



## **NEWSLETTER** Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century - Peer Mentoring Program for People 50+

Throughout this year, the peer train project has been developed by all partners in an online and face to-face context. Our goal is Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century through a Peer Mentoring Program for People 50+. At this moment, outcome 1 of this project can already be accessed - the study - and the others (training courses, mentoring program and an online platform) are still being developed.

### **ABOUT THE PROJECT:**

Through participation in the Peer Mentor Training, based on international experience, peer-mentors can enhance their skills and being capable of mobilising and sharing their experiences in a way that is suitable for people 50+, their peers. They must take into consideration the expectations of the 21st century and use proper methods and techniques. This project is directed both to experts and people 50+ who are interested in becoming a peer mentor or a mentee. To this end, the project will produce 4 results, with this publication being a part of the first result: "What Works in the field of Mentoring Services for People 50+?".

### **PARTNERS:**

The project is coordinated by the EureCons Förderagentur GmbH (Germany). The project partners are:

- Balkanska Agenciya za Ustoychivo Razvitie (Bulgaria)
- Human Profess Közhasznú Nonprofit Kft. (Hungary)
- PRO-MED spolka z ograniczona odpowiedzialnoscia (Poland)
- Aidlearn, Consultoria em Recursos Humanos Lda. (Portugal)
- Spoluprácou pre lepšiu budúcnosť - Veľký Meder (Slovakia)



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PEER TRAIN

Erasmus+

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### 1<sup>st</sup> meeting: outcomes, evaluation and dissemination

On February 7th, the Peer Train project had its first online project meeting! During this meeting, the partners discussed the project timeline, since its start was delayed, it was necessary to know what could be done to speed up its development. Already on March 1st, the partnership met again and discussed the project and all its outcomes, evaluation and dissemination, and the logo was selected from the various proposals submitted.



### Questionnaires stakeholders and 50+

On July 18th, the Peer Train project had its second project meeting in Lisbon, where progress on outcome 1 was seen and the questionnaire was presented. It was decided that data would be collected from 20 participants (50+) and 20 participants (stakeholders) by each of the partners. The partners also discussed the start of the development of outputs 2 and 3, as well as, the LTT in Hungary.

### Output 1, working modules and activities

On 21th and 23th of November, in Szombathely – Hungary, the partners came together for a Learning, Teaching and Training Activity where the working modules and activities to be developed in a peer mentorship were presented. Output 1 of the project – “What works in Peer-Mentoring people 50+?” was also discussed



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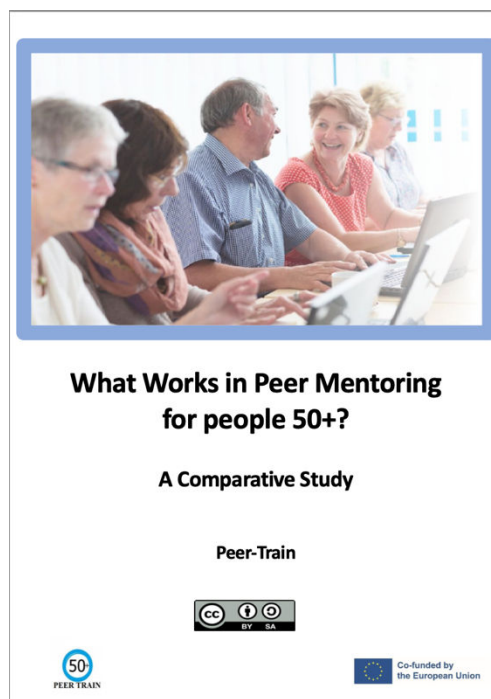




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To create this first result and to use it as a foundation for the next results, the following was done:

- Firstly, we conducted a literature review, including the partner countries' national policies/strategic documents regarding active ageing;
- Secondly, beneficial/good practices implemented in the partner countries were collected and later critically read according to the model of competencies for active ageing (Antunes et al., 2015);
- A survey by questionnaire, based on the Skills for successful mentoring of Philips-Jones (2003), was applied to establish which skills are particularly valued by stakeholders (e.g., adult educators) and potential learners (i.e., individuals 50+) and compare and contrast them, not only in general, but also according to the sample country.



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