

FUNDACJA POMOCY NIEWIDOMYM

ŁOMIANKI, POLAND



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

We propose to organize some activities titled: „Mobility after eighties”

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Pupils/Volunteers from the school run an educational project, reach out to elderly people, the ones that live in nursing homes, to help them to get to the activities/ classes. One pupil takes care of one older person. The classes are organized periodically. **Proposal of different types of thematic meetings - to choose :**

<p>Activities integrating learners - developing interpersonal skills, during the activities they sit in a circle and speak one after another about a particular subject, e.g. “Today I am mostly happy about...”)/ two times a month / 1 h</p>	<p>Day of memories – the speak about their life experience. The staff try to lead the speeches to fit it into particular historical periods. Proposal of workshops: “Easter unites generations”, “The age is not a problem – common free time”, “The world of Grandmothers and Grandfathers” /one time a month / 1 h</p>
<p>Activities developing memory and concentration – by using logical games, board games, chess, memory games/ two times a month / 1 h</p>	<p>Computer activities – searching for interesting websites in Internet, communicating through social networks/ two times a month /1 h</p>
<p>News overview – the listeners have to watch particular current affairs programme and news, afterwards they have to exchange the information, views, they bring interesting articles and read them aloud to the others / 2 times a week/ 1 h</p>	<p>Cooking together –the learners bring their favourite recipes and prepare meals together/ every week /1 h</p>
<p>Sport day – walks, nordic walking, trips outside / one time a month / 1h</p>	

POSSIBLE OBSTACLES

As some of the learners might have problems with getting to the classes and fulfilling some of the tasks, assigned pupils will help them.

ILLUSTRATION

