Funded by the European Union

STRONG2GETHER

NEWSLETTER

THE STRONG2GETHER PROJECT

The project's objective is to address the social and health challenges of older individuals including loneliness, social and digital exclusion, mental health, lifelong learning opportunities and distress through a dual volunteering system where young people will offer their support to seniors and seniors will offer their mentoring skills.

It aims to support the mental wellbeing of older people, promote intergenerational solidarity and social inclusion of older individuals in the digital age.

AIMS AND OBJECTIVES

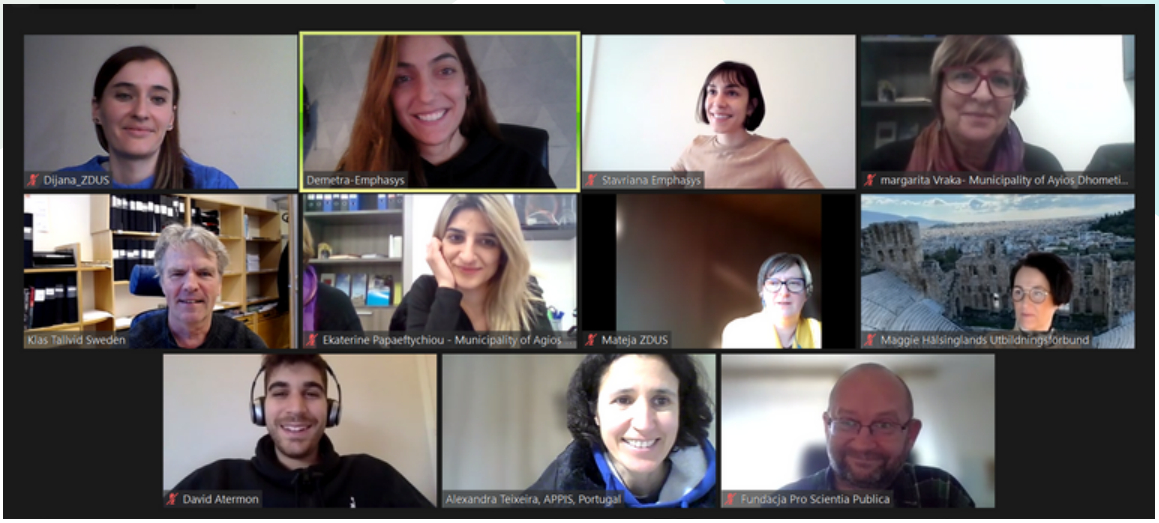
- **Promote innovative methods** used by adult educators and assist in the acquisition of digital skills
- Familiarize seniors with processes such as **digitalization** and **modernization**
- **Enhance participation** and learning performance for older people and pedagogies
- Facilitate intergenerational learning between older and younger generations and inform young people about the necessity of volunteerism
- **Increase social participation** and **prevent loneliness** and m**ental health challenges** among older people
- Provide **professional upskilling training** for adult educators and young volunteers which will enable them to adequately support the seniors.

TARGET GROUPS

- **Older individuals** aged 60+ years old
- **Adults** i.e., social workers, physicians, psychologists, gerontologists etc. working directly with older individuals
- **Young people** carers, family members
- The **community** in general such as NGOs, public authorities, educational centres, student unions, HEIs etc. as well as care organizations, municipalities and senior associations

This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project No. 2021-1-PT01-KA220-ADU-00003532

Funded by the European Union



STRONG2GETHER: KICK-OFF MEETING

The first Transnational Project Meeting (TPM1) of the STRONG2HETHER programme was held on the 10th of March, 2022 through an online meeting, due to the travelling restrictions implemented from Covid-19.

The consortium discussed the main objectives of the project and its Project Results, as well as matters related to Quality Assurance, Evaluation and Dissemination.

STRONG2GETHER: TPM2

The partners of the STRONG2GETHER Project managed to meet face-to-face in Paredes, Portugal. During the Transnational Project Meeting 2 (TPM2), the consortium discussed the final aspects of Project Result 1 (PR1) and then proceeded to analyze the upcoming activities of Project Result 2 (PR2): Educational and Active Ageing Activities Pack, which will address the needs of older people as learners!

CONSORTIUM:

EMPRESÁRIOS PELA INCLUSÃO SOCIAL
ASSOCIAÇÃO PAREDES PELA INCLUSÃO SOCIAL
PSP PROSCIENTIAPUBLICA
ΔΗΜΟΣ ΑΓΙΟΥ ΔΟΜΕΤΙΟΥ
Hälsinglands Utbildningsförbund
Emphasys CENTRE
ZDUS zveza društev upokojencev slovenije
ATERMON EDUCATIONAL PLAY

MORE INFORMATION:

This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project No. 2021-1-PT01-KA220-ADU-00003532

Funded by the European Union