

TOWARDS A DYNAMIC THIRD AGE

Reykjavik

Tuesday 23 September

Training for staff development and the promotion of Active Ageing

Permanent University of the University of Alicante

C. Bru & M. Aleson

Be Active through Life Long Learning (BALL)



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OLDER ADULT UNIVERSITY PROGRAMMES (OAUPS) IN SPAIN

- Older Adult University Programmes (OAUPs) in Spain: “non-formal” teaching within an academic context, the university
- The aim is not to get an official degree qualification or credit recognition and validation.
- Nevertheless, there is a growing interest among people with no university degrees to enrol in official university studies after OAUPs.
- OAUPs represent an open, flexible type of training adapted to the citizens’ environment
- No previous requirements are demanded, only 50 years old



OLDER ADULT UNIVERSITY PROGRAMMES (OAUPS) IN SPAIN

- PROFILE:

- high percentage of over-50s
- active workers,
- pre-retired people
- unemployed

- to complete their knowledge,
- to improve their qualifications,
- to acquire new competences,
- to adapt to the new work-related demands,
- to adapt to socio-cultural and socio-economic realities,
- to develop skills for their re-insertion into the labour market.

- HISTORY & DEVELOPMENT Of OAUPS:

- Spanish OAUPs promoted by university centres
- between 1985 and 1990
- in response to a social necessity.

Currently, more than 54 universities, 44 integrated into the Spanish National Association of University Programmes for Older Adults (AEPUM) with **43,000 students above 50 years of age**

Web site AEPUM: <http://www.aepumayores.org>



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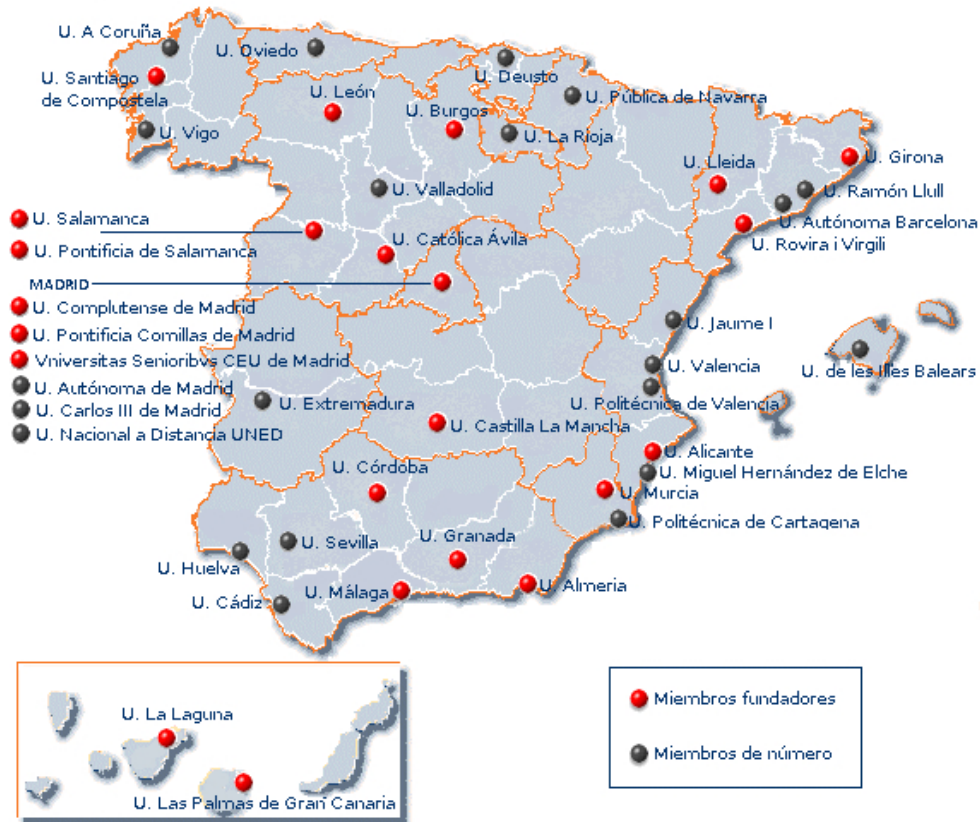
EDUCATION FOR ADULTS



PROGRAMMES

- UNIVERSITY OF AGING (OAUPS)
- POPULAR UNIVERSITIES
- LOCAL ASSOCIATIONS
- EDUCATION THROUGHOUT THE LIFE
- VOCATIONAL EDUCATION / PROFESSIONAL
- LITERACY PROGRAMMES
- TRAINING CENTERS FOR ADULTS

UNIVERSITY PROGRAMMES FOR OLDER ADULTS IN SPAIN



SPAIN'S NATIONAL ASSOCIATION OF UNIVERSITY PROGRAMMES FOR OLDER ADULTS – AEPUM

AIMS:

- ❑ To structure and promote university educational programmes
- ❑ To contribute to older adults' training and cultural development
- ❑ To promote and develop dialogue and communication between Universities, Public Administrations and the private sector
- ❑ To create a meeting point for everyone interested in lifelong learning (institutional web page)

<http://www.aepumayores.org/en>



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Asociación Estatal de Programas
Universitarios para Personas Mayores

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Último Boletín Informativo



Nº1 - Monográfico Julio 2012
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Download the new AEPUM flyer



Languages

- English
- Español

Navigation

- [Recent posts](#)



Spanish National Association of University Programmes for Older Adults

1st International Congress "Mistreatment and Older Adults of the 21st Century". University of Almeria, 11th-13th of March 2014

[Universidad de Almería](#) [Conferences](#)

[Me gusta](#) [Compartir](#) 0

Start: 11/03/2014

End: 13/03/2014

From the 11th to the 13th of March 2014 at the University of Almeria.

Mistreatment and negligence against older adults is an important social problem that will be addressed at this Congress. The Director of the Class for Older Adults of the University of Almeria invites us to participate. His letter is enclosed.

Organized by the University of Almeria, Fundación Mediterránea. ACTUAL, Madurez Activa and Fadaum,

For further information about the Congress, contact the following e-mail addresses: anual@hotmail.es; madurezactiva@fadaum.org and actos@ual.es.

[All the information is here](#)

PROGRAMA DE MAYORES
UNIVERSIDAD DE ALMERÍA



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Older Adult University Programmes (OAUPs)

Teaching and Learning Innovation, Preparation for Active Aging, Collaborative Learning, and Autonomous Development.

- “First-generation” Programmes: early 1980s as free-time cultural programmes to favour socialisation among senior citizens;
- “Second-generation” Programmes: between 1990 and 1999; focused on educational activities oriented to older adults without university studies for knowledge improvement;
- “Third-generation” Programmes: from 2000 to 2006, where seniors trained to face existing social problems.

Nowadays, “fourth generation” programmes:

- educational programmes integrated in official curriculum
- especially in Education Sciences,
- students join research teams and international networks linked to educational innovation projects and cooperation with other European countries,
- cultural and intellectual learning that reverts on the adults’ social life and context in active way.

These aspects would not have been possible in these University Programmes for Older Adults without the cooperation with knowledge areas, university research teams and teaching departments.



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Universidad Permanente de la Universidad de Alicante (UPUA)

❑ SCIENTIFIC, CULTURAL AND SOCIAL PROGRAMME OF THE UNIVERSITY OF ALICANTE

❑ OBJECTIVES:

- Promotion of science, culture and inter-generational relationships.
- Improving older generation's quality of life.
- Encouraging active participation in dynamic, social, and community activities.
- Integrate the elderly in order to obtain better social cohesion and solidarity.
- Foster Self-management and empowerment of elderly citizens



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UPUA SPECIFIC CHARACTERISTICS

- ❑ To help seniors' process of adaptation to technological and socio-economic changes
- ❑ To provide older adults who could not receive it in the past with a chance of having access to higher education
- ❑ To offer educational alternatives to professionals
- ❑ To recognise, enrich and enhance the experience acquired by older adults during their professional life
- ❑ To encourage ongoing training and lifelong learning as tools for personal development and cultural integration within the knowledge society
- ❑ To contribute to active ageing
- ❑ To offer the opportunity to share knowledge and experiences



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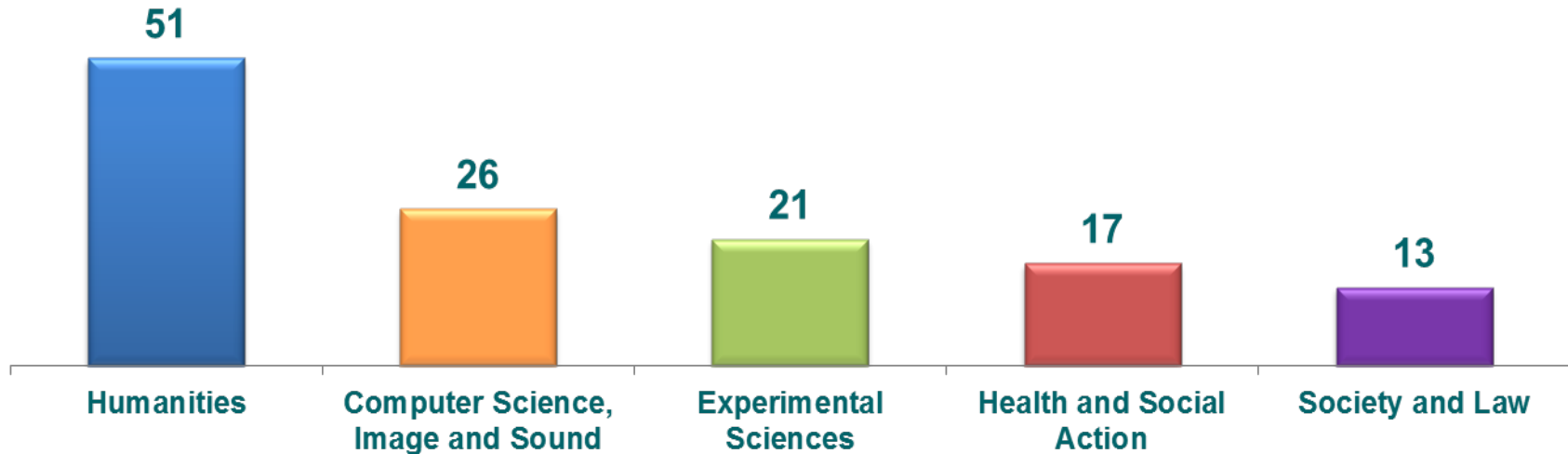
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UPUA

- ❑ Inaugurated in 1999
- ❑ 1,341 students at the San Vicente Campus and Alicante University Venue
- ❑ + 100 teachers conduct their subjects between October and June
- ❑ Academic Programme consists of 128 subjects of the following theme areas:



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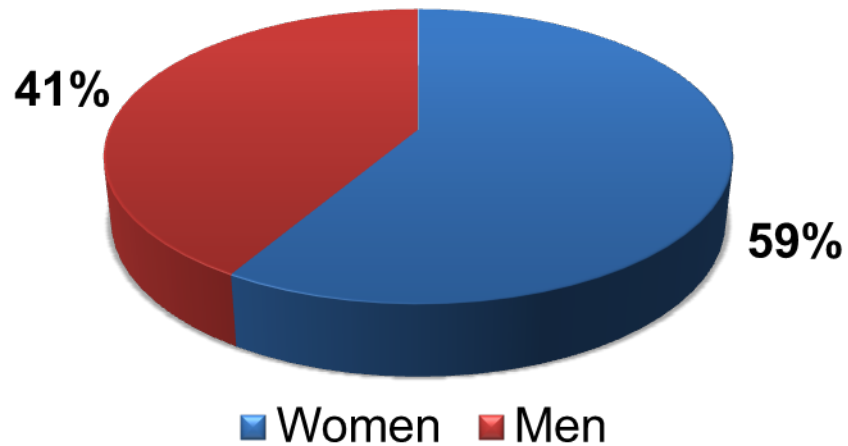


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WHO IS UPUA PROGRAMME AIMED AT?

- ❑ Adults of over 50 years of age (The oldest 94)
- ❑ Residents of the Valencian Community
- ❑ Persons who wish to improve their socio-cultural standing
- ❑ No formal qualifications required.
- ❑ New student profile in the UPUA!!!

STUDENTS BY GENDER



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WHERE DO THEY LEARN?

The Permanent University shares also the same services and facilities as the young students: Library, Laboratory, Sports Centre, Restaurants, Accommodation.



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WHERE DO THEY LEARN?



- ❑ San Vicente Campus
- ❑ University's Venue in the city of Alicante

University Venues

- ❑ Benissa
- ❑ Biar
- ❑ Cocentaina
- ❑ La Nucia
- ❑ Orihuela
- ❑ Villena
- ❑ Xixona

Municipalities

- ❑ L'Alfàs del Pi
- ❑ Callosa d'en Sarrià
- ❑ Guardamar del Segura
- ❑ Novelda
- ❑ Villajoyosa



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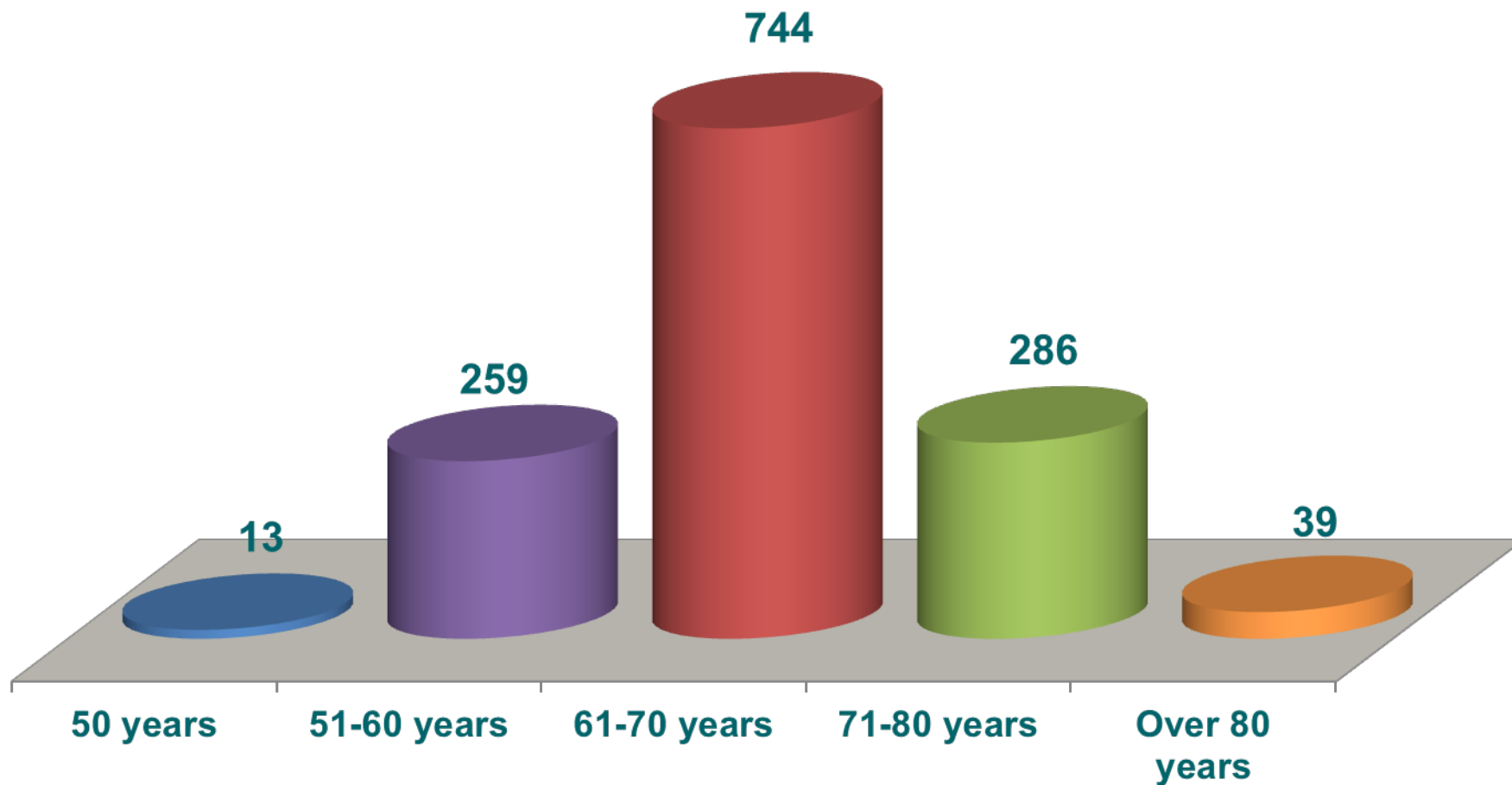
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The screenshot shows a web browser window with the URL <http://web.ua.es/en/upua/>. The page header includes the logo of Universitat d'Alacant / Universidad de Alicante and the text "Universidad Permanente de la Universidad de Alicante". A navigation menu contains links for Webmail, Galería Fotográfica, Canal de Videos, Boletín de Noticias, Campus Virtual, and Síguenos en Facebook. A left sidebar lists various site sections such as Inicio, Información General, Estudios, Secretaría (Impresos), Movilidad e Intercambio, Normativa, Preguntas Frecuentes, Sedes y Municipios, Investigación y Proyectos, Repositorio UPUA, Iniciativas de los Alumnos, Actividades Complementarias, and Enlaces de Interés. The main content area is titled "Universidad Permanente de la Universidad de Alicante" and features a "NOTICIAS Y EVENTOS" section. This section contains three news items: "Senderismo con la UA" (Publicada 27/10/2011) about a hiking season, "Consulta toda la información de horarios y ubicación de los seminarios permanentes" (Publicada 24/10/2011) regarding seminars, and "Últimos días para matricularse en el Programa Diploma Senior de la Universidad Permanente" (Publicada 10/10/2011) about enrollment. A dark green callout box on the right lists three benefits: "Fácil acceso a los contenidos", "Integración socio-territorial", and "Divulgación internacional". At the bottom of the news section, there are links for "Listado de vacantes", "Acceso a la descarga de impresos de matrícula", and "Información sobre el programa académico". A final news item, "PROGRAMA PARANIMF DE ARTES ESCÉNICAS DEL PRIMER CUATRIMESTRE" (Publicada 20/09/2011), is partially visible.

STUDENTS REGISTERED BY AGE GROUPS (2013-14)



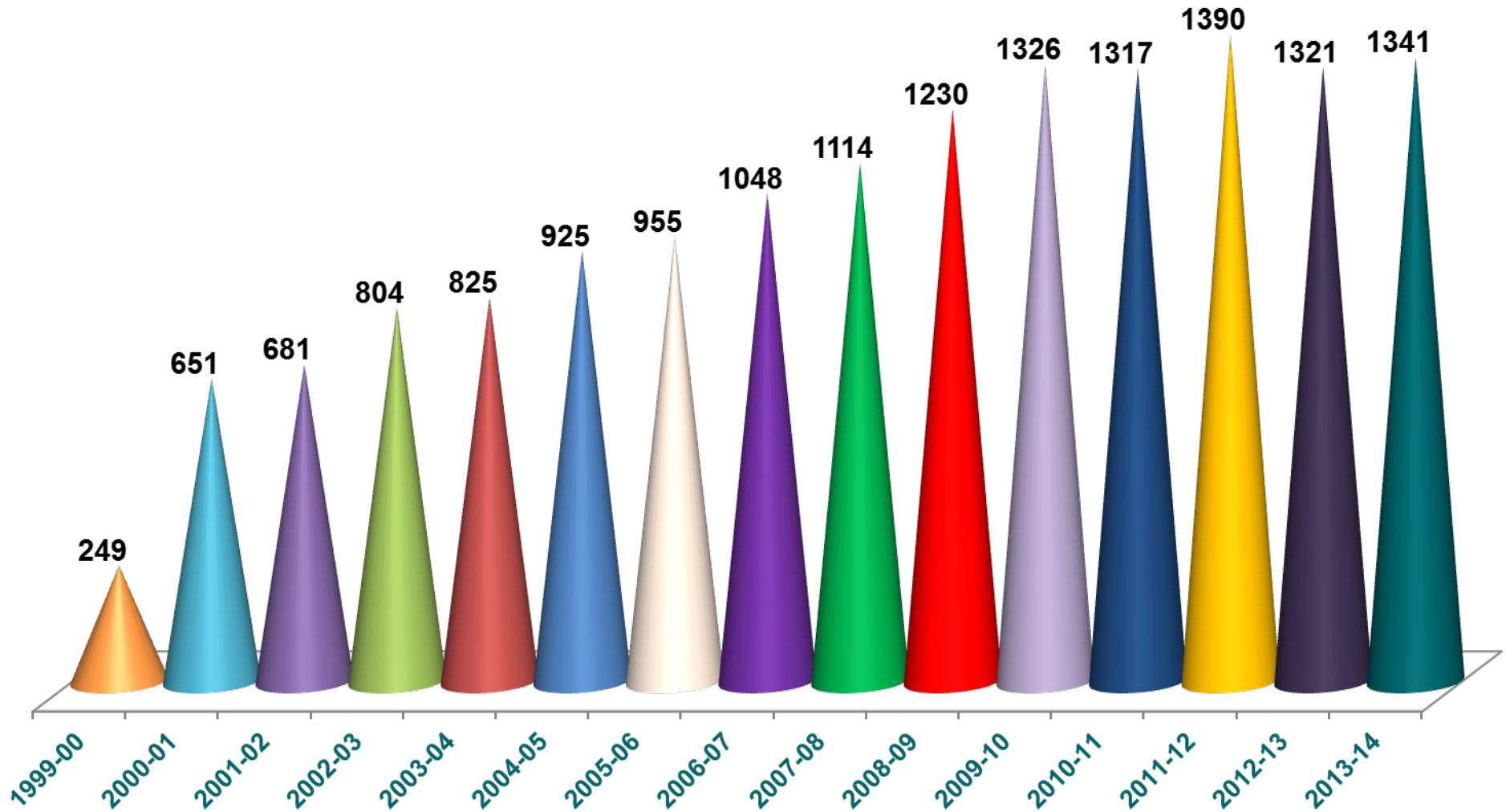
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EVOLUTION OF THE PROGRAMME STUDENTS REGISTERED



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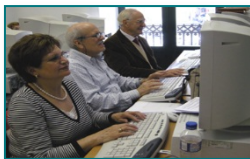
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Computer Science, Image and Sound



Experimental Sciences



Health and Social Action



Humanities



Society and Law

Teaching
Research
Projects and Best Practices
Autonomous Developments

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FORMAL ACADEMIC PROGRAMME - SENIOR DEGREE

- ❑ 720 hours of subjects freely chosen by the student
- ❑ Part of the specific framework of older adult's university education
- ❑ **Senior Diploma** by the University of Alicante
- ❑ **Duration of courses**
40 hours of theory and practice
- ❑ **Timetable**
preferably evenings (5-8 pm.)
- ❑ **Days**
Mondays, Wednesdays and Fridays,
or Tuesdays and Thursdays



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SENIOR DEGREE



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NON-FORMAL PROGRAMME - SUPPLEMENTARY ACTIVITIES

❑ SEMINARS AND WORKSHOPS

<http://web.ua.es/en/upua/activities/>

❑ CONFERENCES

<http://web.ua.es/en/upua/activities/supplementary-activities-of-the-permanent-university.html>



❑ CULTURAL SUPPLEMENTARY ACTIVITIES

<http://www.veu.ua.es/>

❑ SENIOR STUDENTS INITIATIVES AND PROJECTS

<http://web.ua.es/en/upua/projects/>

RESEARCH PROJECTS

LEARNING BY RESEARCHING: ACTIVE LEARNING

- ADAPTATION TO NEW TECHNOLOGIES
- EDUCATIONAL METHODOLOGY AND INNOVATION
- GEOGRAPHY AND ENVIRONMENT
- CULTURE AND ANTHROPOLOGY
- RECOVERING HISTORICAL MEMORY
- CULTURAL AND TERRITORIAL INTEGRATION
- ACTIVE AGEING AND HEALTH
- SOCIAL EXCLUSION ELIMINATION
- SENIORS AND MASS MEDIA



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SPECIALISATION AND RESEARCH PROGRAMME

INTERNATIONAL PROJECTS

	<p>EuCoNeT European Computer Network</p>		<p>CODEPAM Cooperación al Desarrollo en Educación Permanente de Adultos Mayores</p>
	<p>ODE Open Doors for Europe</p>		<p>LIFESTYLES REVISITED Educational Experiments in Intergenerational Environments</p>
	<p>SEN-NET Seniors in Net</p>		<p>LICO Learning Coach in Adult Education</p>
	<p>eLiLL E-Learning in Later Life</p>		<p>THINK TANK <i>Creating Captivating Teaching Strategies for Vulnerable Learners</i></p>
	<p>EHLE Empowering Health Learning for Elderly</p>		<p>PPS <i>Peer to Peer Support Fostering Active Ageing</i></p>
	<p>SENIOR Support European Neighbours in Open Relations</p>	<p>BALL</p>	<p><i>Be Active through Life Long Learning</i></p>

SPECIALISATION AND RESEARCH PROGRAMME

The Permanent University also develops specialisation initiatives within the framework of research projects and national as well as international cooperation schemes.

NATIONAL PROJECTS	BEST PRACTICES & STUDENTS' INITIATIVES
 <p>AEPUMA Analysis and Evaluation of University Programmes for Older Adults</p>	 <p>CLUB EUCONET</p>
 <p>COMAPUME Social and Digital Competences in University Programmes for Older Adults at Spanish Universities I and II</p>	 <p>CONVERSATIONS AT THE SEDE (ALICANTE TOWN UNIVERSITY VENUE) Permanent Seminars</p>
 <p>G E O G R A P H I C A N D A S T R O N O M I C S C I E N C E S Technology applied to the knowledge society and active citizenship</p>	 <p>SENIORS AND THE MASS MEDIA Permanent Seminars</p>
 <p>AEPUM National study in the field of academic programs for the elderly, access to new technologies</p>	 <p>FREE BOOKS AT THE SEDE (ALICANTE TOWN UNIVERSITY VENUE)</p>
	 <p>INCUBATOR OF VALUES Permanent University of the UA Students Initiatives</p>

<http://web.ua.es/en/upua/projects/>

IMPACTS/ RESULTS RESEARCH PROGRAMME

□ Teaching, Learning & International Projects :

- favours intercultural, global, interdisciplinary and comparative integration with regard to teaching, research and Extra-Curricular activities.
- means the enrichment of all the individuals through intercultural contact,
- Introduces innovation (curriculum & teaching methods),
- encourages the exchange of knowledge and experiences, and
- returns results to the academic system itself.

□ Central axes:

- educational innovation;
- best practices for on-going training
- promotion of the acquisition of digital and social competences among senior
- Fostering competences for initiative development on third age
- collaborative learning and the creation of autonomous seniors who can continue with non-formal learning initiatives and be able to revitalise their environment by means of volunteering actions and other types of initiatives.

□ CONCLUSIONS

- Key features of these programmes
- Important for universities and research groups (lecturers and students)
- Enable a more advanced phase in the education and training of seniors
- Fruit from the actual maturity and evolution of OAUPs.



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ACTIVE PARTICIPATION OF UNIVERSITY SENIORS IN INITIATIVES AND ACTIVITIES

They are developed by the UPUA in collaboration with the students who have proposed different projects: self-learning, volunteer work and students' association.

AREAS:

- New Technologies
- Languages and Literature
- Search (MAYMECO)
- Guide
- Volunteering

Students not only are interested in these areas, but also can acquire knowledge through collaborative study

<http://www.universidadpermanente.com/iniciativas/en>



Mayores y Medios de comunicación
Observatorio Permanente UPUA



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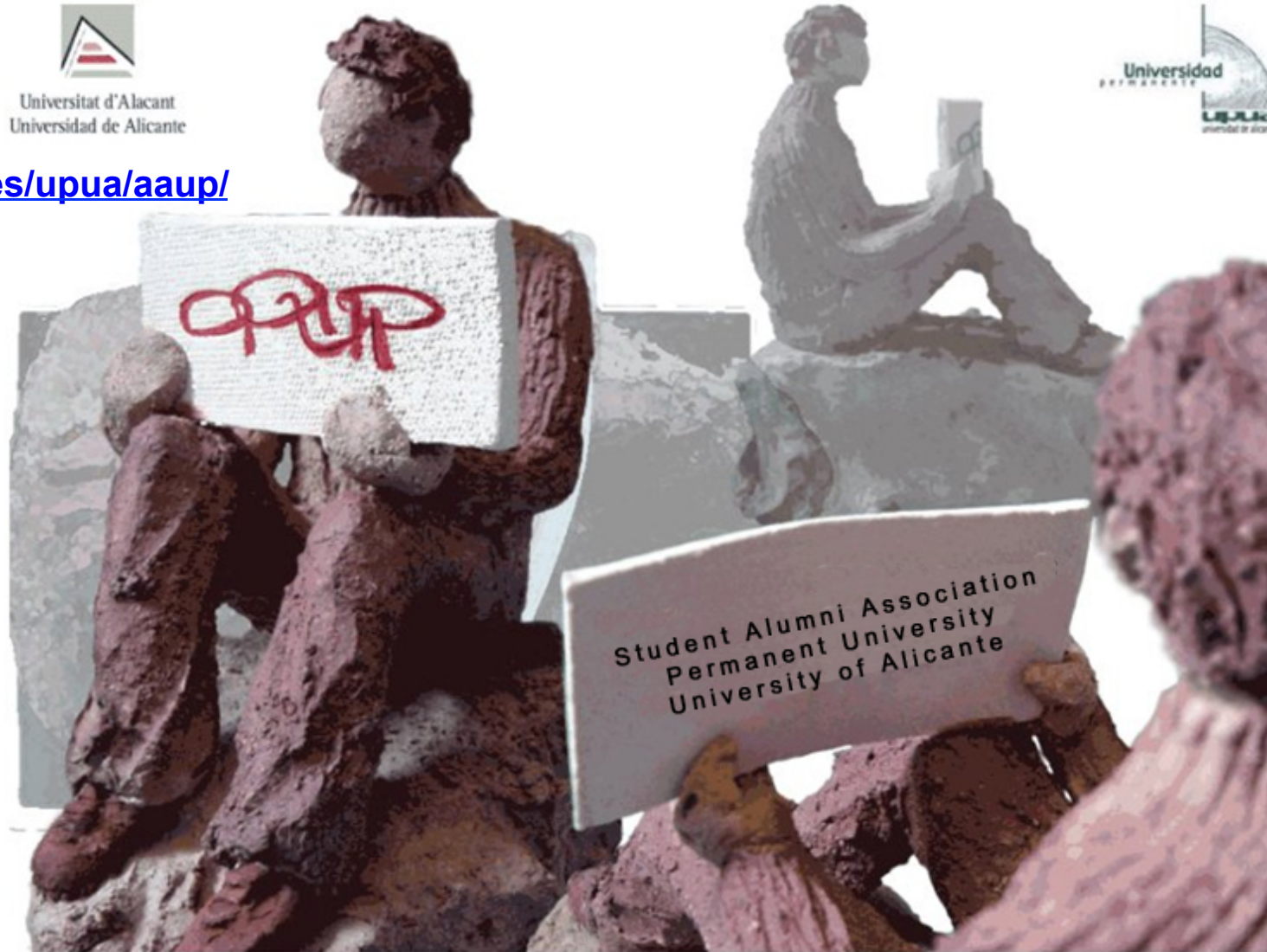
STUDENT ALUMNI ASSOCIATION



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<http://web.ua.es/upua/aaup/>



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ASSOCIATION OBJECTIVES

- ❑ **Organise and develop cultural activities** (courses, seminars, conferences, meetings, cultural trips, exhibitions, recitals)
- ❑ Contribute to the improvement of the Permanent University of Alicante
- ❑ **Favour intergenerational relations**
- ❑ Promote and improve the relations between the students of the Permanent University of the University of Alicante
- ❑ Favour the relations between students of University Programmes for Older Adults at national and international level
- ❑ **Promote voluntary work**
- ❑ Disseminate information of interest for the students and alumni of the Permanent University
- ❑ Collaborate with other associations of the University of Alicante and with other entities or organizations

QUALITY EDUCATION IN OAUPS AND PROMOTION OF ACTIVE AGEING

In summary, OAUPs quality training has evolved from its inception in the 80s in Spain due to the influence of:

- ❑ experts who contribute to the programmes
- ❑ the feedback effect on the education system
- ❑ the application of research results
- ❑ intergenerational, multidisciplinary and international synergies
- ❑ highly-trained active adults that collaborate, become responsible of their own learning, and whose initiatives and active collaboration have a social impact and may influence the society where they live in. These students become involved citizens that know how to age actively.



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