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ITOSA

# 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 citizens with new competences and empower them to introduce social change in their local communities
- Involve senior 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 @itosa

***Consortium***

Fundacja Mapa Pasji, Emphasys Centre, ISRAA Istituto per Servizi di Ricovero e Assistenza agli Anziani, INTERART, Fundacja Rozwoju Przez Całe Życie, Institute for Gerontology and Intergenerational Relations, CDER centar za društveno ekonomski razvoj

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# Second and Third Transnational Project Meetings

After the first partner meeting in Poland, partners met again for the second and third transnational meetings.

- Sofia, Bulgaria: 22nd and 23rd of May 2023
- Nicosia, Cyprus: 30th and 31st of October 2023

Partners talked in detail about the chosen methodologies for seniors' educators, to support seniors to become active citizens and discussed how to present them on Moodle platform. The partners' contributions to toolkit for involving seniors in civic participation were also one of the main points of discussion. Moreover, participants discussed about the first training for adult educators that will be organized on April 2024 in Serbia.

***"Aging is not lost youth but a new stage of opportunity and strength."***

***— Betty Friedan***

# ITOSA Methodologies

The idea of this project is to exchange good practices and methodologies that partners use in their regular work and which proved to be useful for working with seniors. These methodologies will be available on the project platform for anyone interested to use.

Here are some examples:

- Treasure hunt (quest) for learning about a certain location, its history etc; partners will be trained how to organize a treasure hunt in their own environment.
- Wikipedia and how to contribute
- knowledge
- Organization of swap events (exchange of products people no longer need, or have surplus or just want to share with others)
- World café with collaborative writing.
- Artistic forms
- Storytelling methodology

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