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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

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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

Final Meeting and EU Conference

From 23 to 24 September 2025, the ITOSA consortium met in Treviso (Italy), for the last TPM and final event of the ITOSA project, both organised by ISRAA in collaboration with all partners. The TPM was an occasion to cast light on the final open tasks to accomplish before the project's end and to discuss on what has been achieved in these almost three years. The results of the project and the connections and experiences that they have created were presented during the final event. In this occasion, the public, including seniors, seniors' educators, local associations and authorities, was introduced to the e-learning course, the online toolkit and the handbook of good practices, as the main results of this project. Besides, the testimonies of educators and seniors that joined the project's activities were shared to inspire their peers with their stories and takeaway massages.

Final words

Over the past three years, the ITOSA project has gone far beyond its original goals. More than just delivering planned outcomes, ITOSA has built bridges—connecting educators and seniors from all partner countries in meaningful ways. Through shared experiences, knowledge exchange, and collaboration, it has sparked a ripple effect that will outlast the project itself.

By harnessing the rich expertise of its partners, ITOSA has developed valuable resources—an e-learning platform, an online toolkit, and a handbook of good practices. These tools are not only educational but also inspirational, empowering educators and seniors alike to discover new ideas, adopt fresh approaches, and stay actively engaged in ways they may never have imagined.

"It's not how old you are. It's how you are old."
— Jules Renard