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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

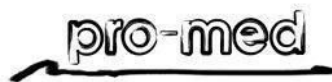
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### PEER TRAIN 50+ or Making Lifelong Learning a Reality

Lifelong learning is a process that starts at birth and extends across the whole lifespan. It provides people of all ages and origins (irrespective of age, sex, ethnicity, and national, economic or social origins, and including persons with disabilities, migrants, indigenous peoples and other vulnerable communities) with learning opportunities and activities, responding to their specific needs in different life and professional stages.



**All levels of education.** As indicated by the United Nations' 2030 agenda for Sustainable development, "lifelong learning is about linking all levels and types of education, building adaptable pathways between them. <...> Lifelong learning recognizes all modalities of learning: formal (institutionalized, leading to recognized qualifications), non-formal (institutionalized, alternative or complementary to formal education, usually not leading to recognized qualifications) and informal (not institutionalized, on a self-directed, family-directed, community or socially directed basis). *All*



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**learning spheres and spaces.** To promote lifelong learning is to build bridges between the formal education sector and non-formal and informal learning environments in order to create new opportunities for very diverse learning needs” (UNESCO Institute of Lifelong Learning 2022).

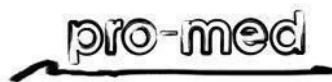
When it comes to older people, peer mentoring is of great importance. Not only does it prevent people from dropping out of the labour market, as all peer learning does, but it also helps older people develop relationship skills.

### 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 aimed to:

- enhance the competences of peer mentors for individuals aged 50 and above, aligning with the demands of the 21st century, through innovative solutions and digital technologies;
- aid with the employment and lifelong learning of individuals aged 50 and above, as well as other socially beneficial activities, with the goal of attaining the highest attainable



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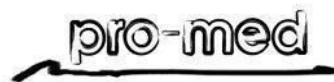
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independence and quality of life. This is achieved through the provision of peer-mentoring services that promote a healthy lifestyle;

- cultivate the skills and competences required for successful aging among individuals aged 50+, fostering a dignified, active, and sustainable lifestyle in the 21st century. This is accomplished through a flexible blended-learning approach built upon contemporary peer mentoring practices;
- promote and enhance international cooperation among organizations offering social, counselling, mentoring, and educational services for adults, as well as to establish partner networks.

### TARGET GROUP

Experts, people 50+ with professional knowledge, working experiences and competences, who are sufficiently enthusiastic, confident, motivated and interested in becoming a peer mentor, but also mentees – people 50+, who are interested in receiving help from more experienced peers in various fields



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### Specific objectives were:

- 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;
- 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;

 **EureCons**  
Förderagentur GmbH

 **human**  
profess

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

 **pro-med**

 **BASO**  
BALKAN ASSOCIATION OF SENIORS

 **AidLearn**  
Consulting in Human Resources, Ltd.

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- 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 RESULTS

**Result 1: 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.

***The STUDY reached 219.490 and 1.267 interactions that gave us valuable feedback.***

An extract of the study in an abbreviated form of an article PROFESSIONAL REHABILITATION AND RETURN TO WORK Active ageing and the role of professional rehabilitation counsellors: what we have and what we need will be published by Deutsche Rentenversicherung Bund in Germany.



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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)



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 \(europa.eu\)](https://europa.eu)

As well as our first and second NEWSLETTERS were shared on the EPALE platform too.

[Peer Train Newsletter | EPALE \(europa.eu\)](https://europa.eu)

**Result 2: Peer Mentors of the 21st Century for People 50+** consists of 6 modules in all partner languages:



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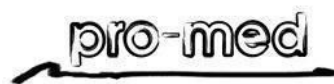
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Module 1: Peer Mentoring Methodologies  
Module 2: Mentees – People 50+  
Module 3: The Mentor-Mentee Relationship  
Module 4: Effective Communication and Ethics  
Module 5: Peer Mentoring Activities  
Module 6: Innovative Forms of Peer Mentoring Services in Online Space

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 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.



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In addition, a mentoring programme for people 50+ in the form of blended learning – Result 3 was developed. It consists of 6 modules in all project partner languages too.

Module 1: Preparation for the labour market in the 21st century

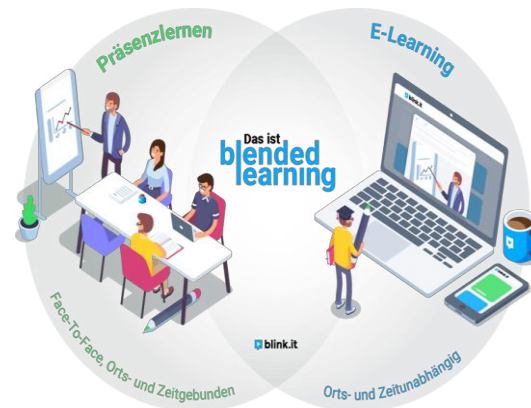
Module 2: Entrepreneurship to prolong working life

Module 3: Promoting intergenerational solidarity

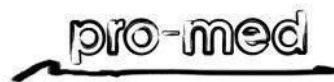
Module 4: Healthy lifestyle and meaningful life strategies

Module 5: Strengthening financial literacy in modern era

Module 6: Safe use of digital technologies



The programme was tested by target users and the feedback showing high level of satisfaction was received.



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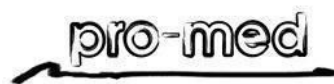
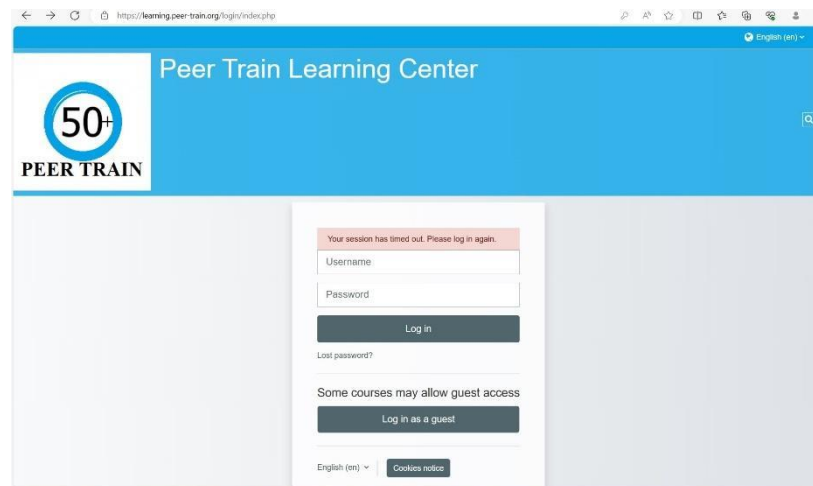
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**Result 4:** All modules are available on PEER TRAIN 50+ interactive online portal, i. e., e-learning platform at

[PeerTrainlearning: All courses \(peer-train.org\)](https://peer-train.org)

Guest users can also log in and test the results.



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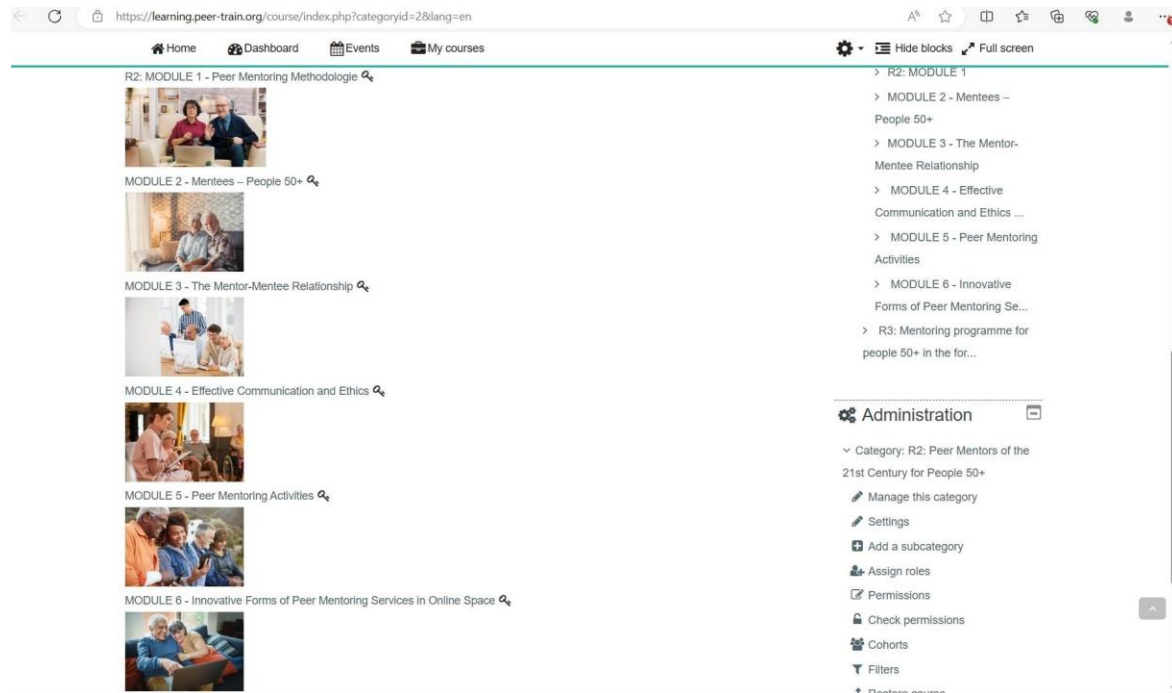
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The platform has BigBlueButton, a virtual classroom software program designed for online education, installed. It allows to interact with their students remotely.



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## DISSEMINATION AND FINAL CONFERENCES

Partners disseminated project results during workshops, online and hybrid conferences and other events of partner organization and associated partners.

The participants of multiplier events incorporated direct and indirect target groups, including representatives from labor offices, career counsellors working in counselling with older people, educational, social sector, public and non-governmental organisations (e. g., Representatives from the Chambers of Crafts; organizations providing support for disadvantaged groups (seniors, people with disabilities); employers, HR professionals, IT professionals, communication experts, mentors, representatives from different job agencies, teachers and volunteers, other relevant stakeholders in the field of active ageing. The results were shared with relevant stakeholders in other EU and non EU countries.

The National conference in Germany extended its boundaries, since there were participants from non-EU countries or representatives from non-partner countries of the project PEER TRAIN, such as representatives of organization providing advisory and counselling services for seniors in UK, Spain and Lithuania; Representatives of Austrian Association for International Cooperation Vienna; Representatives of Workspace from Bratislava, etc. They all joined the online event of the final conference in Germany that was organized in a hybrid way on the 24<sup>th</sup> of October 2023.

The same can be said about all partner countries of PEER TRAIN project.



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The fact that professionals came from such heterogeneous surroundings provided an opportunity for serving each other with new experiences and good practices. In addition to new knowledge, they have also increased their network of contacts, which they will be able to benefit from in the future. Ultimately, partners from Slovakia integrated the final conference into ERASMUS days that attracted a lot of attention.

The final conference, organized by the civic association Spoluprácou pre lepšiu budúcnosť / Teamwork for a Better Future, took place on October 10, 2023, in the pleasant environment of the Plauter Kúria in Veľký Meder, Slovakia.

***The conference was realized in the framework of the celebration of the ERASMUS+ Programme - ErasmusDays 2023.***

The main topic of the event was the support of active ageing. There was a great interest in participating in the conference and many experts from different sectors, organizations and areas took part in it.

During the conference, the results of the international project were presented with an emphasis on the study "What works in Peer-Mentoring for people 50+?", online Peer Mentor Training and the Mentoring Programme for People 50+ in the form of Blended-Learning. The conference also addressed the issue of the situation of people over 50, active measures of the labour market, examples of good practice, age management and the electronic platform EPALE. The conference also included a workshop "On the edge of the comfort zone."



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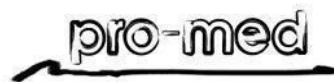
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The participants evaluated the conference as beneficial; they gained current information and experience that they can use in their daily practice.



Moments from National Final Conference in Slovakia, organized by the civic association Spoluprácou pre lepšiu budúcnosť / Teamwork for a Better Future, took place on October 10, 2023, in the pleasant environment of the Plauter Kúria in Veľký Meder. The conference was realized in the framework of the celebration of the ERASMUS+ Programme - ErasmusDays 2023.

September 5, 2023: PEER TRAIN 50+ is being introduced by Ildiko Hanuliakova, a representative from Spoluprácou pre lepšiu budúcnosť - Veľký Meder, during the days of **National Career Guidance Award in Slovakia!**



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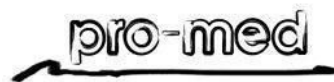
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AidLearn team (Portugal) were welcomed by the director of ISCE's Tourism department and 55 people interested in learning more about the themes of active ageing and peer mentoring.

We are grateful to all the people who attended and were so interested in finding out more about this very relevant topic.



The group of attendees showed interest in the overall project and the results, and interest in the contents of the gifted binders and Peer-Train flyers. Moreover, a teacher at the multiplier event displayed a keen interest and made contact to arrange a repeat of the event for another set of senior students.



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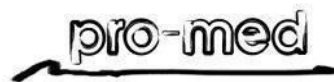
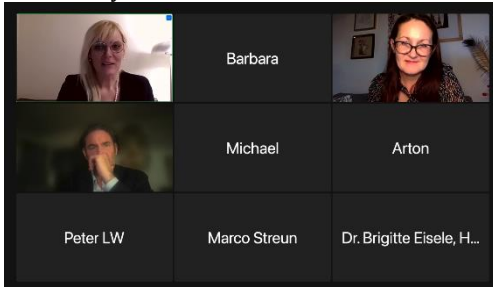
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Moments from the Final National Conference  
in Germany



Mr. Andreas Jäckel -representative of the Bavarian Parliament,  
responsible for social affairs and Member of the Committee on  
Labour and Social Affairs, Youth and Family Affairs and a  
Substitute Member of the Council of Elders  
and Prof. Dr. Loreta Huber (Principal Investigator at EureCons  
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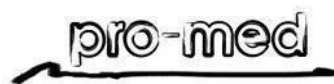
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Visit PEER TRAIN 50+ at

[Peer Train 50+ \(peer-train.org\)](https://peer-train.org)



<https://www.facebook.com/profile.php?id=100083292814982>



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