The Erasmus+ **ITOSA** project aims to offer trainers/educators a new innovative training programme that motivates citizens (especially seniors) to work together and learn new things, act for their local communities in a practical way (introduce social changes) and be creative and share their works with others. The overall purpose of the project is not only to educate seniors, but to introduce social change in their local environments.

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ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN ADULT

ITOSA

ITOSA INNOVATIVE TECHNIQUES OF SENIORS ACTIVATION

"Anyone who stops learning is old, at twenty or eighty. Anyone who keeps learning stays young."
-Henry Ford

RATIONALE

Seniors are often seen as a vulnerable group, subject to social exclusion due to isolation and low competences (in particular low digital literacy). Thus, in many projects they are taught how to use computers and the internet, how to live in good health, how to exercise etc. Yet, this target group already has many competences that are crucial for the whole society, both on local, national and European levels. Therefore, the ITOSA project aims to empower seniors to introduce social change thanks to their unique knowledge and skills.

AIMS AND OBJECTIVES

- To inspire seniors to develop new competences but also empower them to introduce social change in their local communities.

- To raise the competencies of adult educators working with seniors and to provide them with a range of tools, resources and good practices that can be helpful for those who want to try to implement such methods.

TARGET GROUPS

- Adult educators working with seniors
- Seniors (60+)

PRODUCTS

- An interactive e-learning course for educators/trainers working with seniors composed by 13 learning modules available in 7 languages
- A web portal in 7 languages
- Resources and good practices both for trainers/educators and for seniors
- A handbook with good practices in 7 languages

EXPECTED IMPACT

This project will have a significant impact on both target groups of the project. It will allow senior citizens to feel empowered and included in the society since they will be able to use their knowledge and skills, improve them and make social change through their active participation. In addition, this project will offer to adult trainers new interactive and innovative methods that will help them to improve their already established classes and to develop at a personal and professional level.