

## SYNTHESISER COUNTRY

POLAND



### MAIN IDEAS DEVELOPED

After the round table discussions it is cleared that is necessary to find out a way to maintain physical, mental and psychological well-being of people in pre-retirement age.

### POSSIBLE OPTIONS

- Organising meetings in the company of volunteers from clubs or associations (also with seniors), creating atmosphere to improve social contacts – singing or cooking together
- Participating in EU projects , encouraging people to do something, to be active, motivating to smile and be happy
- Inspiring them to participate in training courses to improve IT competences or foreign languages- knowledge should be acquired in an easy and fun way
- Creating or looking for games reduced stress, games aimed at motivation, etc.
- To make their life attractive - organizing some activities such as make some sports , go to the cinema, museums, theatre, church, visit pub etc. Arranging and providing some enjoyable activities in order to integrate themselves - involving families (young + senior)
- Planning a future together with Professional Job advisers and with members of family, disseminating information about job market
- Encouraging people to become a volunteer
- Collaborating with seniors

### CONCLUSIONS

- Proposed activities: increasing motivation to work, avoiding isolation, improving their self-confidence, improving their communication skills, increasing their motivation to learn and work
- Their life style will change in a positive manner

### ILLUSTRATION

