



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 Häyrynen 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 Häyrynen 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)
- 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
- 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.
- CZ coordinator uploads logo and project description in working language.

