

The **STRONG2GETHER** project aims to address the social and health challenges that are faced by older individuals such as isolation, loneliness and digital exclusion, mental health issues, 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.

## COORDINATOR






## PARTNERS



# STRONG2GETHER



**“UPGRADING THE RESILIENCE AND ADAPTABILITY OF SENIORS IN THE POST-COVID ERA THROUGH A DIGITAL-DRIVEN LIFELONG LEARNING PROGRAMME PROMOTING CIVIC ENGAGEMENT OF ALL AGES”**

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ERASMUS+ KA2 STRATEGIC PARTNERSHIP IN ADULT SECTOR

## RATIONALE

The mental health challenges that have erupted due to this quarantine and social distancing measures as a result of COVID-19, accentuated the need to introduce new technologies which will ensure their social participation and inclusion in the digital age. The European Commission notes that in 2019, 18% of adults in Europe face social isolation while the majority refers to the seniors' population who find obstacles in engaging social activities due to social and health constraints.

Moreover, the EU committee of the regions stressed the importance of recognizing the value of volunteering and its capacity to increase the performance of the European economy. Eurostat emphasized the role of seniors in society and the necessity to bridge the generational gap by the development of opportunities to exchange ideas.

## AIMS AND OBJECTIVES

- To promote innovative methods used by adult educators and assist in the acquisition of digital skills
- To familiarize seniors with processes such as digitalization and modernization
- To enhance participation and learning performance for senior and pedagogies
- To facilitate intergenerational learning between older (mentoring) and younger generations and inform YP about the necessity of volunteerism
- To increase social participation and prevent loneliness and mental health challenges among seniors
- To provide professional upskilling training for adult educators and young volunteers which will enable them to adequately support the seniors

## TARGET GROUP

- Older individuals aged 60+ years old
- Adults including social workers, physicians, psychologists, gerontologists, etc. working directly with older individuals
- Young people (working as volunteers for older 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

## PRODUCTS

- The Stronger2gether programme: transnational mapping of the community provision in the Post-COVID era
- Strong2gether educational pack for active aging and professional upskilling of adult trainers
- Strong2gether virtual portal for seniors and youth: platform, app and e-academy
- Strong2gether tool kit: from the grass root community level programme to national and EU level

## EXPECTED IMPACT

The project aims to create the STRONG2GETHER TOOLKIT for old people to become digitally active and promote social wellbeing during COVID-19. In addition, the development of the mobile application will promote digital transformation, active ageing, intergenerational learning and social and digital inclusion of older people.

The ultimate objective of the consortium is to respond to the ever growing need of improving adult learning opportunities and maintain the non-formal learning provided under constant, critical review and adjust it according evidence based research.