



GD Bildung und Kultur

Programm für lebenslanges Lernen



Familienakademie
Mühlviertel

To be healthy in a society between generations

30/11/2012-07/12/2012

Applicant Organisation: Familienakademie Mühlviertel

Target Group: adult learners, interested in the topic of generational learning and interests in active ageing

Working language: English

Content of the workshop:

More and more people in Europe become older. Because of this background it is important, that people can live very long in a health situation. Besides the physical health it is important that people can take part at the social society and are able to carry responsibility. If this is not possible, more and more people will live in poverty and that is not good for our society.

In the workshop we will sensitive these aspects and we will set impulse for a health and active ageing. In this frame, qualification and vocational training is important as well as the health-management at the workplaces.

During the workshop we will make an excursion to Linz, where we will meet responsible persons from different projects, which works in the field of active ageing.

We will invite experts in the field of health awareness in work and leisure.

In the workshop we will work with different kinds of pedagogical methods and instruments. We will work in small groups, organise discussions, make presentations, work with social media and we will practise some typical health methods. We will be in the outside and will organise some excursion in the region.

We will organise cultural evenings, where each participant should present some typical things from his or her country (songs, dances,..).

Expected outputs:

As a participant you get the sensitive for active ageing and health awareness. You will learn about the situation of active ageing in the different European countries and get know some facts about the topic in the field of work. Over and above that you will get more information about measures etc. for active ageing in the social field.

Practical arrangements: The workshop takes place in the Mühl-fun-viertel in Austria – at the border to Germany and Czech (www.muehlfunviertel.at).

You will be hosted in single rooms at the Mühl-fun-viertel, an education house in Klaffer am Hochficht. Food included breakfast, lunch and dinner. Vegetarian food is available.

You are expected to arrange your journey till Linz and to Aigen/Schlägl (via train, bus, flight). From there we continue the journey to Klaffer together. When needed, travel assistance is given. 100% of the cheapest transport costs are refunded!

You should know no more than 1/3 of the participants should originate from the same country.

Important:

Fill in the attached application form and send it in a scanned version to: gabi.wall@kinderfreunde.cc till latest 7.11.2012!

If selected you will get a signed application sent back to you!

Schedule of the workshop:

30.11. arrival day (you should be at 17.00 in Klaffer), dinner, get to know each other

1.12. Intro to the topic! Expectations and wishes! Hiking, Cultural evening

2.12. theatre to the topic – you will work with an acteur; Movie night

3.12. expert input (Situation in Austria and Europe) to the topic and discussion; torch hiking, sauna

4.12. excursion to Linz – visit of a project; visit of "Christkindlmarkt"

5.12. Expert Input "Social inequity and health", games of the countries

6.12. Evaluation and conclusia; fare well party

7.12. breakfast and departure

Contact:

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