

## Learning activities and contacts with the communities of the elderly in Slovakia.

(Good practices)

The project EduSenNet encouraged and motivated us to establish contacts with other communities and groups of the elderly in:

1. The town Námestovo
2. The residential home Lamač, Bratislava
3. The town Pezinok
4. The town Trenčín

Námestovo is located in the north of Slovakia, without the previous facilities for courses for the elderly. The project coordinator Nadežda Hrapková has prepared a program for a group of 32 elderly, starting with a program of general studies in October 2014. Since October 2015 another 14 elderly joined the group and studied the subject „Man and the health“. In September 2016 another 42 new seniors decided to join the study and started with the general study program. It means that in the region of Orava and surrounding of Námestovo we have already 110 new senior students.



Lecture in a secondary school



Lecture in a Basic school



Discussion and exams in a restaurant



Satisfied elderly students

A group of senior students from the University of the Third Age has prepared lectures for the residents in the Residential home in the Bratislava suburb Lamač. The lectures covered the following topics:

1. Lifelong learning and its value
2. Osteoporose and scelet problems – how to live with it
3. History of Bratislava – fire fighting
4. What do I have in my purse – coins of Euro
5. Proverbs and cultural value in our life
6. Information Technology in the life of seniors
7. Health care and nutrition





The municipality of the town Pezinok supports the learning of the elderly at the Academy of the Third Age in the subjects Information Technology, History of wine and wine yards and in English courses.

On the 25th of May 2016 about 100 seniors have finished their studies consisting of lectures and activities founded by the municipality.



Meeting and graduation in a Cultural centre of the town Pezinok. Mayor of the city Oliver Solga.

The Academy of the Third Age in Trenčín has started her new study year on 14th September 2016 in the Cultural House in Trenčín. The rector of the University in Trenčín, the mayor of the city and the president of the regional body took part at the opening ceremony. More than 100 seniors started the new study year with the support of the municipality and the gerontological department of the hospital.



Opening of the Academy of the Third Age and its 30th anniversary, cultural performance of the choir



Participants



Cultural performance of the handicapped older people from Trenčín

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