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GOLD

GOOD PRACTICES FOR OLD PEOPLE



1ST LEARNING TEACHING TRAINING ACTIVITY OF GOLD IN PARIS!

After 1 year with COVID-19 pandemic, in October 2021, we had our first face to face meeting in Paris. The coordinator CHALLEDU (Greece) and the partners E-SENIORS (France), FRODIZO (Greece), MUEENSTER UNIVERSITY (Germany), READING FOR OTHERS (Greece) and ASSOCIATION GENERATIONS (Bulgaria), meet each other for the 1st learning training teaching activity (lta) of the project in order to exchange good practices.

The training took place in Paris on 11/10-13/10 and hosted by E-seniors. During it, E-seniors, Association Generation and Muenster University presented their best practices.

More specifically some of the practices presented in the training were:

- Digital literacy for seniors
- KAHOO game for educational activities of seniors
- Smartphones and applications for seniors
- "WHOLE"
- "Actimentia"
- "Yoga for seniors"
- "Training Guidelines in Ambient Assisted Living professions for VET providers"
- "Diversity Management Online Course"
- "Senior Social Entrepreneurship - Empowering people, driving change"
- "WhomeN"

The training concluded in a fruitful discussion on all the practices and tools presented. The key points were the holistic approach on the everyday activities of seniors from digital literacy, to work, active participation and sports

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