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TALES2SHARE:

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

Community Programme Report

Author: Pro Omnis Fundacja

Country: POLAND

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Local Interactive Sessions

Key Information

Date: 22.05.2025

Venue: Bydgoszcz, ul. Jarużyńska 9

Number od Participants: 22

Description

The Community Programme consisted of two separate meetings, during which participants – women aged 55 and over, including those with refugee experience (from Ukraine) – were introduced to the process of creating digital stories. Both meetings took place in Bydgoszcz, at the main headquarters of the Pro Omnis Foundation, gathering **23** women in total.

Agenda

AGENDA	
22.05.2025	
Time	**Activity**
10.00 – 11.30	• **Introduction to the story power and the main elements of each story** • **Presentation of digital stories that evoke audience's emotions, reflections**
11.30 – 12.00	**Coffee break**
12.00 – 13:00	**Presentation of the educational materials developed in the T2S project**
13.00 – 13:30	**Lunch break**
13.30 – 15:00	**Develop participants' stories in the story template in Canva**

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Empowering Women Through Digital Storytelling.

The first day aimed to encourage participants to embrace the power of storytelling. Key elements of every story were discussed, along with exploring different types of human narratives, their purpose, and more. Two examples of digital stories were showcased, each with a different objective and using various approaches. One was an animated, humorous, situational piece highlighting generational differences, while the other was more interview-based, scenic, reflective, and focused on themes of transience and the value of life. Both stories prompted the participants to open up and share their own life experiences.

After a coffee break, educational resources developed within the project were demonstrated, including the Storytelling Handbook for Women 55+ (Storytelling Guide „Tell Your Story") and Storytelling Cards. With the help of several storytelling cards, the process of sharing personal life experiences was deepened.

Following a lunch break, participants attempted to structure their own stories using the Story Template in Canva (some wrote them down on paper, others completed them online).

Photos

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Local Sessions For Digital Storytelling Creation

Key Information

Date: 23.05.2025

Venue: Bydgoszcz, ul. Jarużyńska 9

Number od Participants: 23

Agenda

AGENDA	
Time	**Activity**
10.00 – 11.30	**Framing the story using a technological solution – workshop (part 1)**
11.30 – 12.00	**Coffee break**
12.00 – 13.30	**Framing the story using a technological solution – workshop (part 2)**
13.30 – 14.00	**Lunch break**
14.00 – 15.30	**Summary, evaluation**

Description

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Crafting and Recording Personal Narratives.

The subsequent day primarily focused on "processing" the previously selected and shortened personal stories. After refining their versions, efforts concentrated on attempting to create audio and/or video recordings. Some recordings required translation from Russian or Ukrainian into Polish. While the Ukrainian participants generally understood Polish, they had difficulty speaking it, necessitating assistance from an educator fluent in both Polish and Russian.

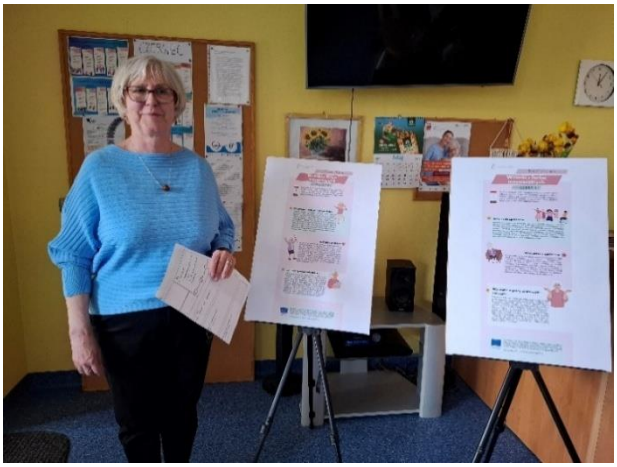
With the help of educators and staff from the Foundation, various interesting stories were gathered. These included narratives about the refugee experience and acclimatizing to life in Poland after the outbreak of Russia's full-scale invasion of Ukraine (building a new life), as well as stories about starting life anew after many years of marriage (such as a husband leaving, leaving a husband, or a husband's death, etc.).

Some of these stories will indeed see the digital light of day. The power of storytelling proved truly impactful!

Participants' Engagement with the Platform

During the meetings, participants independently accessed the project platform, logging in and locating the resources mentioned by the facilitators. It seems the platform and the digital storytelling activities will be successful in the future, among older women, including Ukrainian migrants, gathering in Daily Support Centers for Seniors, libraries, T2S Hubs, etc.

Photos



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Evaluation Report

The evaluation analysis of the TALES2SHARE Community Programme in Poland was based on 23 responses. The vast majority of participants did not indicate significant negative aspects, which confirms the **high quality of the Programme**. There were individual comments regarding computer/IT skills, which may suggest the need for additional support in this area for some participants, as well as the training duration being too short, which indicates high interest and a desire for continuation.

General Conclusions High participant satisfaction:

- the TALES2SHARE Community Programme in Poland is rated exceptionally positively in every respect – organization, content, facilitators, and overall fulfillment of expectations;
- key success factors: the programme's success stems from: professionalism and commitment of the facilitators; clarity and usefulness of materials and agenda; creation of an inspiring and accepting atmosphere, conducive to building relationships and exchanging experiences; tailoring content to the needs of older women, supporting their integration and engagement;
- need for digital skills support: a few comments regarding difficulties with computers/IT suggest that for part of the target group, the development of digital skills is crucial and may require additional support or dedicated sessions;
- demand for continuation/expansion: comments about "training being too short" and a desire to "participate more" indicate a high demand for this type of activity and could potentially lead to considering expanding the program or offering follow-up.

Recommendations for Programme's continuation:

- due to very high ratings and satisfaction, the TALES2SHARE project should be continued in a similar format;
- consideration of additional/continuation modules: in response to the desire for longer participation, it is worth considering developing advanced training modules or follow-up workshops;
- strengthening digital support: providing additional, optional support or mini-workshops on basic computer/internet use for participants who express such needs;
- providing tools for recording stories: if recording stories on video is part of the project, it is worth investigating the reasons for reluctance (e.g., camera shyness, privacy) and possibly providing alternative documentation methods, or additional support and explanations regarding the purpose of recordings;
- ensuring linguistic consistency: ensuring that materials and communication are fully understandable for all participants (if there are language differences in groups).

Qualitative findings seem interesting: open-ended responses indicate a wide range of motivations, mainly related to personal, social development, and acquiring knowledge; these were especially related to the question: "**Why were these sessions motivating for you?"**:

- **social integration and relationships**:
  - "I want to participate more in such meetings so I am not alone";

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- "I met a yoga lady and I will want to go and I could learn how to tell stories";
- "I met other women, exchange of experiences";
- "I met women with various interests and want to be more active in society; I felt I was not 'different'";
- "possibility to meet women at a similar stage of life as me; sharing confessions of mature age, which not only I face, but also people met at the meeting";
- "a nice meeting among people, recalling a pleasant story";

- **personal development and new skills**:
  - "I gained desire for physical exercise – friends talked about it and I also want to exercise";
  - "I learned a new storytelling tool";
  - "participation in the training allowed me to learn how to tell stories important to me in an interesting way";
  - "storytelling is new and interests me";
- **inspiration and sense of purpose:**
  - "I could learn other stories and I want to do more for myself";
  - "that there is a way out of every life situation".

Participant motivation is strongly linked to the desire for social integration, exchange of experiences, acquiring new knowledge and skills, as well as the feeling that they can actively participate in social life and develop personally.

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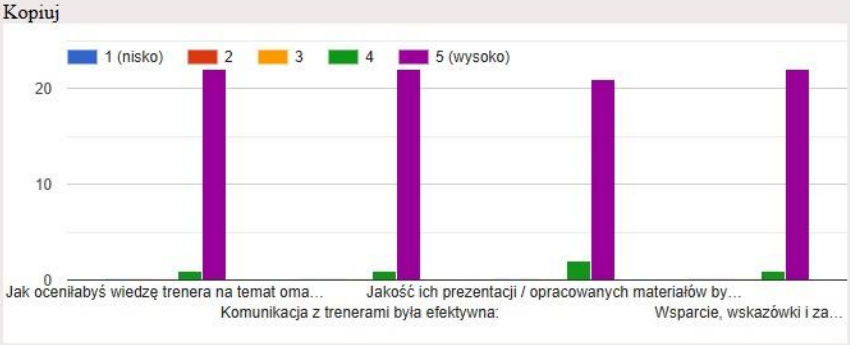
Ewaluacja Programu Społecznościowego

Proszę ocenić poniższe elementy:

Kopiuj

Trenerzy / Prowadzący

Kopiuj



Treść szkolenia

Kopiuj

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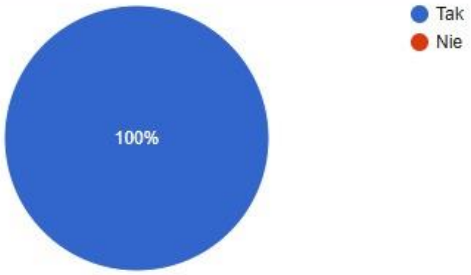
Czy szkolenie spełniło Twoje oczekiwania?

23 odpowiedzi

Kopiuj



Co najbardziej podobało Ci się w sesjach?

23 odpowiedzi
kontakt z innymi, fajne prowadzące osoby
karty z historiami i opowieści kobiet na sali
atmosfera, ludzie nowi
Atmosfera
wszystko - kontakty, fajne prowadzenie, było miło
Komunikacja, ciekawe historie uczestników
dowiedziałam się nowych rzeczy
kontakt z innymi, ciekawe wykłady
kontakt z ludźmi, atmosfera
dużo ciekawych historii, ćwiczenia
kontakt z innymi
Swobodna atmosfera
nowe pomysły, dobra komunikacja, ciekawe prowadzenie
atmosfera akceptacji
organizacja szkolenia, prowadzący bardzo uprzejmi
Integracja z kobietami z innego kraju.
Zainteresowanie losem kobiet w różnych częściach Europy
kobiety w dojrzałym wieku które są bardzo aktywne
różne ciekawe historie i porozumienie z innymi kobietami
Możliwość otwartej rozmowy.
inspiracje przez przykłady
nowe informacje
zaangażowanie uczestniczek

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Dlaczego te sesje były dla Ciebie motywujące?

23 odpowiedzi
chcę więcej brać udział w takich spotkaniach żeby nie była samotna
będę chciała jeszcze więcej uczestniczyć
nabrałam chęci do ćwiczeń fizycznych - koleżanki opowiadały o tym i ja też chcę ćwiczyć
Dowiedzieć się o innych kulturach
poznałam panią od jogi i będę chciała chodzić i mogłam poznać jak się mówi historię
pisanie własnych historii
było ciekawie
poznałam ciekawe narzędzia
poznałam sposób krótkiego opowiedzenia historii
mogłam poznać inne historie i chcę więcej dla siebie robić
Poznałam nowe narzędzie do opowiadania
Poznałam inne kobiety, wymiana doświadczeń
poznałam sposób na ciekawe przekazanie opowieści
poznałam kobiety z różnymi zainteresowaniami i chcę być bardziej aktywna w społeczeństwie. Czułam że nie jestem 'inna"
udział w szkoleniu pozwolił mi dowiedzieć się w jaki sposób ciekawie opowiadać ważne dla mnie historie
Że z każdej sytuacji życiowej jest jakieś wyjście.
Ciekawość świata
poznałam nowe sposoby, było dużo ciekawych kobiet z których można brać przykład
nabrałam chęć do uczestnictwa w takich spotkaniach
Możliwość poznania kobiet na podobnym etapie życia co ja. Dzielenie się wyznaniami wieku dojrzałego, przed którymi stoję nie tylko ja, ale też osoby poznane na spotkaniu.
mile spotkanie w gronie ludzi, przywołanie własnej miłej historii
opowiadanie o storytellingu to nowość i interesuje mnie
mogłam wykorzystać wiedzę na temat projektu i dzielić się nią z innymi

Co najmniej Ci się podobało w sesjach?

23 odpowiedzi
wszystko było dobrze
nie umiałam korzystać z komputera za bardzo, boję się troszku tego.
nie wiem
nic - wszystko było ok
nie ma nic takiego, trochę było takie nowoczesne, ale bardzo dobrze
wszystko mi się podobało
wszystko ok
nic - było dobrze
nic
nie miałam umiejętności komputerowych
wszystko było super
Nie ma takiej rzeczy
nie było takiej rzeczy
że były tylko dwie :)
szkolenie było bardzo krótkie
Nie było niczego, co nie podobało mi się.
Ogrom wiedzy do zapoznania
troszeczku nie rozumiałam wszystko po polsku
Nie było takich sytuacji.
trudność w IT
podobało mi się, czasem nie rozumiałam języka
brak chęci ze strony kobiet nagrywania historii na video

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Sets of stories

During local sessions and the Community Programme, the women had the opportunity to reflect on their migration journeys, sense of belonging, and cultural identity, and to use these insights while developing their own moving and inspiring stories.

Set of story (1)

MY JOURNEY TO BELONGING - the "Wind of change"

At the age of 55, Izabela decided to change her life. Until then, she had been fully occupied with work and family responsibilities, with little time left for herself. The people around her were not true friends—just colleagues and relatives. She made a conscious decision to search for meaning in life—her own life.

She turned to yoga. What started as a passion soon became a daily path. Through this journey, Iza met new people, found her place in the Polish community, lost 20 kilograms, and significantly improved her health.

Today, at 62 years old, her goal is to share this experience with other women, to lead by example, and to be the "wind" that fills the sails of those who need it—helping them move forward with strength toward a better life.

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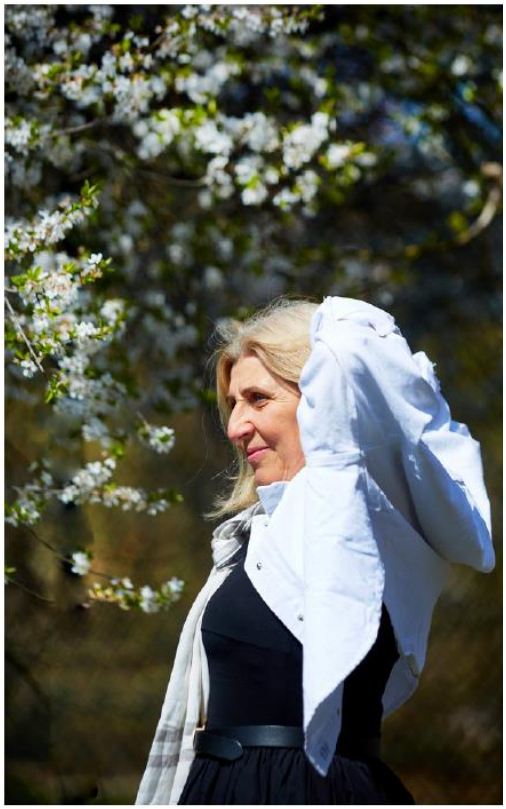

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Set of story (2)

MY JOURNEY TO BELONGING - FROM UKRAINE TO POLAND

Svietlana came to Poland from Ukraine in 2020, forced to leave her home because of the war. She arrived with her daughters and grandchildren, while the men in her family stayed behind to fight for their country.

Svietlana comes from a large family—she is one of seven siblings. After finishing eight years of primary school, she went to work to help support her parents. She has been working ever since and cannot imagine life without it.

Back in Ukraine, she discovered her passion for embroidery and began creating artworks using satin ribbons. She even started her own business. This craft became her bridge to adapting in a new and unfamiliar environment.

In Poland, she found a Senior Club in Toruń, where she shares her passion, showcases her work, and encourages other migrant and local women to create beautiful handmade art. Although she doesn't speak Polish, she communicates fluently through art.

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Here, she has found a space to create and a community to spend time with—moments that bring comfort far from home.

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