

POWER IN ACTION

2021-2-PL01-KA210-ADU-000051211



The effects of Polish-Spanish cooperation



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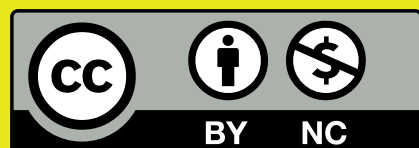


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PROJECT "POWER IN ACTION"

KA210-ADU SMALL-SCALE PARTNERSHIPS IN ADULT EDUCATION

2021-2-PL01-KA210-
ADU-000051211



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PROJECT

The "Power in Action" project is implemented from 01/03/2022 to 31/12/2023

PARTNERSHIP

The project is implemented by the Polish Laboratory of the Social Inspirations Foundation (the LIS Foundation) and the Spanish Association INNETICA Association of Innovation, Entrepreneurship and Information and Communication Technologies as a partnership.

OUR GOAL

The goal is to increase access to educational innovations and to activate older people by involving them in the implementation of an international project

Project "Power in Action"

The "Power in Action" project is implemented by the Polish LIS Foundation and the Spanish INNETICA association as a partnership.

Both organizations have many years of experience in educating and activating senior residents. However, the experience of the two institutions is different and provide an interesting complement. The LIS Foundation activates the oldest villages and small towns residents, by the ideas based on self-help and participation (seniors to seniors). In turn, INNETICA implements the idea in a different way by lifelong education which includes seniors in international projects and implements a regional senior policy.

Thanks to the close cooperation, the partners were able to learn and test new methods of working with seniors and to expand their offer with the innovative solutions.

THE PROJECT WAS DIVIDED INTO 3 STAGES:

1. The exchange of experiences and mutual learning of partner organizations:

a group of educators and seniors cooperating with INNETICA went on a week-long study visit in Poland, learning about the methods and systems of work at the LIS Foundation. Then there was a return visit during which Polish educators and seniors explored how to activate seniors in Spain.

2. The implementation and testing of acquired solutions:

the seniors participating in mobilities, together with the teams of both partners, developed the list of good practices regarding the activation of seniors, taking into account the new, innovative solutions learned in Poland and Spain. Then, the national teams planned and put into practice 6 of them, testing the possibility of implementing new solutions.

3. Developing a list of good practices and disseminating the effects of the project:

the international team of both partners has developed the final list of 10 good practices about methods and tools for activating and educating seniors. The summary of work is the handbook, which aims to disseminate access to the social innovations and the proven methods of activating seniors.



THE LIS FOUNDATION

The LIS Foundation has been operating since 2015, implementing projects in Poland and abroad. It focuses its activities on rural areas as well as small towns, the social leaders education, fostering and building partnerships and providing financial support for social initiatives.



INNETICA

Founded in 2009, INNETICA is a non-profit association whose mission is to promote cooperation between entities throughout Europe to promote European values, following the article 2 of the Treaty on European Union. Its main aim is the inclusion of disadvantaged collectives.

ABOUT THE LIS FOUNDATION

The LIS Foundation is a non-profit organization whose goal is to strengthen the potential of local communities and institutions. The LIS believes that by acting locally and being responsible for the immediate surroundings, we can make a difference.

The LIS Foundation focuses our activities on rural areas as well as small towns. We educate social leaders, foster and build partnerships, and provide financial support for social initiatives. The LIS Foundation has been operating since 2015, implementing projects in Poland and abroad. So far, we have provided support to over two thousand residents of rural areas, e.g. social activists, representatives of non-governmental organizations, village leaders, and teachers. Thanks to a proprietary method based on self-help and social participation, together with local leaders the LIS implements bottom-up initiatives tailored to the needs of a given community. Our foundation supports these activities both substantively and financially.

For many years, the LIS Foundation has also been implementing actions activating seniors, especially those most in need - rural residents, immobile, disabled, and lonely seniors.

The LIS Foundation actions bring measurable and lasting changes in the local surroundings. LIS creates a new quality by implementing social innovations. We are a member of the Rural Development Programme for Poland Network as well as the Małopolska Partnership for Non-Formal Education, we have the Erasmus+ accreditation. In 2021, the LIS Foundation was awarded the title of Leader of Change.



WWW.FUNDACJALIS.COM

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ABOUT INNETICA

Founded in 2009, INNETICA is a non-profit association whose mission is to promote cooperation between entities throughout Europe to promote European values, in accordance with article 2 of the Treaty on European Union. For this, we mainly focus on three fields:

- Education and training: INNETICA will contribute to improving the quality of Education and Training of the associated entities through the development of European projects that facilitate innovation and the exchange of good practices. It will also support and organize training programs, symposia and conferences, cooperating and collaborating with national and international organizations.
- Research, development and social and cultural innovation: all this through an innovative vision of the activity of educational entities and training centres that must integrate respect for ethical values. The research and innovation carried out by INNETICA have as its focus and objective the human being in any of its social and cultural environments.
- ICT applied to education and social and cultural innovation: in addition, INNETICA aims to use all kinds of electronic media that can have different purposes: didactic, health, cultural, well-being.

In addition to this, we want to promote sustainable development through different initiatives aimed at protecting the environment.

We integrate a diversity of European partners to promote research projects, technological development and social innovation, in addition to developing educational projects and teaching activities.

Based on these pillars, INNETICA will provide the necessary infrastructures for a research and social innovation centre that will bring together university entities, public bodies, companies, training centres, as well as intellectuals, professionals and volunteers who contribute their ideas and experiences to the change and improvement in European societies.

WWW.INNETICA.ORG
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Good practice, what is it?

Good practice is defined as a project/action that has brought measurable, positive effects and shows the innovation potential, as well as the possibility of being used in similar conditions elsewhere and/or by other entities.

Good practices are used primarily to raise the standards of carried-out activity. They are an excellent source of knowledge and education. They broaden their horizons with the experiences of others. They allow for faster and more effective implementation of a given solution, often with less risk, as it has already been tested and verified by another institution/person.

Our goal ...

was to develop a base of good practices in the field of education and social activation of senior residents, in particular people with fewer educational opportunities, e.g. inhabitants of rural areas and small towns, immobile and lonely seniors.

The list of good practices

THE LIST OF POLISH GOOD PRACTICES

- Kluczwoda Avenue - seniors for rural residents
- Community archiving-the power of memories
- Flavors of childhood
- Actions based on seniors' self-help
- Sentimental map

THE LIST OF SPANISH GOOD PRACTICES

- Participating in Culture
- Leisurely group walks & nature walks
- First aid workshops
- Traditional songs and dances
- English courses



→ **Implementation and testing of learned good practices**

- Thanks to close cooperation, the partners could learn and test new methods of working with seniors, expanding their offer range with innovative solutions.
- The seniors participating in mobilities, together with the teams of both partners, developed the list of good practices regarding the activation of seniors, taking into account the new, innovative solutions learned in Poland and Spain. Then, the national teams planned and put into practice 3 of them, testing the possibility of implementing new solutions.



IMPLEMENTATION AND TESTING OF LEARNED GOOD PRACTICES

A team of educators and seniors associated with INNETICA decided to test 3 particularly interesting solutions:

1. Preservation of the historical memory of our neighborhood

The LIS Foundation implements educational and activating projects for seniors in the field of social archiving, based on photos and souvenirs from years ago. Drawing on these good practices, seniors associated with INNETICA decided to organize a similar exhibition in one of the districts of Zaragoza (Saragossa). In cooperation with elderly residents of the area who sent valuable photos and memories, an audiovisual presentation and an exhibition of old photos were created. Additionally, seniors were encouraged to share emotional memories and anecdotes from their youth. The exhibition served as an interesting pretext for discussion not only about the past but also the future of the district.

Conclusions from the evaluation:

- Seniors willingly participated in the entire process of planning and implementing the exhibition;
- Active participation of seniors as co-creators of the exhibition contributed to the sense of agency and responsibility for their surroundings;
- The special value of the exhibition was the opportunity to share memories from the past and discuss the future.

2. Luminous creations "Christmas DIY"

So far, workshops for seniors at INNETICA have been conducted mainly by professional educators and trainers. During the study visit to the LIS Foundation, it was noticed that some educational activities are based on the ideas of self-help, where seniors teach each other in various fields. Therefore, before the holiday season, it was decided to test DIY workshops conducted by seniors themselves for their peers. This is how unique Christmas decorations were created from recycled water bottles. These decorations have become a symbol of good, sustainable practices and encouraged seniors to exchange their skills and educate each other.

Conclusions from the evaluation:

- Seniors eagerly joined the process of mutual education, sharing skills that are their passion and hobby;
- Using the skills of seniors significantly expands the offer of support and strengthens relationships in the group;
- The new role of an educator for seniors conducting workshops contributed to the feeling of being needed and triggered creativity and a sense of pride in their skills

3. Delicious recipes "Gastronomic history"

During the study visit to the LIS Foundation, various projects based on culinary traditions were presented, among others, publications of old recipes collected by the elderly residents, effects of the project entitled "Christmas Eve - flavors of childhood".

Spanish seniors decided to test cooking workshops based on old recipes of traditional dishes. Seniors first collected recipes from their grandmothers and mothers and then prepared traditional dishes together during workshops. The workshops were an opportunity to spend time together, talk about childhood flavors, and discuss a healthy, well-balanced diet for older people.

Conclusions from the evaluation:

- Seniors eagerly participated in the process of collecting old recipes and cooking workshops;
- Culinary workshops turned out to be an excellent opportunity to integrate seniors, but also to discuss the key principles of a healthy, well-balanced diet;
- Culinary topics can activate elderly people in many ways



IMPLEMENTATION AND TESTING OF LEARNED GOOD PRACTICES

A team of educators and seniors associated with the LIS Foundation decided to test 3 particularly interesting solutions:

1. Music workshops as a form of activation of male - seniors.

Senior females are most often involved in educational activities conducted by the LIS Foundation. Therefore, it was a bit of a surprise that men are mainly interested in music workshops conducted by INNETICA and they willingly engage in regular singing and guitar workshops. Men's interest in traditional music is certainly part of the culture of Aragon, but the LIS Foundation team decided to implement the solutions they learned. For this purpose, we organized a male music band - which, after several weeks of rehearsals, performed during an event specially designed for this purpose entitled Excavations. We invited seniors from the entire Zabierzów commune (Lesser Poland Voivodeship) to attend the performance.

Conclusions from the evaluation:

- Senior men willingly took part in the workshops and showed that they enjoyed each other's company;
- It is worth planning dedicated forms of support addressed only/especially to seniors - men;
- Cyclic music workshops require the employment of a permanent instructor - that is why the foundation, not having funds for this purpose, proposed this solution to the local cultural center.

2. Honouring the golden anniversary

During the study visit to Spain, the custom of celebrating couples who have been married for 40-50 years with a unique album containing contemporary and engagement photos was presented. Albums can be printed or online. The seniors participating in mobility liked this idea so much that they decided to test the solution. The seniors themselves found four couples in their local area who had been married for many years. The aim was to compare wedding photos with current ones taken at a professional outdoor photo session to which the couples were invited. Both creating and delivering the photo albums to spouses turned out to be an extremely moving process.

Conclusions from the evaluation:

- Seniors willingly participated in the search for the senior couples and the process of creating albums;
- Not all couples had photos from their engagement period, so the compilation of photos was conventional, which, however, did not have a major impact on the project course;
- An outdoor session turned out to be a good option, as it was easier to get natural shots.

3. Active participation in artistic events

INNETICA activates seniors through conscious and active participation in cultural and artistic events. Seniors participating in mobility decided to organize an event combining art and a healthy lifestyle. The main topic was honey, wax, and beekeeping, and we invited outstanding specialists to participate, and the whole event took place in the beautiful Radziwiłł palace in Balice. The key issue was the involvement of seniors in every stage of planning and implementation of the event, including artistic workshops on creating candles and wax wraps, lectures on Polish beekeeping traditions, an exhibition of artworks, as well as a tasting of honey-based baked goods. Seniors from several nearby communes of the Krakow district (Lesser Poland Voivodeship) took part in the event.

Conclusions from the evaluation:

- Seniors willingly participated in the entire process of planning and implementing the event;
- The choice of topic resulted from the integration of seniors, the artistic approach to the topic of beekeeping turned out to be a non-obvious and interesting solution;
- The event was based on the cooperation of many local institutions, which increased the scope of impact.





**MORE
INFORMATION
ABOUT THE PROJECT...**

<https://www.fundacjalis.com/>

<https://erasmus-plus.ec.europa.eu/projects/search/details/2021-2-PL01-KA210-ADU-000051211>