



# GOOD PRACTICE – Seniors Acting Together

<b>Where it comes from</b> ( <i>Where did you encounter it?</i> )
The action "Senior Volunteering Projects" under the Grundtvig Lifelong Learning program gives possibility bilateral partnership and exchange of volunteers - seniors implemented by local organizations in two different countries. This action offers a new form of mobility for European seniors that enable them to learn, exchange experiences and knowledge in a different European country.
<b>Context</b> ( <i>Please describe which organisation/entity is providing/organising/leading the GP and in what context?</i> )
Two organizations from Turkey and Poland that work for well being of seniors and their inclusion to social life: PRO-MED sp. z o.o. Gdansk, Poland, Bolu Valilgi Halk Sagligi Mudurlugu Yasli Merekezi, Bolu, Turkey. Project provided exchange of 6 seniors for three weeks in each country to take part in volunteering activities, sharing their expertise/life experiences and learning from each other.
<b>Target audience</b> ( <i>Who are the beneficiaries or the target group of the good practice?</i> )
Trainees, Adult learners, Teachers, Trainers, Educators, Special Needs
<b>Objectives and outcomes</b> ( <i>What is the aim/objective of this GP? And what challenges have been addressed?, What learning outcomes have been achieved from this GP?</i> )
<p>Aims:</p> <ul style="list-style-type: none"> <li>• sharing seniors experiences and knowledge through volunteering;</li> <li>• developing personal, linguistic, interpersonal, social and intercultural skills;</li> <li>• increasing self-confidence, motivation, wellbeing, energy;</li> <li>• getting to know a good practice from our histories, culture, traditions, heritage, skills, etc.;</li> </ul> <p>Outcomes:</p> <ul style="list-style-type: none"> <li>• LMS Moodle used for monitoring project's activities, discussions on forum, repository of project's results</li> <li>• Facebook group established</li> </ul>
<b>Impact</b> ( <i>What methodology has been used in order to address the initial issue and led to a successful outcome? What was the impact on target audience?, When possible, please support it with evidence such as testimony of people involved in the benefit of Good Practice?</i> )
Group work was used in order to address the initial issue and led to a successful outcome. The project enabled organizations to establish future cooperation (Seniors@ICT).
<b>Innovation</b> (if any)
<ul style="list-style-type: none"> <li>• new form of mobility for European seniors that enable them to learn, exchange experiences</li> <li>• using ICT for seniors discussion, preparing documents, sharing photos.</li> </ul>
<b>Related Web site(s)</b> ( <i>What are the Web sites or documents (if any) related to the GP?</i> )
<a href="http://utwpg.gda.pl/?dir=2014SenAcT">http://utwpg.gda.pl/?dir=2014SenAcT</a>
<b>Replicability and adaptability</b> ( <i>What are the possibilities of replicating the good practice in other countries? How can it be adapted to the new settings? What are the requirements (institutional, economic, social, and environmental) that need to be in place for the good practice to be successfully replicated or improved in your country?</i> )
PRO-MED: GP can be replicated and easily adapted! It is easier if a group of volunteers knows each other well, if they have previously participated in some activity. The group should be non-demanding, sensitive in behaviour, open to another culture. Cordiality and a smile are useful 😊