



PRESS RELEASE | VOL. 3

# GOLD

## GOOD PRACTICES FOR OLD PEOPLE



The project "GOLD - GOOD Practices for OLD people" started in September 2020 aiming at promoting exchange of best practices for the social inclusion of old people as well as their mental and physical health maintenance and skills development. The project is based on the belief that old people (aged 65+) should play a more active part in society and should not be isolated as they grow older.

After 1 year with COVID-19 pandemic, in **October 2021, we had our first face to face meeting in Paris**. The coordinator CHALLEDU (Greece) and the partners E-SENIORS (France), FRODIZO (Greece), MÜNSTER UNIVERSITY (Germany), READING FOR OTHERS (Greece) and ASSOCIATION GENERATIONS (Bulgaria), meet each other for the 1st learning training teaching activity (lta) of the project in order to exchange good practices.

**E-seniors** presented their best practices in terms of digital education of seniors. They presented to all partners the main skeleton of lessons they perform with senior citizens as well as some digital tools that are valuable for 3rd age people and ways to educate seniors to them. Participants played also a game to see how part of the education activities work.

The second day **Münster University** presented 2 European funded projects "WHOLE" and "Actimentia" and one local project "Yoga for seniors" that empower the sports and active living in 3rd age people. In order to make it more interesting they actively involved the participants of the lta to do some exercises and experience themselves the programs. At the afternoon the partners together with 3rd age people participated in the **Blue week** which is an event focusing on education of 3rd age people.

The third day **Association Generation** presented their focus on the projects "WHOLE" and "Actimentia" and also 3 more European funded projects for seniors "Training Guidelines in Ambient Assisted Living professions for VET providers", "Diversity Management Online Course", "Senior Social Entrepreneurship - Empowering people, driving change", "WhomeN". All partners got involved in a test on their skills based on a tool of the last project.

The training concluded in a fruitful discussion on all the practices and tools presented. The key points were the holistic approach on the everyday activities of seniors from digital literacy, to work, active participation and sports

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