



Global
Ageing
a triumph
& a challenge



Co-funded by the
Erasmus+ Programme
of the European Union

European Project Erasmus+KA2: "Global Ageing- a challenge and a triumph"

e- Training in Patras, Greece by Zoom, 15-17th/02/22

<p>15/02/22 Tuesday 9.00 a.m- 9.15 CET</p> <p>9.15 a.m – 10.00 a.m</p> <p>10:00 a.m – 10.15a.m. 10.15 coffee break</p> <p>10.30 p.m – 12.00 p.m.</p>	<p>Patras Presentation-Video Knowing each other- Presentation of Achaia Adult Education Institute.</p> <p>ICT for adult education : how to use ICT and tools use of ICT and education- Interactive Workshop: learning -using ICT for seniors Using Social Media (Skype, Smartphone, Messenger) for Seniors by youngsters (Zisis Trambaris and Omiros Vasdaris)</p> <p>Get to know and meet the adult students of our Institute</p> <p>Workshop use the ICT for seniors: making puzzles, quiz, cloud puzzles, Jumble, Kahoot game, my maps- how to give directions: By Ioanna Papaioannou, Expert on ICT for seniors</p>
<p>16/02/22 Wednesday</p> <p>15.00 p.m – 15.30 p.m</p> <p>15.30-16.00 p.m.</p> <p>16.00 p.m – 18.00p.m</p>	<p>Second module: Health and nutrition: to raise awareness on well being on pensioners. The younger generation to teach to the older adults, to communicate better and make their life easier</p> <p>-Useful medical tips for seniors by Lambrini Libertatou, pensioner student. -Health – nutrition – Mediterranean diet- good and healthy eating</p> <p>Meeting adult students in our Institute with the young generation. Coffee break Dialogue, Questions-Answers with the partners</p>

<p>17/02/2022 Thursday</p> <p>09.00 a.m – 11.00 a.m</p> <p>11.00-12.00 p.m.</p>	<p>Mindfulness and good practices to live better</p> <p>Practise yoga, meditation- contact with nature- Gratitude practice- Yoga workshop (after theory, an interactive practice).</p> <p>“Theatre in Adults’ life-The importance of theatre for seniors” by Sandy Vamvaka, English Teacher, EU Projects Manager. E- book – life stories of seniors</p> <p>Coffee Break</p> <p>Evaluation of the training course- feedback of the participants</p>
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