Co-funded by the European Union

ISSUE 5 | JULY 2025

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

ITOSA

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, Fundacja Rozwoju Przez Całe Życie, Anton Trstenjak Institute for Gerontology and Intergenerational Relations, CDER centar za društveno ekonomski razvoj

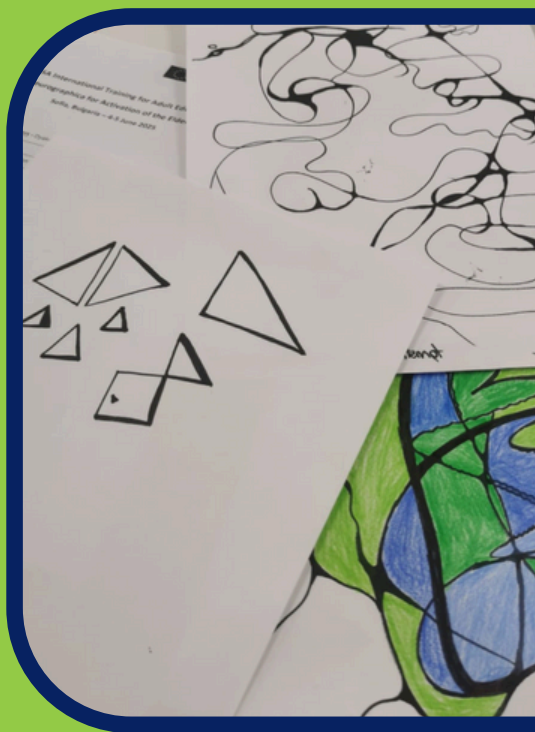
Training in Ljubljana and TPM6

On the 2nd and 3rd of April 2025, adult educators met in Ljubljana – Slovenia, to participate and be trained in workshops regarding several methodologies to be used with our seniors in all partner countries, such as the in-group social learning method, and the exchange events and crop swapping.
On the 4th of April 2025, partners had the sixth Transnational Project Meeting and discussed the updates of the project, mainly the testing of all materials developed by adult educators and seniors in all countries.

Training in Sofia

On the 4th and 5th of June, adult trainers from the ITOSA project gathered in Sofia, Bulgaria, for an inspiring training session focused on the Neurographica technique - a creative and therapeutic drawing method that connects art with neuroscience to help individuals access inner resources, process emotions, and create new perspectives.

On the first day of the training, the attendees explored the Neurographica technique in general - its principles, and how it blends art with neuroscience to support emotional expression and personal development. On the second day, they focused on how the method can be adapted for use with senior learners, helping them express their experiences, reflect on their life paths, and recognise the valuable knowledge and skills they already possess.

"You are never too old to set another goal or to dream a new dream."

— C.S. Lewis