



Lifelong Learning Programme

LLP- Grundtvig Learning Partnership Project

## **AGEING WELL: DON'T HESITATE, BE ACTIVE!**

**LOCAL ACTIVITIES –  
NOVEMBER 2012/APRIL 2013**

17-20 April, 2013  
Craiova, Romania

Mihaela Stoyanova  
project manager

# Project Management

- Designing the project logo and discussing it with partners
- Preparing a project summary for the website
- Moving the office of the training centre in a new building
- Developing a press-release before the conference in Romania

# LOGO



**AGEING WELL: DON'T HESITATE, BE ACTIVE!**

# Senior people studying

The target group is of people aged 45-60 years

## WHAT DO THEY STUDY?

-BASIC ENGLISH – Greetings, Acquaintance, simple every-day expressions, food and drinks

-COMPUTERS – what is skype, how to surf, how to google, what is e-mail, create WORD documents, download from internet, watch pictures and create folders with pictures

# ICT & Language courses for seniors

## Period:

ICT – 14-22 January 2013

English – 1 February – 1 March 2013

## Objectives of the courses:

Acquiring basic skills in computers and internet

Learning easy constructions and words in English

# Computer Literacy training

- Number of trainees - 8
- Duration of the course – 8 studying days
- Horarium – 45 studying hours: 20 hours theory and 25 practice (Lectures and practical fulfillment of tasks)
- Experiment in real time – especially with internet
- Form of teaching – daily
- Help from young volunteers

# Computer literacy training

## Topics covered and learnt

- Hardware and software
- Windows
- File management & commands
- MS Office: Word & Excel
- Picture files
- Internet – surfing, download, e-mail
- Facebook, skype



# English Language Course

**Number of trainees – 8**

**Duration of the course – 1 month**

**Horarium – 100 hours**

**Form of teaching – daily**





# English Language Course

- Main skills: reading, listening, speaking and writing but mostly **COMMUNICATION**
- Main topics: alphabet, numbers, greetings, polite expressions, personal information – family and job, actions, asking simple questions,
- Tenses – present, past and future (very difficult for seniors)



# English classes

## Methods of teaching:

- Audio-video exercises
- Dialogue representation of a real-life situation
- Reading comprehension
- Situation games

## What do students know at the end of the course:

Can communicate about simple things like needs, family, work, easy activities;



# Success of adult training

- Find it interesting
- Get socialized
- Meet peers and can exchange ideas and experience
- Feel closer to their children and grand-children
- For some of them English is harder to comprehend, for others – computers
- Say internet helped them to be better informed and more “advanced”
- Self-motivated



# Obstacles with English

- they need more visualization,
- they find difficulties with transcription and write it with Cyrillic letters as they hear it
- they are afraid to speak and are not confident in what they have learnt

# Obstacles with ICT



- Some of the adults have never seen how a PC works
- They don't have personal computers at home in order to train what they've learnt
- Different potential for learning of each student – more individual work is needed
- Practical lessons are a bit chaotic. For this reason students are left to experiment in internet – they learn by themselves



# Effects of the trainings

Prepare seniors and ensure:

social inclusion,

developing and updating skills

personal fulfilment and development,

active citizenship and employment,



**Thank you for the attention!**

<http://www.cpo-gabrovo.com>

[cpo\\_gabrovo@mail.bg](mailto:cpo_gabrovo@mail.bg)

**Address:** Bulgaria, 5300 Gabrovo, 8 Yantra str.

**phone:** +359(66)808592; +359(88)7361876