



Minutes: Project AGE Meeting, Rauma FINLAND 22nd – 23th January 2015, WinNova rauma

Attendees:

Ana Landeta ES

Juan Luis Rubio ES

Zdeňka Havrlíková CZ

Klára Sedláčková CZ

Lukáš Nevrkla CZ

Jana Rauch DE

Brigitte Naumann DE

Andreas Toepfer DE

Wolfgang Naumann DE

Monica Ioannidou Polemitis CY

Nuria Monedero PT

Sara Fernandes PT

Eija Häyrinen FI

Tiina Kallio FI

Tuula Lehtonen Fl

Anne Vaahtio FI

Taina Kivioja FI





DAY 1 – 22nd of January 2015

9.30 Welcome to Rauma and WinNova, Introductory notes, WinNova

WinNova's Project Coordinator Mrs Anne Vaahtio welcomed AGe –partners to Rauma and gave a short introduction of the agenda.

Students of WinNova from the field of Tourism gave a presentation about Finland: facts about Finland: culture, food, brands etc.

10.00 Adult pedagogy in theory and practice

WinNova's Coordinator of the Human resources Mrs Eija Häyrinen told basic content of the **Constructivist view of learning** and examples how adult training methods are based on it. Constructivism is a theory of knowledge that argues that humans generate knowledge and meaning from an interaction between their experiences and their ideas. It has influenced a number of disciplines, including psychology, sociology, education and the history of science.

Mrs Eija Häyrinen told also how the opportunities of teaching staff to develop their professional competence has been improved by the Osaava programme financed by Ministry of Education, special target group in the programme has been teachers over 55 +. Presentation ended with a short group exercise with constructivism cards.

After that WinNova's teacher of the social and healthcare Mrs Tuula Lehtonen introduced **the Mindfulness Method** in a nutshell and gave some examples how the method is used especially when teaching students (
adult or youngsters), who have difficulties to concentrate in lessons. Practicing mindfulness improves both
mental and physical health. Mindfulness involves both concentration (a form of meditation) and acceptance.

We gone also through two Mindfulness exercise: https://www.youtube.com/watch?v=thYoV-MCVs0 and "Walking in the Finnish forest" virtual exercise https://www.youtube.com/watch?v=raZahT5KPZU.

11.45 Lunch in Restaurant Raimanni

12.45 Brochure preparations and revision of the outputs

Graphic layout of the brochure: The Portuguese partner, Mrs Sara Fernandes presented the graphic layout of the final brochure. Other partners approved the layout. The PT partner forwarded the graphic layout in *pdf the coordinator who made it available online to the other partners (Hanka send everybody a link from which you can download it). The coordinating organisation CZ will send PT partners photos of meetings to be used in the brochure. The PT partners will ensure that the booklet follows the correct rules of visual identity.





Revision of the contents of the brochure: The partners revised the structure of the final brochure drafted at Lisbon Meeting. Each partner will send the PT partners their texts for insertion into the graphic layout.

Dissemination: the partners agreed to prepare national shortened version of the brochure (in national language of the partner, each partner will ensure translation).

- Size will be from 4 to 5 pages
- Contents: selected parts of the final brochure (description of the project, main conclusions of the research, presentation of the final brochure, tips)
- o Target group: learners 50+

Revision of website deliverables:

- Necessary to upload questionnaire results from all countries: (the findings presented in Cyprus) G,
 Portugal, Cyprus
- Questionnaires from each country to coordinator: missing Germany, Finland, Cyprus
- If they wish, partners will send photos for the description of the partners on the website to coordinator
- o The partners will send CZ all materials that they want to publish online on the web

Dissemination plan

- Partners revised the dissemination activities outlined in the application and checked the status of their realisation.
- Presentation online made by the PT partners has to be replaced, PT gave CZ amended version of the presentation. CZ will ensure it is replaced.
- The partners will provide CZ coordinator with summary information about their dissemination activities for the whole project.
- Each partner will put a dissemination text about the project on their website-facebook profile. (done by C, G, FI, SP, CY) The partners will send CZ print screens of the texts and links.

CD with outputs:

- Cover: PT partners will prepare cover of the CD. Each partner will print the CDs by their own means + transparent wrapping.
- Contents: only final outputs (final brochure, research brochure, flyer) + optional (national content) +
 video number of CDs (we did not agree on a minimum number)
- Database presentation (Germany)
- As national results should be added the national versions of questionnaires and the national results of the research.
- Common results: all our deliverables.
- o CZ coordinator uploads logo and project description in working language.





15.30 Old Rauma, guided walking tour

We walked through the Old Rauma and visited Church of Holy Cross and couple of museums: Kirsti-house was owned by sailors, workers and artisans. Kirsti is a good example of the building style in the 18th and early 19th century. Marela-house was a home of merchant and ship-owner families.

Old Rauma was accepted onto the UNESCO World Heritage list in 1991. The unique Old Rauma is an excellent example of an old Nordic wooden town.

18.00 Dinner in Restaurant Kiikartorni

DAY 2 – 23th January 2015

9.00 Study Visit at Oras Ltd

http://www.oras.com

Oras Group is a significant European faucet manufacturer with two strong brands: Hansa and Oras. Oras Group consists of Oras Ltd and Hansa Armaturen GmbH with their subsidiaries. The Group is the market leader in the Nordics and a leading company in Continental Europe. The head office of Oras Group is located in Rauma (Finland) and the factories are located in Burglengenfeld (Germany), Kralovice (Czech Republic), Olesno (Poland) and in Rauma.

Oras is well known about it's Senior Programme, which was presented by Jouko Viljanen, vice president of the Board of the Senior Programme. Key points of the programme:

- Coal is to take care of people age of 55 and older (ability to work, satisfaction of the work, to continue people's career until retirement). Employer, Oras Group, pays the action, there is no fees.
- Program consists e.g.: Health inspections, health condition testing, personalized condition programs, wellbeing days in a work 1-3/year, senior holidays.

11.00 Senior Programme of WinNova and Towards Successful Seniority - coaching

After study visit to Oras we came back to WinNova and heard presentation of **Senior Programme of WinNova**, held by Winnova's Welfare Coordinator Mrs Tiina Kallio. In WinNova Age Management program staff is divided into 3 categories: under 40 y, 40-55 y and over 55 y. Each age group has it's own challenges, special needs and individual differences in work well fare. Solutions are: working time arrangements e.g. part time work and pension, occupational





health care services for all and specified services for those 40 or 55 years old. Most important is employer's attitude is positive to individual needs considering working conditions.

Towards Successful Seniority – coaching: Finnish Institute of Occupational Health (FIOH) has provided the method since 1997 and trainer training since 2006. Towards Succesful Seniority –group method is developed to promote career management and well-being in changing working life. Method is designed to be implemented at workplaces with collaboration of occupational health care and HR-personnel. In WinNova 5 certified trainers and 14 - 16 participants yearly. Feedback is excellent: participants report e.g. empowerment experiences, group support, feeling normal with their problems, gratitude, relaxation, joy, social engagement to work place, getting to know colleagues, sharing, valuation.

11.45 Empowering Photography

Project Coordinator Mrs Anne Vaahtio presented Empowering Photography – method, which is developed by Finnish photographer Miina Savolainen and adopted in WinNova by adult teachers Mrs Maarit Nikmo.

The method is based on the idea of "empowerment" and the belief that everyone has the right to feel unique and special. With the help of the method, photography can be used as the creator of an empowering process for an individual and for different groups, as families and work communities. Empowerment means the growth process of inner power, that raises from the subject himself. The vital premise is that you cannot empower another person.

12.00 Lunch in Restaurant Raimanni

13.00 Certificates of participation

WinNova's developing manager Mrs Taina Kivioja thanked the participants and gave certificates.

13.15 Brochure preparations, Administrative issues, Channel Crossings

Coordinator CZ recalled the contents of the brochure and schedule.

13.45 Arrangements of next meeting in Spain (April 2015)

Spain partner told shortly about the arrangements of the final meeting in Madrid 23rd and 24th of April.

More information of the meeting agenda and accommodation and etc. will be sent by Spanish partners.

14.15 Final conclusions and end of the meeting

Finnish partners thanked the participants for the active participation and lively discussions.