



Education and Culture DG

Lifelong Learning Programme



T H I N K T A N K

CREATING CAPTIVATING

TEACHING STRATEGIES

FOR VULNERABLE LEARNERS





## 1 / WHY NOT TRY IT? / IT COULD BE A GOOD IDEA...

Initially establish the approach with a fun activity named “**We meet to enjoy together**”.

A call will be done for developing or sharing an activity such as a football match, a popular stage play, a competition of regional dances, a competition of playing cards, etc.

For introducing the activity, there would be a speech about the benefits of activity and physical exercise in general.



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## 1 / WHY NOT TRY IT? / IT COULD BE A GOOD IDEA (continued)

As a result, a calendar would be designed for the meeting and carrying out of fun activities: treasure hunting, walking and talking, regional dances.

The first relaxed meeting attempts to promote a schedule with other group of activities, in which the interested person signs up for the more activities that would motivate him/ her the most. These groups of activities would have a coordinator, who will explain the minimum requirements for carrying them out, the physical-health benefits of the activity and establish the meeting points.

A link to keep in mind:

<http://www.universidadpermanente.com/iniciativas/en/peripatetics-walking-and-reflecting>



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## 2 / NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

To have volunteers and organizers or managers for the initial activity and the subsequent emerging activities for consolidating experimental groups of diverse activities (walking routes, dance workshops, method BAPNE, keep-fit exercises, etc.) Once the different created groups after the first call are consolidated, old people could substitute the volunteers and continue the groups of activities on their own.



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## 2 / NECESSARY CONDITIONS: MATERIAL / PLACE / TIME (continued)

Practices of initiatives and similar games:

<http://www.walkingforhealth.org.uk/>

<http://www.universidadpermanente.com/iniciativas/en/iniciativas/trails-news>

For starting the first fun activity, it is necessary the implication of official institutions (associations for retirees, local government...) to spread information regarding the call and the subsequent calendar of scheduled activities.



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### 3 / POSSIBLE ISSUES

Lack of economical support and information spread regarding the activities (posters, media, advertisement)

Facing the lack of motivation, the concept of “hard psychical exercise” has to be eliminated and proposed as a fun, sociable and easy activity.

### 4 / ILLUSTRATIONS



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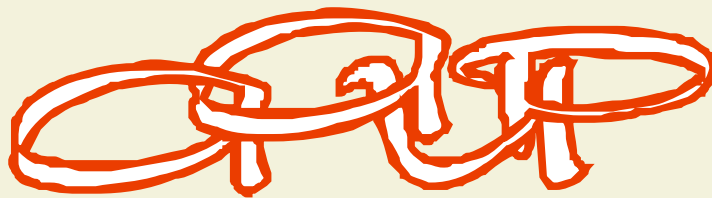
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THANKS

for your

ATTENTION

