

# ITOSA

## INNOVATIVE TECHNIQUES OF SENIORS ACTIVATION

### BASIC INFORMATION



This project aims to offer trainers a new innovative training programme that motivates seniors to work together, learn new things and be creative.



01.11.2022-31.10.2025  
(36 months)



Trainers and Educators working  
with elderly people  
Senior citizens (age 60+)

## GOALS

- Equip senior citizen with new competences and empower them to introduce social change in their local communities
- Involve seniors citizens in actions for community development
- Improve the skills of trainers and educators working with seniors
- Inspire seniors all around the world to get involved in new initiatives



[www.itosa.eu](http://www.itosa.eu)



@itosa

### Consortium

# KICK OFF MEETING

The first meeting of representatives of project partner organizations took place in Kraków (Poland) in December 2022. We had the opportunity to get to know each other better, as well as the activities of our organizations and methods used in working with seniors. Together, we discussed the goals and activities that we want to develop and implement as part of the project. We also had the chance to explore the snow-covered winter Kraków together.



# WHAT TO EXPECT OF THIS PROJECT

As part of the project, we plan to develop the following results:

- An interactive e-learning course composed of 7 learning modules
- interactive webportal in 7 languages including different tools, resources and good practices
- workshops for adult educators for seniors
- handbook with good practices
- social media profiles with useful information in area of senior activation

*“Knowledge has to be improved, challenged, and increased constantly, or it vanishes.”*

*— Peter Drucker*

