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The implementation of the new Grundtvig project “Ageing well: don’t hesitate, be active” started with a kick-off meeting in Pieniezno, Poland from 14 to 17 November 2012. The Polish host - Fundacja Lokalna Grupa Działania Partnerstwo dla Warmii - welcomed all 7 project partners with a nice dinner of traditional food prepared by their seniors students.

The agenda of the first project meeting was focused on the overall management of the project. The partners discussed and approved a work plan, strategy for implementation, dissemination and evaluation of the project. A lot of time was dedicated to the establishing of the project website and the virtual room for publishing seniors pieces of work. The dates of the other project meetings were clarified and fixed.

The cultural part of the visit under the project included a trip to Frombork, a town to the northwest at the Vistula Lagoon on the Baltic Sea coast. The place is well-known for the cathedral where Copernicus was a bishop and conducted many other observations and reseraches. At Frombork Copernicus conducted over half of his more than 60 registered astronomical observations.

The senior participants could learn more about Copernicus from the musem exhibition and enjoy a lovely organ concert in the Cathedral

