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EDUCATION FOR SENIOR CITIZENS

Tailored offers for adults – Fingerprints learning

In 2016 and 2017 a European project was carried out about new forms of training for people 65+. The project was entitled "Tailored offers for adults – Fingerprints Learning" and was initiated by Foundation Gaudete in Katowice, Poland. The project was financed by the EU programme Erasmus+. Participating countries were: Poland (Foundation Gaudete), Sweden (Cajoma Consulting), Spain (Associacio Cultural Catalano Polonesa) and Portugal (IPR Institute).

The project explored how educational activities for seniors could be adjusted to the individual needs of the seniors. The project took into account national, regional and local differences in the non-professional adult education in Europe. Transnational meetings were organized in Barcelona (November, 2016), Lisboa (April 2017) and Katowice (September 2017).

Facts about the Fingerprints project:

Project Title: TAILORED OFFERS FOR ADULTS-FINGERPRINTS LEARNING

PROJECT NUMBER: 2016-1PL01-KA204-026628



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Short Training Course (STC) in Uppsala, Sweden, May 2017

Within the framework of the Fingerprints Learning project, a Short Training Course (STC) entitled "Mentoring, Coaching and Training for Seniors", was organized in Uppsala 2-6 May 2017. 16 persons from the partner organizations in Poland, Portugal, Spain and Sweden participated in the course. Five study visits were made in Uppsala: Folkuniversitetet (one of ten education associations in Sweden that are involved in popular education), Uppsala Senioruniversitet (Uppsala Senior University), Uppsala municipality (presentation of the WHO project Age Friendly City and Community), Erikdalsgården's residence for elderly people and Västergården's residence for elderly people.



Meeting with troubadour Anders Johanson, Uppsala.



Study visit to Studieförbundet i Uppsala.

Three study visits were made in Stockholm: PRO Folk High School for Seniors, Stockholm city administration (City Hall) and The Christian Democratic Party in the Swedish parliament. The Short Training Course also included a meeting with the troubadour Anders Johanson who talked about the importance of involving old people in song and music activities.

Each day of the course, workshops were organised at which the issues of mentoring, coaching and counseling for seniors were addressed. Various presentations were made by the representatives of the partner organizations.



Study visit to the Swedish parliament.



Study visit to Västergården's residence for elderly people in Uppsala, Sweden.

Age-friendly cities

The Fingerprints Learning project highlighted the WHO network of age-friendly cities. In 2007, the World Health Organization (WHO) formed an international network of age-friendly cities. Today, the network consists of over 300 cities in 33 countries worldwide. The general purpose of the network is to improve the elderly's ability to live a healthy and independent life with increased participation in social issues and affairs. Among the more than 300 cities in the WHO network for age-friendly cities are the following:

- Oslo and Trondheim (Norway)
- Helsinki and Tampere (Finland)
- Göteborg and Uppsala (Sweden)
- Dublin (Ireland)
- Reykjavik (Iceland)
- cities in other countries, for example Spain (Tarragona), Portugal and South Korea.

In June 2016, Uppsala municipality, Sweden was granted membership in the network for age-friendly cities. Uppsala's membership has two major aims:

- (1) To develop, with the support of the WHO framework, a socially and economically sustainable strategy with respect to the elderly issues and to make these issues a concern for the whole city.
- (2) To get acquainted with other cities experiences and skills.

