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

# **PROJECT JOURNAL No 2**



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## 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 activities/meeting planning,

Web-documentary.

## PROJECT PARTNERS:

AUSTRIA: Stadtgemeinde Poysdorf, [www.poysdorf.at](http://www.poysdorf.at)

CZECHIA: Mezi námi, o.p.s., [www.mezi-nami.cz](http://www.mezi-nami.cz)

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

LATVIA: Mālpils novada dome / Municipality Council, [www.malpils.lv](http://www.malpils.lv) - coordinator

POLAND: Fundacja Bądź Aktywny, [www.fundacjabadzaktywny.org/](http://www.fundacjabadzaktywny.org/)

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## 2. BLENDED MOBILITY OF ADULT LEARNERS IN POLAND

### Summary:

The mobility included 5 days activities (Monday- Friday) 4-8 October 2021. The goals of the mobility: improve the skills of the learners )IT- using social media to the international contacts, using google map, taking photo, edition photos, using on-line translators), integration seniors from others countries, promote knowledge and interest of the natural heritage, promote informal education (lifelong learning), exchange good practise in adult education (especially in seniors' education), better monitoring seniors' activities by educators (improve educators' skills).

We started since the ice-breaking and the presentation of the partners.

During the mobility we realized the workshops: "How art use nature", "The nature in the town", "How to present the nature?", "The tree- symbolic and practical meaning of a tree", How to take care about nature for future generation", "How to talk with young people about nature and heritage.



The participants met with the vic major of Powiat Piotrkowski region and the representatives of the seniors of the region. It let to improve the knowledge about seniors' situation in Poland, the problems and the possibilities to be more active.





The visit in Cultural Center and watching the exhibition of seniors photography was very interested for all. The local tv showed the reportage about the event.

The Pedagogical Library in Piotrków Trybunalski prepared the seminar about the offer for the seniors. It was the example of good practise. The activities on Wednesday were quite exhausted but very pleasant. Before lunch the participants met with the children from primary school in Proszenie. The common activities included the exchange the information about the partners' countries, games, discussions, performance.



After the activities the participants visit the restaurant with the regional dishes. It was the opportunity to test the dishes prepared by the old recipes. Later the participants had

study visit in the museum (<http://skansenpilicy.pl/>), they can improve the knowledge about the nature of the region and history of rural areas. They can observe how wood were important for the people in the region.

Next day was the excursion and visit open air museum of village:



<https://mwk.com.pl/o-muzeum/park-etnograficzny-w-tokarni> . The museum present the architecture, tradition of the farmers in the past. They saw the decoration of houses prepared of the natural materials. It was the opportunity to see small town near the place. The town has the ruins of the castle and old street market.

Last day was devoted for the presentation the work of the participants. After the theoretical activities on Tuesday, they had the task- prepare the photos for the online exhibition. On Friday they presented their work during the workshop. All discussed about the photos, compare the conclusion of the colleagues. It was the opportunity to know the method of the work - photovoice.

The result of the training was the virtual exhibition presented on our project's web site.



The evaluation summed not only the day activities but all the training.





## Participants' feedback:

### Jūlija (LV):

Thank you for a nice trip to Poland, where we were welcomed and received very warmly. All groups from five countries visited the City Council, where a presentation of each country took place. We also attended a school where the children and teachers had tried very hard to welcome us. Classrooms were decorated according to the country of the participants. I liked the way the `Latvian` class was decorated - there were flags everywhere and a Latvian big oak was created, as well as pictures of the most beautiful places in Latvia. Thank you so much for your love and friendship!

### Christine (A):

The visit to Poland was very interesting due to the very diverse program. Participants from different countries took part and everyone got along very well. In my report on my personal impressions of this stay, I would like to focus in particular on the excursion on Thursday of this week:.

On Thursday a bus took us to the ethnographic park in Tokarnia. It is an outdoor museum which represents the culture and traditions of rural areas in Poland. The museum is built like a village and the visitors can walk through the houses and experience how people lived in former times.

During the morning we had plenty of time and were able to take an extensive walk through the spacious grounds with the many farms and aristocratic houses. The wooden construction of the houses, the barns and also some mills was impressive. Some of the houses were open, so you could get inside and see the furnishings. This gave us a good impression of how people lived back then. The museum is very comparable to the museum village Niedersulz, Weinviertel in Austria.

After we had lunch in Checiny, we used the afternoon to take another hike. This time we went up the hill and visited the remains of the castle. A short tour led us to a beautiful view over the historical old town.

The whole trip nicely organized and it was very well taken care of us. Especially, the food tasted excellent. It was a pleasure to experience different types of food in great company. I would have loved

to get to know the other participants even better. Maybe next time a few more will join the informal get-together after dinner. I enjoyed every minute of these exciting days,

### **Johannes (A):**

Our five-day stay left a lot of impressions on me: I got to know a country that I hadn't been able to visit before and I met many people who are trying to do something for the community, especially for seniors. One thought particularly struck me: Giving people the opportunity to develop their talents and joys and to let them work is a highly philanthropic process. I think there can never be enough of empowering people in this way. I experienced this every day on this trip, also with the locally participants and at the presentations of the projects of the individual partners. In the case of older people, memory is added to these aspects as a significant force in their lives. "Memory is the only paradise from which we cannot be expelled!" Jean Paul is quoted as saying. The example from Lithuania particularly appealed to me, using old photos to focus on flowers and their meaning for people. Many of the flowers have accompanied these people throughout their lives, brought joy on difficult days, accompanied them for months in growing and caring for them. With these flowers, many experiences, feelings, joy of living and beauty are focused again - this is particularly noticeable in the wedding bouquet - as I remember, this was essential in the pictures shown. Intergenerational Impulses can develop from this. I can imagine initiating a moderated life review based on flowers that are significant for people and considering how this can enrich people's present and future.

It made me happy to take part in this exchange. I look forward to welcoming our partner countries to Austria in April so that we can show them our initiatives.

### **Martha (A):**

For me one of the highlights in the program of the Rochil Project Meeting in Piotrkow Trybunalski October 4-9, 2021 was our visit to the Prosczenie primary school – a school for 6 – 14 year olds.

We were received very cordially both by the teachers and the children. In various groups and classrooms the children presented their impressions of the countries participating in this Rochil project: Austria, Czech Republic, France, Latvia and Poland. And the children, partly also wearing



national costumes of the five countries, surprised us with their knowledge and their foreign language skills, their enthusiasm with which they presented photo shows and music and dance performances. And they took us on a culinary journey through these five countries offering a really wide choice of delicacies from these five countries ranging from French quiche to Latvian smoked fish. The children of the first grade who were in charge of the Austrian presentation won our hearts with a lovely dance and song performance and Sachertorte and Kaiserschmarrn which they eagerly offered us.

I really enjoyed this visit and will fondly remember the children's open mindedness in the communication with us and I think that this visit perfectly met the idea of the Rochil project of intercultural and intergenerational exchange. For the children the visit was a good opportunity to present themselves, to gain new experiences from all the preparation work, to test their foreign language skills and finally also a welcome change in the day-to-day school life.



### 3. BLENDED MOBILITY OF ADULT LEARNERS IN AUSTRIA

**Monday, April 25th**

Since all partners had already arrived in Poysdorf before the agreed date, we were able to start our programme at 11:00 a.m. In order to get to know each other better, we did some ice breaking activities at the beginning and then had our lunch. The partners later presented their activities over the past few months. Susanne Reidlinger (Vino Versum Poysdorf) showed two short films about



tourism in the wine town of Poysdorf and presented the tourist offer to the guests of the town and the region.



After



moving into the hotel rooms, we continued our programme. Hilde Kubanik and Martha Paar presented the typical and traditional clothing for women in Austria, the Dirndl. Hilde Kubanik has already tailored many of these Dirndls herself and showed some of her work. Of course, all participants from Austria wore a Dirndl. Unfortunately, these dirndls are only worn on special holidays.

The day ended with a short walk to the church, which was explained to us by Helga Rieder, a visit to a wine cellar, where we were invited to a glass of wine, and dinner in a Heurigen, a typical wine bar in our region, the Weinviertel.

### **Tuesday, April 26th**

The focus of this day was on the presentation of our agriculture and our landscape. A minibus took our group to a hill where we could overlook the wine-growing region of Poysdorf but also have a look at the neighboring Czech Republic with the town of Mikulov. In Poysdorf and its surroundings there are not only many vineyards, we also saw very large orchards where





apricots, peaches and apples are harvested in autumn. After a visit to Falkenstein, a well-known wine town with a ruin and a cellar lane

worth seeing, we continued to Staatz, where a cliff of limestone rises out of a plain, a relic of the time when our country was part

of a sea and some parts of the collapsed limestone arc as islands sticking out of the sea. Of course we climbed this mountain and enjoyed the wonderful view.

In the afternoon we visited a fruit tree nursery and a vine nursery that produces around 1 million vines per year for farmers. On this occasion we were also able to visit a modern winery that produces the wine in large halls, since the smaller and damp cellars are no longer suitable for the current size of the company.



After dinner, a folk dance group showed some dances and invited the foreign guests to join them, who had a lot of fun.



### Wednesday, April 27th

One focus of the work of the Poysdorf project group was the development of a special cellar tour in the form of an escape room. As cellar lane guides, we noticed that young people are less interested in this area of agriculture than older people. With this offer, we want to bring these



young people into contact with knowledge about viticulture and winemaking. This concept was very well received, so we had more than 60 visitor groups in 2021. That morning we showed our partners this concept and gave them the opportunity to try it out for themselves. Before lunch we took the opportunity to bowl on the

historical bowling alley of the wine museum.

The afternoon was dedicated to the culinary heritage. In the school kitchen of the secondary school in Poysdorf, we prepared typical rural dishes together - a potato goulash, nut croissants and „Riegelkrapfen“ (bar donuts). Of course we ate these specialties together.

Finally, we prepared for our visit to Vienna.

### Thursday, April 28th

This day the viticulture of our capital was on the agenda. During our guided tour of Vienna's city center, our guide focused specifically on the city's wine industry. Vienna is the only major city with vineyards in the urban area, but Vienna was also a trading center for wine, which was transported on the Danube. Poysdorf used to sell a large part of its wine harvest to Vienna with horse-drawn

carriages. Even today, the large wine cellars in the city center bear witness to the huge storage capacities. Some members of our group also had their lunch in one of these cellars.

### Friday, April 29th

The topotheque was presented in the morning. The topotheque is a digital collection of old documents and images, mostly from private holdings, which are intended to be preserved for posterity. These images can be



found using various search functions. The work of Franz Thiel, which was recorded by around 40 participants in this project and thus made accessible to the general public, was also included in this topotheque. More than 600 articles about the history of Poysdorf and general history, about agriculture, customs and social life can be read by all visitors of the website.

Before lunch we showed our guests the special sights of Poysdorf - the cellar lanes - and explained the historical background of these wine deposits and the town of Poysdorf. The cellar lanes are no longer used economically today, since wine

production takes place in halls and the cellars are only used for tourism or private purposes. It is a great responsibility to preserve these cultural buildings for posterity.

In the afternoon we had a tractor tour on the programme. With two tractor trailers we drove through the city and its surroundings, where we again explained the wine production that dominates our region.



## Participants' feedback:

**Helena (CZ):** The meeting in Poysdorf took place in a pleasant and relaxed atmosphere. Our hosts carefully chose the activities to introduce us to the economic, culinary and cultural traditions of the region. We visited exhibitions, a museum, old historic wine cellars, we went on trips around the area and hiked to the castle. We learned about the traditional and modern methods of agricultural work in the cultivation of wines and fruit trees. We were fascinated by the cellar alleys and the adventures in the wine cellar during the escape game. We could see beautiful dirndl costumes and even dance folk dances together.

We also enjoyed our collective cooking and baking. We baked walnut rolls and buns on the gutter as well as vegetable goulash. And at the end we ate them all together.

The sightseeing trip to the beauties of Vienna was extremely successful. We loved the historic center and blossoming gardens. The city is very similar to our Prague, it has a similar atmosphere and hidden streets and passages. At the end we enjoyed a tractor ride through the surrounding vineyards, when we visited the neighboring villages and historic cellars in the area. Our guides Wolfgang and Johanna were amazing, tireless and willing to show us all the beauties of Poysdorf and the surrounding area.

Of course, we shared experiences from practical intergenerational activities at seminars, and we also discussed personal issues in discussions over good wine. After all, we are already one big ROCHIL's group and we like to meet.

The whole week was extremely cordial and full of a positive atmosphere. Now we are looking forward to the next meeting in Prague and we wish everyone to enjoy us. Senior Helena would like to thank our friends in Poysdorf for a wonderful week.

**Katerina (CZ):** Our stay in Poysdorf, Austria was very inspiring for me. We learned a lot of detailed information about farming, winemaking and the history of local monuments and traditions. I was very interested in the process of grafting wines and fruit trees, which has been used in history and has now become more efficient with the help of technical tools, but is still functional. The history of the Poysdorf region and the Weinviertel region and the family traditions of the locals are also interesting. I was also thrilled with the way to entertain information to younger generations using an escape game. The program was really busy, but I really enjoyed it. And the involvement of local coordinators and volunteers, who took great care of us all the time, was also amazing. Thank you.

**Hana (CZ):**

This week was full of interesting information and experiences. I was most interested in the local folklore, we got acquainted with the history of the local dirndl clothing, its production and then we saw it in action during a beautiful performance of the local dance ensemble. The traditional female dirndl costume came to me not only practical but also very feminine.

We've seen it in different variations, for casual wear over festive and even in a wedding version. Otherwise, the whole stay in Poysdorf was very inspiring and I really liked it.

**Markéta (CZ):**

Our stay in Poysdorf was full of attractions. We have expanded our knowledge with a lot of new information. Thank you for the opportunity to look into the lifestyle of Lower Austria. I was interested



in the whole program and it was difficult to choose what was the most interesting. The clear reason to return to Poysdorf is the escape room Wine and Crime and plenty of fine wine and apricot juice.

## Regīna (LV):

From Mālpils we were four participants visiting Austria. We had the opportunity to see both the beautiful Vienna and the Austrian countryside.

While visiting the farms, we learned a lot about rural life - how to properly graft fruit trees, how to protect fruit trees in the spring frosts, and protect trees from birds. Although we are familiar with the care of fruit trees in Latvia, the secrets of growing grapes were new. All the days of the trip were very full, we got acquainted with the cuisine of other nations and the process of making folk costumes and wine. I gained valuable experience and new ideas, which I will try to implement in my future work. The main value is the people we meet, the conversations, and the exchange of experiences.

## Guna (LV):

The culinary, agricultural, and craft heritage is a theme chosen by Austrian colleagues to build closer intergenerational contact. In the beginning, we get acquainted with the already done and new ideas of all involved cooperation partners. In the following days, we took part in preparing traditional Austrian dishes at the Poysdorf Agricultural School, participated in the process of making folk costumes, and we tried to dance Austrian dance steps.

We are thoroughly introduced to the agricultural sectors of this region of Lower Austria - viticulture and fruit growing. Poysdorf is the city of wine, because grape rowing and winemaking here have a very long tradition, and the skills of the craft are passed down from generation to generation.

Although the production of wine and juice has acquired a modern industrial scale, we can admire the ability of the Austrians to preserve the ancient historical values - the written legacy of Franz Thiel, a local researcher in the Poysdorf area, is honored.





The innovative way the new generation is attracted to learn about ancient traditions is remarkable - tractor tours to explore the surroundings, and activities with various game elements, for example. We can certainly draw inspiration from how ordinary things turn into adventures.

Special thanks to Wolfgang Pair and the Austrian team for the hospitality we enjoyed throughout the visit.

## Mārīte (LV):

It was very useful to get acquainted with such different experiences in adult lifelong learning activities. For example, Polish colleagues talked about their new virtual reality game and demonstrated how to implement it technically using simple tools. The Czech partners shared their methods and ideas about the "memory game" they had prepared for their local adult lifelong learning activities. It was a valuable experience to get involved in the "break-out game" organized by the Austrian colleagues and to study its methodology. I will be able to take over this experience in my work, supplementing and improving the library game "Break into literature". The presentation of the digital collection of local history materials made by the Austrian partners was also very informative.

Involvement in international educational projects improves the brand of the region and opens new opportunities for adult lifelong learning for the residents of all parishes of the Sigulda region.

The experience of Poysdorf about diverse and creative ways the agricultural heritage of the county can be used for educational activities for different generations is very motivating for further activities in this field. The information and experience gained during the project meeting will enable me to ensure the application of new methods in intergenerational education.

## Noémie and Francoise (FR):

This week was full of interesting information and experiences and visits. I was most interested in the local folklore and the escape game of wine. We got acquainted with the history of the local «dirndl clothing», its production and we saw it in action during a beautiful performance of the local dance ensemble. The cellar visits were very interesting but the tractor ride was really original and



funny !!!! The tractor ride highlighted a very enjoyable experience of discovering charming villages and surrounding areas. The activities and excursions were varied and well organized - even a day in beautiful Vienna! Visiting partners staying in the same hotel encouraged easy exchanges, as did traveling together in a van or walking to places in Poysdorf. Residents and members of different clubs gave talks on the churches, traditional clothing, museums, history, wines and wine lanes and shared their personal family stories. Festive atmosphere was enhanced by traditional hand-made costumes with special ribbons and hats, food and drink. I appreciated that food and drink were also adapted to vegetarians or those with dietary requirements. Suggestion: the walk to the chateau was difficult for some of us even if we were not wearing high heels because of uneven terrain for those of us not fit enough to climb or go down hills quickly.

**Ewa (PL)** - It was very interesting to know more about the offer for older people in Poysdorf. I took part in the mobility in the previous project, so I can compare how the partner improve their methods, forms. It's very good example how to use different experiences, how to motivate people to be more active, how to invite more local stakeholders. It's not so easy to work with and after pandemic so the organization the mobility needs more work, more people. Austrian partner did very well.

**Jolanta (PL)** - I'm the seniors and I'm the member of the management so it was very interesting experience for me. I haven't been in Poysdorf so it was my first time to be in so big international group. I broken my personal barriers (language, cultural differences), so I will be more active now, have a few ideas for future.

**Krzysztof (PL)** The mobility motivates me to learn English. After it I spend everyday time (it depends- sometimes it's a few minutes, sometimes a few hours) time on learning language. I try read English texts and translate it. I will be more open in the international contacts. I met in Austria fantastic people and I know more about tradition, history and local attraction in Poysdorf.



## 4. JOINT STAFF TRAINING EVENT IN CZECH REPUBLIC , 23rd-27th MAY 2022

### Monday 23rd

In May, the next training of the ROCHIL project took place under the direction of Mezi námi in Prague, the capital of the Czech Republic. We warmly welcomed our partners from Latvia, Austria, Poland and France. And we were looking forward to introducing them to the Czech cultural heritage and intergenerational activities that we regularly organize. On the first day we met at dinner with a wonderful view of Prague and were introduced to each other and also with the planned program.



### Tuesday 24th

Hello, hello today we have a beautiful day.... together with a cheerful ritual, we welcomed each other. Children from the forest class of the Semínko kindergarten and our foreign guests in front of the Chodov Senior Home. An exhibition of photographs from collective intergenerational activities was already waiting for us there. Our guests could see how we create, bake, produce and communicate with each other during meetings, but also remotely using IT technology.



The director of the Home, Ilona Veselá, welcomed us into the large hall and introduced us to the activities they offer to seniors. Coordinator Helena Lukasová then explained the work of the coordinator of intergenerational activities and how teachers, activators and coordinators cooperate

together. Then we attended a collective intergenerational meeting. The children and seniors greeted each other, and after a collective ritual and a nice song, we all drummed in an Indian rhythm with the facilitator Petr Šušor, children, seniors and guests. We ended our visit to the home with a tour of the reminiscence room.

After an active morning program, we enjoyed a Czech lunch and invited guests to our

intergenerational centre in Pankrác. Here, Mr Háša - founder of Czech company Kaleido introduced to our guests' the



possibilities of digitizing cultural heritage. They tested VR glasses Kaleido and they had various tasks such as putting together puzzles, finding out information about the main historical monuments of Prague and creating an itinerary for a walk together. Everything was supplemented by information about the history of Prague and its current culture.



### Wednesday 25th

We started the third day with a wonderful visit to the public kindergarten "Škola hrou" in the Prague 15 district. We were welcomed by the director Ilona Hulínová, and she showed us the various innovations in this kindergarten. We had a peek into the yurt, which is in the garden and now serves





as a play area for children - refugees from Ukraine. We also saw the large garden. There are not only game elements, for example for practicing logotherapy, but also fruit patches that the children have planted. In the kindergarten, the director divided us into four groups. Each group could see what all the children were playing. In our group, we observed how children practiced their English in a playful way and learned interesting facts about historical monuments in Prague.



From the kindergarten we headed to the City Hall of Prague 15, where we were welcomed by the Deputy Mayor, Mrs Jitka Kolářová. She told us that connectivity is a crucial theme of their district. They have been supporting intergenerational activities for a long time and they are very happy to cooperate with our organization. Right now they are preparing a permanent public intergenerational center, which will be open for all generations. After her speech, representatives of each ROCHIL team presented their intergenerational activities.



We said goodbye to the vice-mayor and saw a photo exhibition in city hall, created by our coordinator Helena Lukasová. The pictures show our intergenerational activities and special program we created with the Nina's Dream Foundation and the LEGO company. From the city hall we went to the mini brewery Hostivar. After a delicious lunch, the brewmaster gave us a tour of the brewery and told us how the beer is brewed there.







At the end of the second day, we went to Bethlehem Chapel in the center of Prague, where the Czech religious reformer Jan Hus lived and lectured in the 14th century. Our senior volunteer Alena



Lindaurová told us about his dramatic life and the history of this unique chapel.

### Thursday 26th



We started Thursday with a tour of one of the oldest churches in Prague - the Church of St. John the Baptist, which was guided by the pastor Karol Matlok. Then we visited



the old historical smithy, where we had a lecture and a demonstration of the old craft by the third successor of the blacksmith family, Jan Beran.

This was followed by a guided tour of Toulcuv dvur, which is a center of environmental education for all generations. It is a complex of listed buildings and a

natural area of 10

hectares, including orchards, fields, meadows, floodplain forest and wetland. We were guided by the director of the Semínko kindergarten, M. Kapuciánová. During the tour, we also visited the forest class of "Lesníček" children from



Semínko kindergarten and learned how their kindergarten works.

In the afternoon, we completed the ecological educational program The Road to Bread. In a practical way, we got acquainted with the traditional production of bread. We used threshers to thresh the grain, grind the flour, knead the dough, bake the breads and finally ate them. All our breads were tasty.



We enjoyed the end of the day by a cruise on the Vltava by boat, where we loved the beauty of Prague. Once again, we had the opportunity to admire the sights and learn more about the history of Prague. Subsequently, we evaluated our training program and said goodbye.



## Participants' feedback:

### Ausma (LV):

During the project visit, I had valuable insight into project partners' activities. The cooperation between the partners' social care institutions and pre-school children seemed particularly interesting. The senior care center has all the facilities (rooms, ramps, spacious courtyard with garden, etc.) so

that everyone can have the access they need. This environment also seems engaging for children. They can feel free and safe.

The first meeting in Prague was impressive, we were welcomed at the senior center and participated in interesting activities together with children and seniors.

I enjoyed visiting the environmental education center in Prague, where I could watch the children's enthusiastic participation in the center's activities while getting acquainted with the rural work. We had the opportunity to participate in the bread baking process and get acquainted with traditional farming and craft methods in the countryside. It was very beautiful to take a boat trip on the Vltava, watching the Prague landscape.

Participation in this project was important to me, I would also like to see the handbook that will be created at the end of this project.

### Alīna (LV):

In Prague, there was a nice acquaintance with the work done for intergenerational cooperation in both the nursing home and the kindergarten. I really liked the ecological learning farm or museum, which is located in the city but allows you to feel close to nature. Here you can learn and get to know the farm work. Everything is suitable for children of different ages, young people and adults. I enjoyed using digital glasses. It was an interesting and unusual experience.

### Wolfgang (A):

First of all, I would like to congratulate the Czech team for the excellent program offered to the project partners. Starting with the reception on the hotel's roof terrace and ending with the romantic boat trip on the Vltava, the program was a series of interesting and varied offers. Of course, the focus was on Mezi nami's work with the kindergartens, but all the other items on the program were also interesting for me. I couldn't make up my mind if I had to cancel an activity. Despite the very extensive program, there was still time to explore the city of Prague independently. A heartfelt thank you to the ladies at Mezi Nami, thank you for your hospitality.

## Johanna (A):

The hosts had prepared an interesting and varied program that started with a warm welcoming evening on the hotel terrace. I was very impressed by the visit of the kindergarten children in the retirement home, where everyone took part in the drumming workshop with great enthusiasm. But the tour of the huge grounds of Toulcuv dvu, with its wide range and the forest kindergarten was very interesting for me. In the Bethlehem chapel, a senior employee familiarized us with the story of Jan Hus. The highlight of our program was the river cruise on the Vltava, where we got to know the magnificent city from a different perspective.

## Gottfried (A):

Our stay in Prague was excellent. I enjoyed the sights of this beautiful city and its culture. The program was diverse and very well organized. One of my highlights was drumming Indian rhythms with the kindergarten children and the residents of the retirement home. I will never forget the energy and joy that arose. Visiting the "Škola hrou" kindergarten was also an amazing experience for me. The kindergarten teachers conveyed learning the English language in a playful way and I also had a lot of fun doing it. It is not possible to list everything because the whole meeting was very interesting and instructive for me from the beginning to the end. The enthusiasm of the local coordinators and volunteers, who took great care of us the whole time, was also outstanding.

I would like to thank our friends in Prag a wonderful week. Thank you, thank you very much .

## Martha (A):

The very extensive program of our Czech partners made a really good impression on me. All the individual items on the program were interesting for me, so it is difficult for me to rank them. I was most impressed by the activities around the kindergartens and Toulcuv dvur. At this point, I would like to sincerely compliment the team at Mezi nami for the well organized program they offered.



## Hanna (PL):

It was fantastic experience to met people, visit the places, know more about the intergenerational activities. Usually people in the big city are more selfish (in my opinion), but during the mobility I saw how the members of our host partner are empathic, involved to the local environment. I'm very glad I could see the cooperation between different kind of the institutions and organizations.

## Alicja (PL):

I have children in the kindergarten age so the visit in the places and observation the activities between seniors and children was very interesting for me. I think I have some ideas of the work which I try share in my local environment.

## Monika (PL):

I work with the seniors because I'm the director of seniors day house. The mobility gave me knowledge about the situation of the seniors in Prague. I'm very glad I could some and see seniors house and common music activities for the seniors and children. I would like to share it but I'm not sure it is possible in my town. I'm afraid that formal problems will be too big. but I try.





## 5. JOINT STAFF TRAINING EVENT IN FRANCE 7th to 9th JUNE 2022

**Tuesday, 7th June**

The first day of the training started at the « Maison des Associations » of the 3rd district of Paris, where M3Cube welcomed the partners. To get to know each other better and in order to set a warm and positive atmosphere, we started with playing a card game.

After that, each partner had the opportunity to present activities they had done related to cultural heritage.

M3Cube has a presentation about how to create a digital

treasure hunt, which is a fun way to discover a city by walking. The municipality of Poysdorf presented research work about Franz Thiel, then the municipality of Malpils showed YouTube videos about traditional latvian dances. Finally, Mezi Nami presented its different activities and intergenerational programs that involved seniors and children, and Fundacja Bądź Aktywny also explained its purpose and different activities.



After this productive morning, everyone went to have lunch and gather forces for the next activity : the treasure hunt. The idea is to propose to the participants a predefined path in the Palais Royal neighborhood. This path includes several points of interest (such as places, statues, buildings etc.) These points are marked on a map and under each point there is a related quiz question that the “treasure

hunters” need to resolve. The resolution of the questions enables them to move forward on the path, and the hunt organizer is available to help find the right responses. Participants seemed to enjoy this

activity that allowed them to discover new places in Paris. The treasure hunt ended in front of the famous Opera, the Palais Garnier !

### Wednesday 8th June

Today, partners met again at the « Maison des Associations » to learn about digital tools presented by M3Cube. First, partners got to experience the game Kahoot. The goal of this game is to use mobile tools (smartphones or tablets) in a funny and playful way and to train on cultural knowledge and specific topics.



M3Cube then presented a second tool, which is Google Arts & Culture. This app contains a gallery of the most important artworks shown inside the museums all around the world. The app allows you to display a 3D version of the masterpieces. This app is useful to search information about arts and culture and go through a 3D experience.

After the lunch group, the group moved to the north side of Paris to go to the Cité des Sciences et de l'Industrie, situated in La Villette park. Since Paris is famous for its gastronomy, it made sense to visit the temporary exhibition Banquet ! The Banquet exhibition is fun and playful, and offers visitors a multi-sensory and immersive experience that is both gourmet and festive. All of the public's senses

are stimulated because they participate in the perception of taste: eating means seeing, but also smelling, tasting, touching and hearing.

### Thursday 9th June

Today is the last day of our training ! We start directly to the visit of the Atelier des Lumières, which is a digital art center with immersive exhibitions. Participants got to experience the paintings of



Cezanne and Kandisky from a new perspective.



In the afternoon, participants continued their culinary journey with the visit of the chocolate museum. The exhibition offered lots of information about chocolate, from its history and its use in Aztec culture, to how it was brought to Europe, and how it is made today. After this last visit, it was time to say goodbye !

Until next time... 😊



## Participants' feedback:

### HELENA (CZ):

I was looking forward to seeing Paris, the city itself, the historical monuments and of course enjoying the ROCHIL program. I was interested in learning about the KAHOOT application, which is very activating for seniors. However, the interactive exhibitions appealed to me the most. I really enjoyed visiting the interactive culinary exhibition and Museum of Chocolate. For me, the most interesting experience was the visit to the Atelier des Lumières where we could admire the beautiful movable paintings of Cezanne and Kandinsky, and even enter them. The whole space, the music and the projections were monumental.

### JUDITA (CZ):

I really liked the variety of our program in Paris. Especially the part about useful digital tools such as the Kahoot game. It was a great example, how we can inspire seniors to use technologies and discover the potential of digital games. Also Treasure hunt was an inspiring tool, how we can combine technologies and local history. I also enjoyed an interactive exhibition about cuisine and fine dining Banquet and discussions with members of ROCHIL teams about typical regional food from their countries. I was amazed how many topics we have in common in spite of the fact we are from different EU countries.

### KATERINA (CZ):

I really liked my stay in Paris and our training program. I really appreciated the way to attract students to learn about history and walk the city through a fun treasure hunt. Lectures on modern technologies and tools for digitizing cultural heritage were also very interesting. Paris is a beautiful city and we really enjoyed its atmosphere and the treasures it hides in museums and beyond. The Atelier des Lumières was fascinating to me. Thank you for the organization.





## ELIŠKA (CZ):

Our stay in Paris was very enriching. The hosts' presentations, especially about Kahoot, were a great benefit for me as a volunteer coordinator. I will definitely use this with our senior volunteers. I think it's a fun way to get familiar with technology through games, especially for seniors. I think we could try a treasure hunt in Prague as well. Above all I appreciated staying in Paris as a city full of life and inspiration. Gastronomy is one of my personal interests so the focus of the program was great pleasure for me and I enjoyed all meals.

## Rita (LV):

I finally visited the famous Paris and the Eiffel Tower. I am glad to meet other project participants from other countries. I gained new knowledge using IT, to create a game on the phone using new applications. An interesting experience was a visit to museums, especially the Industrial Museum and the Art Museum, where the paintings are displayed virtually. I really enjoyed the French cuisine, especially the croissants. I am very happy about the opportunity to participate in this project.

## Lauma (LV):

During the project visit, I gained new experience presenting craft activities to the public in simple ways. I gained new knowledge of French history and the latest scientific achievements. The program of the visit was plentiful, I enjoyed the tour "Treasure Hunt in Paris from Louis XIV to Napoleon III". Meetings with project partners, mutual communication, and exchange of experience, as well as professional and sincere attitude at the same time were of great value. Hope we will meet again in new projects or activities.

## Daiga

(LV):

Participation in this project gave me a completely new experience - to be involved in an art performance. Being in the middle of digitized paintings and surrounded by a whirlpool of color and sound created a feeling of freedom and weightlessness. This was a feeling of unreality. I felt I belonged to another century and I perceived the artist's ideas and the sense of time. I gained new

knowledge of digital reality by looking at the collections of world famous art galleries. I liked the concept of the host project partners activities. Various exhibitions, training and introduction to the urban environment – all activities included all the senses of participants – the world of colors, taste and smell. I also experienced a pleasant surprise – at the Museum of Scientific Achievements I remembered feelings from childhood and emotional excitement while enjoying the world of stars of the planetarium.

### **Ausma (LV):**

During the project visits to Prague and Paris, I was glad to meet the project partners after a long period of time (because of COVID19). It was nice to see that the interest in the project has not disappeared and new participants have joined.

My new digital skills I gained will be very useful at my work - using Kahoot application. We are already planning to use it to create a quiz about writers and books for readers of all ages. During the visit to Paris, I really enjoyed the digital exhibitions about food culture.

### **Wolfgang (A):**

Our trip to Paris was a welcome reason to visit the beautiful city on the Seine again, as we had plenty of time to explore Paris in the evening. Of course, the program offered by m3Cube was also very interesting. So we explored the surroundings of the Palais Royal with our mobile phone and learned about lots of interesting details. We were impressed by the spacious grounds of the "Cité des Sciences et de l'industrie", where we not only visited the "Banquet" exhibition but also used other offers. Since the culinary heritage was the focus of the French project partners, the visit to the chocolate exhibition was a sweet conclusion to five interesting days in Paris.

### **Johanna (A):**

I was very happy to be able to visit Paris again after many years. Our hosts had created a varied program. During the digital treasure hunt we were able to get to know very special places that cannot necessarily be found in the travel guide. The KAHOOT application is a good opportunity to familiarize

seniors and children with the technology in a fun way. For me, the highlight of our meeting was the visit to the "Atelier des Lumiers", where we were able to enjoy the works of Czesanne and Kadinsky in a special way. I was surprised by the interactive offer in the chocolate museum and in the exhibition "The banquet". Thanks to our flight schedule, we also had enough time to explore the city independently.

### **Susanne (A):**

Visiting Paris was very interesting for me. It was a great experience to get to know the other participants of the ROCHIL projekt and to see what kind of activities they have to transfer knowledge of customs and tradition intergenerationally. The french team presented the online application KAHOOT which was interesting as it is an easy tool for seniors to see the potential of digital games. I liked the treasure hunt. That is an adventure that I would like to integrate in our touristic program. Personally I liked the Atelier des Lumières most! It was so impressive to see the paintings of Cezanne and Kadinsky in such a special light and sound show.

### **Christine (A):**

I really enjoyed my time in Paris, because the city offers a lot of beautiful sights and every visit offers new things to discover. Our schedule was very interesting, I really enjoyed the treasure hunt because it led us to lovely places. Also, the interactive culinary exhibition and the Eiffel tower made of chocolate were really great. A special highlight for me was the Atelier des Lumières. Our culinary program was very diverse and delicious. I really enjoyed spending more time with people from the Rochil group.

### **Lidia (PL):**

I'm working with the seniors in the Senior Club, the club is in the Cultural Center, so the cultural activities prepared by the host partner was extremely interesting for me. My knowledge about cuisine, city, art is much bigger now. The exhibitions with using new technology were very interesting too, because it showed me how IT can be used in culture.

### Elżbieta (PL):

I'm responsible of cultural activities in my town, so visit in Paris - the capitol of art fashion, was very interesting for me. The participation in the project let me to visit the places, which I never visit myself. There are very interesting but the travel offices don't know about them and don't have the plans to visit it. The host partner presented his activities for the seniors and it was for me the good experience.

## Danuta (PL):

I like the work with the seniors and I'm ready to improve my skills on the field. During the mobility I could observe which kind of the activities can be interesting for the target group. Usually the seniors are not so fascinated of IT, but in France I saw that exhibition with the new technology can be the good way to show them how new technology make life more attractive.



## 6. SAMPLES OF SUCCESSFUL LOCAL ACTIVITIES IN ALL COUNTRIES DURING THE 2ND AND 3RD PROJECT YEAR

## Austria

## Digitization of the articles by local researcher Franz Thiel

1. People to whom the action is addressed:

Seniors who are able to type articles, some of which are handwritten, as a text file on a computer.

2. Aims:





Collecting the many articles written by Franz Thiel about the history of our homeland, especially Poysdorf, and making them available to the general public. A separate homepage is to be designed for this purpose, and the articles on the topotheque in Poysdorf should also be available for all interested parties to read.

### 3. Duration:

The collection of the documents and the decentralized processing began in December 2020. In autumn 2021 the recording and correction work was completed



### 4. Methods and material used

In many personal conversations, helpers were found. During the lockdown they received the copied documents or scans of the documents via e-mail. The finished texts were collected in a central location.

### 5. Preparation

The documents were organized by committed local researchers or scanned in libraries. The more than 600 items were recorded in a large table. Each transfer was noted with the date in this table, as well as the return of the finished transcribed publication.



### 6. Implementation

Around 40 helpers copied the texts during the Corona lockdown and thus had a meaningful job during the isolation period. A total of around 3000 pages were transmitted. At the same time, the life of the local historian Franz Thiel was researched so that his curriculum vitae can also be published. Furthermore, since we no longer know many of the terms used in the texts, a glossary was created in which around 600 terms are explained.

### 7. How did you manage to cooperate with other teachers – bodies - partners

The project managers had lots of conversations and phone calls with the helpers and repeatedly thanked them for the work they had done in order to keep up the motivation for the many hours of work.

## 8. Results

The homepage is not yet finished, it is to be presented to the public on the 50th anniversary of Franz Thiel's death in October 2022. In the meantime, the work of the local historian can already be read in the Poysdorf topotheque and in a national topotheque.



## 9. Participants feedback

It was fun working on this big project, I also learned a lot about our homeland and history while copying it. This work was the right occupation for the lockdown period.

## Wine & Crime - Creation of an adventure cellar tour for young people



### 1. People to whom the action is addressed

Seniors with knowledge of wine production and young people who have had little contact with this topic up to now.

### 2. Aims

Interest in knowledge about wine production is not very high among young people. They should be introduced to this knowledge with an adventure cellar lane tour in the manner of an escape room.



### 3. Duration

Work on this escape room started in winter 2019/2020, and in summer 2020 the first groups tested the tasks. Due to the lockdown, only a few groups were able to visit Wine & Crime. In winter 2020/2021, the concept was revised again so that we could start with this offer in summer 2021.

#### 4. Methods and material used

A correspondingly large cellar with a press house was required for the processing of Wine & Crime, which is located near the center of Poysdorf and has museum furnishings.

Furthermore, various aids (barrels, locks, flashlights, game mats, ...) had to be purchased.

#### 5. Preparation

Before the start of the lockdown, a concept was developed with a class of 16-year-old students, but later just a few people extended this idea.



#### 6. Implementation

Tasks were found by visiting other escape rooms, buying suitable games and being creative. These tasks have been adapted for the topic of wine production. The corresponding devices were manufactured with manual skill in the press house and in the cellar tube.

#### 7. How did you manage to cooperate with other teachers – bodies - partners

A tourism partner was necessary to advertise this offer. A very successful partnership was established with the Vino Versum (tourist office) in Poysdorf.

## 8. Results

Wine & Crime was very successful in the first season in summer 2021, more than 60 groups did this adventure cellar lane tour. A large number of visitors have subscribed to the site on Facebook and Instagram, thereby publicising the offer - Wine & Crime already has more than 300 followers on its Facebook profile.



## 9. Participants feedback

It was a lot of fun solving tricky tasks in a group in a mystical environment and learning a lot of interesting facts about viticulture.



## Czech Republic

### EASTER EGG PAINTING - TRADITIONAL CZECH METHOD

#### 1. People to whom the action is addressed: (adult teachers OR senior learners)

The activity is addressed to anybody who wants to try the traditional method of painting the Easter eggs. We recommend inviting seniors and children, so they can enjoy intergenerational activity and create a space for dialogue about old customs and traditions during the Easter holidays. It can also be used by adult teachers who are interested in creative activities.

#### 2. Objectives:

Transfer of cultural heritage. Demonstration of old customs and art methods. A space for sharing the experiences of older people and comparing them with the new generation's habits.



### 3. **Duration** (total hours/days):

1 hour - preparation of tools and materials

1 hour - painting and discussion

### 4. **Methods and materials used:**

We will need blown eggs, beeswax (paraffin or candle scraps), a pencil, a pin and a torch (can be made from an old aluminum spoon, glass and candles), matches. Wax for wax coloring. Colours for eggs.

You can also see the video tutorial how to make it.

<https://www.youtube.com/watch?v=o3UqfaRq8z4&t=44s>



### 5. **1<sup>st</sup> phase (preparation)** (activities, tools):

Preparation of tools:

Create a torch - insert the bent spoon into a glass so that the main part of the spoon is above the candle.

Create a tool for applying wax - stick a pin into the pencil.

Blow the eggs (take a egg, make small holes on both sides of the egg, blow into one hole to put out all that is inside of the egg).

Discussion - prepare some questions and old photos from Easter celebrations

Invite participants

### 6. **2<sup>nd</sup> phase (implementation)** (activities, tools):

Welcoming the participants and introducing the traditional method of decorating Easter eggs in history.

Take all prepared tools and start the activity. Heat a wax with paraffin in a spoon. Use the wax crayon



to color the wax. Dipp the pin in wax and apply it to a washed and dried blown egg. Pulling the pin creates the droplets that make up the pattern. Each droplet needs a new soaking in wax. After completing the desired pattern, the eggs are dipped in color. The colored solution must not be too hot, as this would dissolve the wax and disrupt the sample. After about 15 minutes, the eggs are removed, dried with a tissue and left to dry. The egg can be heated

over a burner and the wax is wiped with a cloth. If a white egg was used, the pattern beautifully "stands out" and the smeared wax creates a matte sheen.

The second variant is "embossed decoration" - the pattern is applied to a white or beige, or already colored egg. After the pattern is completed, the wax is not removed, but remains the main dominant.

## 7. How did you manage to cooperate with other teachers – bodies – partners?

All partners can take part in the activity. Creativity and own ideas are welcomed.

It is good to prepare all needed materials and tools before the session (It could be prepared by teacher, senior or coordinator). It is also good as part of the school / kindergarten schedule - a demonstration of history, a traditional celebration and old practices.

## 8. Results

Easter decorations - decorated eggs. Demonstration of the traditional method. A space for dialogue and sharing of experiences from the Easter celebrations in the past and in the presence. Linking the theory and the practice.



## 9. Participants' feedback (would be enough one feedback per activity)

Teacher: I liked the possibility of connecting to the teaching schedule and a demonstration of traditions from seniors. The kids really enjoyed it. I liked the discussion during the process.

Kids: I like decorated eggs. I really enjoyed it. I will try it with my mum.

Senior: It was a wonderful time with the kids. I remembered my childhood and how much fun we had at Easter. I'm glad I was able to show it to the younger generation.



**France** \_\_\_\_\_

## **TITLE OF THE ACTIVITY: Treasure Hunt**

### **1. People to whom the action is addressed:**

This activity is addressed to Juniors, Adults and seniors : it's a intergenerational activity

### **2. Aims:**

Digital treasure hunts, created by E-Seniors five years ago for proposing to its members an activity mixing use of ICT tools, culture, history and walking and promoting social inclusion.

The idea is to propose to the participants a predefined path in a selected neighborhood with several points of interests

To each point, a quiz question must be resolved to continue and reach the end of the game.

### **3. Duration (total hours/days):**

1 day : 3 hours for the technical part and 3 hours for the practical activity



#### 4. Methods and materials used:

- A camera
- Internet connection
- Know-how for using Google Maps and Word
- A tablet or a smartphone that is used during the hunt

#### 5. 1<sup>st</sup> phase (preparation) (activities, tools):

- Situating the path, step by step: Define the neighborhood for the hunt (focus on a limited geographical area, such as a park or a block of buildings)
- Research interesting facts about the chosen zone, about history, monuments, statues etc. by using different information sources (web, newspapers, magazines...)
- Go to the chosen neighborhood and take photos of the points of interest that will be shown during the hunt
- Once the points of interest are defined, create a road map, for instance with Google MyMaps with the departure and the arrival points
- Decide in which way you want to present the questions (open/closed questions, multiple choice questions...)
- Consider the possibility to include GPS coordinates or hyperlinks that could help with the resolution of the questions
- Consider which material you use for the quiz (paper, electronic format, PDF, Google Drive, QR codes...)
- 

#### 8. 2<sup>nd</sup> phase (implementation) (activities, tools):

- Invite participants (max 5 persons/ the hunt organizer)
- Call or send an email to all participants indicating the meeting point or proposing an quiz question to find the departure spot
- Give a contact number in case of any problems



- Ask the participants to show up with their mobile devices (if necessary) or remember to provide the papers including the quiz
- Follow the hunt in a group that is lead by the hunt organizer, move forward together throughout the path

**9. How did you manage to cooperate with other teachers – bodies – partners?**

We have to organize staff meeting by e mails, zoom meetings or face to face meeting  
Then we test in the city to calculate the time and adjust the questions, in order not to make the  
tour too long.

## 10. Results

This activity allows a social cohesion, interaction between the participants and a good atmosphere  
It is also a « physical » activity good for everyone's health

It simulates and encourages the physical activity and promote the well bieng of the participants

## 11. Participants' feedback

*"I was happy and I enjoy this activity..I have discovered new places in Paris in good company"*

Simone



## Latvia

## Cooking workshop „In the grandmother’s kitchen”

**1. People to whom the action is addressed:**



The activity is addressed to senior learners and young people as well as for adult teachers who are interested in intergenerational activities and have an access to necessary facilities

### **3. Aims:**

To enrich the range of the intergenerational learning/training activities.

To foster cooperation between different generations, to give them the opportunity to understand each other better.

To discover and save the culinary heritage.

### **5. Duration** (total hours/days):

3 hours – cooking and degustation

7 days- preparation of the photo recipes after the cooking

### **6. Methods and materials used:**

Cooking recipes of different generations, culinary books and magazines

### **7. 1st phase (preparation) (activities, tools):**

Contacting seniors who would be interested to lead the cooking workshops.

Contacting young people/school students who would be interested to cook together with the „grandmothers”

Preparation of the facilities (school kitchen, a cafeteria, any other appropriate room)

Discussing recipes/menu with the „grandmothers” , buying products. Menu has to cover dishes from starter to dessert.

### **8. 2nd phase (implementation) (activities, tools):**

**8.1.** Creating 4-5 cooking teams: one „grandmother” , 2 students, depending of the available room and equipment.

Short ice breaking activity.

Cooking together. Each team has to prepare one dish.

Students have to take pictures from the cooking step by step for the further creating of photo-recipes.

Table service.

Degustation together.



**8.2.** Students collect the recipes they worked with, choose the pictures and create a common material.

Every further cooking workshop gives 5 typical food recipes of the region for the brochure that can be created at the end of the project.

**9.** How did you manage to cooperate with other teachers – bodies – partners?

Cooperation with the local partners is very important.

We used our Secondary school kitchen for the cooking workshop and also were assisted by the housekeeping teacher and IT teacher who helped students to create the brochure of the photo recipes.

## **10. Results**

The tangible result is the brochure with the typical Latvian food recipes.

Both seniors and young people improved their mutual understanding, learned to work together.

Young people gained new practical skills.

Seniors gained more self esteem and confidence being „teachers” for the students.

Project implementation team discovered that it is a very good activity, not complicated, but with a long lasting positive effect on both generations.

## 11. Participants' feedback

Senior: „Before the cooking I was afraid of how to cook my pretty complicated dish together with not known young people, in a kitchen where I don't know anything. But the students were very nice and welcoming, because they know all this equipment and room. School teacher was also very helpful. We, 5 grandmothers and our student-assistants spent all together a very pleasant time, communicated, cooked, tasted. It was great, and I'm ready to repeat this experience.”



## Poland

### TITLE OF THE ACTIVITY: Theater workshops “Boczny Tor” (“Side Track”).

The activity is realized by our stakeholder- Seniors' Club in Piotrków Trybunalski

#### 1. People to whom the action is addressed:

Action is addressed to seniors over 60 years old.

#### 3. Aims:

- To prevent social exclusion
- To support the integration of senior citizens
- To activate the seniors
- To give to seniors the opportunity to express their feelings and thoughts

#### 5. Duration (total hours/days):

10 months, two 3 hours meetings per week

#### 6. Methods and materials used:

During the workshops seniors work with the instructor on their diction and texts interpretation. Their practice small theater forms and also prepare the longer artistic forms. They also practice drama method and the game of the subject.





## 7. 1<sup>st</sup> phase (preparation):

Script discussions, discussions with participants, roles split, practicing the acting skills, scenography preparation. The choice of the play depends of the participants. The trainer (the director) gives a few propositions, but the participants decided what they want to play.

All the participants with the trainer (director) discuss about the details, read the play, exchange opinions, share impressions.



Next step are theatrical rehearsals. The first are without costumes and decorations.

## 8. 2<sup>nd</sup> phase (implementation) (activities, tools):

Later there are rehearsals on the scene.

It's opportunity of using of the methods learned, practice before the performance.

It's very important to reduce the stress, to prevent any problems (for example with memory). The result is the performance.



## 9. How did you manage to cooperate with other teachers – bodies – partners?

All the parties (instructor and participants) do cooperate on the equal rights. All the visions are discussed and the creativity is being spread. The others (like family members, others groups of the seniors, the local stakeholders) help to prepare the costumes, decoration, invitations, posters.

## 10. Results

As the result of the workshops seniors do prepare the theater performances which are presented to wider audience on different occasions, eg. Senior Day, Grandmother Day, Grandfather Day, etc. The group also takes part in the nationwide theater reviews and festivals for seniors.

## 11. Participants' feedback (would be enough one feedback per activity)

Participants are willing to continue participation in workshops, they feel part of the group and they feel integrated. Participants appreciate the fun aspect of workshops. They are also aware they are working on their concentration and remembering what is the additional value.



## 7.LINKS TO THE PROJECT' OUTCOMES:

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

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

[https://www.poysdorf.at/Unsere\\_Gemeinde/Leben\\_Wohnen/Erasmus\\_-\\_Projekt\\_ROCHIL](https://www.poysdorf.at/Unsere_Gemeinde/Leben_Wohnen/Erasmus_-_Projekt_ROCHIL)

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

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

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

<http://fundacijabadzaktywny.org/rochil/>

<https://www.facebook.com/Rochil-105425227515587/about/>

<https://epale.ec.europa.eu/pl/blog/uboczne-skutki-pandemii?fbclid=IwAR1dM5qJXMY8yGCXJd6f1x3PBGNtYyF4QLGUAVbItVWXFZJv0ImdpWNXQ1M>

