

The second meeting have been on Sweden, in Stockolm , from 30th to 31th October.

The partners who participated to the meeting were:

Italy ADA coordinator, with 2 people

Italy IRES partner, with 2 people

Italy Catholic University , with 1 person.

The other one participated online during the meeting.

Spain, partner, didn't participate, only online in the morning of 30th October.

Greece, partner, participated with 2 people

Slovenia, partner, participated with 2 people

Sweden, the host institution, participated with 1 person

Turkey, partner, participated with 2 people.

Total people: 12 people on 30th and on 31th October.

The signatures were collected by the Host Institution, Nordic Diaspora Forum and are attached in this document.

The meeting started at 9,30 on 30th October in Torsgatan, 8/B.

09.30- 11:30

Zack Adam opened the meeting with a welcome.

Then each person present ownself to the others.

The coordinator resume the Project, reading the summary and the objectives that we have to reach.

All the partners analyzed what we have done from 2019 to October 2021: the Covid 19 had a very big negative impact to the project, also because it was difficult to work and to live in that period.

In any case, the partnership works during this period and were organized 13 virtual meeting: the first meeting in Alicante was considered cause of force major for Covid19.

We participate also to a training course on line organized by Sandy , from AKAIO.

After the evaluation about the activities that were done, the partners check the plan that was created during the last wirtual meeting:

- Learning mobility in February 2022 in Slovenia
- training course on May 2022 in Geece,
- and then Italy in July 2022 training Course and last meeting in Milano.

Reflection

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1. maybe it will be good to organize a virtual monitoring meeting to evaluate once a month.

This is important because the pandemic situation is going better and so in each country started the activities face to face and the online activities entered in the normal training programme.

2. disseminate during and at the end of the project/ maybe online/ focus the dissemination on EPAL platform, put everything there and put them on social media.

The dissemination, underlined Yusuf , it is very important. And the same is about monitoring and evaluation of the project.

In effect, in the project, there is a dashboard of indicators we have to apply to our activities to evaluate and then also there is a dissemination plan about the results of each activity.

The channel to disseminate are:

1. the internet site of the project
2. the FB page dedicated to the project
FB is dedicated to publish the pictures of the project and some video of the activities.
3. Erasmus plus dissemination platform
It is important to send to Joseph all the materials we have to publish on the internet site. The link of the internet site of the project have to be published on the internet site of each partner , so we can spread the results. The same is in the Dissemination platform, in which we have to collect all the results.
It's easy, in this way, to have the results and the materials in only one channel.
4. Epale
This platform is very important. In it we can publish the link of the internet site of the project, but also article, materials, event, discussion about the project. ALL THE PARTICIPANTS must be in Epale to publish something about the project. This is a place where we can have forum and make possible that the project lives.

Caterina thinks we need to be flexible and don't focus on one platform specifically. The last dissemination in Italy can be organized face to face and maybe the Italian partners will contact the famous chef Massimo Bottura !!! And try to collaborate! In effect, as Gunzeli suggests, he used to organize training activities on line.

Fulvia(who organises the second training) suggests to review to project and specify who does what/ needs clear roles to be assigned.
Review the matrix of responsibilities.

The projects aim is to create some creative process for people older people
The idea of the ebook containing the story telling for elder people over 60 is presented and discussed, to reach the first objective in the DASHBOARD OF INDICATORS, it also contains the obj.2
Obj.3 cannot be applied right now
Better focus on reaching obj.1 and obj.2 till February and in apply after meeting in Slovenia for Obj.3
Obj. 4 can be realised as well.
So, we can reach, during the next months, all the objectives, except the number 3.

For this, each partner country have to organise a training event to use ICT for elderly (how to open mail, how to connect to internet, how to watch videos on Youtube)/ maybe online , about what we have done so far.

From Slovenia till Greece_February to May:
The focus goes from elderly to immigrants .

So, we try to create a Gantt of activities. It is in attachement.

11.30 - 12.00 Break

12.00-14.00

Greece shared its best practise on training-shared on WHATSAPP
Sweden shared activity FIKA_ (round table discussion)

Slovenia suggested a workshop for learning the use of smartphones, creative workshops intergenerational, zoom meeting about cultural heritage, gathering before xmas for baking etc, painting, decoration, **TIME FOR TEA English course for seniors at 5 o'clock**, each week they have a topic to discuss on), reading club.

Turkey will do face to face, with elder people, how to use digital tools, teach how to integrate and use everyday tech(pc, smartphones) for everyday life(banks, on line medicine ,use of phones et)

Italian partner Fulvia will organise activities to train the trainers in Trieste, will focus on high risk and burned out through modulations of voice, yoga Tibetan bells, a lyric singer and theatre actors will teach how to speak and breath when talking to elderly people as to calm them, ESF funding to use the login to the public services(online pharmacy platform etc). Regional authority for promoting active ageing :new law to apply from next year, Fulvia s organisation is law making for Friuli region for active ageing. So its best practise and it gonna be disseminated.

So, at the end of the discussion, this is the new plan:

C1:14th- 19th February 2022 Greece training course

C2: 21st-26th March Milano TRAINING COURSE

C3: 23rd-29th May Sweden adult mobilities

TPM: 25th-27th July in Milano meeting

13.00- 13:46 next meeting arrangement

31 october 2021 second day

09.50 - 11.30 EPALE Platform

Work with Phd researchers and link generations : suggested by Felicia and Caterina Platform of uni, database from uni, need for people over 60 and young people, Felician and Alessandra will discuss on this later.

Caterina wrote a report regarding the project she wrote last night on what to put on the EPALE platform.(on Google Drive) and underlined the importance of Epale Platform (she is an Epale Ambassador). Suggest to contact in each country the Epale Ambassadors to involve them during the local dissemination activities.

Considering the discussions and the reflections,the **Most important feature is the dates decided for the next meetings, so the partners decide to change the period of the activities according what we wrote in the project:**

C1: 14th- 19th February 2022 Greece training course

C2: 21st-26th March Milano training course

C3: 23rd-29th May Sweden meeting

FROM 16 MAY TO 22 MAY

TPM: 25th-27th July in Milano meeting

In each period are included travel days.

STRUCTURE FOR TRAINING COURSE C1 GREECE_for staff

Focused on people over 60

Also the structure in the next meeting in Patras online. 3 modules in 3 days and some cultural and social activity, (dinner, visit and municipality).

First module: use of ICT and education- Sandy maybe can organise with Hellenic Open University to make a seminar on use of ICT by seniors, show their practises and the participants can spread their findings in Milan!

Second module: is raise awareness on well being on pensioners.

Sandy can organise an intergenerational meeting with old and young people??The younger generation to teach to the older adults, to communicate better and make their life easier. Also use mindfulness with a teacher, choose any methodology we like, helps to relax. Wellbeing on liking your job, integrate with life enrichment .Alessandra is like a life coach for students at school/

Direct target is inter generational network

Third module: Health nutrition, Practise yoga, How and what to eat, good and healthy eating, yoga, hug the trees (Caterina has done this training module in Finland) Method to connect with people with energy___Maybe alternatively we can do this with flowers??? Maybe we can add one session each country presents what type of good practise they would like to apply that fits it culturally and socially!Discussion on good practises!! Maybe we can add the theatrical play!?

SECOND TRAINING COURSE IN ITALY C2_for staff

Focused on people over 60_ Feliciano and Fulvia (IRES)

How to organ size events on cultural activities, local stakeholders, happy hour, learning caffe

Dedicate last day in reflection on what each partner does for cultural activities

Give the theoretical framework for the activities offered to the target group.

LEARNERS MOBILITY IN SWEDEN C3

Focused on people over 60

Mindfulness activities _

Intercultural activities _ Bonding activities, art-museum_ maybe organise a small trip in Stockholm etc

Digital activities

From November to January: milestone end of January (deadline is end of January)

We have to collect our best practises_ for example create the e book, Feliciano and Fulvia maybe organise a guided walk in the Uni

From February to end of March:

Before meeting in Italy, we can upload finding and results of previous meeting in Patras on EPALE

We can organise intercultural activities in each country

April(Milestone is end of March and end of April):

Help front office,

Each country provides one day/month, one week/month, ect(up to each partner to decide)

July (milestone end of July):

Last meeting in Italy and create the last report and write the mobility tool

Final report: AUGUST 2022

Break 11:30 - 12:00

12:00-15:00

Collect boarding passes and invoice of hotels, meals.

Caterina will send us a reminder to put everything in Google driver.

As per Youssoufs` request we can disseminate at the end of November, end of January to August!!

Caterina wanted to put everything on the site of the project!

Caterina asked to the partners to:

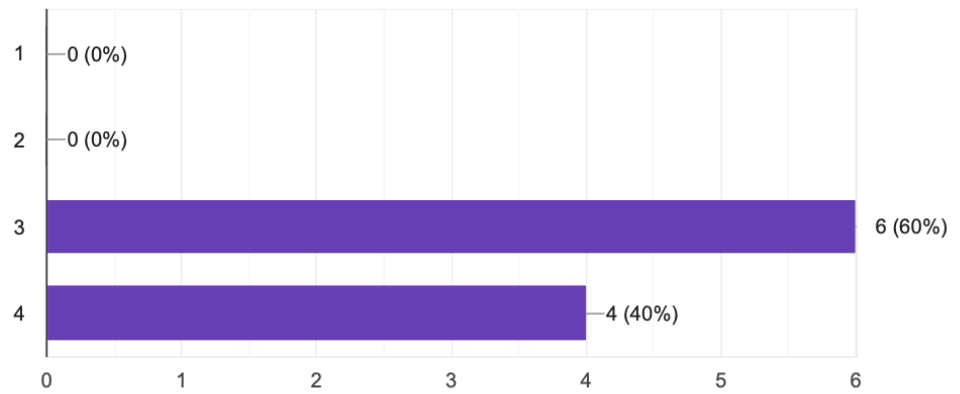
- Collect boarding passes of the trip in Sweden
- Collect the certification
- Collect all the invoices (meals and Hotel)

All the documents must be uploaded in gdrive.

The meeting was closed at 15 of the 31.10.2021, after the evaluation of the meeting and the reflection.

The meeting reached its objectives

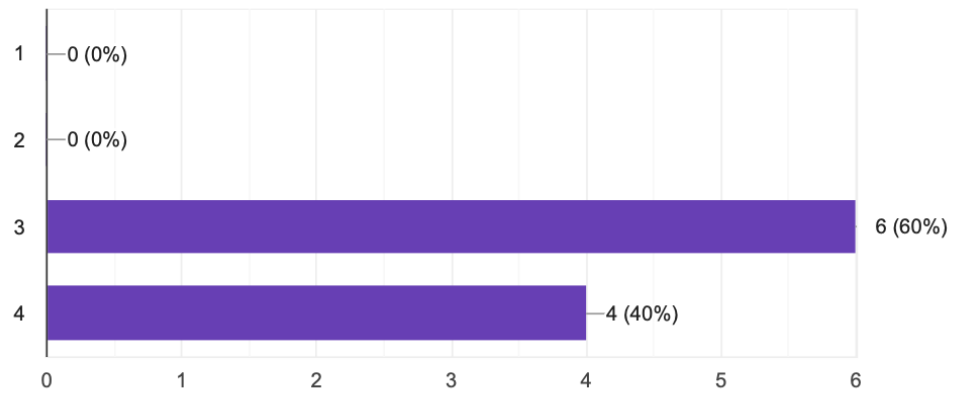
10 risposte



The discussions were constructive and focused on concrete solutions



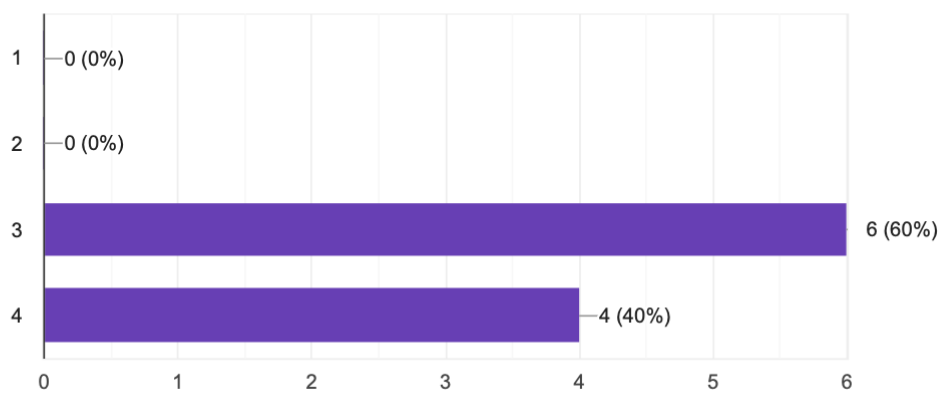
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Everybody had ample opportunities to express themselves

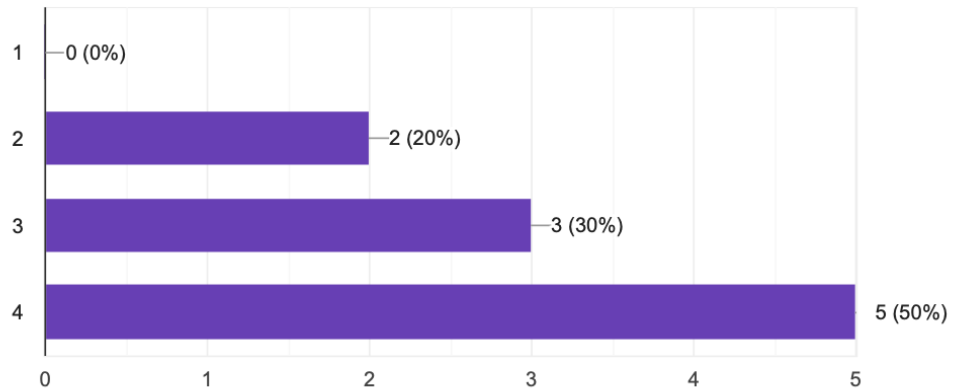


10 risposte



The meeting enabled me to understand better the challenges faced by the other countries

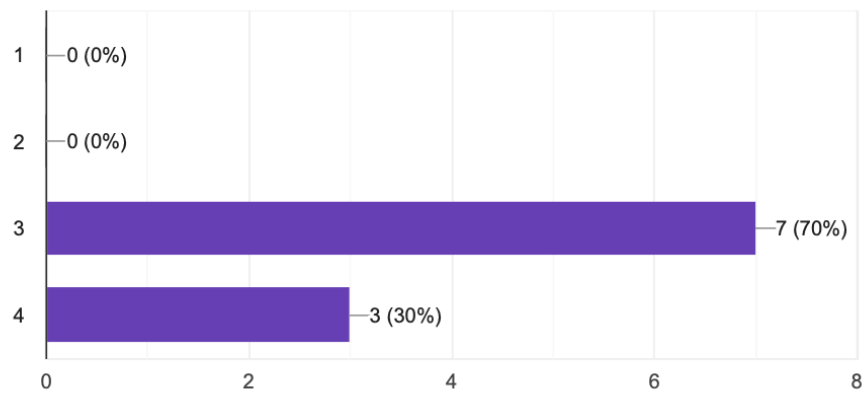
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I understand much better the tasks ahead and the role of my institution/ organization in the future activities



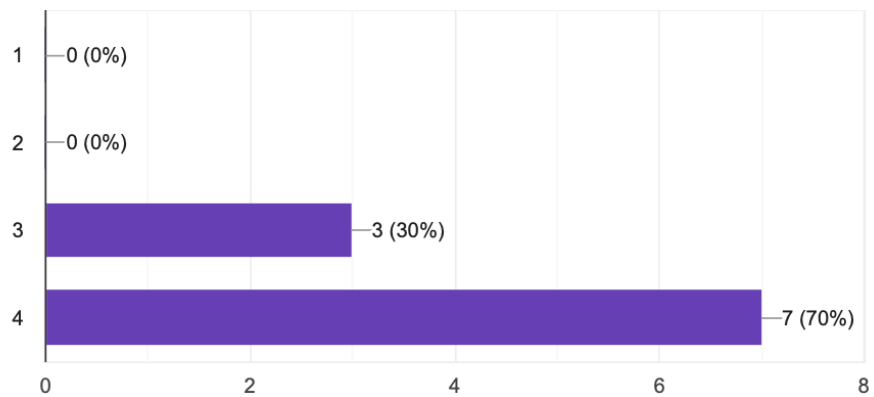
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The upcoming timeline and milestones were clearly presented

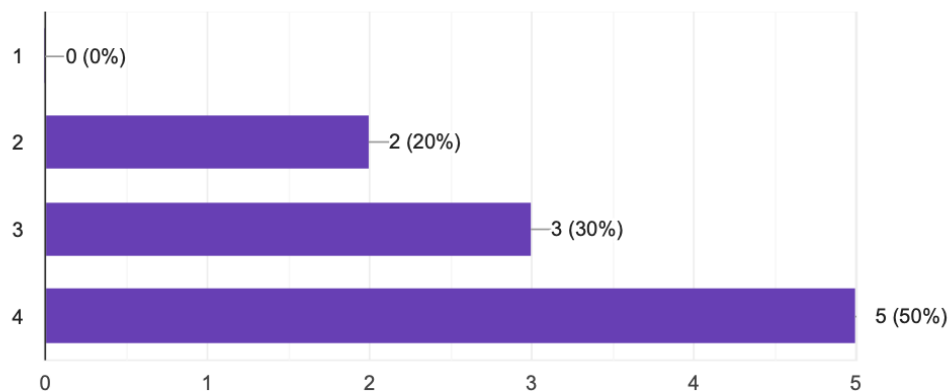


10 risposte



The meeting took care of the issues arising from the Coronavirus pandemic and considered appropriate action

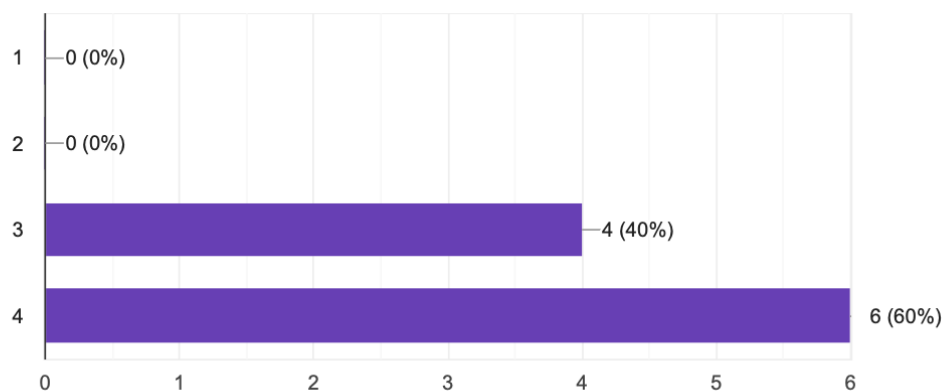
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The information given helped me better understand the interactions and links between the different activities



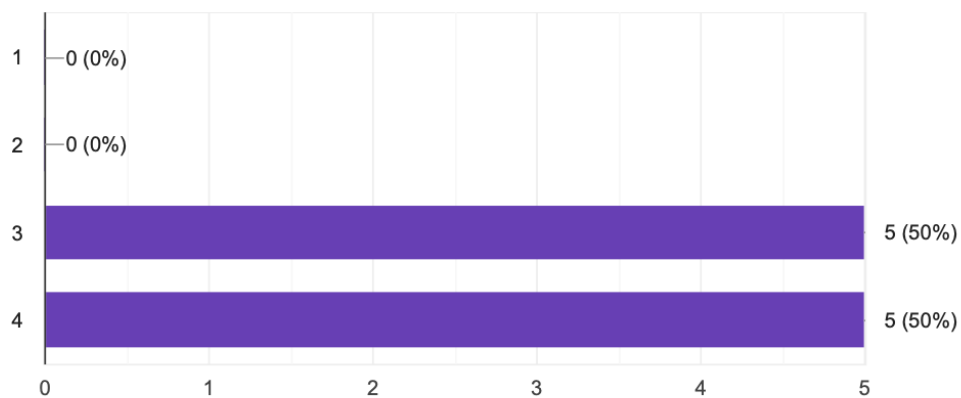
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The further time framework and deadlines to be respected by all the partners



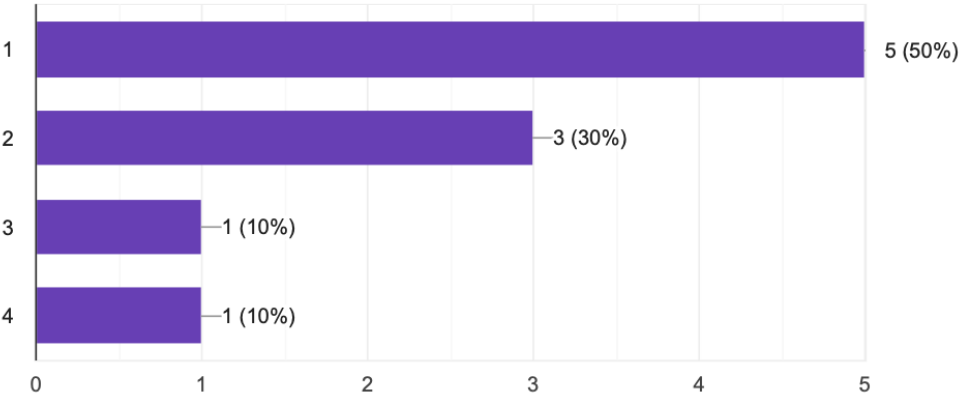
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Organisation of the Meeting: The meeting was very well organized



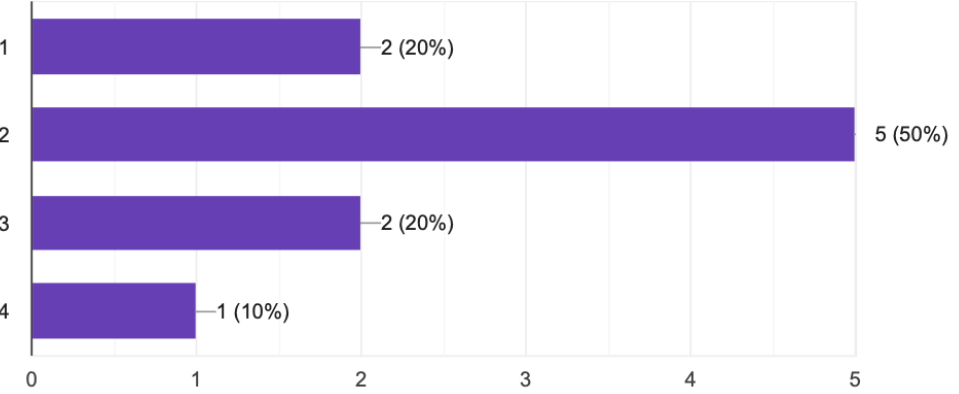
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The participants received well on time all information



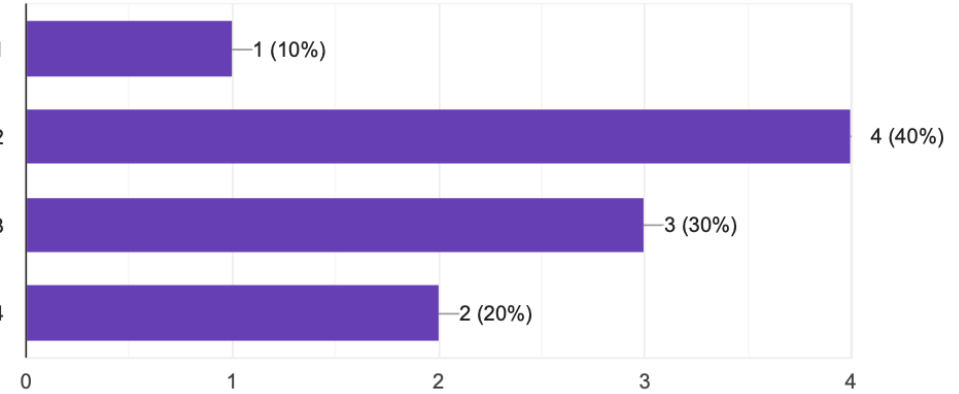
10 risposte



The meeting room and its facilities facilitated the work during the meeting



10 risposte



	november	december	january	february	march	april	may	june	july	august	
Collection of the good practices in use in each country											
Application of the BP	ICT for social inclusion										
Training course C1 Greece				14 -19							
Application of the BP				Intercultural activities							
Training course C2 Italy					21-26						
Application of the BP						Help front-office					
Learners mobility Sweden							23-29				
Application of the BP								ebook			
III TPM Italy									25-26-27		
EPALE PLATFORM											
			milestone end january			milestone end march and end of april			milestone end july		final report
	local dissemination activities										
			international dissemination		international dissemination	international dissemination			international dissemination		