



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

Senior University Foundation University of A Coruña Spain



INSTITUTION: Senior University , Foundation University of A Coruña, Spain



Coordinator:

Dr. Pilar García de la Torre

Assistant to coordinator:

Mr. Francisco Ascón – Project manager

Teachers:

Dr. Pilar García- Coordinator and tutor of the manual skills workshops

Dr. Begoña Crespo – English

Dr. Isidoro Hornillos – Sport in A Coruña

Dr. Juan José Fernández – Sport in Ferrol

Ms. Ángeles Díaz Seoane – Manual skills trainer

Mr. Francisco Ascón- IT and manual skills trainer

Mrs. María Jesús García – Volunteer in Manual Skills

Mr. Luis Santillana – Volunteer in Digital Video creation

Web page:

<https://idemasapainspain.wordpress.com/>

FB:

<https://www.facebook.com/Universidade.Senior.Coruna/>

YouTube:

<https://www.youtube.com/user/seniorcoruna>





Activities

Description of all activities in the project

Main activities

- 1) Sport Activities in A Coruña, 32 participants. Disciplines of simple execution, such as walking, disciplines dependent on the aerobic system, exercises of joint mobility or dynamic flexibility, muscle strength or toning exercises, coordination exercises
- 2) Sport Activities in Ferrol. 32 participants. Disciplines of simple execution, such as walking, disciplines dependent on the aerobic system, exercises of joint mobility or dynamic flexibility, muscle strength or toning exercises, coordination exercises
- 3) Manual Skills Activities (38 participants):
 - Training sessions on transferring photos to wood and canvas
 - Training sessions on making bead bracelets
 - Training sessions on Artist's book

Activities



Other activities

1. ICT Training sessions: Facebook
2. ICT Training sessions and support on virtual teaching for learners
3. English lessons
4. Training sessions on peer-learning for volunteers in A Coruña
5. Exhibition of results – Workshops in A Coruña (June, 2019)
6. Healthy walking route 2019



Activities



Other activities

Intergenerational Participation Art at University

ParticipARTE interxeracional UDC
Acción artístico-participativa na Universidade Senior
Colectivo OASIS MONTE ALTO

Orzamentos participativos da cultura 2019
Coordinación _ Mar Rodríguez-Romero
Secretaría _ Ana González García

UNIVERSIDADE DA CORUÑA   

ParticipArte Interxeracional UDC desenvolverá accións artísticas para activar procesos participativos de codeseño e cocreación facilitados polo Colectivo Oasis Monte Alto. O propósito é trocar o espazo exterior do edificio da Normal nun escenario significativo para o aprendizaxe e a convivencia interxeracional entre o alumnado das Facultades da UDC e o alumnado da Universidade Senior.

SESIÓN DE DINAMIZACIÓN
Martes 5 de novembro 10:30 h. 1ª Sesión
Facultade de Ciencias da Educación, Salón de Graos
Martes 5 de novembro, 17:00 h. 2ª Sesión
Universidade Senior, Aula A-2

ACCIÓN DE CO-DESEÑO
Martes 12 de novembro, 17 h. 1ª Sesión de Co-deseño,
Universidade Senior, Aula A-2
Martes 19 de novembro, 17 h. 2ª Sesión de Co-deseño,
Universidade Senior, Aula A-2

INTERVENCIÓN
Venres 29 e sábado 30 de novembro, 10 - 18 h.
Intervención artístico-participativa
na contorna da Normal





Advantage and disadvantages

What are the advantages and disadvantages of all project activities for the elderly?

Advantages:

- 1) Empowers participants
- 2) Improves social skills
- 3) Improves mental condition
- 4) Promotes democratic values
- 5) Promotes intergenerational collaboration

Disadvantages:

- 1) It may cause frustration for not reaching a goal in very competitive people
- 2) Some may find difficult to get the role of a learner
- 3) Difficulty on having different generations in the same group
- 4) Difficulty with different cultural backgrounds and values
- 5) Difficulty when there are different levels of skills in the same group



Recommendation

What are my recommendations for elderly – all activities

- 1) Consider different interests
- 2) Consider different skill levels
- 3) Be aware of the group dynamics when participants work together
- 4) Be patient and ENJOY!



Project outputs

Media (link to article, photo...) – min. 3

- 1) [Article in local newspaper “La Opinión de A Coruña” \(photo gallery\)](#)
- 2) [Article in local newspaper “La Opinión de A Coruña”](#)
- 3) [Article in digital journal for elderly “65 y más.com”](#)

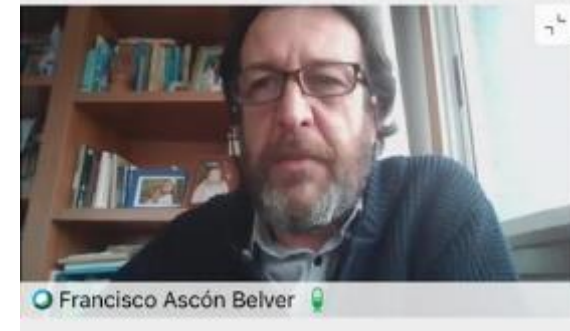


Project outputs



Conferences

1. International Meeting CONATURE 2 in Almansa (Albacete-Spain). September, 2019.
2. Lugares para Envelheser – Encontro Internacional de Intervenção Sociocultural e Educativa com Seniores. Leiria (Portugal). March, 2020
3. I Congreso Estatal de Educación Permanente de Adultos (on-line). January, 2021

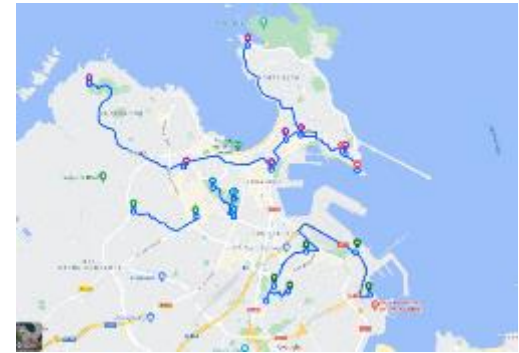




Project outputs

Other outputs

1. [Website “Idemasap 50+ in Spain”](#)
2. Photo Gallery – Mobilities:
 - [Mobility to Almeirim](#)
 - [Mobility to Brno](#)
3. [Videos](#)
4. [Artist’s books \(PDF\)](#) + [Google Map](#)
5. [European Mile – Final Meeting](#)
6. [Website “IDEMASAP 50+ Final Meeting”](#)





Other important info

Project summary:

In 3 years and going through a pandemic period, this partnership managed to achieve the main goals of the Project and promote physical and manual skills amongst older adults in non-formal life long learning programmes. Sharing good practices will enrich all the participants institutions which will incorporate in future some of the activities shared.

Final recommendation:

Work as a team considering cultural and context differences, with empathy and a collaboration spirit.

Message to all partners or Erasmus plus program:

Erasmus plus for older adults is the best educational initiative ever implemented that is opening all generations to the democratic values of the European Union and is making real a unified Europe within diversity.



Photo gallery:



Photo gallery:



Photo gallery:



Photo gallery:





Photo gallery:



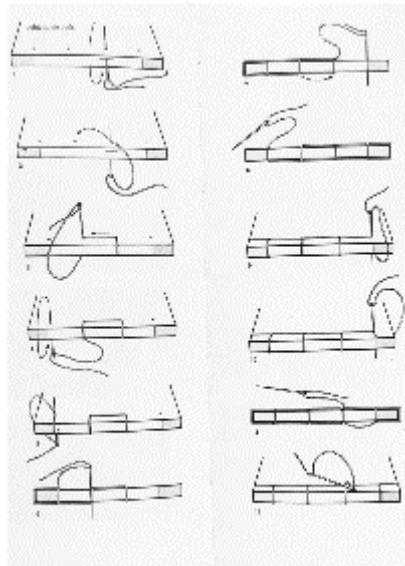
Photo gallery:



Photo gallery:



Photo gallery:



Video gallery



Sport – A Coruña & Ferrol

<https://youtu.be/pqItphHiphM>

Sport session in A Coruña: https://youtu.be/MhtYIs_DKbY

Sport session in Ferrol: <https://youtu.be/IrKjF8IJ1Wk>

Manual Skills ParticipArt – A Coruña:

<https://youtu.be/axMZt-qzfik>

Manual Skills Workshop - bracelets – A Coruña:

<https://youtu.be/a3aZewaOn8I>

Manual Skills Workshop – photo transpher - A Coruña:

<https://www.youtube.com/watch?v=auOp2p60aYc&t=260s>

<https://www.youtube.com/watch?v=EUprL3oEL3o>

Manual Skills Workshop – Artist Books – A Coruña:

<https://www.youtube.com/watch?v=qCO9EaGHRvw>



Thank you

