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ISSUE 4 I FEBRUARY 2025

2022-11-PL01-KA220-ADU-51E81A7D

ITOSA
INOVATIVE 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 @itosa

Consortium

Fundacja Mapa Pasji, Emphasys Centre, ISRAA Istituto per Servizi di Ricovero e Assistenza agli Anziani, Interart, Continuum Fundacja Rozwoju Przez Całe Życie, Antonina Tristeniaka, CDER centar za društveno ekonomski razvoj

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Training in Krakow and TMPs

A dynamic third training course for educators unfolded on 9-10 October 2024 in the historic city of Krakow, Poland.

Fundacja Mapa Pasji expertly led sessions centered on "Treasure Hunts and Quests for Seniors" - an innovative approach that transforms exploration into meaningful engagement for elderly participants.

The diverse group of 20 educators from five partner countries experienced a truly immersive learning journey. Moving beyond theoretical concepts, participants ventured into Las Wolski forest near Krakow to design actual quests in collaboration with Symbioza - Centrum Edukacji Ekologicznej ZZM.

What distinguished this training was its hands-on methodology. Educators worked in collaborative teams to create complete treasure hunt experiences - crafting engaging clues, developing rhymed quests, and implementing participatory design principles suitable for senior audiences.

"Rediscovering the joy of treasure hunting connects us to our inner child, regardless of age. These activities create meaningful experiences that engage seniors' minds, bodies, and spirits in exploration and discovery"

— Anna Jarzębska, trainer and quest creator from Fundacja Mapa Pasji

Training in Nicosia

A successful fourth training workshop for seniors' educators was hosted on 13-14 November 2024 in Nicosia, Cyprus. Emphasys Centre expertly facilitated sessions on "Storytelling" and "Intergenerational Learning" - two powerful methodologies for senior engagement.

The group of 15 educators from all project partners balanced theoretical learning with practical application. Participants collaborated to reimagine how it could serve their communities.

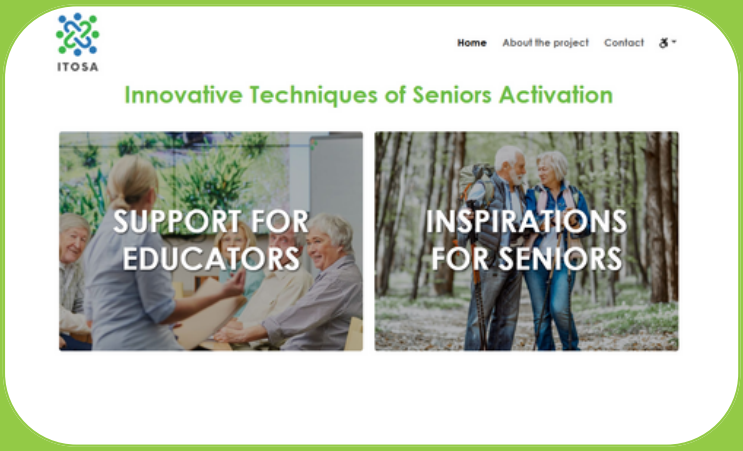
The training's distinctive feature was its emphasis on creative brainstorming. Educators shared real-world experiences and generated innovative implementation strategies specifically for senior audiences.

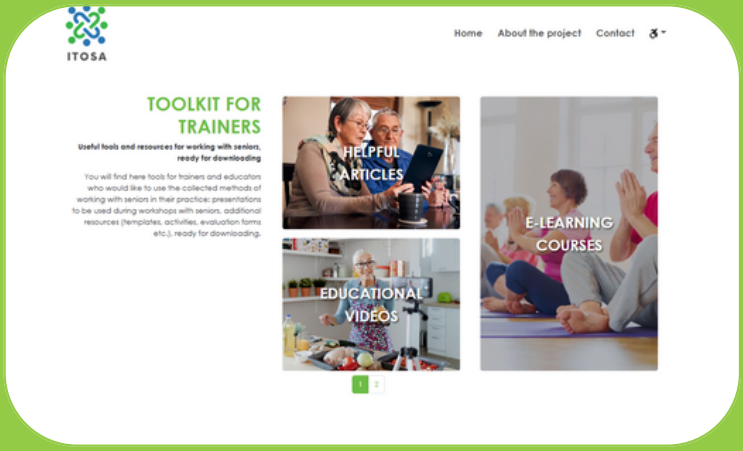
The educators left equipped with practical tools and fresh inspiration to enhance their work with seniors through the power of narrative and cross-generational connection.

Online Toolkit for Active Seniors

The Active Seniors website (activeseniors.eu) is the result of collaborative work by partners from the ITOSA project. The site collects all materials designed for seniors and educators of older adults that have been developed so far within the ITOSA project: videos, articles, links to online trainings, and more.

This comprehensive digital platform serves as a user-friendly hub where visitors can easily access information about the project's goals, methodologies, and ongoing activities across multiple partner countries. The website features detailed descriptions of all training modules developed for seniors' educators, including Film and Seniors Activism, World Café and Collaborative Writing, Participatory Photography, Treasure Hunts and Quests, Storytelling, and Intergenerational Learning.





All educational resources are available in the languages of the partner countries: English, Italian, Polish, Bulgarian, Serbian, Slovenian, and Cypriot Greek, making them accessible to a wide international audience of educators and seniors.

Visit **activeseniors.eu** to explore the wealth of ITOSA project materials and join our community of educators and seniors working together to promote active aging through creative and engaging methodologies!

Upcoming events / trainings

- Ljubljana, Slovenia, training for educators and TPM 2-4 April 2025
- Sofia, Bulgaria, training for educators 4-5 June 2025