

Project BALL - Poland 2014-2016



Be
Active
through
Lifelong
Learning

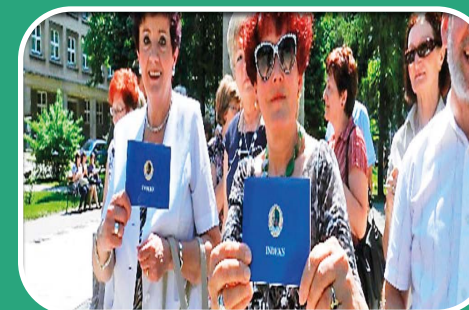


Poland - The Lublin University of the Third Age





- UTW Lublin - from 1985
- 892 students in Lublinie
- 10 branches – 2500 students
- Patronage of the 5 public universities
- 75 auditorium lectures per year



50+PERSONAL DEVELOPMENT ACADEMY

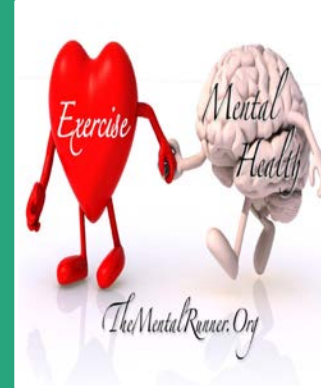
One of the keys to success in the third age is keeping the mind active, formulating new ideas and desires, undertaking new tasks and seeking opportunities for their implementation.



SPECIFIC GOALS



Improving the quality of life - acquisition of new knowledge and skills gives us the courage to undertake new challenges and it increases our self-confidence



Improving physical and mental health in older adulthood - interpersonal relationships and new friendships influence our well-being



Acquisition of new skills and qualifications - professional competences acquired a long time ago may be obsolete



Going back to one's passion and interests, for which we did not have time earlier because of our many professional and family duties.



Developing motivation to gain knowledge and skills, which are going to be helpful in undertaking a new business or social activity.



50+ PERSONAL DEVELOPMENT ACADEMY



- The direct target group of the courses of the Personal Development Academy are people aged over 50.
- This group includes working people, as well as retirees who want to prepare for the next stage of their life.

SUBJECT AND METHODOLOGY

Selection of content and methodology based on motivation of the participants.

Forms of learning need to be varied:

- *learning for pleasure, to change the structure of one's life, to maintain mental ability*

- *to solve life's problems, to build life's wisdom in social environment*

- *to meet real needs and interests, directed to satisfy the curiosity of the world*

- ✓ Who am I (self image, motivation)
- ✓ Building of well-being
- ✓ Image creation
- ✓ Building lasting relationships
- ✓ Active aging
- ✓ Metamorphosis life



Agenda!

PILOT COURSES IN POLAND

50+PERSONAL DEVELOPMENT ACADEMY



It is of utmost importance for the future of Europe to guarantee retirees, with no doubt a very significant group of citizens, the highest quality of life and to ensure that their valuable knowledge and experience become available for younger generations and for society as a whole.

The key to improve the quality of life of people entering retirement is:

- ▶ thinking about oneself through permanent development,
- ▶ focusing on constant acquisition of knowledge,
- ▶ setting new standards and awareness of limitations and barriers
- ▶ reviewing the actions taken,
- ▶ planning future solutions



To enjoy life has never
hurt anyone 😊)

