



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

6th SEPTEMBER 2019

10.00 – 12.00 Work shops meeting

Program:

10.00 – 11.30

**10 minutes Power Point (or Prezi) presentation about work shops (each country) + 5
minutes discussion**

11.30 – 12.00

Discussion



TEMPLATE

Organisation:

Mendel University in Brno, Czech republic

University of the Third Age in Brno

Lector:

Lenka Stejskalová, lenka.stejskalova@gmail.com

Work shop groups:

12 students

Time and date of study program:

Every Thursday from 9,00 do 11,00

From March to May (total 20 hours/10 meetings)



Work shop activities

Description of activities:

Students will learn techniques of making wreaths, gluing decorations, arranging in floristic matter from living, dry and artificial material (they will make eg stroked arrangements or arrangements from dried flowers, decoration for the soul, advent and Christmas time). In addition, participants will also make some original greeting cards (envelopes, dies, cutters, etc.). The listeners will be able to take home their own products.



Experience and best practice

Why Are Manual Skills Important For The Elderly?

Seniors like manual activities and it is a natural activity for them. Seniors also like the garden, flowers. In the arranging course, this is a useful combination of these two areas.

What are the advantages and disadvantages of manual skills for the elderly?

Advantages:

The advantage is the activation of seniors. They can practice fine motor skills. It is also advantageous to do handicrafts in a group.

Disadvantages:

For some seniors the disadvantage may be the health limitation at the hands.



Experience and best practice

What are my personal experiences of manual skills for elders?

I am very satisfied. Now I have been teaching with seniors for three years. Before that I never had experience with this target group. Now it's my favorite target audience for this type of course. They are very handy, friendly and helpful.

What are my recommendations for manual skills lectors for the elderly?

I found a very willing and shared group in seniors. They want to talk about their life and personal things during the course. The lecturer must be willing to listen and share. It is not about advice but about hearing. Do not be afraid to include seniors in the course help. Seniors get me flowers, fruits from trees during the year ... It's fun. I have great experience with it.

What are my recommendations for elderly in manual skills?

Take at least one handicraft course each. Your activity is strengthening and you can make new friends.

Photo gallery – main activities (workshop)

Arrangement



Photo gallery – main activities (workshop)

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Photo gallery – main activities (workshop)

Arrangement



Photo gallery – main activities (workshop)

Arrangement





Thank you