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PEER TRAIN

Cooperation partnerships in adult education

Project Number: 2021-1-DE02-KA220-ADU-000028253

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

## NEWSLETTER

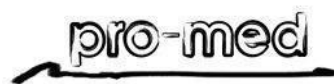
30.06.2023

### Active ageing and the role of professional rehabilitation counsellors: What we have and what we need

Almost every European country is struggling with population ageing (Eurostat, 2020). In fact, 41.7% of the EU27 population is aged 50 or older. In the partner countries of this project, the proportion of people aged 50 or older in the population is as follows (Eurostat, 2022): 42% in Bulgaria, 44.9% in Germany, 39.5% in Hungary, 37.7% in Poland, 43.5% in Portugal and 36.4% in Slovakia.



It is also true that the number of older people experiencing social exclusion and poverty seems to be decreasing (Eurostat, 2020). When it comes to older people, peer mentoring is of great importance for vocational rehabilitation and return to work. Not only does it prevent people from dropping out of the labour market, as all peer learning does, but it also helps older people develop relationship skills.



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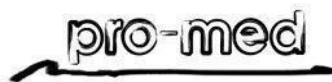
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### Erasmus+ KA220 ADU project PEER TRAIN

Erasmus+ KA220 ADU project 2021-1-DE02-KA220-ADU-000028253 Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century - Peer Mentoring Program for People 50+ PEER-TRAIN aims to

- contribute to the professionalisation of partner organisations, increase the knowledge and develop professional and digital competencies of experts, at the same time developing competences of peer mentors for people 50+ in line with the requirements of the 21st century by means of innovative solutions and digital technologies;



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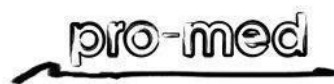
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- to support employment, lifelong learning of people 50+, but also others socially beneficial activities, achieving the longest possible independence and quality in life by maintaining a healthy lifestyle, through peer mentoring services, developing skills and competences needed for people 50+ for a decent, active and sustainable life in the 21st century through flexible blended-learning based on modern peer mentoring activities, promoting and developing international cooperation of organisations providing social, counselling, mentoring and educational services for adults and establishing partner networks.
- to organise meetings, focus groups, interviews at the national level attended by experts, relevant stakeholders to identify the common challenges and potential beneficial practices success factors of good practices associated with developing, supporting and sustaining high-quality mentoring programs which responds to the challenges of the 21st century;



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### Specific objectives:

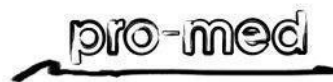
- to prepare comparative study to determine the efficacy: What Works in the field of Mentoring Services for People 50+;
- to make use of the synergies between various sectors to promote the training of the peer-mentors, - to develop and pilot testing of the Peer Mentor Training to increase professional and digital competences of experts and potential peer mentors;
- to develop and carry out the pilot testing of the Mentoring Programme for People 50+ in the form of Blended-Learning;
- to support informal education and improving IT skills for direct target groups by preparation of Interactive On-line Platform



 **EureCons**  
Förderagentur GmbH

 **human**  
profess

 **SPOLUPRÁCOU PRE LEPSIU BUDÚCNOSŤ**  
**VEĽKÝ MEDER**  
TEAMWORK FOR A BETTER FUTURE

 **pro-med**

 **BASO**  
BALKAN ASSOCIATION OF SENIORS ORGANIZATION

 **AidLearn**  
Consorzio per l'Accoglienza Humanitas, UZ

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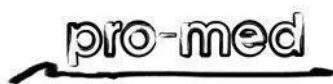
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- to create information materials (leaflet, newsletter) and website;
- to increase the motivation, and digital skills of people over 50+ by involving them in the Activity Room of the Interactive On-line Platform;
- to promote the cooperation between the stakeholders from different sectors (state, public, for-profit, non-profit) at the local, regional and national level to support active ageing;
- to contribute to improving the quality and increasing the intensity and volume of cooperation between institutions promoting active ageing by creating, developing and strengthening national and transnational partnership networks.

## PROJECT ACTIVITIES

The Study What Works in the field of Mentoring Services for People 50+? was developed and it can be downloaded from the website [Peer Train 50+ \(peer-train.org\)](https://peer-train.org). It attracted many readers, especially via social media.

In addition, project partners made a summary of the study in the form of an article and translated it into their languages. The material is available at [Peer Train 50+ \(peer-train.org\)](https://peer-train.org)



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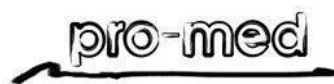


The articles were published on the Epale platform [Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century - Peer Mentoring Programme for People 50+ \(PEER-TRAIN\) | EPALE \(europa.eu\)](#)

As well as our first NEWSLETTER was shared on the EPALE platform too.

[Peer Train Newsletter | EPALE \(europa.eu\)](#)

Training courses and the programme for Peer Mentors of the 21st century that consists of 6 modules in all partner languages, was developed and tested. The feedback from the participants allowed us to make final improvements. The testing was attended by persons over 50 years of age. They all had professional knowledge, work experience, adequate competencies and were sufficiently enthusiastic, confident, motivated and interested in becoming a peer mentor. The participants found the training as very beneficial and relevant, the educational materials also of high quality, as they contain all the important information needed to obtain an overview of mentoring with an emphasis on peer mentoring for people



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over 50 years old. They evaluated very positively that we paid attention to each chapter of the educational material separately, as well as the implementation of practical exercises, which enabled them to better understand the importance of peer-mentoring for the target group.

In addition, a mentoring programme for people 50+ in the form of blended learning is being developed. It will consist of 6 modules in all project partner languages too.

### **Aiming for Excellence: EureCons GmbH workshop at Christiani competence Centre**

EureCons GmbH, a lead partner of PEER-TRAIN 50+ Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century - Peer Mentoring Program for People 50+.



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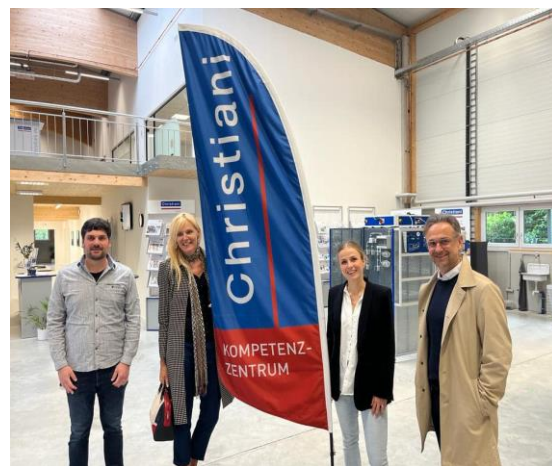
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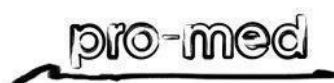
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Aiming to offer the best ways of interaction on the e-learning platform, EureCons Team had a workshop at Christiani Kompetenzzentrum in Germany in March 2023 and exchanged some ideas. The results of the workshop were introduced to the partners in the transnational project meeting in Poland, Gdansk in May.



In addition, PEER TRAIN project attracted attention, since it was introduced to all interested parties during Gdansk light Festival



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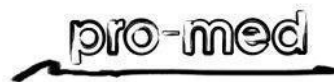
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PEER TRAIN Project partners had a brilliant opportunity to discuss project results and the next steps of the project



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