

MINUTES

Study visit within the scope of the EU-Grundtvig - programme Social Web Skills

Date: 28.03.2012 - 30.03.2012

Location: Velenje, Slovenia

Participants:

From »Gemeinsam leben und lernen in Europa«: Perdita Wingerter, Hans-Peter Weska, Uschi Weska.

From AHA Punkt: Silvia Schroeder Danninger, Jurgen Schroeder, Christine Polleritzer, Karin Mistelbauer.

From Inštitut Integra: dr. Wolfgang Eisenreich, Sonja Bercko, Nataša Zorko, Peter Gologranc, Sanja Salmič Hojan.

Agenda:

Thursday, 29.03.2012

International intergenerational festival in Vila Bianca

Friday, 29.03.2012

SowSkills presentation and dissemination workshop

Interactive discussion

International intergenerational festival in Vila Bianca

All partners of The project Sowskills were active participants in the International intergenerational Festival in Velenje, where several of the participants presented their point of view. The main focus of the festival was to spread the idea of cooperation between the generations in various fields of life, to connect generation and empower individuals of all ages to become actively involved in the community.

The festival was opened by the festival organizers - Sonja Bercko, director of the Institute Integra and Marija Vertačnik, director of the University of the Third Age and also the mayor of Velenje, Bojan Kontič and the president of Landscape Pensioners' Association Drago Seme addressed us.

The list of speakers with their brief description of contributions are listed. All contributions were also simultaneously translated into English.

Marjan Sedmak, predsednik AGE Platform Europe - European year of active aging and intergenerational relations;

The demographic challenge - on the one hand, we live longer and on the other we have decline of fertility. We must be aware that this is a changing pattern of social culture, cultural relations between people and generations.

The core of active aging has two aspects: first the elderly, pensioner popularly called, should not be regarded as a social burden and secondly they must be included in social activities and exploited as a useful social capital in the society. However, this would require adequate social infrastructure. Inclusion is therefore at the heart of active aging. Problems that are solved, we have solved as a benefit for all generations and not to favor only one at the expense of others.

Dr. Eolfgang Eisenreich, Institut WIN, Austria - IntimAge - Awareness Raising for Intimacy in the Third Age;

Why is sexuality in the old age a taboo?

1. Taboo as a consequence of early childhood experience
2. Normative values of the society
3. Embarrassment and disgust

Positive effects of love (intimacy and sexuality) are reduced diseases related to the heart, reduced stress, improved emotional health, quicker healing, reduced pain, normalised blood pressure, affects on brain circuitry, empowerment, longer life.

Dr. Stanko Blatnik, Inova4t, BIH - Out of Forty;

There are 40 megaregions which produced most of wealth in world, generated majority of patents and attract the best scientists to live and work in this region. Others regions are permanently trying to copy these most developed megaregions (venture capital, science-technological parks, clusters) without significant success. The problem is that because of huge difference in culture, tradition, and history it is impossible simple to copy these megaregions. In this paper we describe the model of practical education, which will help the regions out of forty most developed (megaregions) to develop faster. The main idea is to build trans-disciplinary teams of students and seniors with rich experience in different topics. These teams will try to resolve some problems or develop new products or services. IPAK institute and Inova4t realized a pilot project in which students from Electrical engineering department and Educational and Rehabilitation department together with senior scientists and businessman developed software package for support people with speak disabilities.

Lada Zei, vodja projektov ZDUS - Is the intergenerational agreement possible?;

Intergenerational response existed since mankind exists, parents, children and even grandparents. Intergenerational cooperation was always present in times of distress more than abundance, because in times of distress, people should care for survival, at the time of abundance this model is broken, rather than a common concern for survival is a concern for the family and its possessions. Wealth divides people. In that time the empathy extinguished, which is the foundation for interpersonal and thus intergenerational relations.

We live in times where it is again necessary to teach empathy. How to do, where to start, what are the best practices in the world and history are the subject of lectures, looking for the answer not on whether the intergenerational agreement is possible, but how such an arrangement transformed into life. There are plenty of way: in New South Wales in Lisemore, Australia, the capital of an unusual library called "living books". There man can "borrow" a person for a short period - max two hours - and talk to him about his life, for example. farmer with disabilities, vegetarians with a butcher, a musician with the

miners ... miner pauper ... Found in the skin of someone else, to feel his way of life, to experience distress and concerns a wealthy man, the joy and pleasure to the disabled ... It is time for change.

Inštitut Integra in Šolski center Velenje - Projekt Sowskills, integration of generation and community;

A brief presentation of the project Sowskills to invite all presentations to the workshop, which will be held the next day. The project was presented to the four aspects - the student as a representative of the supervisor conducted workshops, senior as a member of the workshop, the German partner in the project and representatives of project co-ordinator (Institute Integra). Throughout the presentation we highlight the purpose and objective of the project and focused on the experience acquired by a workshop.

prof. Milan Pavliha - Prostovoljstvo v kulturi je način življenja;

Older, we are full of energy, capacity and life experiences. Our efforts must be the dual task of maintaining our physical, mental freshness and labor and useful work for other people and interpersonal relationship. This is confirmed daily by our volunteer work, which contributes to improving the quality of life of all generations and to develop more cohesive society.

Voluntary activities rich learning experience, enabling the development of social skills and competences and contribute to solidarity. The work done by volunteers of all ages are crucial for the development of genuine democracy.

In conjunction with the volunteer, volunteering is overlooked in a culture where it is operating over a hundred and thirty thousand members of cultural associations in choral singing, folk dances, modern dance, orchestral music together, theater, etc...

Amateur Slovenian culture has always been exceptionally widespread. It resolves specific types of charity: the volunteers can help by ourselves. These categories of charitable international classification does not know, but most redemptive.

The inclusion of culture in lifelong learning also means that not only learning from books, but also understanding and handing over the cultural heritage and traditions.

Sonja Bercko, Inštitut Integra - Happiness;

At the beginning of this millennium, we were witness of a new movement in psychology called positive psychology (Seligman & Csikszentmihalyi, 2000). The movement has become a new base for further research, which has not been studied only negative but also positive aspects of mental health: how to help people to succeed and become happier?

A comprehensive meta-analysis of research projects and articles on positive psychology has shown an impact on the promotion of happiness and decrease depressive symptoms. These findings provide the basis for our key question: how to promote happiness?

Our feeling has a tremendous impact on cognitive processes. Thus positive thinking promotes the processing of positive information, creativity, sociability and resourcefulness. It also allows new ideas faster and faster thinking.

Scientists have shown that nerve cells in our brains are constantly building a network. This process takes place well into old age. This means that our brains are changing and responding to the environment as well as our thoughts and feelings.

Unfortunately they were not even our school and often the environment, geared to this, that would attract the enthusiasm of the individual, let alone to encourage him. It is therefore particularly important now, at the threshold of the 21st century on the basis of scientific knowledge creates a space in which they learned about the man and his potential can be developed.

SowSkills presentation and dissemination workshop

In the first part of the presentation, Slovenian partner presented the purpose and objectives of the project. We focus on the social networks where you can also enter through Web technology 2.0. We presented also our experiences, products and concept, we have developed through our workshop, where young people and seniors exchange knowledge and skills. The seniors, in spite of high motivation for acquiring new knowledge, expressed fear of the Internet-based programs. Trust that has developed between tutors and students has enabled them to conquer new skills, while the seniors also entertained. Learning is fun!

Therefore, we have the second part of the workshop devoted to the risk of using social networks. The workshop was organized in the form of a quiz. Senior from Germany had been describing the risk of product applications of Web 2.0, a student from Slovenia (in the workshop had a mentor role), explained how we could avoid them. So we processed products such as Facebook, Skype, Google, Wikipedia. We presented to the public how to use various products online social networks without fear if we approach to them in the appropriate way. On the net are given only the information that we do not compromise, just like in a real life.

In the third part, Austrian partner leded an active discussion by all present at the workshop. We talked about why seniors are deciding to use online social networks, what experience they have using a variety of applications, where they learn computer skills, etc.. Mention was also the representatives of the younger generation, who described their experience gained in working with older people.

Dissemination of the project was very successful, because on it was attended by representatives of different generations and different organizations, but they all expressed a desire to implement such workshops in the future.

What we have to do till the end of the Project?

- Complete the Country report;
- Create a model to transfer knowledge between generations (teaching concept)_each partner on their own way, because we have different experiences about our Workshop and disseminations;
- Report Literature Review (at about 5 articles);
- Lessons Learned (describe the teaching concept you used in the Workshop);
- Evaluation report based on the results of Questionare_max 2 pages.