



ADULT EDUCATION CENTRES
MINISTRY OF EDUCATION AND CULTURE
NICOSIA – CYPRUS

CASE STUDY LATVIA



IT WOULD BE A GOOD IDEA TO...

It would be a good idea for helping people to NOT feel stressed and insecure in pre-retirement age to

- Ask for some training courses from their company in order to feel that are “important” in their company. Having the knowledge feel more better and this will help them to regain the power and self-esteem
- It is wise to find some activity in out of working hours. It is better to be in a group of people and have to do with sport, dancing or participating in a choir of their local community. This will help their health.



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- It is also wise to do some volunteer work and especially in many charity groups. This will make them think different
- Participating in some groups in their local community and take part in some excursions.
- Visiting coffee shops and meet other people , playing chess , cards or Backgammon.
- Family and friends must be aware of the problem and help them to not feel isolated





MATERIAL / PLACE / TIME

- Material: No special Material is required. For sports activities some basic equipment, for training some basic computer skills.
- Place : The place can be anywhere that is easier for the to access it.
- Time: Any time after working hours. And Have in mind this: **“You never find time for important things You Make it”**





POSSIBLE OBSTACLES

- The job manager are not always willing to invest to these people in their company
- Accesibility to some education/sport center is not easy
- Weather conditions may prevent them for some activities
- They need help in computer skiils



Thank you !!