

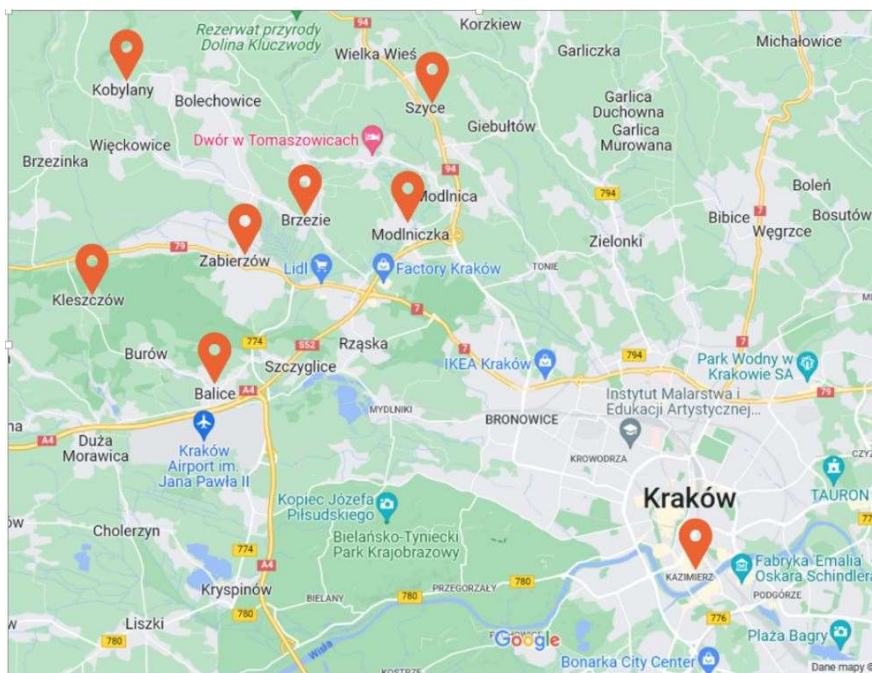
AGENDA

STUDY TOUR IN POLAND

POWER IN ACTION

ERASMUS + - Small-scale partnerships in adult education Number
2021-2-PL01-KA210-ADU-000051211

Monday 17th of April 2023 - Sunday 23rd of April 2023





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Monday – 17th April 2023

Arrival at Kraków-Balice airport

Tuesday – 18th April 2023

10.00–11.00 Welcoming words, organization, and integration Polish and Spanish team

11.00–13.30 Kobylany – meeting with local seniors: presentation of the social projects and the good practices about music, art, and theatre

The modern-folk performance of seniors and professional actors in the “Regional Folk Theater”

13.00 *Lunch*

15.00 –19.00 Brzezine – meeting with local seniors and visit Aleja Kluczwody (Kluczwoda Avenue): good practices for the revitalization of the walking alley, the culinary workshop with Polish seniors (pierogi/dumplings)

21:00 *Dinner*

Wednesday 19th April 2023

9.00 –11.00 Zabierzów – meeting in the Senior Club (for the seniors with special needs) and with The Council of Seniors’ Zabierzów, good practices for disabled and immobile seniors (after the meeting travel to Krakow)

12.00–14.00 Kraków – visit to the Agricultural Advisory Center (Centrum Doradztwa Rolniczego), a workshop about the Polish policy of seniors in the rural area

14:00 *Lunch*

16.00–18.00 Working on the difficulties and challenges in adult education, especially using participating and empowerment methods, working with local seniors from the rural area



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18:00 Cultural afternoon with the Polish seniors
21:00 *Dinner*

Thursday 20th April 2023

9.00–13.00 Szyce – meeting in the Municipal Office of Community Wielka Wieś, meeting with the mayor and The Council of Seniors’ Wielka Wieś, Workshop about regional policy of seniors and good practices on how to activate local seniors

13.00 *Lunch*

15.00–20.00 Modlnica – visit the Menor of Modlnica, meeting with local seniors and local authorities, presentation of the social projects and the good practices about the folklore art, and actions based on seniors' self-help. Taking part in a traditional event styled as “dożynki” (harvest festival)

21:00 *Dinner*

Friday 21st April

9:00–13:00 Balice – meeting with local seniors and visit an exhibition of old photos, good practices about social archiving, and sentimental maps, visiting the village and the Palace in Balice

13:00 *Lunch*

15:00–18:00 Workshop on how to activate adults using self-help methods, exchange of experiences with the senior’s educators/trainers

20:00 *Dinner*



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Saturday 22nd April 2023

- 09:00–11:30 Zabierzów – meeting with local authorities and Council of Seniors,
participation in Annual Local Festival of eco food and craft products
Handcraft workshop
- 11:30-13:00 Working on the list of Polish good practices, developing the procedures
of testing the good practices, and implementing new solutions
- 13:00 *Lunch*
- 15:00–18:00 Modlnica - participation in the Annual Traditional Cooking Contest of
Malopolska region,
Traditional culinary workshop
- 20:00 *Dinner*

Sunday 23rd April 2023

Return to Saragossa