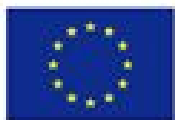


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**Role and Opportunities of the Cultural Heritage
in Intergenerational Learning,
2019-1-LV01-KA204-060332**

PROJECT JOURNAL No 1



CONTENT

S ummary of the project	3
P artners' previous experience presented during the TM1 in PL	5
R esults of the research done by all partners	18
J TE1 in Latvia (summary and participants' feedback)	23
S amples of successful local activities in all countries	36
L inks to the project outcomes	51

PROJECT OBJECTIVES:

To improve the accessibility of learning opportunities for adults, to enable people to become closer and more involved with their cultural heritage, which is both unique and diverse.

To promote social inclusion and seniors' motivation through innovative integrated approaches like

intergenerational learning on a local and international level.

The **TARGET GROUPS**: decision makers, adult learners/seniors, adult educators and young people who are ready to be involved in intergenerational learning, the local stakeholders.

INTERNATIONAL ACTIVITIES: 80 mobilities in 3 teachers' training events and 2 meetings of senior learners.

LOCAL ACTIVITIES:

Sharing of experience and best practices among representatives of national, regional and local

administrations and other organisations, in addition to the dissemination of information.

Analyze, summarizing and selection of the information about the cultural heritage locally and in other partners' regions, creating and using the learning materials about these topics:

- Culinary heritage
- Nature heritage
- Agricultural heritage,
- Craftsmanship and digitalisation of cultural heritage materials.

Preparation and implementation of local exhibitions, presentations, workshops.

Local seminars/workshops for adults/seniors educators and local stakeholders.

Project dissemination materials creation and distribution during the project and after.

PROJECT OUTCOMES:

Project Journals,

Exhibitions,

Materials of the intergenerational cultural heritage educational workshops,

Handbook for intergenerational meeting planning,

Web-documentary.

PROJECT PARTNERS:

AUSTRIA: Stadtgemeinde Poysdorf, www.poysdorf.at

CZECHIA: Mezi námi, o.p.s., www.mezi-nami.cz

FRANCE: M3Cube association, <http://www.m3cube.asso.st/>

LATVIA: Mālpils novada dome / Municipality Council, www.malpils.lv - coordinator

POLAND: Fundacja Bądź Aktywny, www.fundacjabadzaktywny.org/

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PARTNERS' PREVIOUS EXPERIENCE

PRESENTED DURING THE TM1 IN POLAND

Austria - Poysdorf Municipality



The municipality of Poysdorf as a participant in the ROCHIL project is very different from the other project participants. In contrast to the other partners, it is a public institution with all the municipal



tasks of a local government. However, what distinguishes the community of Poysdorf from other communities is a very large number of volunteers who work in many organizations and associations to organize a better coexistence in the community. Because there are no companies or schools behind these voluntary workers, the municipality has decided to join the project as a partner. The community gives the legal framework for volunteers.



Poysdorf is a small town and is located about 60 km north of the Austrian Capital Vienna, close to the Czech border. There are hardly any large businesses in this area, many residents travel to work in the nearest major cities.

These voluntary workers were also involved in the previous project SINDI (Social Inclusion through Digital Skills and Intergenerational Learning). Two years ago, the Poysdorf Agricultural College was the official partner. This school is working in the project again this year, but is not an official partner.



Viticulture is an important part of the economy in Poysdorf and the cellar lanes are connected with it. Even though fewer companies employ fewer people in



viticulture due to technical possibilities, they still play a central role in the city and its surroundings. Many guests come to Poysdorf to relax in the gentle landscape and hike through the romantic cellar

lanes. Tourism has developed very strongly in recent decades. For this reason, the place currently offers more than 300 guest beds. However, these guests also want to get information about viticulture and wine cellars. So many cellar lane guides lead guests through the cellar lanes in their free time.

These cellar lane guides are responsible for the project, because for them it is important to pass on the knowledge and tradition of winegrowing. The main goal is to develop a concept for guided tours for children and young people, in which the cultural heritage can be passed on to them using modern methods and means.



We already started our first activity in 6th of November: We invited a group of seniors to the agricultural technical school so that they could show the pupils how to braid „Striezel“. Striezel are a traditional pastry in Austria and are made from yeast dough. You have to bring a lot of craftsmanship with you to make these cakes. The students had a lot of fun watching the work together and then tried it out for themselves. They were also very proud of the success of their work.

The second part of the afternoon is an old tradition that only exists in the region around Poysdorf, the "Striezel paschen". This custom is always held at the end of October and it is played around the Striezel. Dice are played in several rounds and the person with the most points gets a Striezel. This is very often eaten together with the other players.



Czech Republic _ MEZI NÁMI

Mezi námi is a non-profit organization, located in Prague, the capital of the Czech republic. Its mission is to interconnect generations. Founded in 2013, the organization has since been the leader in intergenerational activities in the Czech Republic and has participated in European projects as well.

Its activities focus mainly on creating and fostering positive human relationships. Mezi námi facilitates experience sharing between the elders and the young generation, cultivation of relationships, and passing on experiences and vital energy from one generation to another.

Throughout intergenerational programs the young generation learns how to respect senior citizens and at the same time the elders master how to benefit from the energy and spontaneity that is so characteristic of children.

Why do we consider INTERGENERATIONAL SESSIONS so important?

It is a great opportunity to experience meaningful and interactive sessions for kids and seniors, and a source of happiness and genuine spontaneity.

The sessions help seniors boost their self-confidence, strengthen their own value and provide a sense of usefulness. In addition, they give them a chance to reminisce and reflect, and revive their desire to take care of someone. Children on the other hand have a unique opportunity to directly interact with the elders. This allows them to appreciate that, despite their age, seniors are still able to contribute and shape one's attitude as they reach the autumn of their lives. This in turn reinforces children's respect for the elders.

What is our experience? Mezi námi runs five main intergenerational programs - presented in Piotrków Trybunalski, Poland:



Let's talk

The basis of this project is connecting a kindergarten or primary school and a senior house. Currently Mezi námi cooperates with 130 intergenerational groups throughout the Czech Republic. The sessions take place regularly, every 3 to 5 weeks, are organized individually and customized to fit the needs of participants. Mezi námi's coordinators search and approach suitable partners, establish conditions of cooperation, and support and manage the intergenerational sessions.

Let's read

In this program the Fairy tales reading grandmas and grandpas club was founded. Seniors regularly come to kindergartens and read stories to children. As volunteers, there are currently some 125 grandmas and grandpas involved in this program. The club won the Best Senior Club 2017 and 2018 award. While listening children develop their imagination and understanding of language. Seniors receive positive feedback through childlike happiness, honesty and vitality.

Let's help

Seniors visit kindergartens on a regular basis and help out with common day-to-day activities. This makes them feel useful and appreciated by kids.

Creative workshops

Workshops are designated for the common public of all age. Mezi námi uses its extensive experience with organising sessions between generations. Art and handmade activities are run in joint creative workshops suitable for all generations. The workshops are organized at sports events, season markets, city districts events, social services project or conferences.

Training and development

Mezi námi prepares complex education programs for intergenerational trainers, operates a website supporting a wide range of activities for all generations. It also offers various personal development programs for seniors and individual therapy sessions to help seniors with solving their specific issues.

Mezi námi has many years of experience in transferring knowledge and experience across generations, which can be used in project ROCHIL (Role and Opportunities of the Cultural Heritage in Intergenerational learning).



Culinary heritage - in the intergenerational program “Let's talk” children and seniors get together to cook and bake, with the seniors sharing advice and exchanging original recipes.

Natural heritage is the subject of the Let's Help program, where seniors assist with gardening in kindergartens, accompany children on walks and field trips. As part of the Let's Read program, the Mezi námi volunteers team includes several seniors who act as guides and are actively involved in history and thus have the opportunity to transfer their knowledge of the history and traditions of old Prague to the next generations.

Culture heritage - Mezi námi organizes handicrafts, transferring the experience of seniors with the general public at intergenerational workshops as part of seasonal events and festivals. The favourite activities are Easter egg decoration, production and decoration of wooden products, or knitting and working with wool in a senior club.

Agriculture has a long tradition in the Czech Republic, and therefore, within the intergenerational activities, we jointly search, learn to recognize the types of grains and herbs, or talk about animals.

In the framework of the ROCHIL project, Mezi námi will contribute to all main activities. The core activity that the Mezi námi team will be leading is the preparation of the handbook, which will contain all activities shared during the project.







France - M3CUBE

M3CUBE was Founded in 2005 by Monique Epstein and is specialized in intergenerational activities bringing together seniors and young professionals. It gives ICT and smartphone classes and organizes many events such as digital treasure hunts, interactive games, board games, musical events (accordeon & french songs), salsa courses, laughing yoga, memory training games etc.

After a successful European collaboration in project SINDI concerning intergenerational relations of knowledge and teaching/learning new technologies, M3Cube looks forward to exchange experiences on intergenerational relations and promoting the cultural heritage in diverse European countries.

Concerning the culinary heritage, M3cube includes culinary questions during digital treasure hunts, has established contact with organizers of culinary escape games with the goal to stimulate healthy and informed nutrition and in general promotes local and responsible consumption.

Regarding the nature heritage, the association organizes hiking walks inside and outside Paris (parc flora, Buttes Chaumont, Fontainebleau). Furthermore, its participation in the European project « By Forest » with the goal of learning the different elements of nature related to forests (insects, trees, plants, soil) and how the forest can help teaching different subjects and skills (ICTs, social skills, personal development).

As for craftsmanship, M3Cube is member of repair cafés where you come to repair your old technological support (radio, TV, photo camera) and new technological support (smartphone and computers). Some of our members also know how to repair bikes and other current objects. We look forward to learn from the experience of partners regarding traditional craftsmanship.

In France, the most valued agricultural heritage is wine & cheese production. Indeed, many tours concern wineries, champagne cellars and cheese cellars. We look forward for learning from the experience of other wine & cheese producers' countries such as Austria.

In the framework of the ROCHIL project, M3CUBE will contribute to all main activities but will lead more precisely be in charge of developing a questionnaire analysis on seniors cultural and technological habits. Moreover, it will focus on intersectorial cooperation in the framework of heritage transmission.





Latvia_ Mālpils Municipality

Municipal council Mālpils pays a big attention to education and further education, i.e. lifelong learning, for the about 3000 inhabitants of the community. We have 9 public institutions – 3 schools, 2 libraries, Culture centre, Social care centre, Sports centre. In our municipality are located 98 small/medium enterprises (agriculture, wood processing, milk production etc.)

The main part of the yearly budget of the municipality goes to education. Our priorities are to reduce social economic inequality between rural and urban population, to create opportunities to become active European citizens.

The main objectives of our education work are the transmission of knowledge and experience, activation of intellectual capabilities, development of critical thinking and communication skills; discovering and optimizing hidden talents, experimenting new attitudes and behavior in new or unknown contexts; promoting language, social, IT and entrepreneurial skills; acquiring and developing interpersonal skills in relation to challenging social environments and EU-topics.

We take into consideration the impact of cultural, social and family environments on learning as well as obstacles that hinder personal development, especially for elderly people. We wish to develop our people' competences within a cooperative training program in association with European organizations pursuing identical goals. Sharing knowledge through local and international intergenerational learning-teaching activities and providing the elaborated training materials in close cooperation with our local and regional stakeholders will also confer a greater value to the essence of our education programs and to those of our partners.

Malpils municipality council has established a cooperative network with schools and other local stakeholders. Institutions of Malpils municipality having a big experience in international education projects since 1998 are Mālpils Secondary school; Mālpils Vocational Secondary school; Mālpils

Music and Art school; Pre-primary school; Mālpils Boarding school, NGO "Mālpils Folkhighschool" and NGO "Believe in yourself."

The methods of international educational work were so far: working out and implementation of educational, social, cultural and youth projects in Comenius, Leonardo da Vinci, Grundtvig, Town Twinning, YOUTH and since 2014 Erasmus+ programmes; creating, testing and developing of a methodical base for those projects; creating of new ways and methods in the project management, creative combination of project financing, sponsoring and voluntary work; establishment of regular contacts and sharing experiences with Latvian and foreign colleagues; involving of several social partners into project activities, building of mixed project teams for the improvement of communication and cooperation between local institutions and different generations.

Our activities/experience/sources connected with the project topic:

CRAFT HERITAGE



Exhibitions of the Ceramic studio «MĀL-PILS» Folklore group «MĀLIS», summer workshop of the senior artists' group «Sidegunde», carving wooden sculptures from the old park oaks (voluntary work), study visits to factories/museums. One of our most important local partners is the NGO «Idoves mantojums» («Heritage of Idove» - an ancient hillfort). Their functions are protection and preservation of the historical, cultural and natural heritage-related environment (buildings,

nature objects, cultural monuments, etc.) in Malpils district, promotion and development of research; developing a tourism environment favorable to the cultural and historical heritage, implementing and supporting tourism and cultural events; development of cooperation with similar cultural, historical and natural heritage protection and conservation organizations in Latvia and abroad.

CULINARY HERITAGE

We organized regularly Cooking classes for SN young people in Erasmus+ PACETRAINING project and intergenerational cooking workshops in Erasmus+ SINDI-project.



AGRICULTURAL HERITAGE

Traditional agriculture, cultivation of grain, cattle – breeding, non-traditional agriculture, biological vegetables, processing of fruit and berries, production of biohumus (earthworm compost).

NATURE HERITAGE

NGO «For Malpils' fish» is one of our partners which takes care about organisation of nature and environment protection activities, management of water reservoirs in the Malpils district, licensed fishing arrangements, restocking and replenishing fish resources, organisation of recreational activities for different generations.



Malpils district library has very good experience in keeping and dissemination of the **NON-MATERIAL CULTURE HERITAGE** – different events and exhibitions.



Poland_ Fundacja Bądź Aktywny

The aims of NGO are: stimulate and encourage the participation of local communities, science, education, education and education of children, adolescents, adults, seniors, promoting the concept of learning throughout life, including vocational education and non-formal education, organizing social assistance, including assistance to people and people in difficult situations, ensuring - equal opportunities for these individuals and their families, activities supporting the development of local communities, active in the fields of culture, art, protection of cultural heritage and traditions, European integration and the development of contacts and cooperation between peoples, supporting various forms of social activity, including volunteering.

We realized Erasmus+ projects, which were compatible with ROCHIL.



During the project time we organized the workshops for the seniors about safety. We teach them about human rights, law rules of victims, how to prevent violence, simple way of self-defence. The materials for the trainers needed to work with and for the seniors are here:

http://fundacjabadzaktywny.org/wp-content/uploads/2018/12/The-workshops-Elder-Abuse_Violence_Important-Problem-project.pdf



During the project time, we checked educational needs of the trainers of adult education, prepared the course for staff of adult education. It let us to work better with the seniors.



It was the project with a few partners of ROCHIL project. During the project time we organized many activities for the seniors and young volunteers.



More the photos of IT activities are here:

<http://www.sck-solec.com/a,275,mlodzi-dla-seniorow>

We share the experience on our website, too.

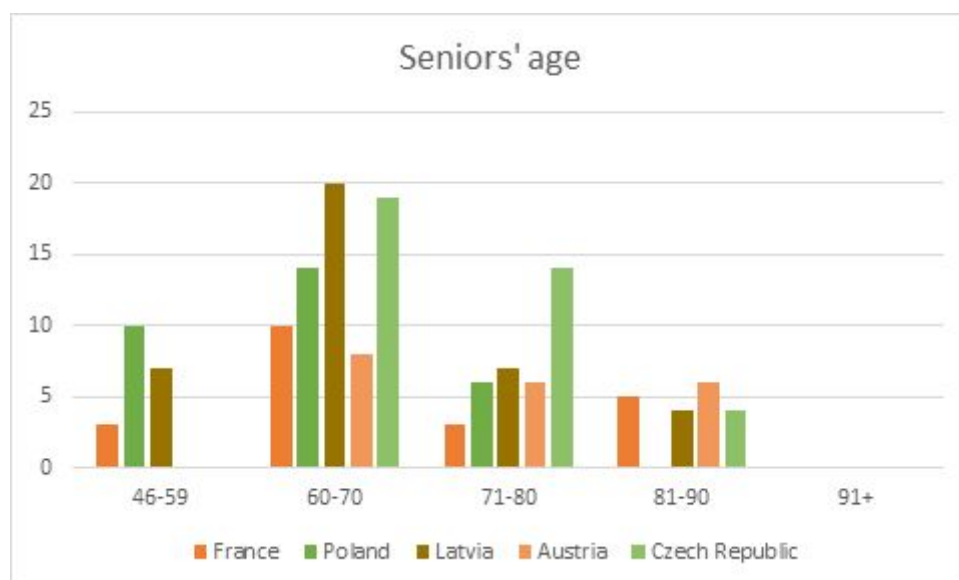
ROCHIL Questionnaire Analysis

In order to analyze seniors' cultural practices and their use of ICT for cultural activities, the consortium created a questionnaire. The questionnaire was spread among the partners' networks and gathered a total of 148 replies, with a roughly equal distribution of respondents (31 in Poland, 38 in Latvia, 37 in Czech Republic, 21 in Austria and 21 in France).

The questionnaire consisted of 22 questions gathered into several sections: socio-demographic, cultural habits, use of the internet and communication technologies, and the use of the Internet (ICTs).

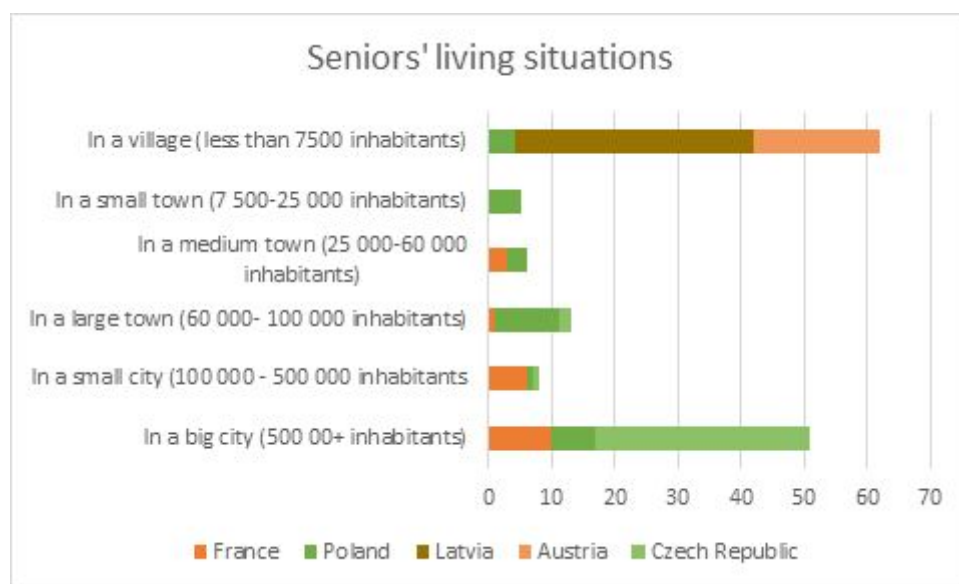
1. Socio demographic questions

The majority of respondents to this questionnaire are aged between 60-70 years old. We notice that Poland (33%) and Latvia (18%) have a few younger respondents aged between 44-59 years old. However, there are no respondents aged between 91+ years old in any of the five countries.



The living situations of seniors are diverse. In France and Czech Republic, most people live alone (respectively 43% and 60%). In all the other countries, most seniors live with their families or their partners.

About the place where seniors live, we notice that French and Czech people live in big cities with more than 500 000 inhabitants. Whereas, Austria and Latvian people live in small villages with less than 7500 inhabitants. This can be explained by the fact French and Czech organizations are based in Paris and Prague, both capital cities, whereas the other partners are based in more rural areas. Poland has an equal repartition among its respondents as some of them live either in big cities, medium or small cities.



Most respondents have a secondary level education, except Latvia whose 47% of its respondents have a technical/specified education, and France whose 57% of respondents attended university.

2. Cultural Habits

In every country seniors often go to cultural centers, except France whose majority (48%) and Latvia to a lesser extent (21%), who do not attend such events.

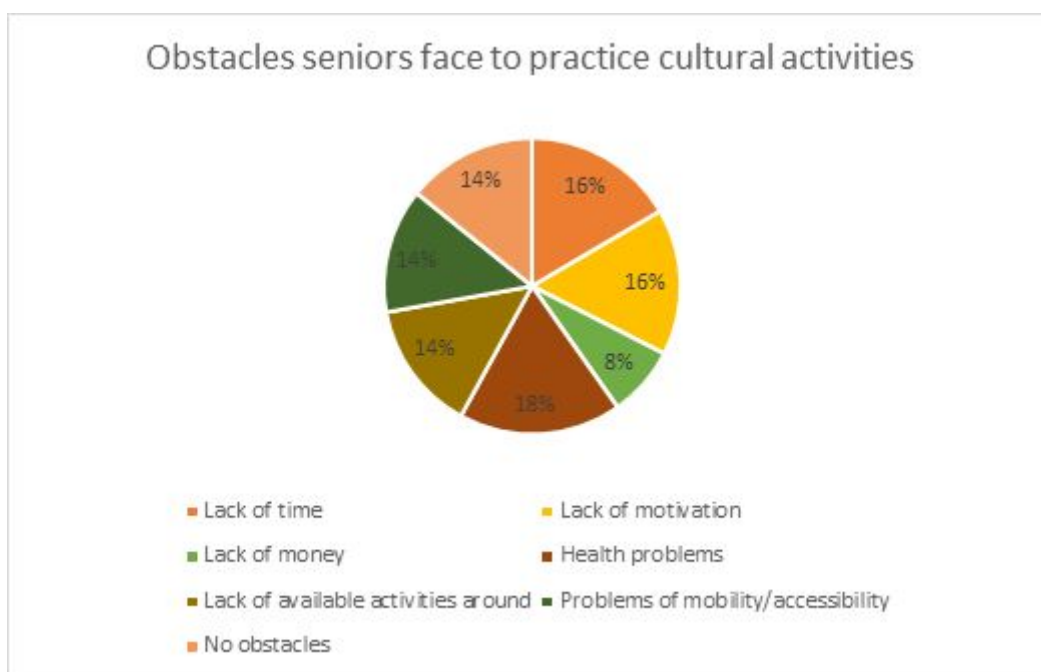
About intergenerational activities, the eastern countries Austria (80%) and Czech Republic (81%) practice these types of activities. France has the highest level of people not engaging in intergenerational activities (38%), followed by Latvia (34%).

The questionnaire had several questions about specific hobbies/cultural habits. Therefore, we gathered all the 148 replies in order to know what the most common hobbies are in the five different countries. We can see on the graphic just below that the top hobbies for European seniors are reading (17%), cooking (15%), hiking (13%), and sports (10%).



We also analyzed what prevents seniors from engaging in cultural activity and hobbies. According to our analysis, the main obstacles for this target population are:

- health problems
- the lack of motivation and the lack of time
- the lack of activities nearby



3. Use of internet and communication technologies (ICT)

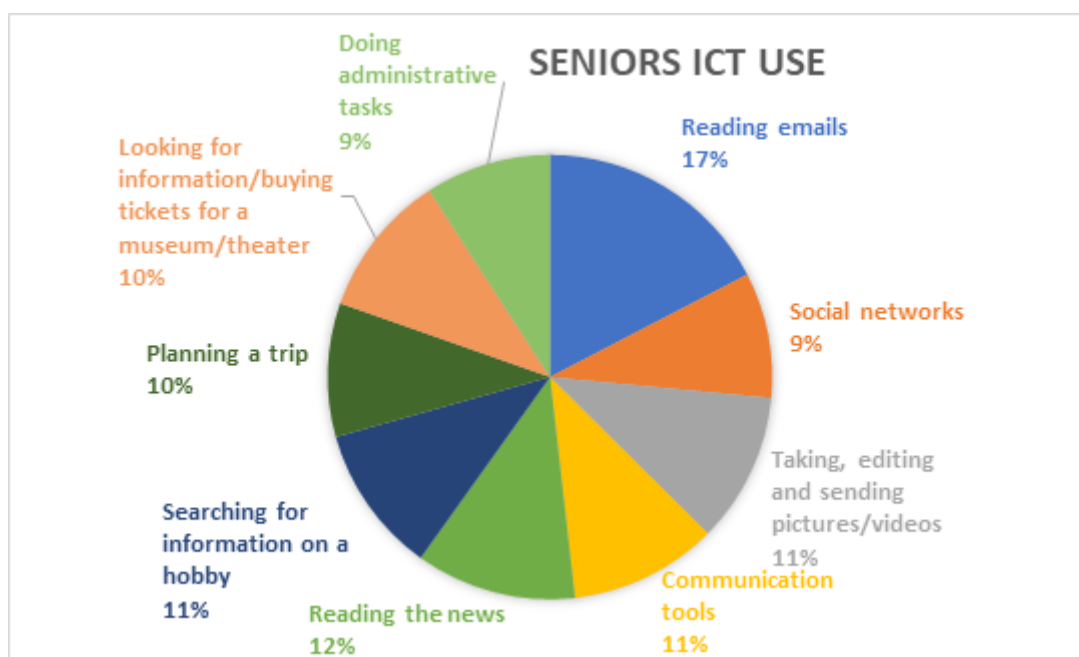
More than 90% of respondents have access to internet in their homes, except in Austria and Latvia where a quarter of people are not equipped.

The most used devices are smartphones and computers. Smartphones are most used in France, Poland, and Czech Republic, whereas people use computers more in Latvia and Austria.

Respondents of every country use the internet every day. However, Latvia and Austria have a few people that say they never use the internet, with respectively 14% and 21%.

In order to know what seniors use mostly the internet for, we gathered all the replies of the questionnaire with all countries combined. It appears seniors most use ICT for emails, photos, the news and communication tool.

When they have a problem with using ICT, seniors from every country find support within their family or friends, except Latvia who go to a social center and Austria who does not have another possibility.



To conclude, we can say that thanks to all the gathered answers, we have a credible overview of European senior citizens' cultural practices. We noticed some similarities among the five different countries analyzed: the age, the activities seniors practice, or even what prevents them from practicing them. And we also noticed some differences like the level of education or the device seniors use to access the internet. Anyway, this questionnaire and its analysis will enable us to ensure that senior citizens are increasingly involved in the culture.

JOINT STAFF TRAINING EVENT IN MALPILS, LATVIA

On February 10-14, the first Joint Staff training event of the ROCHIL project took place in Mālpils, at premises of the Municipality council, local schools, library and Kindergarten. This training was attended by all partners' groups and local project participants - seniors (project working group, cultural heritage researchers, masters of cooking master classes) and Mālpils Secondary School students who are actively involved in the project, carrying out research, participating in cooking and handicraft workshops and also acting as interpreters for guest delegations during this training.



We started the first day of the meeting with communicative games and mutual acquaintance. The partners had prepared and ran various country-specific ice breaking games. Representatives from each country then spoke about what they had done with the ROCHIL project since its inception. We were able not only to get to know their experience, but also to get interesting ideas for our future work.

In the afternoon, the guests went to the Bread House in Priekuli district, where, while practicing themselves, they got acquainted with the traditions of baking pies at the farm and Latvian folk songs.

We started the next day with the opening of the exhibition "Flowers in My Album" created by Daiga Friedberg, and then we involved guests in creative



workshops led by Māra Klintsone and Guna Petrevica, offering to learn traditional handicrafts and ceramic skills and discover few of the most popular lifelong learning activities here in Malpils.



In the afternoon, theoretical lessons were held by the relevant responsible partners on topics such as:

- Digitization of cultural heritage for further use in adult education.
- Experience and opportunities of cross-sectoral cooperation.
- Volunteers in adult education and society - problems and opportunities, partners' experience in this field.
- Local and international adult education activities, their evaluation methods.



At the end of this mutual learning partners shared their impressions and told how they are going to use the interesting experience/new methods they learned about during the training.

On the third day of the meeting, the guests went to PII "Māllēpīte" to work with the children in four groups, where the educators had prepared various tasks, as well as to show the small Māllēpīte -children the games and songs of their countries.

We evaluated the activities of this training using the visual evaluation methods prepared by the Polish partners and also asked the participants to write a more detailed feedback.



This international meeting was enriched by the performance of the folklore group "Mālis", during which our guests not only got to know Latvian folklore, but also learned the basic steps of Latvian folk dances.

??

Participants' feedback

AUSTRIA

1) What did you get to know /learned during the meeting in Latvia?

The lectures were very well structured, well prepared and therefore very interesting. The self-confidence of the pupils from Latvia, who presented their work with a very good knowledge of English, was impressive. The initiatives of our partners in Paris were very interesting: older people share an apartment with young people and older people also cook for young people.

2) What are your impressions/experiences of this meeting (positive/ negative/ surprising)?

The organization of the stay in Latvia was perfect, beginning from the pick-up at the airport to the city tour in Riga. The workshops were fun, it was a very good atmosphere, they were very well prepared (historical background) and the international team building has improved the vibes. The spontaneous cooperation across national borders left a very good impression on the participants. The ice breaking activities at the beginning were very creative. The teams were very committed and there was very good communication between the participating countries. The evaluation process was also interesting. The demonstration of the kindergarten children seemed very natural due to the informality of the children and the children were very spontaneous in dealing with the guests.

There were no problems with the catering, everything tasted very good also at school. The final city tour in Riga was also very well received, even though it was a bit cold due to the time of year.

The participants of Austria were enthusiastic about the overall program, there was a very wide and varied range.

CZECH REPUBLIC

1) What did you get to know /learned during the meeting in Latvia?

- Latvia surprised me with its beautiful nature. During our stay we had the opportunity to learn about traditional methods of baking bread, making ceramics and felt jewelry. We got to know traditional Latvian music and also tried to dance. We visited the cultural center in the town of Malpils, there was an interesting exhibition of photographs Flowers in my album. Very nice was also a visit to local school and kindergarten. Everywhere we were welcomed by very friendly locals. Last day we went to the capital of Riga, whose center is really picturesque.
- During my visit to Latvia I had the opportunity to get to know the culture, nature, local people and their traditional customs and historical monuments of the capital Riga. As part of the workshops we baked traditional Latvian pastries, created in a ceramic workshop according to traditional patterns, and made felt bracelets.
- Personally, I greatly appreciated the opportunity to get to know not only the beautiful and interesting Riga as the capital, but also the life of the inhabitants of a small town. Even though people live there more modestly, they act calmly, they are nice, cultivated and proud of their country. I consider these qualities essential and I like to find them on my travels and transfer them to my next life ... I also learned a little better English in conversation :-)
- Knowledge of the language was very useful to me. Participants from other countries were different, some more active, others did not actually show up all the time, but we all had the same interest in the program and we were fair to each other, some explicitly friendly (eg the Austrian delegation). I have collected a lot of written materials about Latvia, photos and nice gifts from Latvia, which I gradually discuss or read.

- I was most impressed by my stay in kindergarten - finding out that children are the same and clever everywhere: -D, excursion to the bread bakery, visit a nice quiet "Nordic" pool in Malpils without unnecessary attractions, to see playing local instrument at folklore evening and illuminated Riga at night full of buildings that are unique ... Also the accommodation was beautiful and the food at the hotel great.

2) What are your impressions/experience of this meeting (positive/ negative/ surprising)?

- I was very pleasantly surprised by the attitude and knowledge of the students who gave us guides during our stay. I really liked a trip to the countryside, where we got a lecture on the cultivation of cereals and their traditional processing. On the other hand, a surprise was the low population and civic amenities of places outside the capital, Riga.
- Interesting was the exhibition of photographs from family albums of local residents called "Flowers of my album" and an exhibition of hand-knitted and crocheted clothes. I really enjoyed a dance at a performance of the Latvian folklore ensemble. The whole visit was very inspiring in terms of lectures by other project partners: the project of the Amber Trail from Austria I liked the most.
- Impressions from the stay unambiguously positive, I really do not see any negative, except perhaps one ad 3. The difference between living in Malpils (eg standard housing) and developed Riga is surprising.
- Latvia's special landscape - forests, swamps, sporadic settlements, perhaps that is why Latvian people are so proud of its cultural heritage, customs, folklore. Everything is handed over to the young generation and they humbly try to share everything, learn and absorb cultural wealth. Students are very disciplined. They try to represent and especially study languages so that they can take their personal life to the next level. In doing so, they respect the authority of the older generation and learn the original cultural techniques.
- The main benefit, which I appreciate very positively, was the introduction to the Erasmus Rochil project. This platform is very well organized, with enthusiastic groups from 5 countries. The presentations of the groups differed in level and content, but everyone wanted to present their way of intergenerational cooperation. The most appealing to me was Austria's presentation of how sophisticated their project is and it connects all

intergenerational groups of their inhabitants. In spite of the fact that it is an agricultural locality, there are various areas of culture, sports, entertainment, folklore, etc.

- The project is beneficial in that shared presentations will enrich the activities of other participating groups. The transfer of experience worked, and certainly everyone gained new impulses.
- Impressions were positively influenced by the careful preparation of the hosting group, ensuring a lot of activities, from the presentation of important local monuments and buildings, to the connection with a group of students who took care of us. Some activities were less attractive, but the idea was certainly funny. In any case, for other hosting groups very instructive, what to avoid, what to present better and how to plan the project.

3) Any additional comments:

- The meeting was very inspiring, both in terms of discovering Latvian traditions and culture, and also in terms of lectures by other project partners. Amazing project of the Amber Trail from Austria, Polish lecture on evaluation with a demonstration of the quiz of European countries and French example of intergenerational activity.
- We got to know the locals who are very nice and hospitable. I was intrigued by the attitude of the young generation, who approach traditions actively and with humility. I was surprised and admired the coherence of the whole local community and its interest in the legacy of previous generations and the joy of sharing with due pride and I was enchanted not only by people but also by the picturesque nature.
- I think that the guide to Riga was not so good. Although she was asked politely at the beginning to speak slower English, did not change her speech at all. Unfortunately, for example, the points of legend, which she told us, escaped even participants who know English well ...
- Personally, I rate this very positively, especially the cooperation of our entire group in preparing presentations and activities. Our presentations were some of the best and everyone was watching them with attention. We have a somewhat different way of intergenerational activities, which everyone has been very positive about. Another personal benefit was the convergence of the whole group and the ongoing evaluation and

preparation of other activities. Personally, thank you for the opportunity to participate in the project despite the language barrier.

International workshop in Latvia (article on the web Mezi námi)

Storm Sabine whistled through Europe and I would never dream of going on anywhere, let alone an airplane. But our intrepid colleagues Hana Šmídová, Katka Jirglová and Helena Lukášová and “reading grandmother” Hana Leicmanová planned this. We were reassured by the news that they had landed happily in Riga, and after their return I asked my colleague Hana to share with us the experiences.

Hana, what was the reason for your windy flight to Latvia?

Our company Mezi námi is involved in another European educational project called ROCHIL and it was in Latvia as the second meeting of all participating groups from several countries - Austria, Poland, France and Latvia. The first ROCHIL meeting took place in Poland and we have already reported about it.

Can you tell me what ROCHIL is?

ROCHIL is part of the Erasmus EU programs and aims to educate and transfer intergenerational knowledge in the fields of culture, agriculture, history and crafts. This is exactly our parquet and thanks to the support of the ROCHIL project we can share our experiences and inspire each other.

The meeting took place in the capital of Latvia, Riga? It is a very beautiful city.

Yes, we had the opportunity to see the capital the last day before departure. The workshop was otherwise held in Malpils, mainly in the local cultural center, and the program was packed to burst. It was an amazing four days.

I admit, I attended only a few half-day workshops in Prague. How is it done in large scale with international participation? I assume you spoke English.

Yes, English was the official language. But even those who did not understand so well did not get lost, they could have their colleagues interpreted. It gave an even more friendly atmosphere that accompanied us throughout the stay.

And the course of the meeting?

I will try to briefly describe, although brevity is probably not appropriate :-)



On the first day we first met all the participants through the introductory games. Our team has prepared a favorite activity from the intergenerational meetings - Tree of Life. The pair trace each other and cut their hands from paper, write their name on them, and then stick their hands like leaves of a tree crown. Followed by presentations of individual countries, where we got to know each other activities on specified topics, which have been realized since the first meeting in Poland.

Specified topics? What do you mean?

The ROCHIL project has several basic themes: culinary, nature, agriculture, handicraft and digitization of cultural heritage materials. Each group has one theme selected, which is discussed in more detail. Our topic is digitization. Katka informed us about her benefits and possibilities in her inspirational presentation. I would like to highlight two main achievements, the Letter to the Grandchild and the Register of Activities, which is on our website. About details next time :)

Let's go back to the program ... What did you like the best?

It's hard to pick. I liked the excursion to the nearby open-air museum, where we had the opportunity to get to know the original rural life and prepared, baked and then tasted traditional Latvian pastries as part of the workshop. Interesting was also the exhibition of photographs from family albums of local residents called Flowers of my album and an exhibition of hand-knitted and crocheted clothes. And there was a dance at a performance of the Latvian folklore ensemble. We relaxed in the pottery workshop, where we created artworks according to traditional Latvian designs.

It was touching in the morning spent in the local kindergarten, where the children prepared a dance performance for us and taught us how to knit bracelets and make jewelry from felt. After that we played together Czech children's games - the favorite Pešek, which we replaced the Czech traditional character Mole, danced mazurku and composed a puzzle with pictures of historic Prague.

You had a very varied program that had to be organizationally demanding.

Yes, huge thanks to Livia, the Latvian team coordinator who was the main organizer of the meeting. She was supported by students from the local school who accompanied us throughout the program and volunteers from the town of Malpils.

The whole workshop was marked by sharing experiences and mutual inspiration. What do you think our contribution was?



Definitely significant. As the only group of all participants, we have been dealing with the connection of children and seniors and the benefits that this connection brings. Other groups are more focused on community and volunteer programs, so our systematic work and experience is a valuable source of information for them. I will not exaggerate when I say that we have met with recognition of our work, which we are very pleased about.

Will you conclude with your overall impressions?

The meeting was very inspiring, both in terms of discovering Latvian traditions and culture, and in terms of lectures by other project partners. Amazing project of the Amber Trail from Austria, Polish lecture on evaluation with a demonstration of a quiz on the European flag and coat of arms and French intergenerational activity. We got to know the locals who are very nice and hospitable. I was intrigued by the attitude of the young generation, who approach traditions actively and with humility. I was surprised and admired the coherence of the whole local community and its interest in the legacy of previous generations and the joy of sharing with due pride.

I was enchanted not only by people but also by the picturesque nature. I am grateful for this experience and look forward to the next meeting in May in Paris. I would like to share news with you :)

Thank you and I am also looking forward to the next interview

FRANCE

Denis Massard

1 What have I learned during the meeting in Latvia ?

Intergenerational preoccupations are widely spreaded in our countries, with different shapes, but with a same goal : facilitate learning through cultural heritage.

2 What are my impressions, my feelings ?

A global positive impression :

good organisation, good balance between presentations, practical activities, and visits
(Bread-House, old town Riga)

Trips easy: airport-Malpils, Malpils-Sigulda, Malpils-Riga

Quality of lodging in Malpils Manor

The must : a special mention for (modern) schools /kindergarten :atmosphere serious and cool, children that seemed happy and beamed ; young students of Malpils : positive attitude, « well in their baskets », testimonies « strong » : a beautiful youth.

Regrets : No mixed workshops (one participant by country) to reinforce the links between participants, and share practices, feelings,...

Nevertheless there were a real cordial relationship between the participants.

3. Other comments

A very sincere thank to the whole Latvia team for efficiency, availability, kindness.

Diana Smith

1 What have I learned during the meeting in Latvia ?

Many available buildings in Malpils for conferences and businesses.

Schools are beautiful and well equipped. Young children learn traditional dances and practical tasks like peeling potatoes, planting seeds etc.

Crafts: how to make ceramics and local pastries sweet and savoury.

History of Riga, art nouveau architecture, new library.

The Airport is very modern and attractive.

2 What are my impressions, my feelings ?

The Manoir bedrooms were large with modern facilities, welcoming staff and the grounds lovely.

The folk dancing, music and special dinner are a nice experience.

The hotel in Riga was well located, staff helpful, and some rooms with refrigerators.

The students who translated were very kind and the young children adorable and well-mannered.

A real intergenerational experience that was very well organized.

The transportation via minibus allowed us to speak with each other and relax.

4. Other comments

My first time in Latvia! A very charming place even in the winter and with the Dennis storm.

I'd love to go again!

Sabino Provvidenza

1 What have I learned during the meeting in Latvia ?

The arrival in Malpils was a nice surprise with the welcome and hospitality of the coordinator of the partners where the project on the role and opportunities of cultural heritage in intergenerational learning took place. It was a great opportunity to visit the local school from various levels of the children. Their integration in the reconstruction of their community where the different languages are looking for an identical idiom and where most of them know the English language well. A difficult but certainly possible path having understood that their first new resources are the new generations.

I have seen a great attention to the students among all the staff of the schools, a great love and respect among the school subjects for the new objectives of the educational activities and the readiness of the young people to engage in intergenerational learning. Unlike our boys, I saw a lot of respect among the school subjects in a friendly and relaxed atmosphere. The cleanliness was particularly clean and that too in the cities.

A very positive impression was the meeting with the young students of the schools. The cute little ones and the older ones were very respectful and with a good knowledge of the English language.

I have learned how having the opportunity to interact with other partners will enable me to pursue a new, friendlier and more constructive relationship.

2 What are my impressions, my feelings ?

A world to be discovered far from the current habits in our western euro civilization where we can discover a certain happiness even if we are sometimes unhappy.

I loved the landscapes from the large and dense forests with its magnificent fir trees and even in the small silent path enjoying the beauties of nature. On many of the trees next to the schools there were small nests for birds and this is another good education in a world that often forgets about nature and its surroundings.

3. Other comments

I spent a very good week in Latvia. Thank you for the welcome in Malpils and for the kindness of the partners.

POLAND

1) What did you get to know /learned during the meeting in Latvia?

D: During the meeting in Malpils I had a great opportunity to learn about Latvian culture. I learned about history, traditions by participating in interesting workshops, by listening and watching presentations and by talking with fantastic local people.

T: For me it was a new experience. I took part in the previous project (SINDI) but this time we focused more on the culture and tradition.

J: It was my first visit in the part of Europe and all was very interesting for me. The knowledge about seniors' activities in Malpils gives me inspiration for my activity and I have bigger motivation to learn English to better communicate with the people from other countries.

E: I can exchange the experiences with the other trainers and it was a very big value of the meeting.

2) What are your impressions/experience of this meeting (positive/ negative/ surprising)?

D: For me it was very nice to have time for getting to know better participants through ice breaking games. It was amazing that I could realize my dream about a ceramic workshop. I was surprised positively by youth participation in project implementation and about their English skills. Very inspiring were experiences of project partners, especially I remember: repairing cafe (French idea), reading grandmothers (Czech idea), or idea of learning history by having fun (Austrian idea) and Flowers from my album (Latvian idea). I met nice, open and helpful people everywhere.

J: I'm very surprised that such a small place like Malpils has so many activities for the seniors.

T: It was very nice to take part in the activities with children, my own children are adults and the activities let me remind the past. Apart from it Latvia is a very interesting country, although not so popular like touristic destination.

E: The organization of the meeting was perfect. The balance between work time, rest, and culture programme was very good. Everybody was active but nobody wasn't so tired.

3) Any additional comments:

D: The plan of the whole meeting in Latvia was extremely precise. All activities were carried out as planned with great attention to the current needs of users. The good balance between workshops and activities meant that I didn't feel tired or bored. Congratulations to the Latvian coordinator and the whole team!

An additional advantage of this meeting was accommodation in a beautiful hotel with very friendly and professional service.

J: I'm very glad that I can take part in the project and the meeting in Latvia.

T: New contacts, new possibilities – this is the big value of the project.

E: The hospitality of Latvian team, the organization, the communication between and during the meeting is high level of the work in the projects.

LOCAL ACTIVITIES DURING THE FIRST PROJECT YEAR

Austria

Activities in the first year of the project were severely restricted by the Corona crisis.

- In November 2019, we started our first activity, baking pies together and then playing around for the pastries. Seniors and students from the agricultural school in Poysdorf braided the traditional pastry and then gambled with dices to get them. Braiding the Striezel requires skill, but you only need a little bit of luck to play for them afterwards. In any case, the joint action was a lot of fun for everyone involved and it was suggested to repeat this initiative.



- Spring 2020: Keller adventure tours for teenagers - Wine & Crime: Similar to the tasks in Escape Rooms, we want to invite young people to use creative ideas to find the solutions to riddles and questions in a mystical cellar tube. This is a guided tour through a centuries-old wine cellar. This mystical journey into the underworld is an exciting task for young people who are looking for creative challenges and want to find solutions to unusual problems in the darkness of the basement. The tasks are intended to improve knowledge about viticulture and cellar management among young people. We are testing this tour in



June and we want to start the offer for our guests in autumn. The partner for this project is a School for Tourism in Mistelbach.

Unfortunately for spring 2020 we had to cancel the following events, but we want to catch them up in autumn/spring :

- Binding palm bushes (25. 3.2020): Together with seniors, students of the agricultural school will tie the traditional palm bushes before Easter. On Palm Sunday, these bushes are taken to church and consecrated by the priest. The partner for this project is the agricultural school in Poysdorf.
- Loess / loam (geology, history, use) (21. 4. 2020): Loess is the fertile soil on which our vineyards are laid out and into which our cellars have also been dug. Professors from the University of Natural Resources and Applied Life Sciences use practical examples to explain the creation of our soil, its properties and the possibilities of using it in building a house. The partner for this project is the agricultural technical school in Mistelbach.
- Recipe collection of traditional everyday and festive dishes: There are a lot of dishes that were once cooked by the rural population, but are now hardly found on the menu. Above all, we want to ask the older generation to give us recipes that we want to collect in a booklet. Partners here are the Poysdorf middle school and the agricultural school in Poysdorf.

Our plan for events in the 2nd year:

- Guided tour for children in the “World of Wine and Grapes”: In a newly designed room, we want to create the conditions for giving children information about grapes and wine, participating in games and also doing small handicrafts.
- Weaving advent wreaths: It is a tradition that advent wreaths are placed in the houses during advent. An additional candle is lit every week in advent.
- Forge - machining iron in fire: There used to be a smithy in every little town. This craft has been replaced by industry. We want to show the children how iron was worked in the past.
- Baking and cooking from the recipe collection: We want to try out and photograph these recipes from the collection together with students from the middle school and the agricultural school in Poysdorf in order to get pictures for the recipe book.
- Baking pastries: Baking pastries with special shapes and forms has been largely forgotten by us. Together with students we want to try to bring this type of baking closer to young people.
- Visit to a shoemaker's workshop: The many shoemaker workshops from before have all closed their shops. There is still a company in Poysdorf that produces shoes, we want to visit it with students.
- Adaptation need in plant breeding to climate change: By changing our climate, it is necessary for farmers to get seeds for plants that can cope with the new conditions. We want to inform the students about these developments through lectures at schools by companies that grow trees or vine plants.

- Barns as part of the Weinviertel cultural landscape using the example of Ketzelsdorf: Barns are part of our cultural landscape, which are disappearing from the villages due to lack of use. We want to point out this development to the students and show them how valuable these old buildings are for our environment.
- Use of arable land by building houses and building roads: With the construction of supermarkets, settlements and roads, the area on which agricultural products can be produced is becoming ever smaller. We want to make the youth more sensitive through lectures in the schools, as this changes our old landscape.

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Czech Republic

Since the beginning of the project our company has been organizing many sessions, events, creative and the best practice workshops. We were not even stopped by the forced quarantine. During this pause we have created and implemented new projects: **Fairy Tale for Joy** and **Video Fairy Tales**.

As part of the **Let's Talk Program** 462 meetings have taken place supporting the topics of the Rochil project since 09/2019. And I would like to introduce some of them.

At the beginning of the project there has been a session where seniors and children from Prague's group met to prepare fruit sculptures and carvings related to Rochil project. The Idea was to get together to talk about foreign countries and join it with interesting crafting and drawing.



Nature Heritage

In Autumn there were plenty of sessions where children have been invited to learn about how wild animals are spending the winter season. The most interesting part was the talk about how the animals can live “outside” when there’s no food. In practical part they have been preparing feeding for the wild birds and hibernation boots for hedgehogs.



Craftsmanship

The time before Christmas is traditionally the time when a lot of visits among friends and families is happening. During these visits the people in the past used to spend their time by helping each other with household work or with preparing Christmas decorations.





Culinary Heritage

A traditional Czech Christmas cookie has thousands of variations changing from family to family. The sessions in December were intended to share the various recipes among the seniors and also to present to the children how rich and broad the results of a Christmas bake-off can become. In the end all have been tasting and comparing the various specific flavours.



Digitisation of Cultural Heritage

The end of Winter is full of carnivals preparation. During the one of them children and seniors created horses for the parade. While creating the masks, the grandmas were talking about this traditional Czech celebration while children were listening closely.

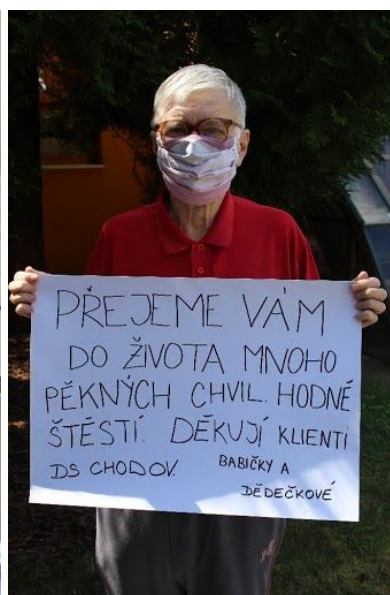
We have documented the creative process as well as several tips and the instructions on our website. You can find it there with plenty of other Creative activities.

<https://www.activity-register.eu/cs>



Agricultural Heritage

While quarantined, children planted lemon balm to seniors from a friendly home for the elderly. The idea was to make the seniors happy. Children also made a video and table with greetings. Photo from the handover of the Fairy Tale for Joy (more info below). Seniors in return modelled ceramic bowls for the children and sewed buckwheat pillows and wrote touching messages.



Our new projects from the field Digitization of cultural heritage

Fairy Tale for Joy



While the quarantine we were thinking how to stay in touch with all “ours” seniors and children from **Let’s Talk** Program. So we made up and realized Fairy Tale for Joy.

We asked the children from our cooperating kindergartens but also outside of them (through social networks) to paint their favorite Czech traditional fairy tales and then upload the pictures to our website. After that we printed and pass on to senior homes all over the Czech Republic. We have collected over 600 beautiful pictures and moving messages from children and Made happy about 15 000 seniors. Our activity appeared in the main evening news of Czech TV.

<https://www.mezi-nami.cz/pohadka-pro-radost-obrazky>

Video Fairy Tales

This is our successful **Let’s Read** Program just in a slightly different coat. Here too, the seniors volunteers from our Fairytale Reading Club read fairy tales to children. But they don't go to kindergartens to follow them, they do that at home in front of the camera. We post the video at our youtube channel and our website. So children can stay in touch with their reading grandmother or grandfather and listen to their favorite Czech traditional fairy tale even when they can't be together.


<https://www.mezi-nami.cz/videopohadky>

Since autumn 2019 we have organized 4 **Events for our seniors volunteers** from Fairy Tale Reading Club. There we share our experiences and achievements. The Rochil project has regularly a part in it. We are posting videos, talking about our trainings and recruit volunteers for trips to partner countries.



There have been 10 **Creative Workshops** we organized for public especially on the occasion of various festivals and holidays.

From January to March 2020, we've organized 6 **Best Practice Workshops** with representatives of cooperating primary and nursery schools and homes for the elderly from all regions of the Czech Republic.



Kraj	Datum	Čas	Místo
Středočeský + Plzeňský	28.1.	10.00 – 13.00	Česká Spořitelna, Budějovická 1912/64b, Praha 4
Jihočeský	5.2.	10.00 – 13.00	DS Máj, Větrná 13, České Budějovice
Pardubický + Královéhradecký	12.2.	10.00 – 13.00	Centrum Kosatec, Sladkovského 2824, Pardubice
Ústecký + Liberecký	26.2.	10.00 – 13.00	DSP Vratislavice nad Nisou, U Sila 321
Olomoucký + Moravskoslezský	9.3.	10.00 – 13.00	DS Prostějov, Nerudova 70, Prostějov
Vysočina + Jihomoravský	25.3.	10.00 – 13.00	DPS Manž. Curieových 603/3, Třebíč

We are looking forward to another new adventures and experiences in the field of intergenerational interconnection :)

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France

During the first year of the ROCHIL project, M3Cube held several activities for seniors.

In September 2019, we organized a walking tour in the Palais Royal district of Paris. This activity allowed seniors to discover the hidden secrets of that neighborhood as we prepared several questions about the different monuments we crossed by.



In October, two activities were organized. First, we visited the Père Lachaise Cemetery in Paris with an intergenerational group. And secondly, we visited the Bercy & Jardin des plantes garden. Both activities enabled us to talk about natural richness. On the left, you can see the map that was distributed to participants and that sums up the path we took.

In November, M3Cube organized a Hackaton in the local social centre for seniors in order to promote digital culture and inclusion of seniors. The event first started with ice breaking games for people to get to know each other and warm up. Then, creation workshops were held in small groups. Each group had a different subject to discuss: either nutrition, mobility, communication, well-being, games, and health data management. The workshops were animated by M3Cube members and also by entrepreneurs working in the digital field that we invited. The objective of these workshops were to identify seniors' needs and to co-create with them a possible mobile app or tool that they could use in their daily life. At the end of the day, each group presented its results in front of everyone to further discuss it.



In January 2020, to celebrate the beginning of the new year, M3Cube organized an event to enjoy and share the "Galette des rois" (a french tradition where you eat a special cake made of frangipane and puff pastry). During this event, seniors participated in two games: a blind test with popular french songs to guess and an "ICT bingo" where seniors had to guess the tool following its definition. After playing, an accordeonist came to play a few songs and we shared the cake all together.



Finally, in the beginning of March, we organized a game in the Tino Rossi garden, an outdoor museum of sculpture situated in the 5th district of Paris. Seniors had to view a Youtube video and then guess the name of the sculptors.



Then, due to the coronavirus crisis, activities had to be stopped. During the lockdown, M3Cube, in partnership with E-Seniors Association, sent a weekly newsletter. The newsletters gave free resources online to stay occupied such as gym classes, online books and films, online visit of museums, information about health, activities to do with children, etc. Example of newsletter: [here](#) and [here](#).



Moreover, we stayed in touch with seniors during the lockdown with online meetings on Zoom, that allowed everyone to connect, share and talk about diverse subjects during this hectic period.

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Latvia

Seniors' University

In the framework of the ROCHIL project we started a new learning activity- Seniors' University. The first meeting with 19 participants took place on 30 October, and we can already share the joy of many successful training days. Every Wednesday participants learned topics such as ACTIVE AND HEALTHY LIFESTYLES, ENGLISH BASICS, CREATIVITY AND INNOVATION, ENTREPRENEURSHIP - digital skills, financial literacy, entrepreneurship and project basic management, OPEN EXPERIENCE AND KNOWLEDGE MODULE.

At the end of the first semester, training participants valued the new experience and here's what they responded to the survey's questions:

I joined the University of Seniors to ...

... to acquire new skills and knowledge (living life, learning your life, or while you can, in the meantime, do!).

... expanding and improving your knowledge and vision.

... to be in public, to spend an interesting time and to learn new lessons, to follow the spotlights, to learn something new in an intelligible way and language.



... to acquire valuable, useful knowledge, such as better learning digital skills and healthy, active ways of life, business basics and English, as life forces change and be prepared to do so.

... to acquire new skills and up-to-date information on the different areas of communication and other areas.

... to avoid choking the brain so that it is easier to work on other projects, for example, with young people.

I like to take part in the lessons because ...

... very knowledgeable lecturers, I find out a lot of new, interesting and useful things; there is something new in each of the lessons: experience from others, different events from life. It was particularly interesting to learn about business models.

... like being in public among interesting people, it's like exploring and learning new skills in digital skills; I meet very interesting lecturers.



... there are always very interesting, knowledgeable lessons and very good lecturers who are able to reinvigorate learning with a variety of activities. Even complicated topics become easy to understand. Hours pass in a merry, positive, humorous atmosphere.



... lessons are applied to each participant's level of preparedness.

... the topics we are learning are very diverse, we also meet our own people, and we also find out about them unknown. There are very erudite lecturers, you can communicate well with pensioners. It's very interesting to meet once a week with the others. The knowledge of captives from lovely, smart handlers. I get a lot of information. Very pleasant and knowledgeable lecturers. A warm and friendly atmosphere.

... there are erudite and interesting teachers and also a very nice team.

... the lessons are creative. I love a group that has smart, experience-rich people. The topics proposed are up to date. A very well-methodically considered way of teaching. Friendly teachers, friendly group, creative atmosphere.

On 17th of June we organized a festive event, shared our project results, celebrated the finishing of the 1st study year in our Senior University and discussed the opportunities to continue.

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Cooperation between generations- students from Malpils District Secondary school became active participants of the project



We involved students into the project activities from the very beginning and created a mixed project team, where our seniors and students discussed together, how to implement the already planned ROCHIL - activities and created many new ideas and project outcomes.

The most significant intergenerational activities:

- two cooking workshops with 5 seniors and 11 students each and creation of the photo recipes of the traditional Latvian food



- study visit to the Bread House, creative workshops connected with Christmas traditional food, decoration and songs, 20 participants.



The mixed project team also prepared an exhibition, "Flowers in my album". The pictures came from the seniors' and students' families.

Students and seniors also started researches about the project topics and few of them have been presented during the JTE1 in Malpils, where the students were in the role of language assistants during the creative workshops in library, ceramic studio and local Kindergarten.

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Poland

During the first year of the ROCHIL project time Fundacja Bądź Aktywny organized the local activities on the different fields.

In September 2019 we are the host partner of the Transnational Meeting of ROCHIL's partners.

After the project activities we realized the cultural part- the walk through the old town of Piotrków Trybunalski. The town has more than 800 years of history and it is called "the town of 4 cultures" (Polish, Russian, German and Jewish).

We know that promotion and dissemination of Erasmus + programmes is the very important part of every project and we use many ways, opportunities to do it. The methods are very different, but sometimes the best is the meeting face to face in a small group. We take part in many events, conferences, seminars and we disseminate the leaflet, materials and experience.



We promote the project at the conference for the trainers of adult education, which was organized by NA in Warsaw 19th October 2012. We disseminate the leaflet prepared by the partners team.

During the conference called “Forum of adult Education” we gave the participants the leaflet of the project. It was the 21st of November 2019.

Fundacja Bądź Aktywny took part in the competition of spelling in Polish language. It was the competition for the adults. Language is a very important factor of cultural heritage. The participants were adults and most of them were seniors. We helped in the financial part and founded the prizes. The official ceremony was 15th November 2019. During the event we presented the ROCHIL project.

Our local stakeholder organized the concert of the biggest folk group. “Mazowsze” is the most famous group. The concert was in a small village and our stakeholder needed people to organize it. Our NGO gave support and took some seniors for the events. The concert was 15th November 2019.

A few of our members and volunteers are interested in photography. We organized and took part in many activities. The photo exhibition of Tomasz Lenarczyk was a good opportunity for an intergenerational meeting. The opening was 22th November 2019.



Christmas time is a very special holiday. We prepare the decoration, special dishes. All countries, all regions have similar habits, but a little bit different too. In the time we organized the Christmas decoration (in the end of November) and culinary workshop (December).

During the culinary workshop seniors and young people prepared special ginger's cookies which we called in Poland “pierniki”.



The meetings, events dedicated to singing carols are very popular during Christmas time. We took part in the events too, helped children, invited seniors. It's a good opportunity to protect cultural heritage.

National cuisine is a very important element of heritage. This is the reason why we organized the workshops for the seniors. The pickled vegetables are very characteristic for Polish cuisine. The workshop with the dietician was an interesting lesson for the seniors. They learned about health properties and tested the recipes of pickled vegetables. The workshop was 28th February 2020.

The international project like ROCHIL is a chance to know more about other countries. We organized a small meeting for the local stakeholder and called it "Sweet meeting". We promote Erasmus+, international cooperation, subject and aims of ROCHIL and tested the chocolates from different countries. It was 29th February 2020.

Another opportunity to learn about other countries and Erasmus+ programme was an online meeting for the seniors of Piotrków Trybunalski region. The coordinator of the project was one of the guests. She talk about the ROCHIL project and invite the seniors to planning activities.

Dlaczego warto działać w grupie?

- Łatwiej zorganizować jakieś działanie (więcej ludzi=więcej pomysłów, wiedzy, możliwości, wsparcia)



- Spędzić czas w towarzystwie, mieć więcej przyjaciół



- Można zmniejszyć koszty (grupowe bilety, zniżki wspólny transport)



If you want be active senior, let's work with us in ROCHIL project

The next mobility is in Poland and it's very important that many local seniors will take part in the activities.

POYSDORF

Mezi námi
migraci

Fundacja
Bądź
Aktywny

50

LINKS TO THE PROJECT' OUTCOMES:

Video materials, food recipes, presentations, catalogue of the handicraft exhibition:

<http://malpils.lv/pub/?id=479>

<https://www.mezi-nami.cz/projekty>

<https://www.mezi-nami.cz/post/setk%C3%A1n%C3%AD-rochil-v-loty%C5%A1sku>