

# COOPERATIVA DE TELHEIRAS

para a Promoção da Solidariedade e da Cultura, CRL

## Report



6th Workshop: “Reaping the benefits of volunteerism – exemples and best practice”

Caramulo, August 20 to September 11, 2013

Portugal



Education and Culture DG

Lifelong Learning Programme

Grundtvig

# Index

Introduction .....	3
Project Active Ageing Through Active Citizenship .....	5
The workshop activities in Portugal .....	8
Memories .....	14

## INTRODUCTION

Project Active Ageing Through Active Citizenship is a learning partnership of the European Grundtvig program.

The Grundtvig program in Portugal is managed by the National Agency LLP - Program of Lifelong Learning.

The Grundtvig program aims to enhance the quality and reinforce the European dimension of adult education, by promoting various types of cooperation activities at European level. It addresses the needs of teaching and learning of those in all forms of adult education, be it formal, non-formal or informal, as well as the institutions and organizations providing or facilitating such education.

## SPECIFIC OBJECTIVES

- Meeting the challenge of an aging population in Europe in the field of education;
- Contribute to offer courses aimed to improve the knowledge and skills of adults.

## OPERATIONAL OBJECTIVES

- Improve the quality and accessibility across Europe, the mobility of people involved in adult education;

- Improve the quality and increase the number of shares of cooperation between organizations involved in adult education throughout Europe;
- To assist people from vulnerable social groups and in marginal social contexts so that they can provide alternative opportunities to access adult education;
- Facilitate the development and transfer of innovative practices in the field of adult education;
- Support the development of content, services, ICT – based pedagogies and practice for innovative, in the field of lifelong learning;
- To improve pedagogical approaches and the management of adult education organizations.



## PROJECT ACTIVE AGEING THROUGH ACTIVE CITIZENSHIP (ACTSHIP)

Active Ageing Through Active Citizenship is a learning partnership that was born in the year 2012 - European Year for Active Ageing and Solidarity between Generations, between 6 entities, nonprofit.

The entities participating in this learning partnership are:

**BROSNA EDUCATIONAL CENTRES – IRELAND**

**STIFTELSEN ATENEUM – SWEDEN**

**DAWLIFFE HALL EDUCATIONAL FOUNDATION – UNITED KINGDOM**

**CAMPUS ASBL – BELGIUM**

**FUNDACIÓ MONTBLANC PER LA PROMOCIÓ DE LA DONA – SPAIN**

**COOPERATIVA DE TELHEIRAS PARA A PROMOÇÃO DA SOLIDARIEDADE E DA CULTURA, CRL - PORTUGAL**

The entities of the learning partnership deal to offer the best service to society and have the desire to lessen the harsh consequences of the current economic crisis.

The overall project objective is to improve adult education services. Thus it is expected that the promotion of active aging by strengthening active citizenship contributes to some people re-entering the labor market.

The project will improve personal development, thanks to the exchange of experiences and learning methods. Volunteering plays a major role in the partnership.

The objectives of the partnership are:

- 1 - Improving the competencies and skills of adult educators.
- 2 - Equip educators and students with adequate resources to enable them to have active aging , which means having an active participation in society , especially through volunteering.
- 3 - Introduce approaches and innovative teaching methods in adult education.
- 4 - Provide students with the skills and expertise to better serve local communities.
- 5 - To contribute to European integration through collaboration with partners and sharing of best practices.

The main activity of the project are 12 workshops involving staff, students, adults and volunteers. The results will be widely disseminated through websites, newsletters and a final report.

After project completion, participants will have more skills and will be more prepared to deal with the current needs of students. In addition, each partner will consolidate training capabilities with new methods and best practices shared and learned. To ensure sustainability, the partners will have to communicate through a platform that caters well for future European cooperation projects.

DESCRIÇÃO DOS WORKSHOPS	PAÍS	DATA
1st workshop: Active ageing policies as they relate to active citizenship within the EU framework	BE	04/2012
2nd workshop Citizenship on the Go! Participation models for active citizenship	UK	06/2013
3rd workshop: Innovative approaches to labor market activations among the older working ages incorporating IT skills	ES	08/2013
4th workshop: Stimulate adult learners's community engagement and transfer of expertise between a stable economy and partners experiencing economic challenges	SE	07/2013
5th workshop: Exploring the use of social media as a tool for meaning consultation and motivation of those socially or vocationally deprived	IE	07/2013
6 <sup>th</sup> workshop: Reaping the benefits of volunteerism – examples and best practice	PT	08/2013
7th workshop: Towards integrated sharing of training experiences for older volunteers	BE	04/2014
8th workshop: Methodology of introducing adult learners to immediate goals in personal development: life skills, mental and physical health, nutrition, sports	IE	05/2014
9th workshop: The <i>spalding method</i> and others to assist learners develop projects to address socio-economic disadvantage: literacy, ICT skills, unemployment, or immigrants without the language of their host country	UK	06/2014
10th workshop: volunteering as a source of social good. Examples and best practice. Models for health care awareness, exercise and interaction with diverse cultures	SE	06/2014
11th workshop: Benefits of volunteering to a successful market economy (as per Pp5 Common European Adult Learning Framework)	PT	06/2014
12th workshop: European partner integration in order to share ICT to the benefit of Active Ageing	ES	06/2014

## ACTIVITIES OF THE WORKSHOP IN PORTUGAL

From August 20 to September 11, 2013 was held at Caramulo 6th workshop project Active Ageing Through Active Citizenship (ACTSHIP).



Participants in this workshop came from three partner organizations of the project. Attended one from Sweden, one from Spain. By the Cooperative Telheiras for Promoting Solidarity and Culture, CRL 17 people attended, all voluntary Cooperative and one observer. We counted on the presence of all five Spanish and one Portuguese living in Italy who contributed to the internationalization of the Workshop.



The Workshop had as its theme " Reaping the benefits of volunteering - examples and best practices "

Some of the specific objectives:

- 1 - Improve personal skills needed in voluntary activities;
- 2 - Share best practice teaching methods in adult education;
- 3 - Reflect on the Europe cultural roots that shape the characteristics of European society;
- 4 - Provide participants, experiences and ideas of activities to promote active citizenship through volunteering .

Began the workshop with a session explaining the project , giving an overview of what had already been done and the workshops that had already elapsed in other countries.

There was a presentation of the participants, were presented the objectives and activities that would develop.

The transmission of ideas , has been made more general , in an informal way - through moments of conviviality, exchange of views, testimonies of life experience, ...

Some life experience testimonies of:

- Loreto , a journalist , told how he got a job after being fired , when he was over 40 years;
- Helia, retired gynecologist, told the various initiatives that have taken over the last few years;
- Montse, a lawyer, witnessed how with his profession seeks to help older people to refer and treat problems in your area;
- Alicia, cooking school teacher blockbuster, has in some of its courses aimed at people Senior citizens / pensioners.

Some conferences, documentaries and seminars:

- "I, the others and the European economic crisis " mode address personally and help tackle the European economic crisis;
- " From Job to Volunteer " The importance of helping others, especially those who need it most: any profession also has an element of volunteering;
- "Learning to the end" Ideals are important to motivate and learn to live with serenity the various stages of life;
- " Errors " We must learn from our mistakes and from the examples of others;
- "I am! " Need to respect each person as is;
- " Voluntary Service ";
- " Managing spending on small budgets ";
- "Availability ";

- " Learning to use ICT " ;
- "Importance of food and eating habits";
- Documentary about the volunteer project in Cape Verde, an initiative of the Cooperativa Telheiras.

There were several tours and visits to knowledge of local and national culture:

- In Caramulo were made several nature walks, enjoying some walking routes – Mills Route, Crosses route, Linen Route, and Laranjais Route;
- Visit to Aveiro moliceiros;
- Visit to the Aveiro Torreira beach;
- Bike ride on the bike path parallel to the Torreira beach;
- Visit to the Palace Hotel Buçaco;
- Visit to the University of Coimbra;
- Visit to the Farm Enxomil in Arcozelo, Vila Nova de Gaia;
- Trip to Fatima;
- Visit to the House Ruy in Povolide, Viseu.

At the end of the workshop the participants was distributed a questionnaire to assess the organization and content of the workshop.

We quote some of their comments:



"Very positive to see the realities of different countries and how they present different problems and solutions"

"It helps a lot to have been visual material"

(Maria Mac Lean, SWEDEN)



"To me motivated me, is to see if I can motivate others"

"What is the most enriching exchange of experiences between people of different nationalities"

"It allows adults to be aware of how much they can do for society"

(Montserrat Urgelles Salvado, SPAIN)



"It was very interesting and enriching to live with people of different nationalities and cultures"

(Maria Elena Gándaras, SPAIN)



"Enjoyed! It was a good experience! "

(Luísa Amaral Santos, PORTUGAL)

## Cuestionario de evaluación

Gracias por participar en la asociación de aprendizaje *Active Ageing through Active Citizenship*. Esperamos que el workshop haya sido de su interés y haya cubierto sus expectativas. Agradeceríamos que dedicara un momento a completar la siguiente evaluación:

Lugar del workshop: Casa da Serra

País: Portugal (Cooperativa de Telheiras)

### Contenido y organización del workshop

Escala: 1 – Muy satisfactorio; 2 – Satisfactorio; 3 – Neutral; 4 – Insatisfactorio; 5 – Muy insatisfactorio

Por favor, escriba sus comentarios en cada sección

1. Se han cumplido los objetivos del workshop Comentarios:	1	2	3	4	5
2. El lugar y alojamiento son apropiados para el desarrollo del taller Comentarios:	1	2	3	4	5
3. Las instalaciones y servicios son apropiados y satisfactorios Comentarios:	1	2	3	4	5
4. El material entregado en el workshop es claro e apropiado Comentarios:	1	2	3	4	5
5. El taller me ha dado las habilidades y conocimientos para motivar a personas adultas a hacer voluntariado Comentarios:	1	2	3	4	5
6. El taller me ha dado una buena comprensión de la ciudadanía activa y los beneficios de empoderamiento de los adultos para utilizar sus talentos en beneficio de la comunidad Comentarios:	1	2	3	4	5
7. El taller me ha proporcionado un mayor conocimiento de las raíces de la crisis actual como punto de partida para buscar soluciones Comentarios:	1	2	3	4	5
8. Otros comentarios:	1	2	3	4	5

**Nombre:**

**Firma:**

**Fecha:**

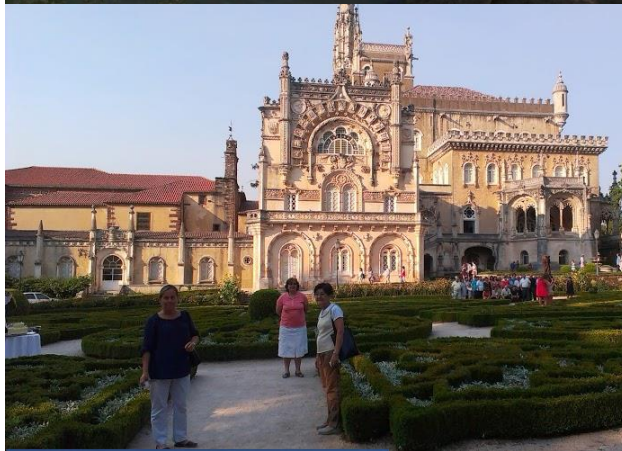
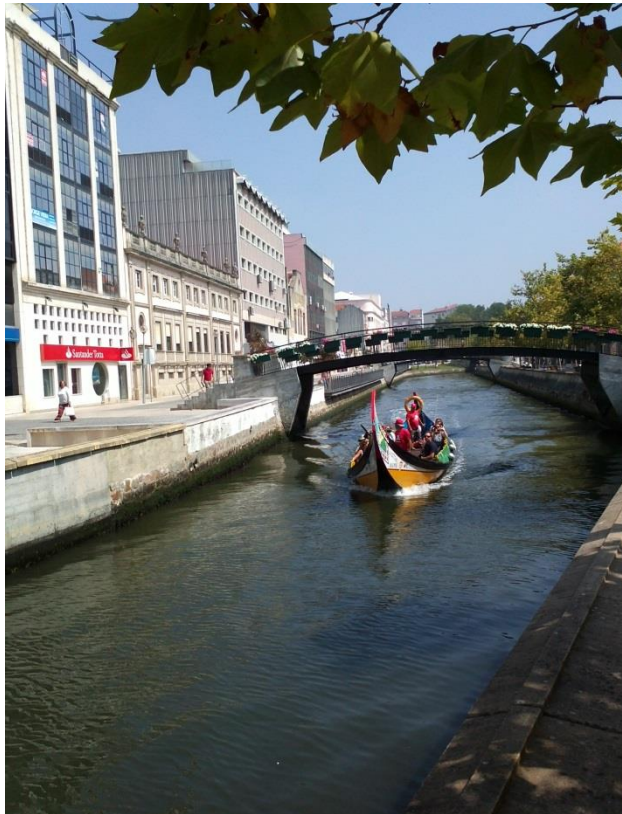
**País:**



## MEMORIES













Cooperativa de Telheiras para a Promoção da Solidariedade e da Cultura, CRL  
Avenida Sidónio Pais, 24, C/v Esq.  
1050-215 Lisboa