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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

Community Programme Report

Author: InterArt Foundation

Country: Bulgaria

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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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Local Interactive Sessions

Key Information

Date: 29.04.2025

Venue: Club "Mladost" (3rd age club) at Mladost 3 District, Sofia, Bulgaria

Description

The Interactive session held in Bulgaria gathered 10 senior participants with diverse background incl. senior women migrant to Bulgaria. Based on our discussion during the info day we decided to dedicate the session to improving digital competencies: Digital Storytelling, Basic tools & resources, formats as developed in our Competence framework.

In the second part of the session, we focused more on the civic competencies: The power of emotion and personal history and Dealing with feedback and personal image.

Our trainer Sia Simova assisted some of the participants with the technical aspects of the creation a digital storytelling and together they practiced some tools as experiential activity. Our trainer reports that the 4 hours were slightly too long for the participants, especially when she had to accommodate for some language barriers, as recommendation it was suggested the session to be divided into 2h long interactions, perhaps 2 or 3. After the session, there was discussion about the barriers the women are facing when they want to share online, including some comments they receive on their social media interactions that were not pleasant.

Agenda

AGENDA	
Time	**Activity**
09.30 – 09.45	**Welcoming the participants. Short introduction of everyone present.**

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09.45 – 10.00	**Introduction of the session. Learning objectives. Feedback on their relevance.**
10.00 – 10.45	**Digital story telling vs traditional storytelling. Challenges & benefits. Introduction to tools (Canva, Audio & video) recording, Storyboardthat. Pixabay. Formats and platforms.**
10.45-11.00	**Coffee break**
11.00 – 11.20	**Discussion/assessment based on the competence framework digital competences**
11.20 – 11.40	**Civic competence 1: The power of emotion and personal history** **Emotional responses (incl. brain responses when listening to a story)**
11.40 – 12.00	**Online feedback & interaction (civic comp 2: Dealing with feedback and personal image)**
12.00 - 12.30	**Practical activity with digital tools for digital stories**
12.30 – 12.45	**Coffee break**
12.45 – 13.15	**Learning points to remember & Feedback**
13.15 – 13.30	**Next steps, Q&A & Closing**

Photos

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Local Sessions For Digital Storytelling Creation

Key Information

Date: 07.05.2025

Venue: Club "Mladost" (3rd age club) at Mladost 3 District, Sofia, Bulgaria

Description

We had 10 senior participants at the workshop including senior women from different countries. The workshop was practically oriented to guide the process of creating a digital story and to navigate them into the influence that such story can have.

The day began by introducing the Storytelling cards which include different scenarios around the topic of inclusion of migrant women or women in vulnerable position. The activity was organized as a game after Sia Simova (trainer) presented the concept of the scenarios with the provided questions and example stories. The participating women took turns to add elements from their own experience to the story and discussed what resonates with their lives and experience. After this it was easier to introduce a structure of a story (this was a challenge, as most women we are working with at this age group, when started sharing a story get lost in the details and lose the purpose of the story). Storytelling canvas was introduced and explained again as a tool to keep the stories concise. After a short coffee break, the participants practice creating own stories conveying meaningful conclusions and takeaways. They shared the stories and commented how would make them more impactful.

The workshop ended with a discussion over the emotions felt during the process of sharing stories both by the author and the listers. The trainer introduced the common topics for the project and explained the process of recording.

We recorded 3 stories together with senior women after the workshop and interactive sessions.

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Agenda

AGENDA	
Time	**Activity**
09.00 – 09.15	**Introduction & objectives of the workshop for digital storytelling creation**
09.15 – 10.00	**Practical activity: Tales2share storytelling cards** **Discussion on the suggested stories and adapting the narrative**
10.00 – 10.30	**Structure of story and audience targeting.**
10.30 – 11.00	**Introduction of the Storytelling Canvas**
11.00 – 11.20	**Coffee break**
11.20 – 12.00	**Working on storytelling canvas**
12.00 – 12.45	**Sharing our "practice stories"**
12.45 – 13.00	**Discussion on the emotional influence of the stories**
13.00 – 13.15	**Topics that can unite us all – common topics**
13.15 – 13.30	**Next steps & Closing**

Photos

Practice stories

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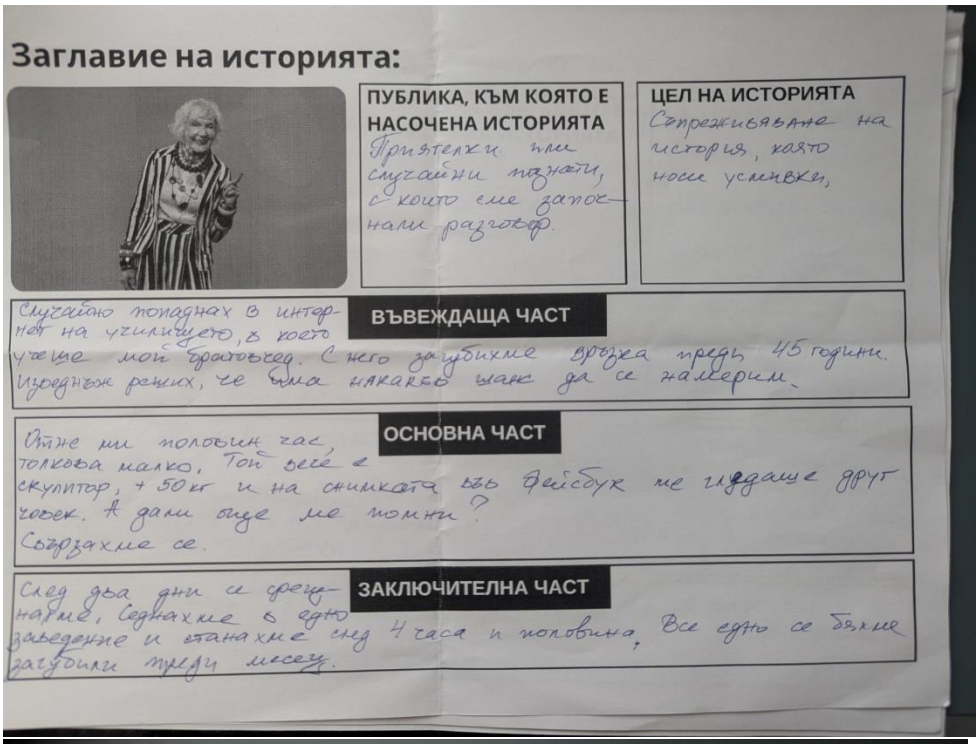


Заглавие на историята:

ПУБЛИКА, КЪМ КОЯТО Е НАСОЧЕНА ИСТОРИЯТА

Приятелки или случайни познати, с които сме започнали разговор.

ЦЕЛ НА ИСТОРИЯТА

Споделяне на история, която носи усмивка.

ВЪВЕЖДАЩА ЧАСТ

Случайно попаднах в интернат на училището, в което учеше мой братовчед. Него загубихме преди 45 години. Изведнъж реших, че има някакъв шанс да се намерим.

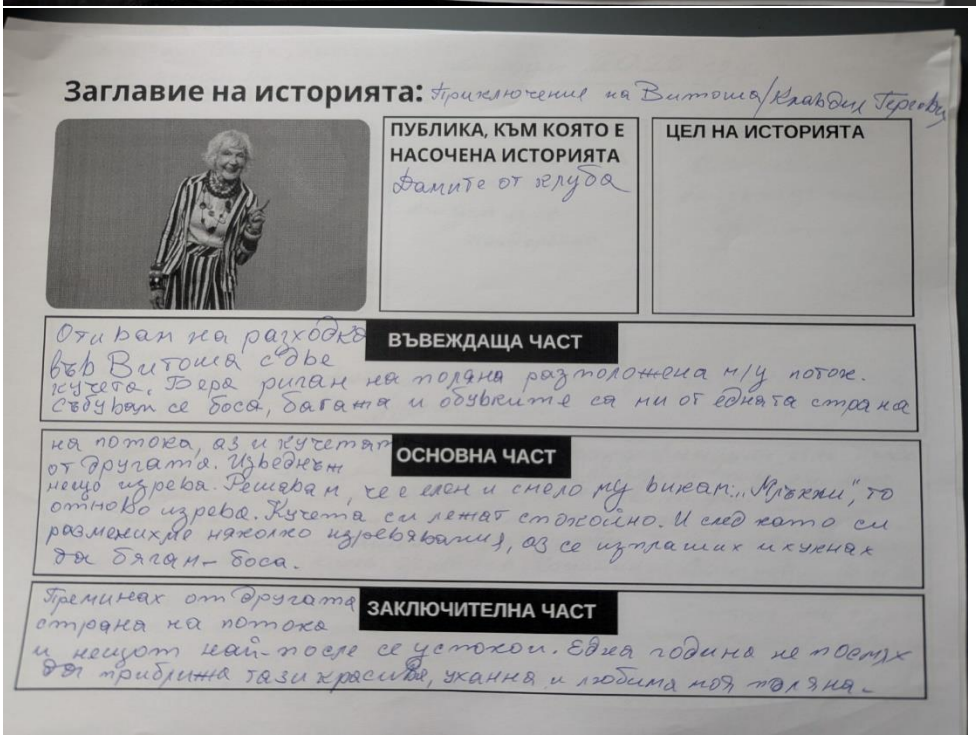
ОСНОВНА ЧАСТ

Отне ми половин час, толкова малко. Той вече е скулптор, + 50 кг и на снимката във фейсбук ме гледаше друг човек. А дали още ме помни?

Свързахме се.

ЗАКЛЮЧИТЕЛНА ЧАСТ

След два дни и срещнахме, седнахме в едно заведение и станахме след 4 часа и половина. Все едно се бяхме загубили преди месец.



Заглавие на историята: Приключения на Витоша/Калъдин Терзиев

ПУБЛИКА, КЪМ КОЯТО Е НАСОЧЕНА ИСТОРИЯТА

Дамите от ягода

ЦЕЛ НА ИСТОРИЯТА

ВЪВЕЖДАЩА ЧАСТ

Отивам на разходка във Витоша сдъе кучета. Бягам рилан на поляна разположена м/у поток. Свалям се боса, бягам и обувките са ми от едната страна

ОСНОВНА ЧАСТ

на потока, а кучетата от другата. Изведнъж нещо изрева. Решавам, че е елен и смело му викам: „Мъжки", то отново изрева. Кучета си лежат спокойно. И след като си размахме няколко изревявания, аз се изплаших и хукнах да бягам – боса.

ЗАКЛЮЧИТЕЛНА ЧАСТ

Преминах от другата страна на потока и нещото най-после се успокои. Една година не посмях да прибера тази красива, уханна и любима моя поляна.

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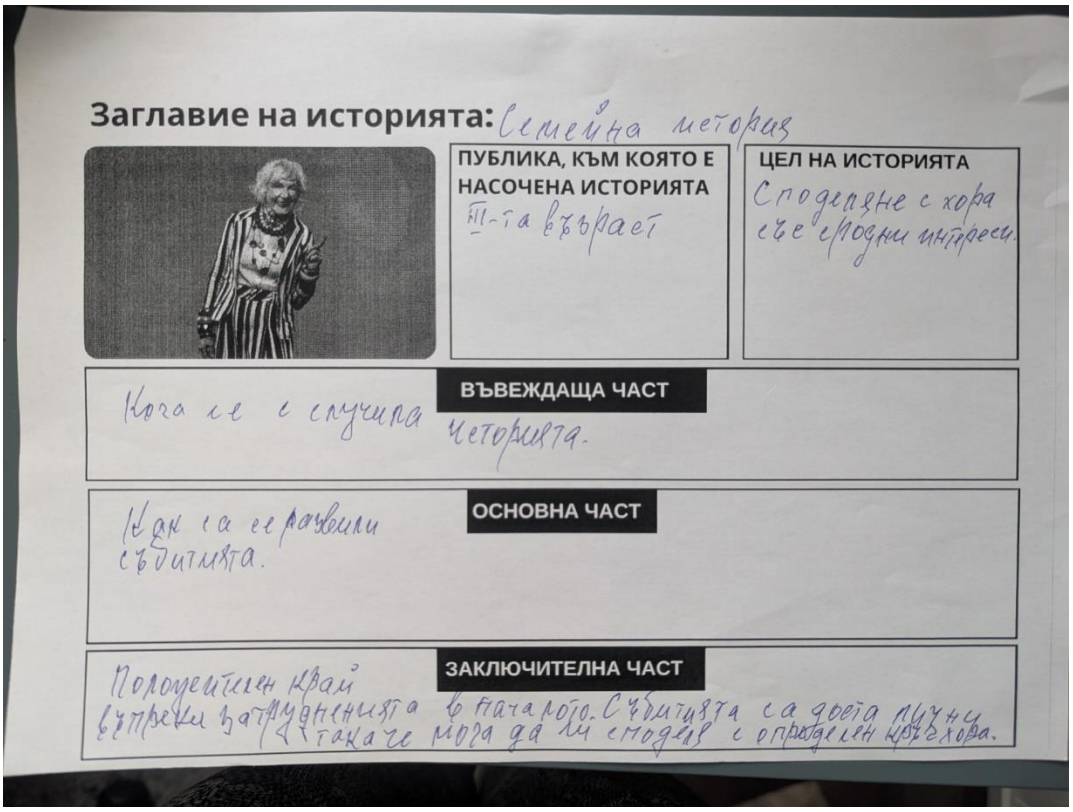

Заглавие на историята: Семейна история

ПУБЛИКА, КЪМ КОЯТО Е НАСОЧЕНА ИСТОРИЯТА

Тя-та възраст

ЦЕЛ НА ИСТОРИЯТА

Споделяне с хора със сродни интереси.

ВЪВЕЖДАЩА ЧАСТ

Кога се е случила историята.

ОСНОВНА ЧАСТ

Как са се развили събитията.

ЗАКЛЮЧИТЕЛНА ЧАСТ

Положителен край въпреки затрудненията в началото. Събитията са добра идея, така че мога да ги споделя с определен кръг хора.

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Evaluation Report

Our participants were asked to fill in the evaluation form prepared by the quality leader. Some needed assistance by their trainer Sia for filling the form. The form was presented in Bulgarian as most of them had understanding of it.

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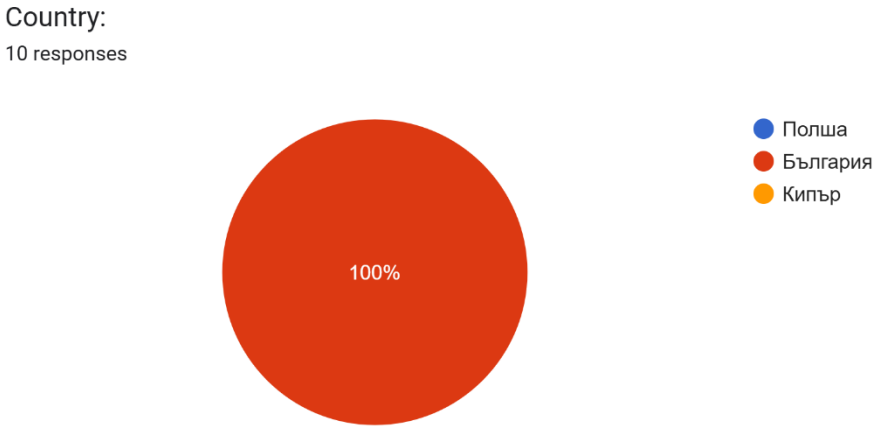
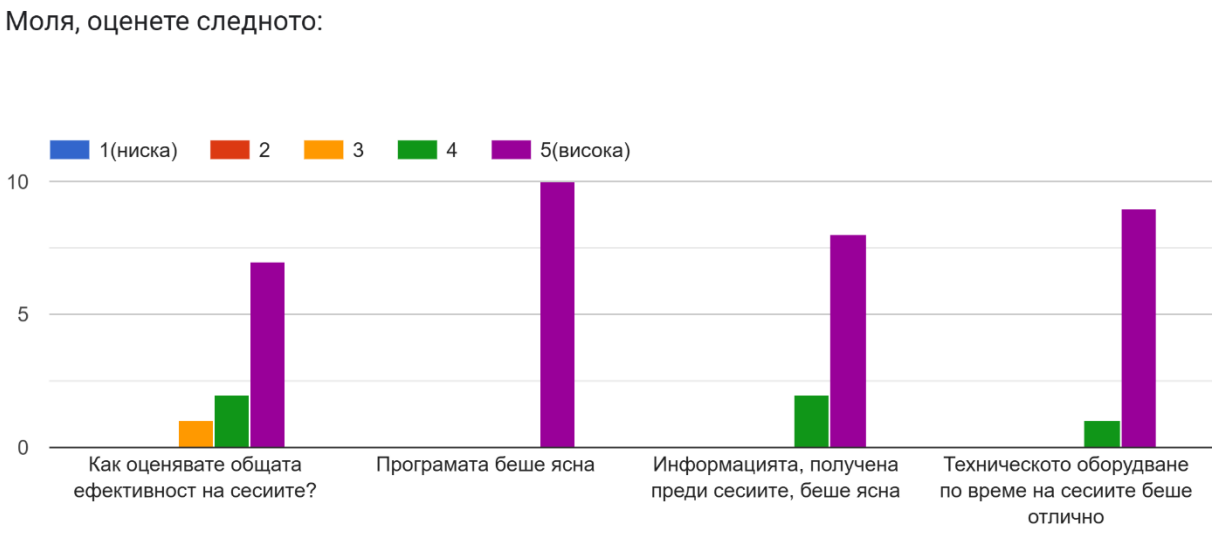


All participants filled in the form.

Various aspects:



Across the 4 categories participants share overall positive feedback. They evaluate the general effectiveness of the sessions positively, 1 rates them in the medium range. The program clarity is evaluated by all with the highest possible value. The clarity of information in advance and the technical aspects during the sessions are rated by 9 participants with 5 (the highest) and by one participant with 4 the second highest. We can conclude that those aspects of the sessions were well delivered and received.

Trainers:

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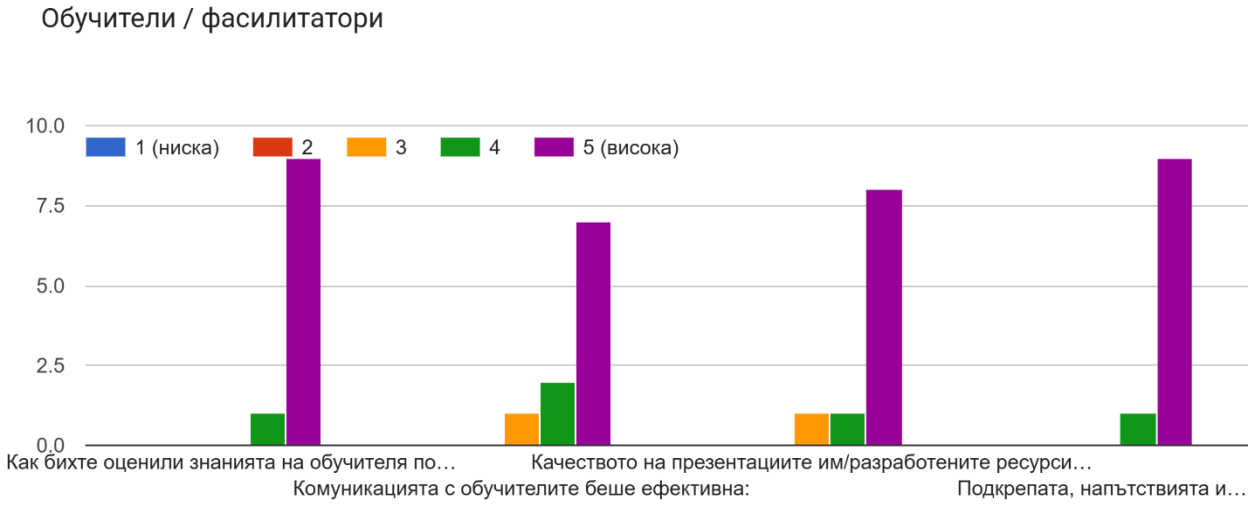
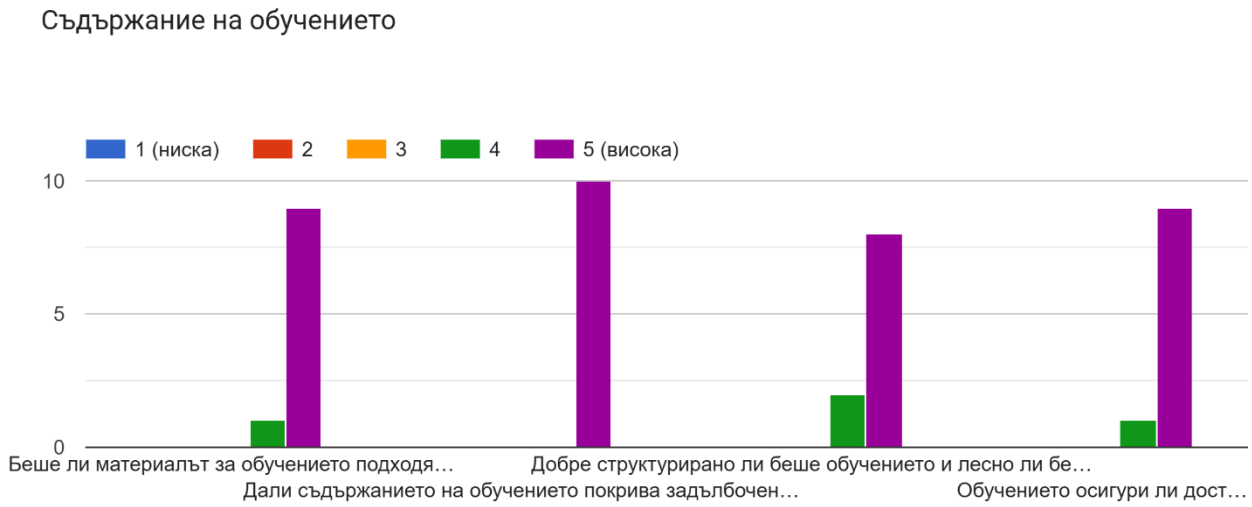


Our facilitators and trainers also have received very positive evaluation. Their knowledge and the support provided have 9 marks of the highest rating and 1 with the second highest. The quality of presentations and the communication with the trainers were also positively evaluated, as the majority of the participants have given 4 or 5 mark, while one has rated it as medium.

Content of training:



The content of the provided training has received also only positive evaluations in terms of materials, content, structure and depth.

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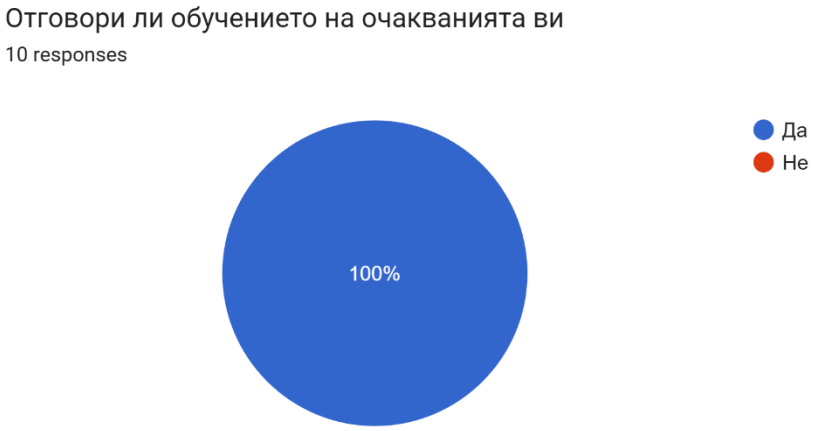
Expectations:



All participants report that the sessions have been relevant to their expectations and have answered them.

Why the sessions were motivational for you:

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The participants report various reasons for being motivated by the sessions such as:

“I remembered some stories”

“Live meetings are to my liking, I could discuss some maters with the group”

“Conversations”

“New knowledge”

“Meeting with peers”

“To go out”

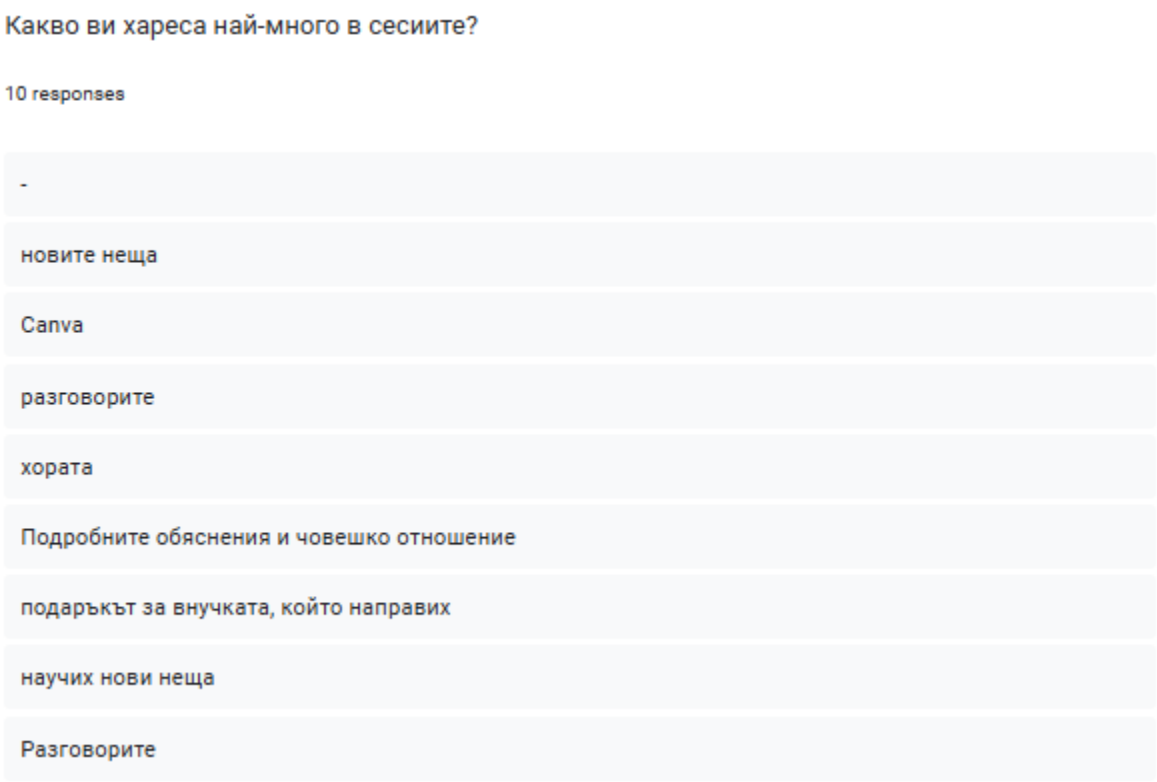
“I am quite excited”

“Learnt something new”

“Find new friends”

“They gave me new perspectives”

What they liked the most?



The participants liked the most:

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"The new things"

"Canva"

"Conversations"

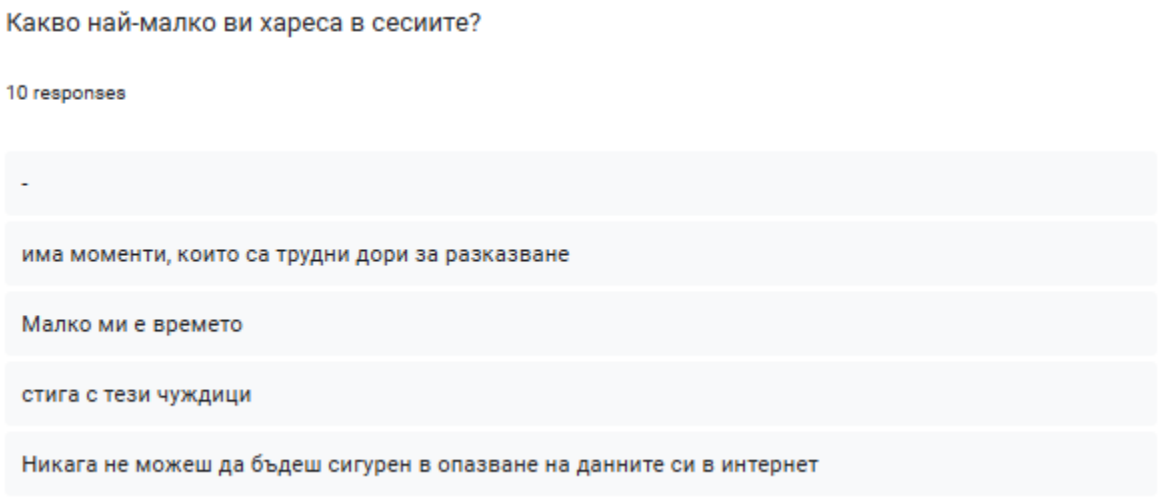
"People"

" The detailed explanation and human interaction"

"I learnt new things"

"Conversations"

What they liked the least?



The participants liked the least:

"There are moments which are very hard to tell as a story"

"Not enough time"

"The English words"

"That you can never be sure that your data is safe on the internet"

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Sets of stories

Story 1

Theme:

"The sense of belonging"

My Journey to Belonging – Stories of Connection, Courage and Community

Description:

Lucija thought she would feel at home anywhere in the Balkans, that she knew all the popular songs and that Bulgarian and Macedonian were basically the same. However, reality confronts her with all the fun and funny quirks of Europe - from Sofia's central heating to the markets in Vienna... her story shows that the world is colorful and chaotic, as long as we accept everything with laughter and love.

https://drive.google.com/file/d/1yqT2wDgTen97WHzSyRLiTqlOQgF0KIR-/view?usp=sharing

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TALES2SHARE
PROMOTING LIFELONG LEARNING

Lucija's story – adding samardala to okra

AUDIENCE OF THE STORY	GOAL OF THE STORY
People of all ages	To show through Lucija's personal story how the sense of belonging can be multi-layered and change throughout life. To inspire acceptance and appreciation of diversity and difference.

INTRODUCTORY PART

We begin with a brief biography of Lucija, in which she talks about her arrival in Bulgaria, falling in love with Sofia, and her naive confidence that she spoke Bulgarian and knew the local culture. Spoiler alert - it turns out that this was not exactly the case.

MAIN BODY

Reality presents her with countless comical situations and new challenges – from "The Songs Everyone Knows," which she doesn't actually know, to arguments with the Sofia central heating company and a 100km journey for a 25€ okra.

CONCLUSION PART

Lucija's story is proof that the unknown/different is actually something good and can only enrich you. It shows us that we should accept challenges with humor and an open heart, that we can call everything we like "ours" and that the sense of belonging doesn't come with nationality, but with the things we love.

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ПУБЛИКА, КЪМ КОЯТО Е НАСОЧЕНА ИСТОРИЯТА	ЦЕЛ НА ИСТОРИЯТА
people of all ages	To show through Lucija's personal story how the sense of belonging can be multi-layered and change throughout life. To inspire acceptance and appreciation of diversity and difference.

ВЪВЕЖДАЩА ЧАСТ

We begin with a brief biography of Lucija, in which she talks about her arrival in Bulgaria, falling in love with Sofia, and her naive confidence that she spoke Bulgarian and knew the local culture. Spoiler alert - it turns out that this was not exactly the case.

ОСНОВНА ЧАСТ

Reality presents her with countless comical situations and new challenges - from „The songs everyone knows", which she doesn't actually know, to arguments with the Sofia central heating company and a 100 km journey for 25€ okra.

ЗАКЛЮЧИТЕЛНА ЧАСТ

Lucija's story is proof that the unknown/different is actually something good and can only enrich you. It shows us that we should accept challenges with humor and an open heart, that we can call everything we like „ours" and that the sense of belonging doesn't come with nationality, but with the things we love.

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Story 2

Theme:

Adapting to new environments

My Journey to Belonging – Stories of Connection, Courage and Community

Description:

This story shares Christelle's journey from Belgium to Bulgaria with just a suitcase and an open heart. It shows us that with a smile, kindness and curiosity it's possible to build a life anywhere.

https://drive.google.com/file/d/1OevRPvWmrcI5yXGhGKjxNkwm1w2trD1a/view?usp=sharing

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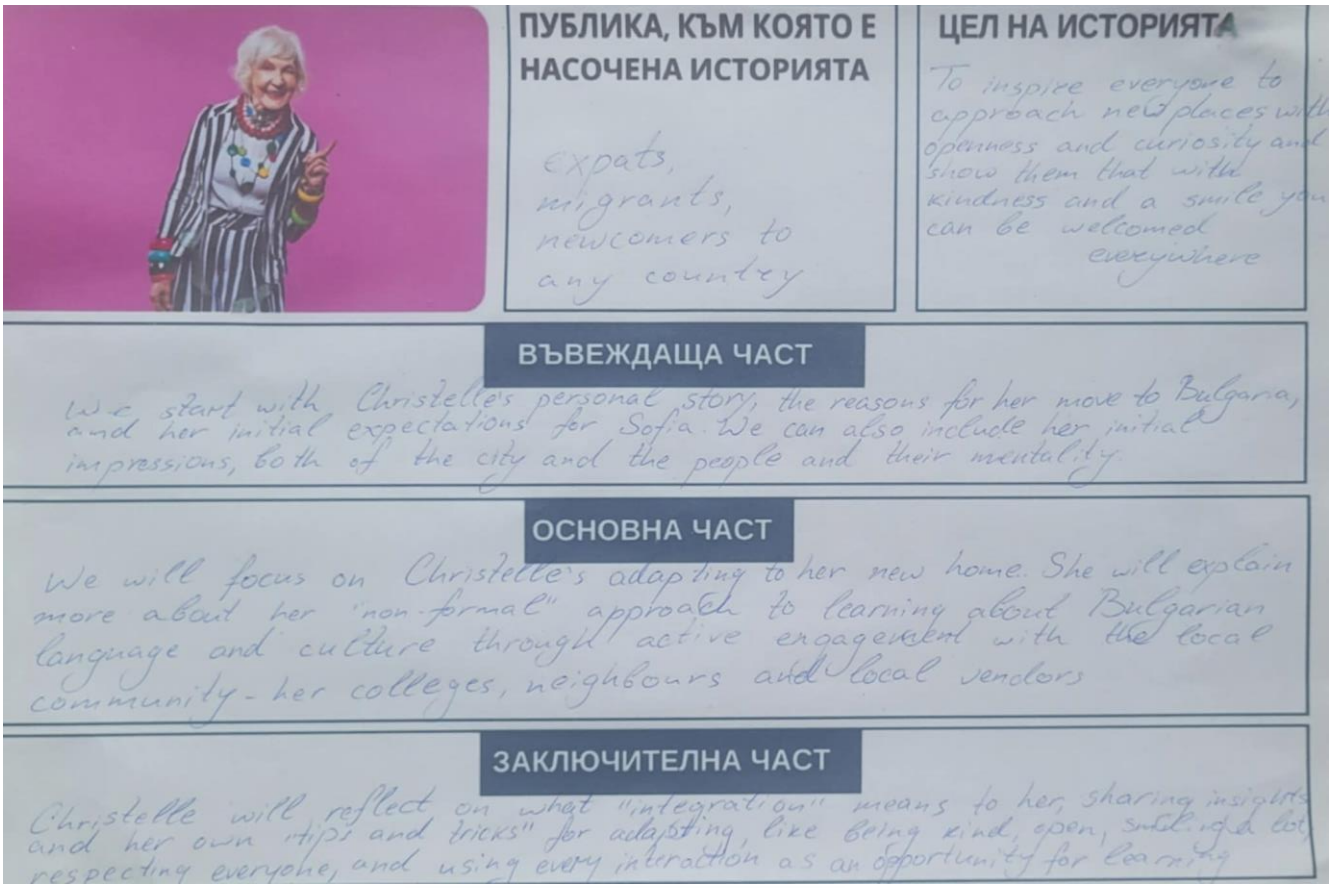

TALES2SHARE
PROMOTING LIFELONG LEARNING

A Suitcase, a Smile, and a New Life

AUDIENCE OF THE STORY	GOAL OF THE STORY
expats migrants newcomers to any country	To inspire everyone to approach new places with openness and curiosity and show them that with kindness and a smile you can be welcomed everywhere.

INTRODUCTORY PART

We start with Christelle's personal story, the reasons for her move to Bulgaria, and her initial expectations for Sofia. We can also include her initial impressions, both of the city and the people and their mentality.

MAIN BODY

We will focus on Christelle's adapting to her new home. She will explain more about her "non-formal" approach to learning about Bulgarian language and culture through active engagement with the local community – her colleges, neighbors, and local vendors.

CONCLUSION PART

Christelle will reflect on what "integration" means to her, sharing insights and her own "tips and tricks" for adapting, like being kind, open, smiling a lot, respecting everyone, and using every interaction as a opportunity for learning.

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Story 3

Theme:

A pediatrician's path - Medicine, Memory, and Family

Description:

As a young pediatrician, Dr. Rayna Ruskova left Bulgaria to work in post-colonial Guinea. Faced with unfamiliar challenges, severe cases and heartbreaking losses, she remained devoted to her work. Her story is one of strength, compassion, and duty.

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A Pediatrician's Mission Across Borders

AUDIENCE OF THE STORY

Everyone with interest in global health, women's professional journeys, international medical work

GOAL OF THE STORY

To explore the journey of Raina - Bulgarian pediatrician sent to post-colonial Guinea as a young doctor. The story aims to show the emotional and professional challenges of working in a foreign, high-pressure environment.

INTRODUCTORY PART

The story begins with Raina as a young pediatrician who volunteers for a medical mission in Guinea. She arrives alone, with little information about what to expect, and is placed in charge of a children's ward with no other doctors.

MAIN BODY

The focus will be on her work under extreme conditions, facing unknown illnesses, severe cases, and the emotional toll of losing children—something she had never experienced before. It will also touch on her daily life and the support of her family.

CONCLUSION PART

The story will end with a reflection, that despite the challenges, she remembers not with bitterness, but with pride and a smile - grateful for the life she lived and the people she helped.

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