

ASCIACION DE ALUMNOS Y EXALUMNOS DE LA
UNIVERSIDAD PERMANENTE DE ALICANTE
ALICANTE
ESPAÑA



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

- A. First of all, there would be a workshop that would bring up the importance of motivation to develop one's social abilities and emotional intelligence, and also to intensify the concept of individuality and self-esteem.
- B. After that, once the participants feel free to mix with other people, there would be a specific activity that will allow them to boost their faculties and calmly share life experiences:
 - o We would have a practical photography workshop. We assume everyone will have a camera (or a mobile phone) that allows them to take pictures:
 - At the beginning, we suggest that they take a course in digital photography, for example.
 - This learning process starts from the premise that there is a main specific activity: taking pictures. In order to do so, we suggest going for a walk with other participants, friends or members of their families and using that as a photographic route. Each participant would have freedom to take the pictures they want: plants, insects, people, landscapes, architecture, activities, etc.
- C. Once everyone has taken their pictures and enjoyed the activity along with their fellow participants, we would finish it up by teaching them the basics of computing so they can do several things: downloading their pictures; uploading them to a cloud system; improving them or retouching them; uploading them to the Internet and creating a personal blog; exchanging them with friends or just sending them with their mobile phones
 - o Apart from being amusing, this second phase promotes:
 - The fun we can find in a learning process about an interesting activity like photography. Besides, since everybody takes a lot of pictures throughout the year (mainly when they travel or visit their grandchildren), its use is basically practical.
 - The possibility of improving relationships with group members, friends and family. Since everybody takes part in all these fun group activities (whether it is outdoors or in other places like museums), they are eventually able to strike up a friendship with other people who share the same life experiences, worries and solutions. In addition to learning about photography, our participants would indirectly learn about computing and the development of new ICT abilities that would surely be useful.

This is an outline of what we have just exposed: a) An introduction to social and emotional skills in order to promote a positive orientation of the individual toward retirement and the fact of sharing activities as well as the necessary intergenerational socialization; b) followed by a fun group activity that allows them to socialize (choral music, tai chi and physical exercise workshops, theatre groups, poetry groups, painting, etc.); and fit in; c) and a basic instruction-training process that can be applied to numerous possibilities.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

- A Leader-Coach or a highly involved staff (expert voluntary service) that promotes activities and education.
- Location: for the moment, the introductory lecture would take place in a simple classroom with computers (in case the students do not have one). Trips are no trouble at all, because they can consist in visiting a park, a museum, a monument, routes of natural interest, architecture, exhibitions...
- The activities would take place during the afternoons after work or even on Saturday mornings.

POSSIBLE OBSTACLES

- Lack of coaching staff or lack of volunteers who are prepared to carry out and promote activities.
- Lack of places to meet and develop the activities.

ILLUSTRATION

