Co-funded by the European Union

Project Number: 2023-2-PL01-KA210-ADU-000177405

TALES2SHARE:

Promoting Lifelong Learning of Elderly Women Through the Upgrade of Adult Educators' Methodologies for Inclusive, Accessible and Participatory Communities

Innovative Forums Objectives, Discussion questions & Participants List

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Grant agreement	2023-2-PL01-KA210-ADU-000177405
Programme	Erasmus+
Project acronym	TALES2SHARE
Project title	Promoting Lifelong Learning of Elderly Women Through the Upgrade of Adult Educators' Methodologies for Inclusive, Accessible and Participatory Communities
Project starting date	01/04/2024
Project duration	15 months
Project end date	30/06/2025

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Consortium:

Pro Omnis FUNDACJA

Emphasys CENTRE

INTERART

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Form for elderly women

Note: not all questions have to be asked.

	FORM	
		Answer column
DESCRIPTION & FORMAT	Way of recruitment of the participants	Emphasys conducted the national stakeholders where they got interested to participate in the forums
	Way of conduct	Through phone calls
	Number of participants	5
	Moderator	Chrystalla Thrasyvoulou
	Date and location of the conduct	25th of June 2024, Lythrodontas Adult Center – Multipurpose Center
	Profile of participants (native, migrant, other) Be specific	All participants are natives from the village of 'Lythrodontas' in a rural area of Nicosia.
ENGAGEMENT QUESTIONS (not mandatory)	Why did you decide to join the innovative forum?	• To learn more about inclusivity of elderly women in a community • To meet new people • To share their stories
	What you would like to have as take-aways from the innovative forum?	
	Do you have any expectations you would like to share before we start?	

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EXPLORATION QUESTIONS	What does being "included" in society mean to you? What are the benefits and privileges that come with it?	"Included" in a society means to be valued and recognized by individuals in a community/society. Also, to have equal opportunities in health care, education etc. The benefits and privileges are: • To have accessible services • To be flexible • Involvement of elderly women in civic activities • Improve mental health and well-being • Promotes social interaction, friendships etc.
	How would you describe the feeling of being "excluded" from society? What are the disadvantages and drawbacks that come with it?	"Excluded" from the society means not to be fully participate in all aspects of a community with discrimination and loneliness. The disadvantages and drawbacks are: • Limited opportunities for education, health care services, social services etc. • Sense of loneliness and anxiety • Poorer physical and mental health
	Can you share your experience of living in this community? What have been the biggest challenges you faced?	
	Could you share your experience of being excluded, or being included in your current community?	
	How do you typically spend your time? Are there activities or programs you wish were available?	• Participating in social clubs • Participating in fitness clubs • Participating in artistic classes e.g. ceramics, painting etc. • Participating in theater club
	What kind of support or resources would help you feel more included and engaged in the community?	• Active involvement in cultural events • Fitness and well-being programs • Digital – IT courses • Weekly courses
	Have you had opportunities to share your background and experiences with others in the community? If so, how was it received?	
	What would you recommend us to include in our training program?	• Provide specific opportunities for inclusivity and active participation for elderly people in each partner country

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		• Creativity • Digital Storytelling • Detailed explanation on how to use digital tools
EXPLORATION QUESTIONS	What are some activities or programs that you think could help improve inclusion and engagement for women like yourself?	
	Have you ever participated in digital storytelling or similar activities? If yes, what was your experience like?	No
	What kind of training or support would you need to feel confident in sharing your story digitally?	• Hands-on practical activities focusing on digital storytelling
	What are your goals for the future in terms of personal development and community involvement?	
	If you could design a program for elderly women in your situation, what key elements would it include?	
	Do you have any comments or recommendations?	
	What is the story you wish to tell the world?	• How COVID affected the lives of elderly individuals • Intergenerational Gap • The limitations in society for elderly people • Green practices for elderly people
Personal notes of the moderator After the conduct of the forum		

Conclusions of the moderator/facilitator:

The innovative forum for elderly women was a success. All the participants seemed pleased during the innovative forum. They shared their stories; and experiences and they fill confident to discuss what they would like to achieve through this project. They would like to stay in touch with the project and follow the next meetings or events relevant to this.

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