



PROJECT: TAILORED OFFERS FOR ADULTS – FINGERPRINTS LEARNING

NUMBER 2016-1-PL01-KA204-026628

Module 2 – Spain

“Foreign languages. Who wants to learn Chinese?”

About us



Iwona Malecka studied Spanish Philology at *Universitat Autònoma de Barcelona* and Slavic Philology at *Universitat de Barcelona*. Teacher of Polish as a foreign language (also for the elderly). Director of the Catalan-Polish Cultural Association and responsible for international projects and cultural Polish and Catalan promotion.



Przemysław Szczygieł studied Social Animation, Regional and Intercultural Education at University of Gdansk, Poland. He is currently a Ph. D. student in Pedagogy (adult learning) at University of Gdansk and postgraduate studies in Gender Studies at University of Warsaw.

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Introduction

On the first part of the project report, based on the example of the city of Tarragona we will analyze the programs aimed at the elderly in Catalonia. The second part includes an analysis of the activities offered at one of the centers for the elderly in Barcelona, belonging to the La Caixa Foundation. Finally, we will describe the initiatives carried out by the Catalan-Polish Cultural Association to keep the elderly active.

Part I. Catalonia - Tarragona as an example of an age-



friendly city

Tarragona is a Catalan city located in northeast Spain by the Mediterranean Sea, with almost 132,000 inhabitants. Tarragona is a member of the International Association of Educating Cities and part of the WHO Global Network for Age-friendly Cities and Communities.

In the town of Tarragona the activities aimed at the elder people are led by:

- The City Council
- The Rovira i Virgili University (URV)
- Other educational institutions

The City Council Municipal Institute of Education leads a Learning City. Project in the frame of an Educating City that comprises lifelong learning citizenship activities for all ages with a comprehensive view

and a cross-sectional and cross-cutting vision, in collaboration with all the municipal departments, the university and organizations and associations.

The general areas for action of the Educating City are:

- Motivation and civic education towards emotional assessment and recognition of educational work in schools, educators and general educational actors;
- Participation, decentralization and citizen involvement;
- Socio-educational city projects in cooperation with other institutions, organizations and public entities;
- Cooperation and exchange of experiences with other cities and city networks educators.

The City Council also offers municipal services for the elderly within the Program for the Active Elderly and the Municipal Council for the Elderly. This consists of a municipal counseling and participation organ in charge of understanding the situation of the elderly, formed by around fifty organizations and associations, as a relationship framework between the organizations and the City Council. Its objective is to improve the quality of life of the elderly in the city by organizing participating events as a project “To keep us active”.

In 2014, Tarragona joined the WHO Global Network for Age-friendly Cities and Communities. The “Think about the elderly” program for the creation of stimulating and adapted environments, with the aim of increasing the quality of life, the autonomy and the participation in the society of the elderly. It aims towards coexistence and new social relations, self-esteem, active body and mind maintenance, preventing and delaying situations of dependency, that are achieved by creating environments that favor a healthy and safe life in an active ageing and valuing the experience and the contributions of the elderly as well as respecting the decisions and different lifestyles. Many workshops are offered such as Gymnastics, Singing and Playback, Memory, Internet, English, Painting, Health and Nutrition as well as such services as social service centers, legal information for the elderly, registration for courses and activities for the elderly, home care service, home food service, respite service for Alzheimer patients, telecare services, request of help for Home Basic, application of organic garden plots in Sant Salvador, transportation card for senior citizens and pensioners or care unit for people with dependency.

The Rovira i Virgili University (URV) of Tarragona offers a Classroom for the Elderly or Senior University for the Elderly. Within its policy of civic participation, the URV is aware of the important role of the relationship with social environment, therefore, they participate fully. It also aims to help provide an alternative leisure time involved and the main characters of the initiative, the elderly, who are leading a day of new knowledge in many different fields and on which they have expressed interest.

All these institutions apply educational strategies and processes such as:

- Analysis of the strengths, weaknesses, challenges, etc. on own experience, concerns in decision-making.
- Development of cognitive abilities, memory and emotional intelligence, assessment of the last experiences.
- Improvement of the health, well-being, vitality, mood, self-esteem, feelings of self-efficacy and utility.
- Different generations participate and improve their social abilities, network of relations, communication and leadership.
- Promotes productive ageing, the feelings of loneliness and isolation decrease.
- Analysis of the role of fears, constraints, limitations and prejudices, providing a new perspective about their problems or challenges, by increasing motivation in the aspirations and the improvement of abilities.

Coaching, mentoring and counseling for seniors are also applied.

- Coaching consists of practical support based on dialogue to reflect on their situation, concerns, limitations and quality of life, helping emotional growth, standardizing the ageing phase and personal decision-making in the improvement of relations.

- Mentoring for seniors is a tutorial guidance for active ageing. Flexible activities of the mentee, based on the experience of the mentor according to Socrates' "Know thyself".

- Counseling for seniors consists in a guided counselling followed in processes focusing on the person for conflict management or decision making, by means of active listening, personality acceptance of one's own personality and coherence in the basis of the own positions for new possibilities and recognizing what is affecting them and what they want to change.

Part II. Barcelona - EspaiCaixa Bruc as an example of Meeting points for the elderly.

Obra Social La Caixa works to achieve a society with more opportunities, boosting social initiatives, investing in research, education, disseminating culture, and science. This includes a program for the elderly. It aims to improve the quality of life of the elderly by promoting active ageing programs. Active ageing is based on the active contribution of the elderly to social development which they benefit from, thus, it is not only by fulfilling the needs recognize their participation in society and guarantee that all their concerns are met and their equal rights are achieved.

For this reason, Obra Social "la Caixa" aims to follow the elderly during their vital process considering the following:

- The different dimensions of their lives: health, mental and physical activity and their relation and emotional links.
- The individual conditions of each: education level or work experience, among other things

Boosting the active role of the elderly, improve their quality of live and avoid isolation through activities, courses and workshops taking place in 63 own centers and 546 centers for the elderly in arrangement.

The projects are structured following the following lines of action:

- Health and participation: offer tools and skills contributing to slow down the effects of ageing, keep personal autonomy and improve welfare.
- Social participation and volunteering: promoting social participation and bonding for the elderly and their closest environment.
- Computers and communication: designing Information Technology training (IT) activities for elderly to benefit from resources available online, favoring at the same time, and the biggest technological inclusion at this time.

Below are examples of the offers in the frame of project people 3.0:

- Personal development or vital cycle. Living well, feeling better: sharing a set of skills, techniques and psychoemotional capacities that contribute to:
 - Promoting values of dignity and autonomy on the long run of the ageing process.
 - Promoting knowledge and strategy application to contribute to personal growth and development.
 - Favoring the personal thought about success with meaning and value for person's life project development

gent3.0
Persones sorprenents

EL FINAL

D'UN BON
LLIBRE ÉS

EL COMENÇAMENT

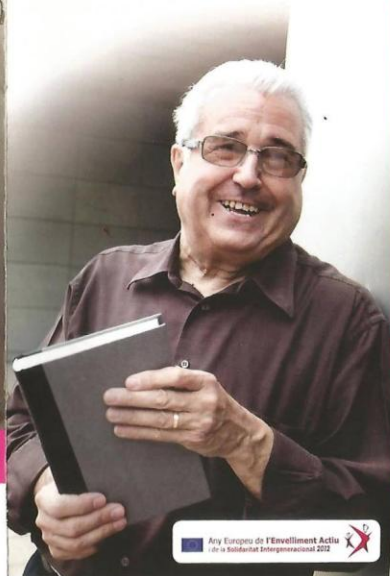
D'UNA GRAN
CONVERSA

GRANS LECTORS

 Obra Social "la Caixa"

UN PROJECTE EN QUÈ LES CONVERSES SÓN LES PROTAGONISTES

gent3.0 t'anim a formar part d'aquest projecte, Grans Lectors. Si t'agrada gaudir dels llibres, ara els podràs comentar amb altres lectors i participar en agradables tertúlies en què el respecte, la companyia i les converses són protagonistes.



UN PROJECTE EN QUÈ LA LECTURA ÉS EL PUNT DE TROBADA

El projecte Grans Lectors comença amb la lectura individual d'un llibre assignat que marca el tema principal de la tertúlia.

En aquestes sessions tots els participants tindran l'oportunitat d'intercanviar idees, experiències o reflexions tot aprofitant les vivències de cada company.

S'hi treballa la lectura i la conversa en un entorn de confiança i respecte.

**SI VOLS FORMAR PART DEL PROJECTE, NOMÉS
HAS DE VENIR A L'ESPAICAIXA QUE TINGUIS
MÉS A PROP**

Servei d'informació de l'Obra Social "la Caixa"
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i de la Solidaritat Intergeneracional 2012

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**LES
MILLORS
CONVERSES
NO SEMPRE
SÓN EN
PERSONA.**

XARXES SOCIALS



Obra Social "la Caixa"

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Persones sorprenents

**EL
QUE ÉS
IMPORTANT
NO SÓN
ELS ANYS, SINÓ
COM
ELS VIUS**

LA IMPORTÀNCIA DE L'ENVELLIMENT ACTIU



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**SEMPRE
M'HA AGRADAT
PREGUNTAR.
ARA, AMB INTERNET,
TINC RESPOSTES
PER A TOT.**

LA XARXA, EN EL NOSTRE DIA A DIA



Obra Social "la Caixa"

PATRIMONI DE LA HUMANITAT

PER UN BON TRACTE A LES PERSONES GRANS
VIOLÈNCIA: TOLERÀNCIA ZERO



1714 / 2014

 Generalitat de Catalunya

 Obra Social "la Caixa"

HO POTS EVITAR

—
Consells de prevenció
i actuació en cas d'incendi
a casa




Obra Social "la Caixa"

bombers


EspaiCaixa Bruc is an entity for the elderly in arrangement located in the center of Barcelona. It offers courses and workshops all year around with 300 participants. The months of April to June, the following Communication and IT courses were offered:

- Create and design text documents
- Add internet on your daily life
- Write with the computer (volunteering)
- Open class (for queries, questions...) (volunteering)
- Basic computer skills (volunteering)

In the field of health:

- Laughter Therapy
- Tai-chi
- Yoga
- Gymnastics
- Country
- Memory Maintenance
- Sophrology
- Sevillanas

In the field of Languages:

- English level 0, 1, 2, 3, 4
- English with computers
- Italian
- Conversation in French
- Conversation in English
- Catalan

In the field of handcrafts:

- Painting on clothes
- Bobbin Lace

In the field of culture:

- Great Readers
- Art History

Occasional Workshops:

- Living my way

Other:

- Cultural Week
- Botanical-cultural walk in the Old Town

- Trip to Camprodon and Set Cases
- Stay at Platja d'Aro

Part III. Local – the initiatives of the Catalan-Polish Cultural Association to keep the elderly active

The Catalan-Polish Cultural Association distributed a survey to 40 elderly people in Tarragona and Barcelona that clearly shows the preference to learn languages and IT. This study allowed to propose the organization of Polish language lessons for Catalan/ Spanish elderly.

The Catalan-Polish Cultural Association works closely with EspaiCaixa Bruc organizing events that keep elderly active. In May the exhibition «My Jewish parents, my Polish parents» about children of Holocaust saved by Polish families was presented, as well as a film about the Warsaw Ghetto that attracted the interest of participants. The purpose of the meeting was to introduce seniors with a significant part of Polish history.







Special discussion meetings on *gender* and the phenomenon of multiculturalism and interculturalism were also organized. The following issues were discussed:

- How are womanhood and manhood understood?
- What is a patriarchal culture or macho culture?
- How does gender influence many aspects of our life?
- What does life look like in a multicultural city (among others Barcelona)?
- What are ethnic and national stereotypes?
- How to communicate with people from different cultures?

The purpose of the meeting was to exchange thoughts and integrate scientific knowledge with the knowledge derived from our everyday life experience. It was also an experience of intercultural exchange.



Summary and conclusions

To sum up the implemented and current projects develop the following areas:

- social participation,
- intercultural change,
- knowledge of social mechanisms,
- communication and information.

It is important to diagnose the needs of the elderly people. The Catalan-Polish Cultural Association distributed a survey to the elderly people in Tarragona and Barcelona that clearly shows the preference to learn languages and IT. This and future diagnosis of needs can be a starting point for organizing preferred activities for elderly people. Taking these needs into consideration gives the elderly people a sense of well-being and being heard. It is important to improve quality of life of the elderly in different dimensions of their lives (it is one of the aims of EspaiCaixa Bruc).

We consider it an important development of local (Barcelona, Tarragona) and international cooperation that takes into account the needs of the elderly and the improvement of communication between the various sectors (especially education and culture).