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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, Antona Trstenjaka Institute, CDER

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Training in Belgrade and TPM4

The first training course for educators took and TPM 4 place on 9-10 April 2024 in Belgrade, Serbia.

The hosts and trainers from CDER presented the module: Film and Seniors Activism in a very attractive and practical way.

The 19 participants from all partnering organisations had the opportunity not only to learn the basic theory of film making and some very interesting and valuabale tricks for film making but also to try the whole process by themselves. Grouped in teams they created their own scenario, a script and as an end product all teams produced their own short movie under the guidance of the trainer Bratislav Kostic. The next step is to apply the gained knowledge in their everyday work with seniors and other educators.

"Age is no barrier to creativity - life is an inspiration, no matter how old we are. As long as our hearts beat, we always have a story to tell."

— Clint Eastwood

Training in Treviso

During the second training course in lovely Treviso, Italy from 16 to 17 of May 2024 the hosts and trainers from ISRAA presented the modules "World Café and Collaborative Writing" and "Participatory Photography". They shared very inspiring real activities with elderly people that they conducted in their organisation.

The second day of the training was dedicated to practical activities on "Participatory Photography". Divided in two groups and guided by the trainers the participants had a walk in different areas of Treviso trying to catch with photos how accessible is the city for elderly people. The activity ended with a discussion based on the gathered materials. All participants were convinced of the power of this method to engage seniors in meaningful and worthwhile causes.

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Training for Seniors

17-20 of June 2024 in Ljubljana, Slovenia took place an amazing and inspiring workshop with seniors. With 30 participants from Cyprus, Poland, Bulgaria, Serbia, Italy and Slovenia the workshop gave the team of trainers the opportunity to facilitate different activities and in this way to test the presented methods in a challenging multi-cultural seniors environment. The challenge was even bigger as some of the participants didn`t speak English.

This proved once again that language is not a barrier when people want to be active participants in the process. Already on the second day, all adults participated in a common dialogue and sharing activities, using the new digital technologies themselves for translation and learning from each other.

Many new friendships were made during the workshop, which continued online after the workshop.

Upcoming events/trainings

- Workshops for educators ”Creating quests” - 9-10 October, Krakow, Poland
- 5-th Transnational Partners Meeting - 11 October, Krakow, Poland
- Workshop for educators “Storytelling methodology” - 13 Nov, Nicosia, Cyprus
- Workshop for educators “Intergenerational learning” - 14 Nov, Nicosia, Cyprus
- Webinar No. 3 - 10 December, online

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