



## **SHORT TRAINING COURSE – “ MENTORING, COACHING AND COUNSELING FOR SENIORS” 2-6 May 2017 Uppsala, Sweden**

**PROJECT: TAILORED OFFERS FOR ADULTS – FINGERPRINTS LEARNING**  
NUMBER 2016-1-PL01-KA204-026628

### **Minutes from the meeting in Uppsala 2-6 May 2017**

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), Eriksdalsgården’s residence for elderly people and Västergården’s residence for elderly people. 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 song and music for seniors.

Each day of the week, 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.

Next meeting in the project will take place in Poland in September 2017.

Uppsala 2017-05-06

Magnus Andersson  
Cajoma Consulting, Uppsala, Sweden