



Grundtvig Partnership Case Study 2009-2011 LifeLong Learning for Active Citizenship and Capacity Building LLLab

Dr Anna Grabowska

PRO-MED sp. z o.o.

POLAND

Introduction

- Lifelong Learning (LLL) is the key concept of European Union (EU)
- European Commission (EC) recommends Promoting Access and Participation in Lifelong Learning for All
- Starting with 1996 European year of LLL
- Continuing with Feira (2000) and Lisbon (2000) European Council proceedings

Lifelong Learning Program Grundtvig

main aims

- Increase the number of people in adult education to 25 000 by 2013 , and improve the quality of their experience, whether at home or abroad.
- Improve conditions for mobility so that at least 7 000 people per year by 2013 can benefit from adult education abroad.
- Improve the quality and amount of co-operation between adult education organisations.
- Develop innovative adult education and management practices, and encourage widespread application.
- Ensure that people on the margins of society have access to adult education, especially older people and those who left education without basic qualifications.
- Support innovative ICT-based educational content, services and practices.

LifeLong Learning for Active Citizenship and Capacity Building – LLLab project several objectives:

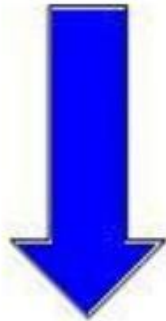
- to promote the vision for LLL in partner countries, to educate the staff about its aims, outcomes and the background;
- to promote access and increase participation in LLL for the staff and clients of the partner organizations;
- to broaden access to LLL opportunities and innovative expressions;
- to promote flexible education and training methods and approaches to create a culture of learning;
- to create learning opportunities, seminars, workshops for the employees/members of partner organizations by the help of the identified practises and activities derived from these
- to provide motivation and foster language learning ...

Share and valorise best practice

UTA Online [4]

Share and Valorize:

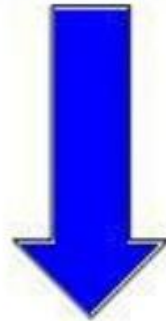
- Concept of virtual university



e-senior in action [5]

Share and Valorize:

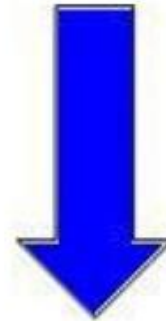
- Moodle platform
- e-courses developed
- Project Management System in Moodle



MindWellness [6]

Share and Valorize:

- Online training material
- Project Management System in Moodle



LLLab

UTW online

The screenshot shows the U3A Online website. At the top, there is a blue header with the U3A Online logo on the left and the text "A Virtual University of the Third Age" in the center. Below the header are four navigation buttons: "Home", "Course List", "Login", and "Locate a U3A". A "Main Menu" button is located below the "Home" button. On the left side, there is a vertical menu with the following items: "U3A Online", "Membership", "Courses", "U3As", "Ideas Exchange", "Links", "News and Events", "Supporters", "Broadband for Seniors", and "Contact Us". Below this menu is the text "POWERED BY" followed by the Griffith University logo. A globe image is partially visible at the bottom left. The main content area is divided into three sections: "U3A Online", "Courses", and "Resources". The "U3A Online" section contains a paragraph about the website's purpose. The "Courses" section includes a paragraph about the virtual university and a list of current news items. The "Resources" section contains a paragraph about the website's content and a link to explore further. A "Current News" box on the right side of the page lists several news items with dates and "Read More" links. A magnifying glass icon is located in the top right corner of the news box. A blue arrow icon is located at the bottom right of the page.

U3A Online
A Virtual University of the Third Age

[Home](#) [Course List](#) [Login](#) [Locate a U3A](#)

[Main Menu](#)

U3A Online
Membership
Courses
U3As
Ideas Exchange
Links
News and Events
Supporters
Broadband for Seniors
Contact Us

POWERED BY
Griffith
UNIVERSITY

U3A Online
U3A Online offers short online courses and many other useful resources for older people, especially those who are geographically, physically or socially isolated.

Courses
U3A Online is a world-first virtual University of the Third Age delivering online learning via the Internet. All that's needed to study online is access to a computer with an Internet connection - and some basic computing skills.

Our courses are open to all older people anywhere in the world. They are especially suited to older members of the community who are isolated either geographically, or through physical or social circumstances (including carers).

Resources
The U3A Online website provides up-to-date contacts for all Australian and New Zealand U3As as well as facilities for their members to exchange ideas, resources and information about regional U3A events. The wide range of helpful information, including news items and links to many interesting websites, will also prove useful to other groups of older people.

So please, explore...

Current News

2010 Older People Speak Out (OPSO) 07-08-2010
People's Choice Media Awards
[\[Read More\]](#)

Monash University Study 31-07-2010
Participants sought for a rese
[\[Read More\]](#)

Frankston Teachers College Reunion 18-06-2010
Students from 1960 and 1961
[\[Read More\]](#)

Swinburne University Study - Internet Connections 18-06-2010
Research about Use of Wireless
[\[Read More\]](#)

[View all Current News Items](#)

e-senior.eu in action



You are not logged in. (Login)
English (en) ▾

e-senior.eu w akcji

towarzystwo
inicjatyw
twórczych



POLSKO-AMERYKAŃSKA
FUNDACJA WOLNOŚCI

DG Edukacja i Kultura
Program „Uczenie się przez całe życie”
Grundtvig

Lifelong Learning
programme

pro-med



Hosted by Zbigniew 'zibi' Jarosik

Edited by Anna S Grabowska

Powered by Moodle

Po wakacjach spotykamy się na PG 8 października 2010.
Miejsce i termin - NE 239, godz. 15:15.

- Forum po polsku (Forum in Polish)
- EuBiA - spotkanie w Hamburgu, 3-5/05/2010
- Connecting +55 - spotkanie w Skurup, 16-20/06/2010
- Czat (Chat)
- ? Oceń styczniowe zajęcia (Evaluate meetings in January)
- ? Multimedia dla seniorów? (Multimedia for seniors?)

LINKI (LINKS)

- MindWellness handbook
- Seniorzy w akcji (Seniors in action)
- Akademia e-seniora
- e-senior magazine
- Uniwersytety Trzeciego Wieku
- A Virtual University of Third Age
- Portal Nowoczesnej Edukacji
- FirstClass (Connecting +55)
- YouTube - Jak namalować pisanekę w PAINT
- YouTube - e-senior.eu w akcji - podsumowanie (e-senior.eu in action - summary)
- YouTube - Connecting +55, 18/06/2010
- The UTA Asia Pacific Alliance

Course categories

Dla każdego (For everybody)	1
Dla e-seniorów (For e-seniors)	6
Warsztaty LLLab (Workshops LLLab)	6
Projekty (Projects)	11
Konferencje (Conferences)	5
Promocja (Promotion & Dissemination)	1

Upcoming Events

There are no upcoming events

[Go to calendar...](#)

Online Users

(last 5 minutes)

Anna S Grabowska

Calendar

← August 2010 →

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MindWellness



European MindWellness Project.

Choose you language... Home What is MindWellness Project? Project Partners Downloads

News

Home

MindWellness – Improving learning capacities and mental health of elder people

Mindwellness is a 2-year international project, funded by the European Union's "Grundtvig" programme. There are 11 project partners in 9 countries, including relevant specialists in adult education, pedagogues, medical doctors, university researchers, ICT experts and social researchers.

The project will develop innovative training material aimed at older people (working or retired) to help them retain mental flexibility. The outcomes of the project include:

- A national and comparative analysis on the current position of older citizens and learning in higher age
- A collection of good examples and best practice related to brain training
- Online training material with exercises on brain training
- A handbook on brain training for older people, providing a theoretical basis for use by trainers and experts

These activities will be supported and disseminated in the following ways:

- An international event for experts and representatives of the elderly, in Austria
- Pilot training courses for older people, to test the materials developed
- A final conference in Hungary
- A CD-ROM containing the results of the project

Training Tool 

TEST TOOL

Contact 

Co-financed by:



Education and Culture DG

INTRANET

This section is exclusively reserved to project partners.

W3C XHTML 1.0  W3C CSS 

MindWellness Project 143087-LLP-1-2008-1-ES-GRUNDTVIG-MAP

This project has been financed with the support of the European Union. The European Union and the EACEA are not responsible for any use that may be made of the information contained here in.

The outcomes of the MindWellness:

- a national and comparative analysis on the current position of older citizens and learning in higher age;
- a collection of good examples and best practice related to mind developing;
- online training material with exercises on mind developing;
- a handbook on mind developing for older people, providing a theoretical basis for use by trainers and experts.



World
Computer
Congress
Brisbane 2010
International Federation for Information Processing



Thank you for your attention

anka.grabowska@gmail.com

<http://utw.moodle.pl/>

