



**Cofinanțat de
Uniunea Europeană**

STAFF TRAINING EVENTS

A 2.1 (RENDE) - ITALY

Four of our colleagues participated in a joint training event in Italy from 13-17.02.2023

●The event was hosted in Rende, Italy, by Euroform RFS partners Euroform RFS for 12 members of the organizations involved in the project and aimed to increase the use of digital tools in the training or education process run by the 5 partner organizations.

●Our colleagues learned how to do online training in the most attractive way, deepened their knowledge about platforms and tools specific to digital learning, acquired new skills techniques for video editing of training materials or graphic editing; learned new things about augmented reality in the learning process. Emphasis was put on the working methodologies dedicated to the project deliverables (courseware, DVD, online learning platform), discussing the optimal programs to operate them as well as ways to make them as dynamic, user-friendly and attractive as possible.

●All this will lead to increasing the quality of the training programs we offer to the public, as well as to the preparation of the (digitized) training support and platform that we will develop in this project.

The event took place in the framework of a project co-funded by the European Union through the Erasmus+ program, CA 2 (project 2022-1-RO01-KA220-VET-000089776).





Cofinanțat de
Uniunea Europeană



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



A 2.2 (UVIC) – SPAIN

On April 24-28, 2023, a joint team-building event took place in the framework of the Erasmus+ project, Key Action 2, which our association is currently implementing as partnership leader. The event took place in the city of Vic, in the region of Catalonia and was hosted by the partners from the Universitat de Vic (Fundació Universit ria Balmes, UVic). The event was attended by 12 members from the partner organizations in the project, as follows: 3 from Global Help Association (leader of the partnership, from Romania), 3 from University of Craiova (Romania), 3 from Euroform RFS (Italy), 3 from Home Hope Ltd (Bulgaria). The learning event aimed to deepen how to adapt courses in social care and how to make them more attractive, combining multidisciplinary knowledge, from areas such as social work and care, physical education, nutrition. The event spanned 5 days and included a range of complementary learning methods:

- study visits to a residence for the elderly, Germanetes dels Pobres (a facility with about 40 elderly residents and 40 staff), visit to UVic's infrastructure closely related to physical education with applicability to the elderly (UVic's gym and fitness center, which also includes a swimming pool)
- presentations, discussions and debates on: physical movement in the elderly in primary care, sarcopenia (loss of muscle mass as a result of the natural ageing process), combining exercise with diet to prevent or delay its onset (speakers: Dr. Anna Puig, Dr. Anna Escriba, Pepeta Villaro)
- simulation of light activities such as Nordic walking, explaining and understanding the benefits for those working with the elderly
- discussed the progress made in the project to create an innovative course kit in the field of elderly care with a focus on mobilization, physical education, physical well-being and mental tone, dedicated to professionals working with the elderly (carers, social workers, gym instructors, physiotherapists, etc)

We asked our colleagues how they perceived this learning experience and here is a testimonial from Ana-Maria S, who is a social worker and trainer for the elderly caregiver course at Global Help Association: *"I appreciate the organization of the hosts, the way they selected and combined the visits with the presentations, and the openness of the trainers to feedback. I liked the care we saw, for example, the Germanetes dels Pobres staff giving to person-centered care and we had the opportunity to watch a Catalan bowling match being played by the elderly residents of the center".*



Cofinanțat de
Uniunea Europeană



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



Cofinanțat de
Uniunea Europeană



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



Cofinanțat de
Uniunea Europeană

PRACTICAL LEARNING EVENTS FOR TRAINEES

A 3.1 - Mobility hosted in ROMANIA

KA220-VET - Partnerships for cooperation in vocational education and training

Project No: 2022-1-RO01-KA220-VET-000089776

On September 11-16, 2023, the activity A3.1, Blending mobility of VET learners in RO (Mobility of VET learners in Romania), within the Erasmus+ project took place in Romania **Project Innovation and dynamic learning for caregivers, social workers and trainers specialized in physical education of elders, through cross-sectoral approach of both CVT field, Contract nr. 2022-1-RO01-KA220-VET-000089776.**

The activity was attended by 7 participants from Spain and Bulgaria (partner countries of our cooperation project).

Exploring practical activities:

During this event, participants had the opportunity to explore many practical aspects of caring and supporting older people. An important part of the programme was dedicated to visits to different centres and institutions in Dolj County, the county where the event was organized:

- Malu Mare Center for the Elderly: here, Prof. Germina Cosma led a practical dance therapy course for seniors, emphasizing the importance of movement and body expression in maintaining well-being. The participants also took part in a creative and sewing workshop (occupational therapy workshop), with a special focus on the needs and benefits offered to seniors by these types of activities, especially for maintaining fine motor skills of the hands.

- Popoveni Seniors Club: The visit to this club brought to the forefront activities essential for the health and well-being of the elderly, including group psychological therapy, physical exercises to maintain and recover mobility, as well as practical creative workshops. Socialization was an important aspect of these activities, contributing to improving the quality of life of seniors.

- Prokinetic - Physiotherapy and Physiotherapy Clinic: Another important visit was to the Prokinetic clinic, where participants had the opportunity to discover a professional environment and state-of-the-art equipment. There was also a training on postural assessment for the elderly, held by kinesiotherapy specialist Mr. Alin Burileanu.

Learning from the experts:

The event provided participants with interesting and informative presentations:

The Psychology of Older People: Ms. Psych. Ms. Viorica Mirea gave a captivating presentation on the psychology of older people, providing a deeper understanding of their needs and how we can contribute to maintaining a positive state of older people.



Cofinanțat de Uniunea Europeană

Nutrition for the elderly: Prof. PhD Mihaela Zavaleanu gave a training on the importance of nutrition for the elderly, highlighting how proper nutrition has a positive impact on their health.

The training event in Craiova was a valuable opportunity to learn, share experiences and contribute to promoting the quality of life of senior citizens in Romania. With practical lessons and scientific knowledge, participants are now better equipped to provide support and care to the elderly, contributing to a healthier and happier society.

Address: str Frații Buzzești nr. 25, Craiova, Dolj county, Romania

Adresă de e-mail: a.globalhelp@yahoo.com





Cofinanțat de
Uniunea Europeană



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



Cofinanțat de
Uniunea Europeană

A 3.2 - TRAINING EVENT IN BULGARIA

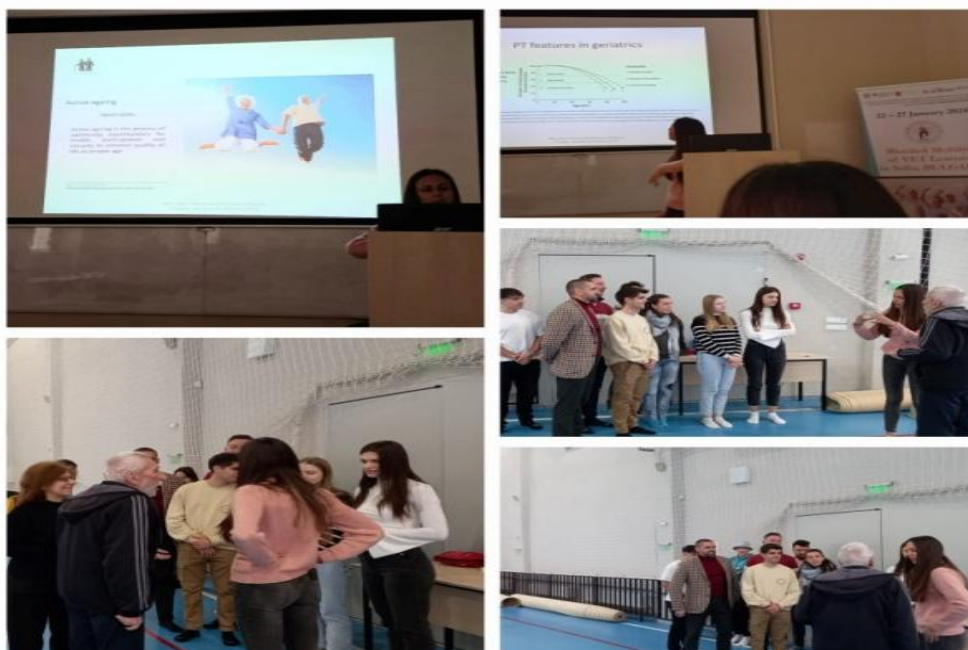
Press

In the framework of the project "Innovation and dynamic learning for caregivers, social workers and trainers specialized in physical education of elders, through cross-sectoral approach of both CVT fields", 10 trainees from the University of Craiova, Global Help Association and Vic-FUB University participated in **Sofia, Bulgaria** in the mixed mobility, from 22 to 27 January 2024.

The host organization was Elderly Home "Hope" Sofia specializing in two main areas: social service provision and care for the elderly in residential homes for the elderly.

The mobility agenda included:

- Visiting some elderly residents in Sofia such as: the Hope Elderly Center in Malinova Dolina and the Center for the elderly with visual impairment, Nadejda Sofia Public Nursing Home, in order to exemplify the care modalities of the elderly in the partner country; the participants had the opportunity to discuss with both specialists and elderly people from the centers and exchange information about the social care situation in the participating countries,
- Lectures on the realities of elderly care in Bulgaria by Dr. Todorov - Cardiac Surgeon, presentation of the national project funded by the Ministry of Culture in the field of the elderly - models of good practice,
- Robotic rehabilitation and recovery, the most advanced neurorehabilitation known in the world available also in Bulgaria,
- Workshops for experimentation of breathing techniques and motor rehabilitation in the elderly,
- Visit to the Ministry of Labor and Social Policy, meeting with the Deputy Minister of Labor and Social Policy, visit of AKSU - Agency for Quality of Social Services.





Cofinanțat de
Uniunea Europeană



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



**Cofinanțat de
Uniunea Europeană**

Both in Bulgaria and in Romania there is a need to change the way of reporting and to apply innovative ways in the training of specialists in order to maintain an optimal level of physical activity of the elderly, with the aim of preserving long-term well-being and health. In centers for the elderly (mainly residential centers), initiatives to introduce physical activity programs are isolated and need to be encouraged through projects such as the present one.

This project aims to increase, especially among specialists, the level of awareness, knowledge and dissemination of information on quality, scientifically based training for physical education of the elderly to maintain functionality and comfort.



Cofinanțat de
Uniunea Europeană

A 3.3 - PRACTICAL MOBILITY EVENT FOR TRAINEES IN TORINO

Press

The last mixed mobility for the 15 trainees from the partner countries, 4 from Bulgaria, 3 from Spain, 8 from Romania, within the project "Innovation and dynamic learning for caregivers, social workers and trainers specialized in physical education of elders, through cross-sectoral approach of both CVT fields" organized by the partner Euroform RFS, took place from 13-18 May 2024 in the Italian city of Turin.

Participants from Romania represented the Romanian partner organizations **University of Craiova and Global Help Craiova Association**, and during 6 days they participated in practical activities carried out in gyms and day centres for Italian seniors: **Centro Cultural Senzala de Capoeira, Casa del quartiere di Sal Salvario in Turin, Italy.**

The objectives of the meeting were mainly the presentation and experimentation of sport activities adapted and implemented in Italy for the elderly. Increasing the skills and awareness of future professionals on the importance of physical activities in the elderly, with examples of good practice in the host country, were at the basis of the agenda of this mobility.

Participants discovered how to tailor exercises to individual needs and abilities so that everyone can enjoy the benefits of physical movement at any age.

Capoeira sessions, considered a powerful tool for maintaining physical tone and preventing depression and cognitive decline in the elderly.



Capoeira - dans, flexibilitate și mișcare fizică la orice vârstă



Cofinanțat de
Uniunea Europeană





KA220-VET - COOPERATION PARTNERSHIPS IN THE FIELD OF EDUCATION AND VOCATIONAL TRAINING



PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776
GLOBAL HELP ASSOCIATION HAS INITIATED A NEW PROJECT FUNDED UNDER THE ERASMUS+ PROGRAM, KEY ACTION 2 - PARTNERSHIPS FOR COOPERATION, TITLED "INNOVATION AND DYNAMIC LEARNING FOR CAREGIVERS, SOCIAL WORKERS AND TRAINERS SPECIALIZED IN PHYSICAL EDUCATION OF ELDERLY, THROUGH CROSS-SECTORAL APPROACH OF BOTH CVT FIELDS."
IMPLEMENTATION PERIOD: 24 MONTHS, UNTIL OCTOBER 13, 2024.
Partnership Structure: Global Help Association (the lead partner, Romania), University of Craiova (Romania), Euroform RFS (Italy), Fundació Universitaria Balmes (Spain), Home Hope Ltd (Bulgaria).



Co-funded by
the European Union

PROJECT NUMBER: 2022-1-RO01-KA220-VET-000089776



Cofinanțat de
Uniunea Europeană

MULTIPLICATION EVENTS

SPAIN – OCTOBER 2024

On 01.10.2024, our partner from Spain, Uvic University, held the event to multiply the results of the Erasmus+ Project "Innovation and dynamic learning for caregivers, social workers and trainers specialized in the physical education of the elderly, through the cross-sectoral approach of both FPC fields", Contract no. 2022-1-RO01-KA220-VET-000089776.

To view the activity carried out during the event, please access the link:

<https://mon.uvic.cat/fcsb/es-celebra-la-jornada-de-prescripcio-dexercici-fisic-per-a-gent-gran-en-el-marc-del-projecte-physical-education-of-elderly/#>





ITALY – OCTOBER 2024

Our partner in Italy, Euroform carried out multiplication events (with 43 participants) to promote the results of the Erasmus+ Project "Innovation and dynamic learning for carers, social workers and trainers specialized in the physical education of the elderly, through the cross-sectoral approach of both FPC fields", Contract no. 2022-1-RO01-KA220-VET-000089776.





ROMANIA – NOVEMBER 2024

Today, November 8, 2024, from 10:00 a.m., in Hall 1 of the Faculty of Physical Education and Sport in Craiova, Brestei street no. 146, the Global Help Craiova Association and the University of Craiova organized the event to increase PHYSICAL ACTIVITY FOR THE ELDERLY, within the ERASMUS+ project "Innovation and dynamic learning for caregivers, social workers and trainers specialized in the physical education of the elderly, through the intersectoral approach of the two areas of FPC", Key Action 2, contract no. 2022-1-RO01-KA220-VET-000089776 (Cooperative partnership in the field of education and vocational training).

Along with the local specialists of the consortium who created the learning materials materialized in the innovative intersectoral training kit for professionals working with the elderly (caregivers and physical instructors), there were also specialists in the field, as well as future specialists, current students of the Faculty of Physical Education and Sport in Craiova.

The common language of all those who are involved in the life of the elderly and the elderly alike must include key words such as: awareness, activity, movement, sport, involvement, well-being, physical and mental health, well-being.

For additional information visit the platform - <https://elders.globalhelp.ro/>



BULGARIA – DECEMBER 2024

Within the ERASMUS+ project "Innovation and dynamic learning for caregivers, social workers and trainers specialized in the physical education of the elderly, through the intersectoral approach of the two fields of VET", Key Action 2, contract no. 2022-1-RO01-KA220-VET-000089776 (Cooperation partnership in the field of education and professional training) the event to multiply the results of the project was organized by our partner from Bulgaria, Home Hope with 31 participants

