



Ageing well: don't hesitate, be active!  
A Grundtvig project – 2012-2014

# Good practice booklet

Contribution from CCIPA, France



Education and Culture DG

Lifelong Learning Programme

Région



Provence-Alpes-Côte d'Azur



# Activities in France

We dedicated Monday afternoon for the project by setting up a workshop which we called "Europe Mondays". We constituted a group of people interested in the project by communicating directly with our trainees, colleagues and partners, by posting in the whole of our premises, on our Web site, etc.

## Les lundis de l'Europe

Ageing well: be active!  
Bien vieillir : être actif !

### CONTENU :

Ateliers d'informatique<sup>1</sup>, d'anglais, de sensibilisation à la citoyenneté européenne, échanges de savoirs autour des centres d'intérêt des participants (photo, arts plastiques, artisanat, patrimoine, etc.)



### Centre de Formation Continue

12, chemin du Temple – 13200 Arles

**PUBLIC :** Visiteurs de l'EOEP et/ou apprenants de l'APP approchant l'âge de la retraite ou jeunes retraités.

**DATES :** Ateliers en alternance, les lundis de 16h30 à 18h30 et répartis jusqu'en 2014 (voir calendrier dans la vitrine Europe salle 16)

**Places limitées - Renseignement et réservation :**  
par téléphone au 04 90 99 46 60 ou par mail à [eu-project.cfc@arles.cci.fr](mailto:eu-project.cfc@arles.cci.fr)



<sup>1</sup> Windows, Internet, diaporamas.

During Europe Mondays, we varied the activities connected to the project:

- English workshops
- Computing workshops
- Exchanges of knowledge according to the participants' centers of interest.
- Cultural outdoor activities in connection with the participants' hobbies (sometimes another day than Monday!)

During the first meetings, the participants introduced themselves and talked about their hobbies. We were always ready to welcome new participants. Several sessions were dedicated to English and to computing.

The trainer offered recreational and practical activities in English, to allow the participants to dare talking in spite of a lack of confidence of some of them, their fear "to make mistakes", their difficulty in pronunciation, etc. The purpose was that everybody has at least some tools, knows some typical sentences to communicate in a basic way in situation of mobility (to introduce oneself, to greet people, to ask for directions, to order a meal, to buy a drink or a transport ticket, etc.)

The participants who already had a practice of English were "resources people"; they were able to lead in role plays for example. They also took in hand the realization of slide shows, with the teaching staff's help, while showing the beginners how to do it.



As for computing science, the members of the teaching staff organized initiations for Word and the realization of slide shows during the first weeks of the project. Afterwards, the acquisition of knowhow was made by the practice and the exchanges of knowledge during the realization of the outputs for the project meetings.

The participants already had some knowledge of the use of Internet but if necessary, we activated the "exchanges of knowledge" on the subject.



Each time we came back from a mobility, we dedicated a workshop to an informal report: the travellers told their experience by illustrating their words with photos taken during the stay, with documents and souvenirs they had brought back and with information found on the Internet.



Other sessions were dedicated to the exchanges of knowledge:

- Sewing workshop which was also the opportunity to make cloth bags filled with mixed Provençal herbs to offer to the partners during a mobility (the room smelt the garigue!)



- Exchange on Camarguese races, led by an aficionada participant.

- Scuba diving: presentation (in connection with the discovery of the environment) by a participant, a former diving monitor. He tried to transmit his passion in spite of the fear of the majority of us. And he managed for some of us!



- Framing workshop: we made frames, for photos for example, from floated wood. One of the participants, expert in this creative art came with all the required material. The floated wood is left by the Rhône river in the sea and then rejected on the beaches of the Camargue. We collect it during walks.



A pleasant  
moment of  
exchange,  
creation and fun!





- Visit of " the saving money apartment" to learn tips to improve housing energy performances and to save money while protecting the planet.
- Visit of the " garden of the alchemist " (in Eygalières, a village of Provence) and picnic on-the-spot .
- Workshop " Aromatic Provençal herbs: cultivate your papillae! " led by a passionate who showed us how to recognize, to cultivate and to cook them.



**Fraich'attitude 2013**  
**Les aromates :  
cultivez vos papilles !**

**Le jeudi 20 juin de 14h00 à 16h30**  
à l'Espace Emploi de Saint Martin de Crau  
**4 avenue de Plaisance**  
Intervenante : **Evelyne CHANTEREAU**

? Les aromates : la plantation, la récolte, l'utilisation, la consommation...  
Afin de manger sain et savoureux tout en limitant sa consommation de sel.

€ Entrée libre

👤 Tout public à partir de 16 ans

**ESPACES OUVERTS D'ÉDUCATION PERMANENTE DU PAYS D'ARLES**  
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Centre de Formation Continue Arles  
12 chemin du Temple - ZI Nord - 13200 Arles  
Site web : [www.ctcpa.fr](http://www.ctcpa.fr)





Making cultural cards about the topic "Marseille-Provence 2013"  
and magnets in the shape of a sunflower (tribute to Vincent van Gogh  
whose foundation has just been opened in our city).



## Sevillana dance workshop and breakfast



As often in dance, women  
have to play the men's role!

