



idevelop

Course Exploring the European Union and Its Opportunities for Seniors, 5 days

Sevilla

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Course Description

This 5-day course is tailored for seniors to help them explore and appreciate the value of the European Union, EU funding programs, and Erasmus+. Participants will learn about the EU's role in supporting social inclusion, lifelong learning, and community projects that benefit older adults. Through engaging sessions, seniors will discover ways to get involved in local and EU-funded initiatives, build connections with others, and actively participate in cultural, educational, and social activities. By the end, they will gain a deeper understanding of EU opportunities and feel empowered to contribute to and benefit from community projects.

Competences

- Participants will understand the EU's structure and its role in social inclusion.
- Participants will identify and evaluate EU funding programs, including Erasmus+.
- Participants will enhance skills for lifelong learning and personal growth.
- Participants will gain practical skills for managing community projects.
- Participants will develop networking skills to build partnerships with local organizations.

Methodology

The course will utilize interactive workshops to foster active participation and group discussions, enhancing collaborative learning among participants. Case studies of successful EU-funded projects will illustrate best practices, while group activities will encourage teamwork and the development of actionable plans. Networking opportunities will facilitate connections among participants and local organizations, creating a supportive community for future endeavours. This diverse methodology aims to equip participants with the knowledge and skills to effectively engage with the European Union and its programs.

Results

1. Participants gained a thorough understanding of the European Union's structure, functions, and significance for citizens, particularly in promoting social inclusion and community development.
2. Attendees became familiar with various EU funding programs, learning how to access and apply for grants that support initiatives benefiting older adults and local communities.
3. Participants explored the Erasmus+ program, discovering opportunities for lifelong learning, cultural exchanges, and educational activities specifically designed for seniors.
4. The course inspired seniors to identify and engage with local community projects, empowering them to take an active role in fostering social connections and collaboration within their neighbourhoods.

Day by day Planning

Day 1: Opportunities for Senior Engagement and EU Funding Support"

- 9.00- 10.00 Introduce seniors to Spanish cultural traditions and the potential of senior engagement.
- 10.00- 11.00 Educate on EU funding opportunities to encourage the development of senior-focused projects.
- 11.00- 12.00 Inspire the creation of senior cultural and social integration activities.
- 12.00- 14.00 Strengthen the sense of community among senior participants and associations.

Day 2: EU Support for Sports Activities and Management of Sports Programs

- 9.00- 10.00 EU Funding for Sports Initiative: Overview of the EU's support for sports, including funding programs under Erasmus+ Sport and other EU initiatives.
- 10.00- 11.00 Discussion on best practices for managing sports events for diverse age groups, especially seniors, youth, and people with disabilities.
- 11.00- 12.00 How organizations and communities can apply for EU grants to develop sports facilities or organize events.
- 12.00- 13.00 Discussion on best practices for managing sports events for diverse age groups, especially for seniors, youth, and people with disabilities.
- 13.00- 14.00 Discussion on the role of sports in enhancing mental and physical health, promoting social cohesion, and fostering intercultural dialogue.

Day 3: Community Engagement, Erasmus+ Program, and Working with Seniors

- 9.00- 10.00 Introduction to the Erasmus+ program with a focus on community projects, especially for adult education and senior engagement.
- 10.00- 11.00 Overview of funds available for various sectors: education, cultural projects, innovation, and more : Specific focus on Erasmus+ and other exchange programs.
- 11.00- 12.00 Erasmus+ Program and EU Funding for Community Projects
- 12.00- 13.00 Practical ideas for involving seniors in lifelong learning activities (such as workshops, fitness classes, cultural events).
- 13.00- 14.00 Discussing the benefits of intergenerational programs and how to create them.

Day 4: Introduction to EU History and Cultural Heritage

- 9.00-10.00 The Formation of the EU

10.00- Cultural Heritage
12.00

12.00- Explore the diverse cultural identities within the EU.
13.00

13.00- Visiting UNESCO-recognized EU heritage sites and EU programs for cultural
14.00 preservation.

Day 5: Final Day - Reflection, Future Engagement, and Closing Ceremony

9.00-9.30 Welcome and Recap of the Course

9.30-10.00 Brief recap of the previous days, revisiting key learnings and achievements from each topic.

10.00- Facilitator presents certificates of completion to each participant.
11.00

11.00- Acknowledgments and special recognition for active participants and outstanding
12.00 project ideas.

12.00- Participants are encouraged to share final thoughts and takeaways from the course.
14.00