaire, the output of which will be an methods of evaluation of the educational activities of individual partner organizations. This result will be forwarded to VISK for processing until the project evaluation. Another activity will be the dissemination of this questionnaire and the collection of information with the help of seniors involved in study circles. Seniors also mapped which institutions lead in the vicinity of senior education and in what form do they use. They also found out how seniors shared their experience and knowledge gained during their study activities. And last but not least, it was important to find out which educational area is the most popular.

Two weeks later, 27th September – 1st October 2021 a group of four seniors went for the first Blended mobility in Jelenia Gora in Poland. Also two members of VISK SenEd team accompanied the group. Blended mobility was full of workshops for seniors where participants could learned more about memory training, attention and logical thinking. They also learned to use specialized mobile phone applications.

Three members of VISK SenEd team attended the first Staff training in Kaunas in Lithuania on 10th – 12th November 2021. This training was targeted on Study circle method. Participants found out many facts about this method and took a lot of information for implementation into A3V activities. VISK started with planning implementation of Study circle in December 2021. The team started with choosing locations (cities), facilitators and dates. Than the schedule of study circles were prepared. The implementatiton of Study circle would start in February 2022 and continue till March 2022 in three cities in the Central Bohemian region.

The on-line internal team's meetings took place every month through the year. In these meetings, team consulted the dissemination of the project, an evaluation in the form of a questionnaire. There have been also selected the number of seniors, who will participate in this project. There also has been created a program for partners, who came to the first transnational meeting in Prague. Participants of the first Blended mobility and Staff training passed on their knowledge and the most important information about the schedule of next year activities.

Pictures:



1 International on-line meeting of partners 28. 1. 2021



2 Dissemination of project SenEd Erasmus+ (VSK website) 5. 2. 2021



3 Transnational meeting in Prague (Facebook) 14. 9. 2021



4 Transnational meeting in Kutná Hora 15. 9. 2021



SenEd Seniors in the Education



27. 9. · 🌐

Blended mobility for adult learners it is opportunity for meet seniors from Poland, Lithuania and Czech Republic. For 5 days, we will practice cognitive skills, communication in English and get to know the history and surroundings of Jelenia Góra in Poland.

The first day is over.

Project Seniors in the Education. [#SenEd](#) [#Erasmus+](#)

[#FundacjaPCKK](#)

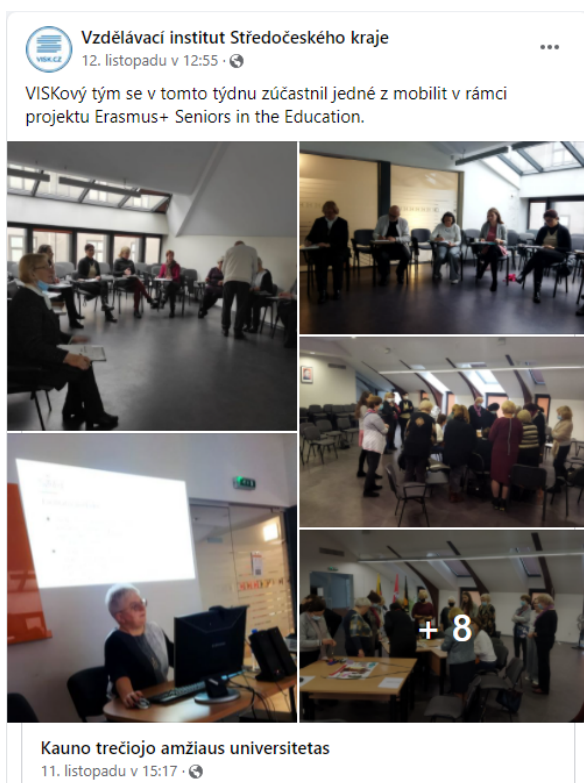
[#TAU](#)

[#VISK](#)

Zobrazit překlad



5 Blended mobility in Jelenia Gora (Facebook) 27. 9. 2021



6 Staff training in Kaunas (Facebook) 11. 11. 2021



7 Staff training in Kaunas 12. 11. 2021