

ALL-LOCAL

HEALTH-CONSCIOUS WAYS OF LIFE/HEALTHY LIVING AS A
COMPLEX FORM OF LEARNING FOR SENIOR SOCIETY IN
HUNGARY

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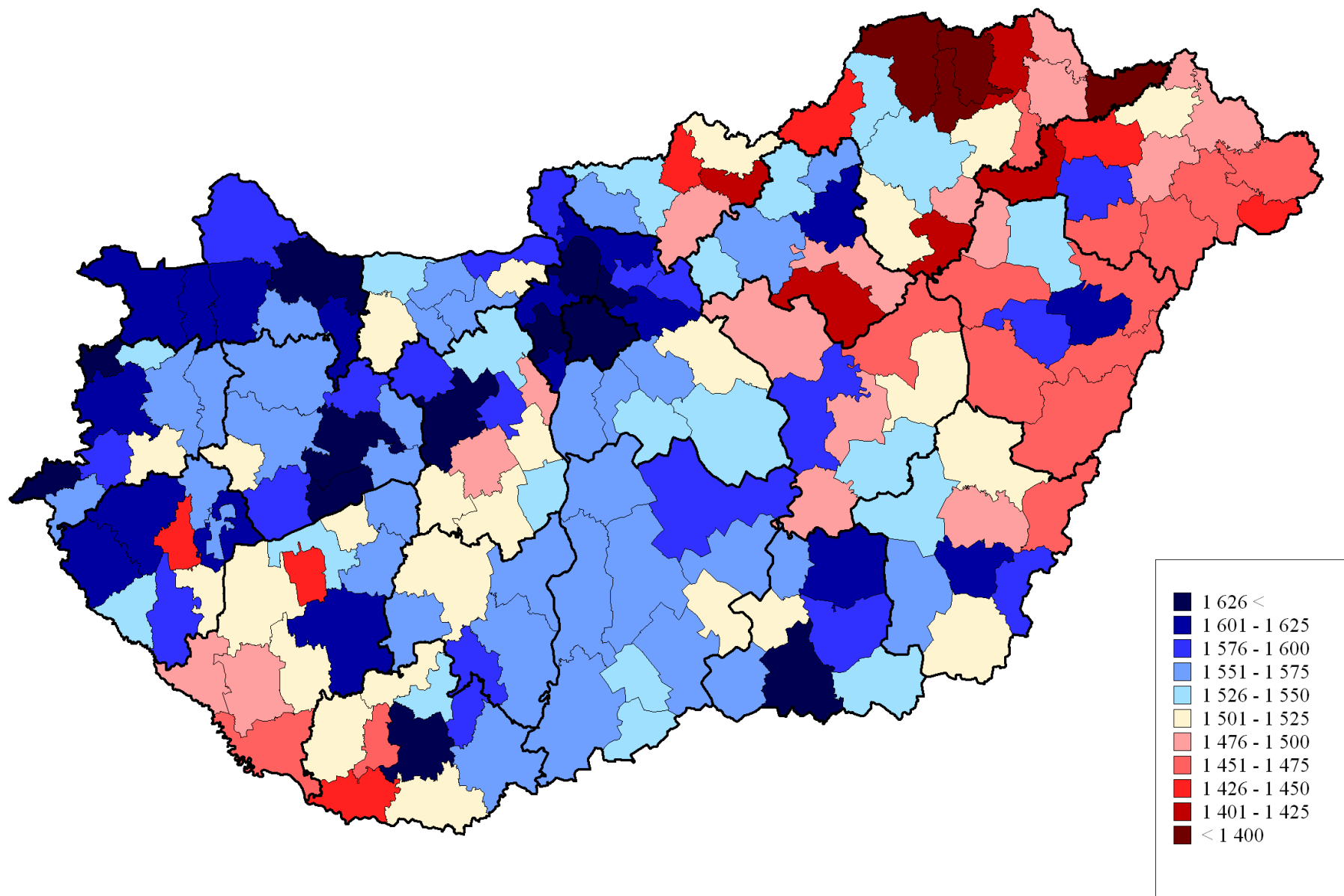
HUNGARIAN
GOVERNMENT

European Union
European Social
Fund

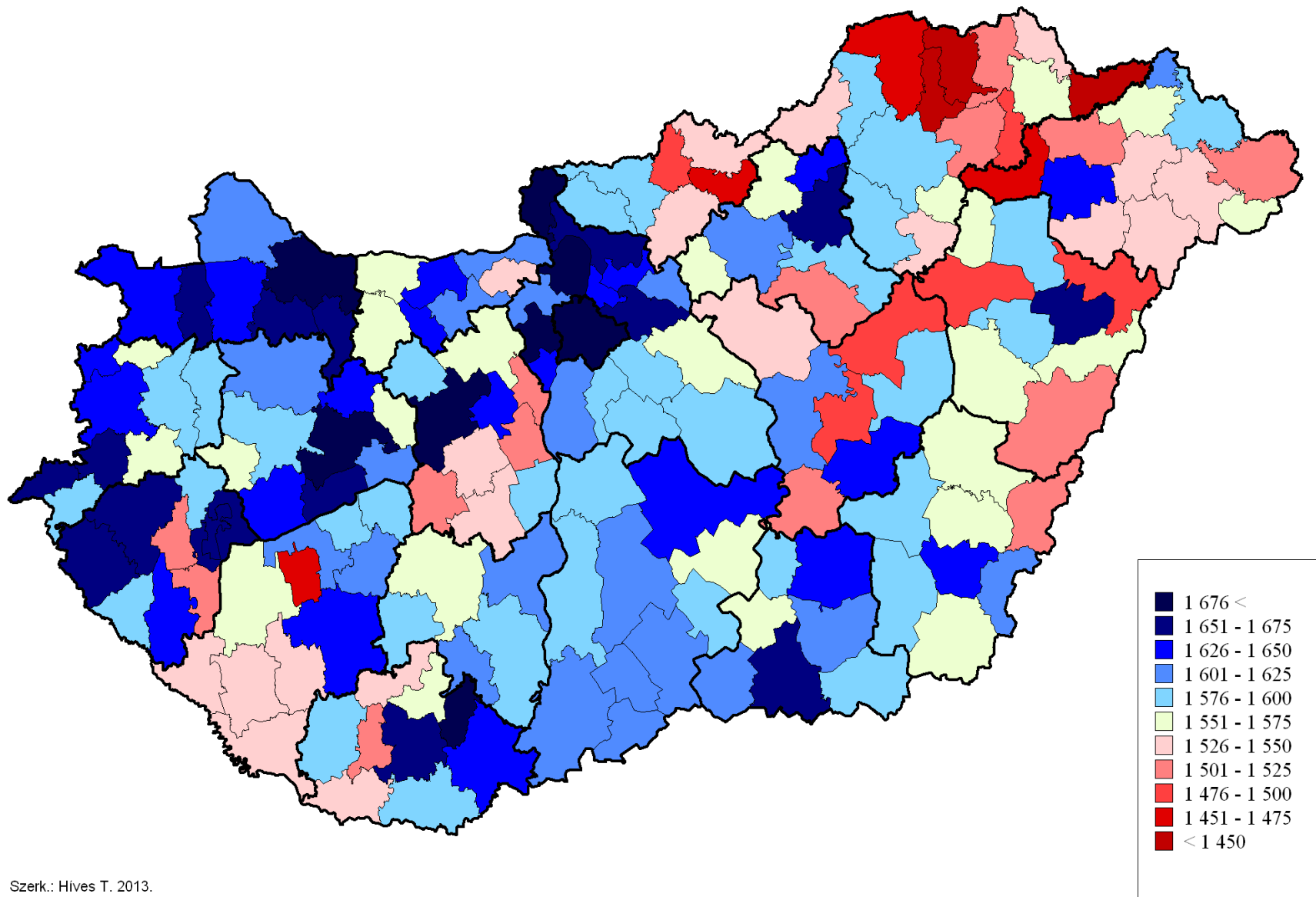


INVESTING IN YOUR FUTURE

PERFORMANCE RATE OF READING ACHIEVEMENTS OF 14-YEARS-OLD STUDENTS AT MICRO-REGIONAL SUB-COUNTY UNITS REFERRING TO THE 2012 COMPETENCE ASSESSMENT

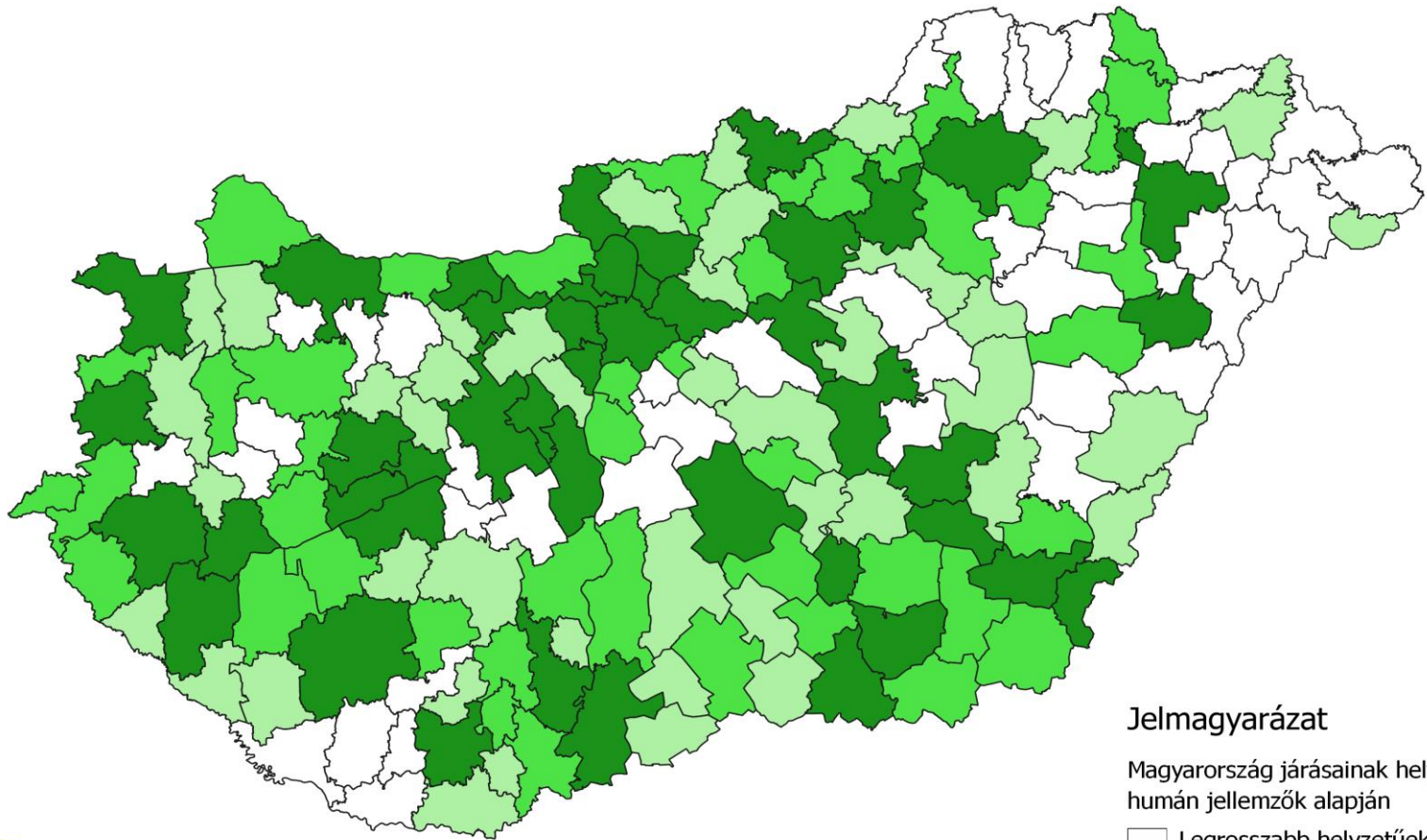


MATHS PERFORMANCE RATES OF 14-YEAR-OLD STUDENTS AT IN SUB-COUNTY UNIT LEVELS



SPATIAL CAPITAL IN HUNGARY – HUMAN DIMENSION

A területi tőke Magyarországon: humán jellemzők



Jelmagyarázat

Magyarország járásainak helyzete
humán jellemzők alapján

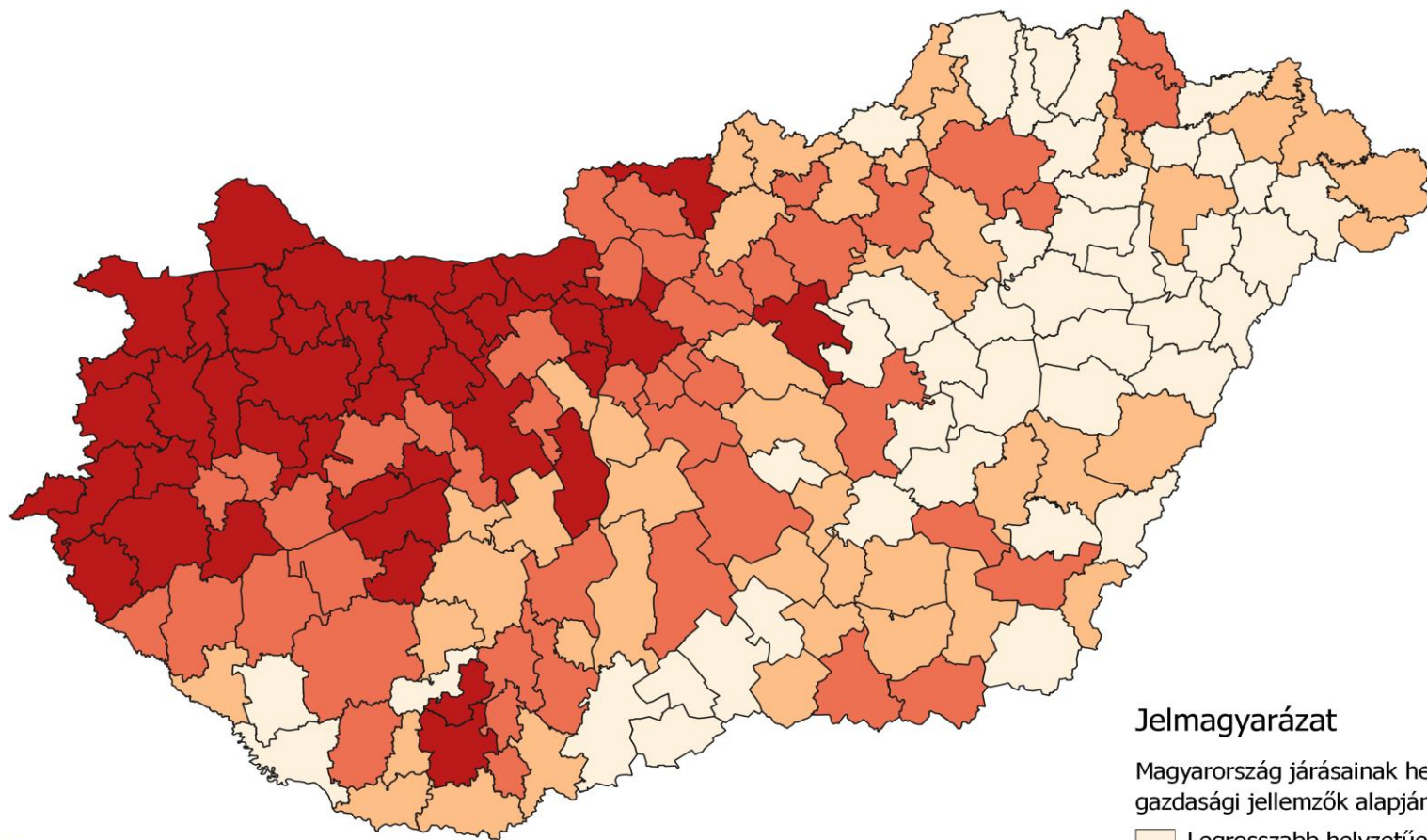
- Legrosszabb helyzetűek
- Közepesnél rosszabb helyzetűek
- Közepesnél jobb helyzetűek
- Legjobb helyzetűek



ÖSSZKÉP
AZ INSPIRÁLÓ TUDÁSÉRT

SPATIAL CAPITAL – ECONOMIC DIMENSION

A területi tőke Magyarországon: gazdasági jellemzők



Jelmagyarázat

Magyarország járásainak helyzete gazdasági jellemzők alapján

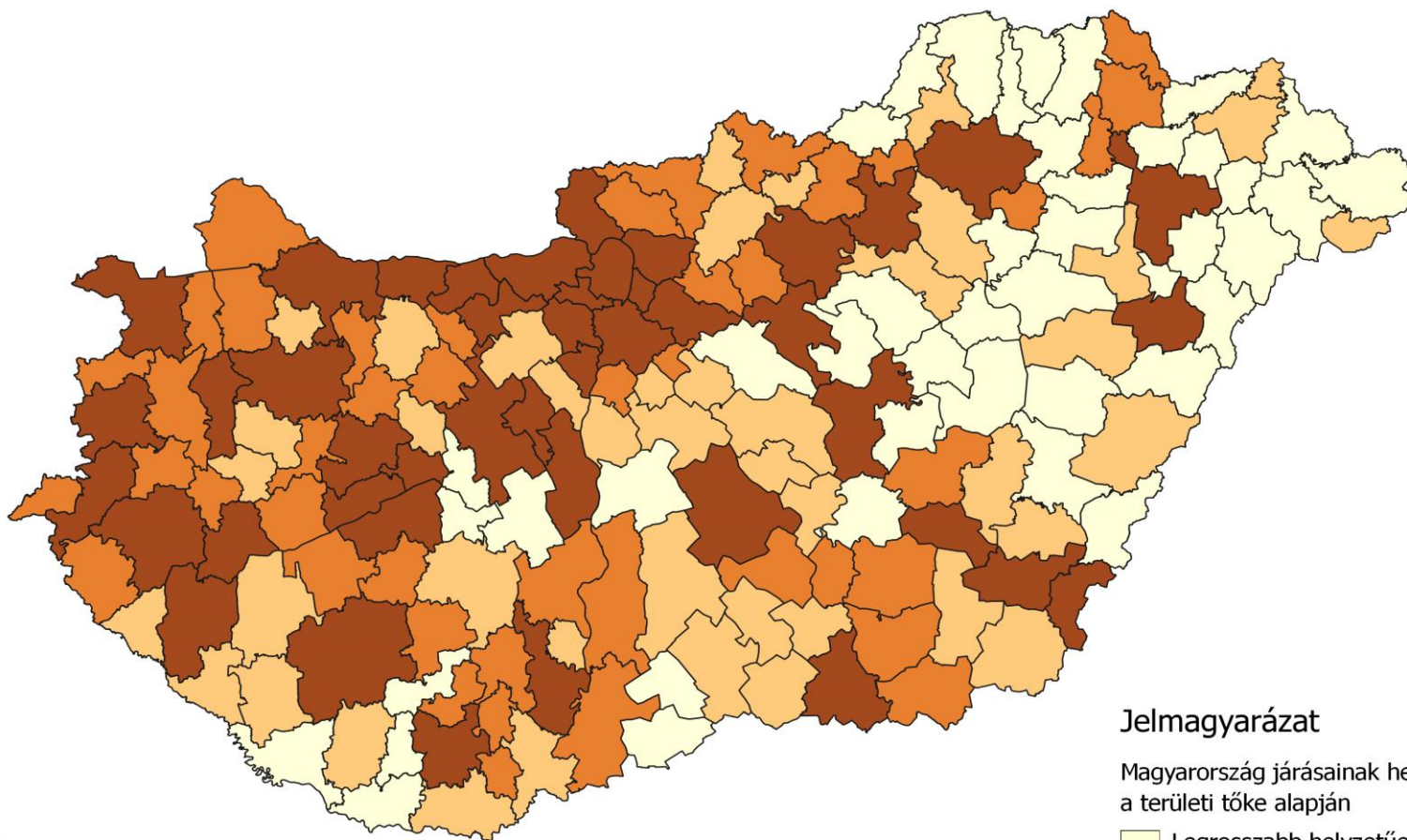
- Legrosszabb helyzetűek
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- Közepesnél jobb helyzetűek
- Legjobb helyzetűek



ÖSSZKÉP
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OVERALL RATES OF SPATIAL CAPITAL AVAILABILITY IN HUNGARY

A területi tőke Magyarországon



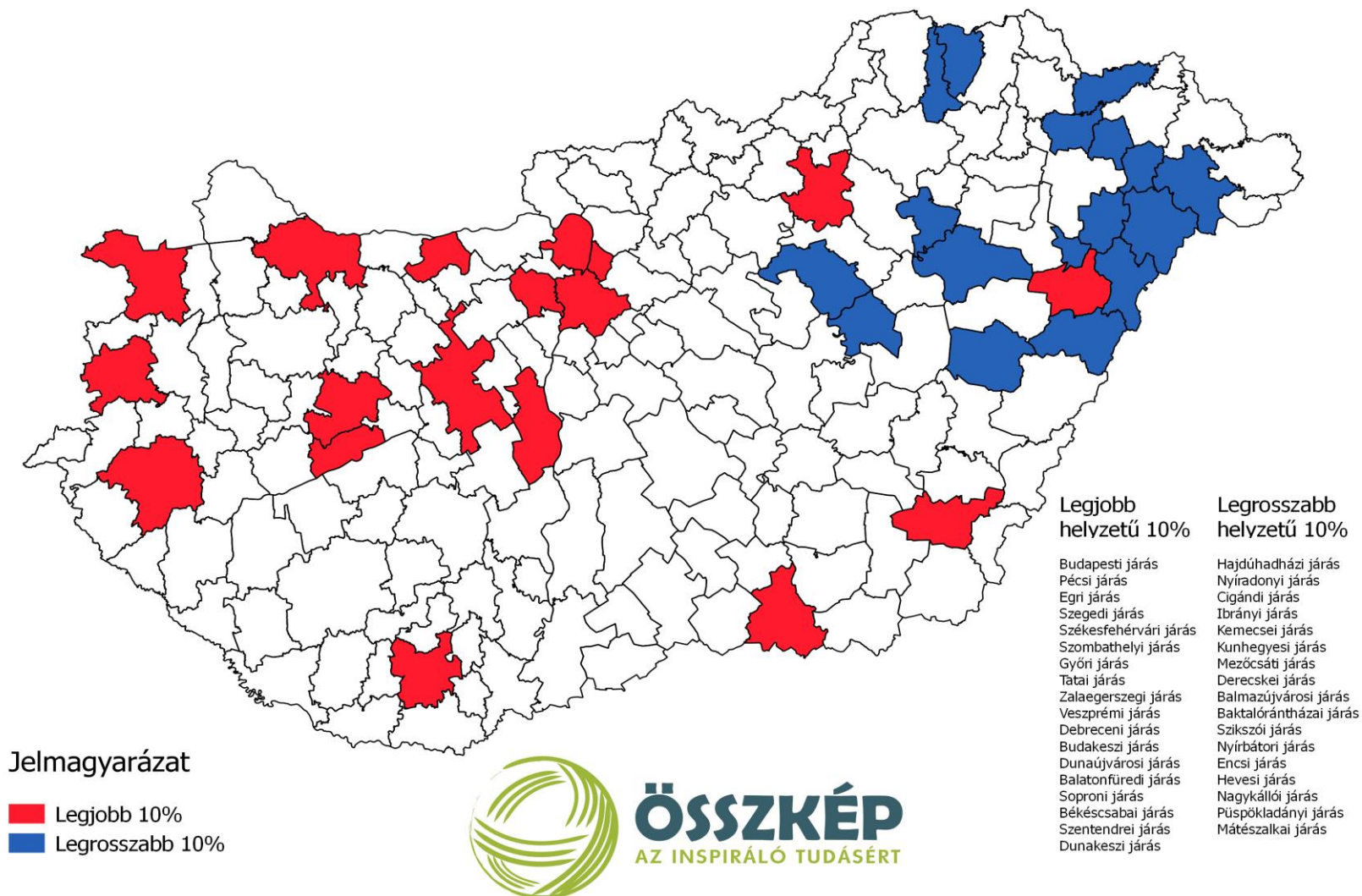
Jelmagyarázat

Magyarország járásainak helyzete
a területi tőke alapján

- Legrosszabb helyzetűek
- Közepesnél rosszabb helyzetűek
- Közepesnél jobb helyzetűek
- Legjobb helyzetűek

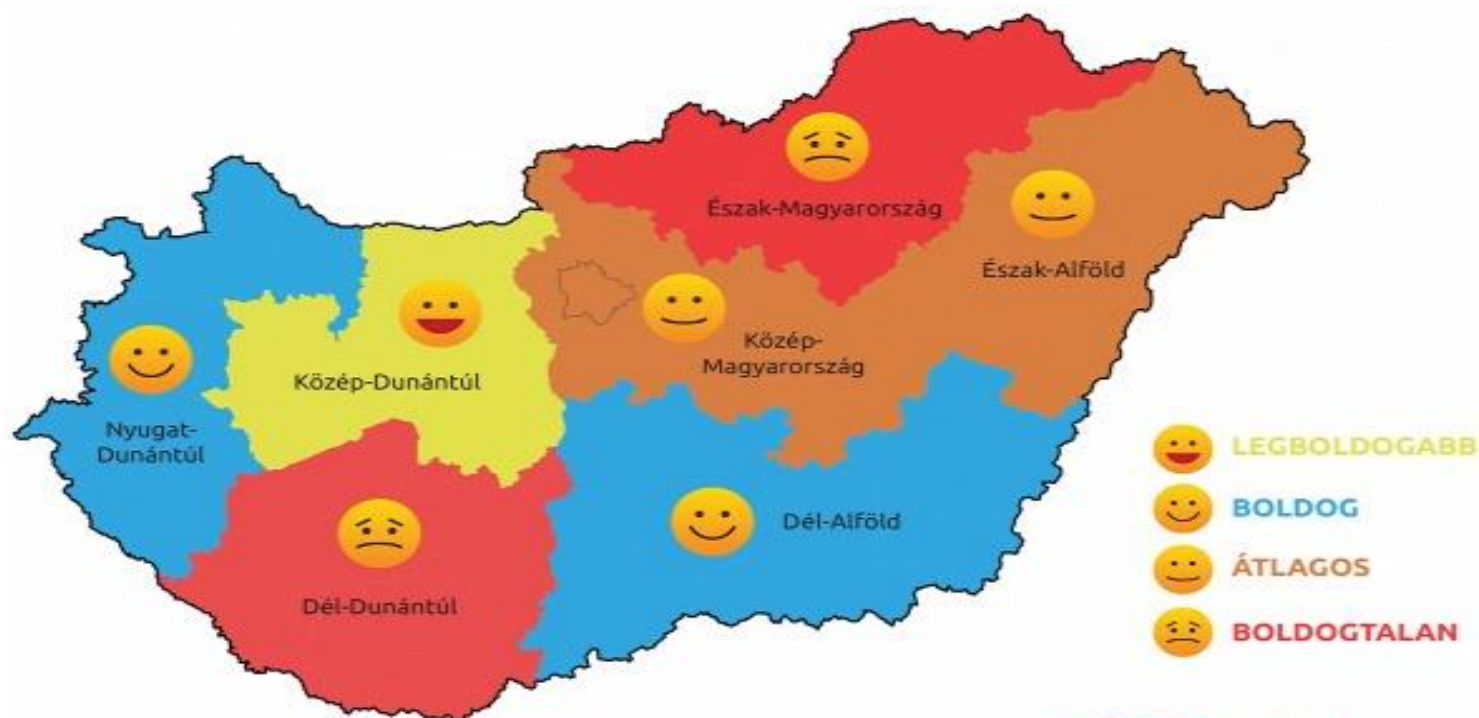
SUB-COUNTY UNITS WITH HIGHEST AND LOWEST RATES OF SPATIAL CAPITAL

A területi tőke Magyarországon: legjobb és legrosszabb helyzetű járások



HAPPINESS MAP OF HUNGARY – REGIONAL RATES

Magyarország Boldogságtérképe régiós bontásban



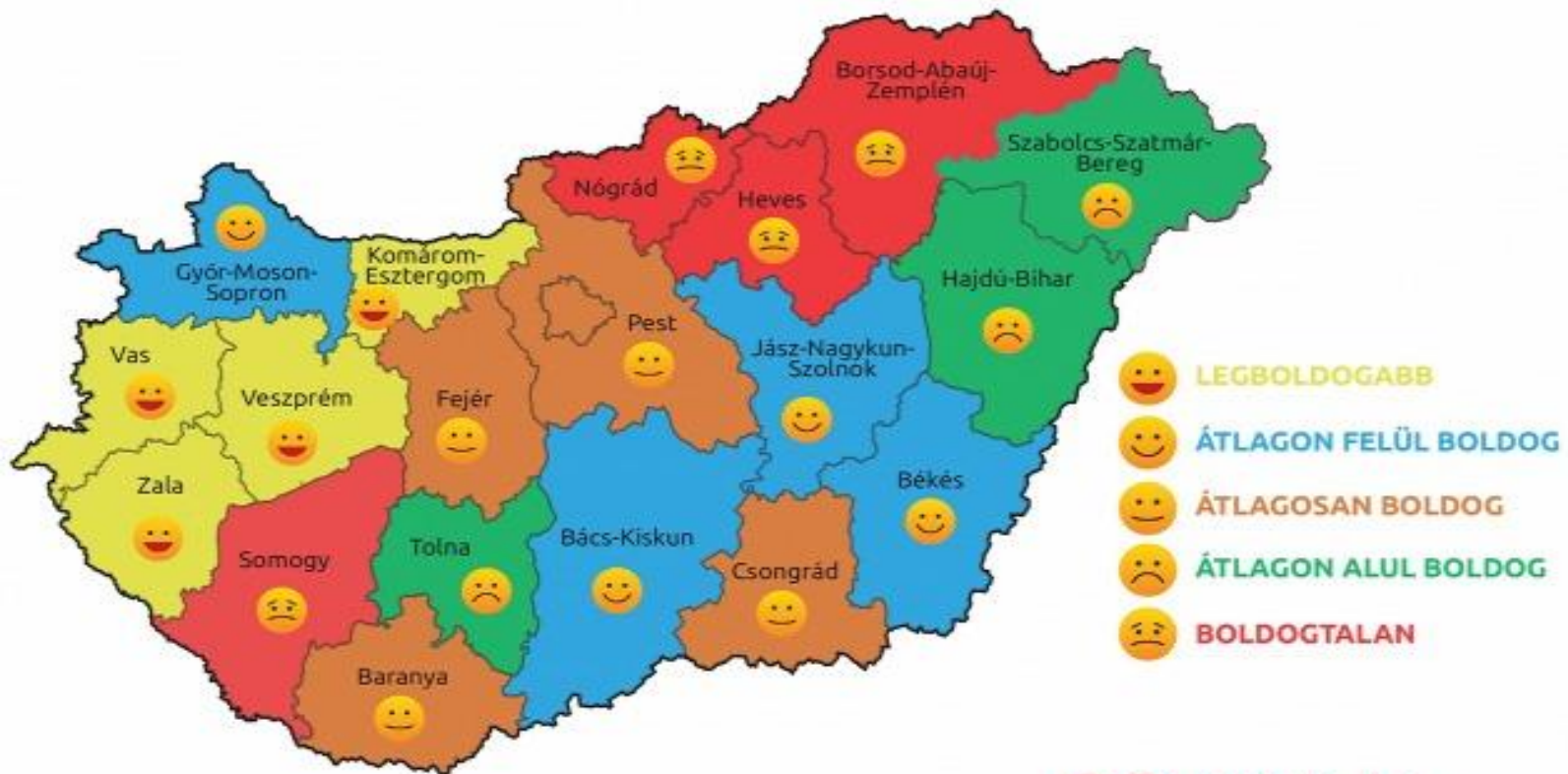
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HAPPINESS MAP OF HUNGARY – COUNTY RATES

Magyarország Boldogságtérképe megyék szerint



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HEALTHY LIVING AS MAJOR COMPONENT OF SOCIAL CAPITAL IN AN ERA OF INEQUALITIES

- Health-conscious ways of life/healthy living and lifelong learning
- Effective and accessible Health Care System?
- Matters and of a Senior Supply Services
- Active citizenship and healthy living
- Healthy living and..

Work-life balance;

Sports and recreation;

Dietary concerns for healthy gastronomy

Improvement of Mental Health

Legal basis: National Strategy on Ageing 81/2009.(X.2.)

Impact of WHO's Role: Strategy and Action Plan for Healthy Ageing for 2012-16 period.

Impact of European Year for Active Ageing and Intergenerational Solidarity - 2012.

MAJOR DESCRIPTORS OF HEALTHY LIVING

- It is based on individual and community motivation and engagement in healthy living;
- Lack of unconscious consumption;
- It serves public good, and the interests of the community;
- It will indirectly or directly promote engagement in healthy living programmes to influence body, soul and living issues to challenges of the individual and of his/her community through active participation
- Descriptor of Health System based on prevention and effective supply services to actively engage senior citizens in health promotion

MAJOR TYPES OF HEALTH-CONSCIOUS WAYS OF LIFE/HEALTHY LIVING

- Individual changes to promote change in behaviour and attitudes based on experience;
- Community actions to demonstrate the benefits of healthy living through direct actions;
- Certain types of health-promotion campaigns;
- Combinations of individual concerns and community actions based on senior supply services to make use of national and EU-fund (ESF mainly!)

CLASSICAL CATEGORIZATION OF HEALTHY LIVING

- „the body concern to improve phsyical conditions“: to focus on physical ageing
- „the mental dimension“ to develop mental health its basic identical claim is to maintain or develop mental skills and capacities.

HEALTHY LIVING AS A COMMUNITY RESOURCE

Conscious healthy living activities imply tremendous resources referring to human resources, innovation and community development.

Examples and good practices generally come from civil society, religious community, local council engagement and services based on available budgetary sources, national funds and EU-grants

Healthy living is a community-based, socially- and value-driven set of actions

HEALTHY LIVING AS AN ECONOMIC RESOURCE

Health-conscious way of living:

- To receive a growing attention both in national and international non-profit and for-profit domains;
- Represent a significant part of social-economy;
- It has got several linkages to civil society, to markets, health sector and tourisms, etc.
- It has got an impact upon integration/reintegration to society for vulnerable social groups.

HEALTHY LIVING FOR GAINING NEW KNOWLEDGE AND SKILLS THROUGH LIFELOG LEARNING

Healthy living and way of life are particular forms of non-formal and informal learning.

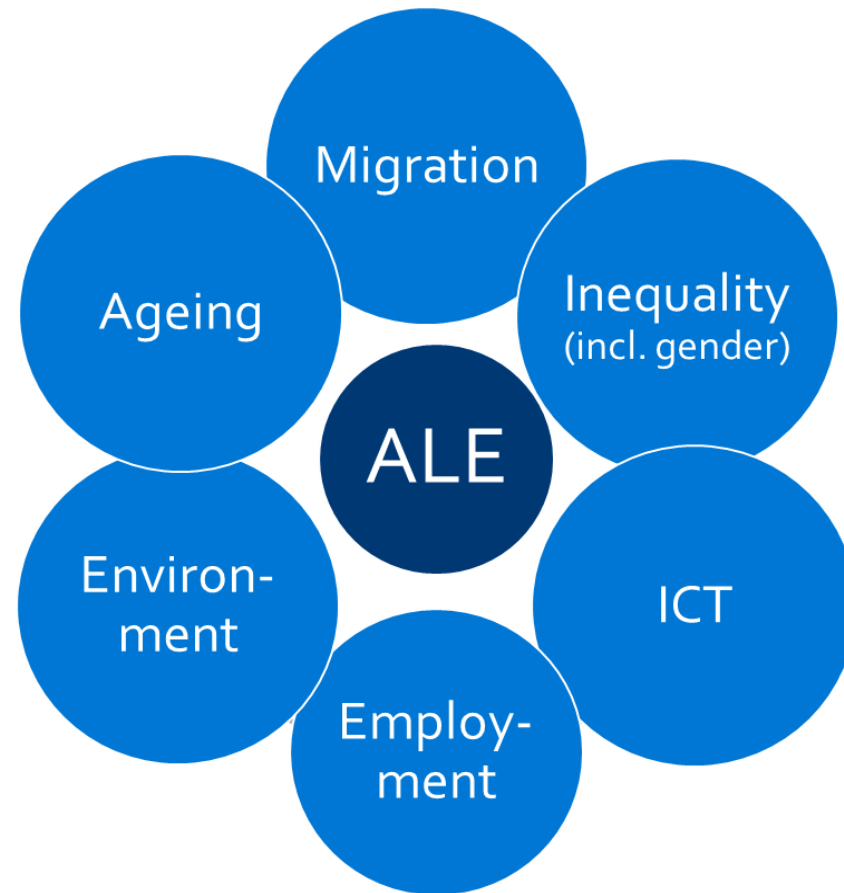
It provides an opportunity for senior citizens:

- To try himself/herself in new professionally challenging fields;
- To get acquainted with other seniors participatory actions in healthy living;
- To collect new knowledge and skills;
- To develop new skills;
- To refresh formerly collected knowledge;

It will also improve:

- The psycho-social situation of the person;
- Self-respect and realistic self- assessment.

THE IMPACT OF UNESCO



AGENDA 2030 AND SGD4



THE IMPACT OF GRALEIII

GRALE III – ALE has benefits for Individuals, Employers and for Societies



HEALTH &
WELL-BEING

Healthy behaviours & attitudes

Longer life expectancy

Reduction in lifestyle diseases

Lower costs for acute healthcare



LABOUR MARKET &
EMPLOYMENT

Skills & employability

Higher wages

Job satisfaction & commitment

Greater productivity & entrepreneurship

Increased tax revenues



SOCIAL, CIVIC &
COMMUNITY LIFE

Literacy & numeracy

Life skills such as resilience & self-confidence

Tolerance of diversity

Attention to the environment

Social cohesion

Political participation

THE IMPACT OF EU WITH REFERENCE TO ALE AND LLL

- **The role of EU and its strategic documents:**
 - a.) European Year for Lifelong Learning (1996)**
 - b.) Lisbon-protocol (2000) and the Memorandum on LLL**
 - c.) Education and Training 2010 (2003)**
 - d.) It is never too late to learn – Comm. from the EC (2006)**
 - e.) It is always a good time to learn – Comm. from the EC (2007)**
 - f.) Education and Training 2020 (2010)**
 - g.) EU Agenda for Adult Learning (2011)**

TIMELINE OF FOCUS REFERRING TO SENIOR EDUCATION IN HUNGARY

- **Hungary to enter into accession:**
 - 1991 to 1998/Pre-accession process
 - 1998 to 2003/ Accession stage
- **Hungary to become a full EU member state:** (access to ESF)
 - 2004 to 2006/ EU funded programmes in Socrates II Grundtvig programme and in national SR OP (TÁM OP)
 - 2007 to 2013/ EU funded programmes in LLP Grundtvig and national HRD OP (HEF OP)
 - 2014 to 2020/ EU funded programmes in Erasmus+ AL programmes and national Ops to target the development of Senior Learning and Education

THE IMPACT OF NATIONAL STRATEGIES ON LLL (2005 AND 2016)

- **National Strategy on LLL (2005)**
 - This strategy promoted the start of special trainings for seniors to develop basic ICT skills
 - Adult Learners' Weeks/ The role of HFHSS
 - The focus of HEIs on Senior Learning with the support of the Grundtvig programme – scientific analysis and matter of professionalisation
 - **Roles of NGOs and religious groups**
- **The Impact of European 'Active Ageing' initiative (2006)**
- **Post-2010 initiatives to promote Active Ageing**
 - The role of municipal bodies to form Local Councils dealing with Seniors' Affairs (Önkormányzati Időügyi Tanács)
 - Combination of social work, integration, employment, education and training and cultural focus

THE CHALLENGES FOR ACTIVE AGE PROGRAMMES IN HUNGARY

- Dominantly urban structures – senior communities, associations in silver age programmes
- National Govt. to focus on employment and social care
- Active age programmes promoted and organised mostly by civil society groups of senior citizens
- Limited funds available beyond learning programmes to be achieved through national and EU-supported initiatives
- Limited intergenerational programmes
- Lack of social recognition of LLL and learning through informal grounds
- The impact of voluntary work
- The impact of certain issues: environmental protection, healthy living, prevention, collaborative work, community development, etc.
- Improving digital channels – ICT, web, smart communities
- The HEIs' approach

GOOD PROJECT PRACTICES

- **Intergenerational Communication Active aging in a Rural Environment**
i-CARE project and its Hungarian leg
Source: www.i-ca.re and <http://i-ca.re/good-practices.html>
- **VITALIZE RURAL REGIONS BY SENIOR CITIZENS - Grundtvig Learning Partnership**
VITALISE (2011-2013) provided the framework for an exchange of experiences and ideas on this topic between eight regions in Europe.
Source: www.vitalise.regions.eu
number of articles in the journal of HFHSS at:
http://www.nepfoiskola.hu/mnt_ujsag-k2.html
- **SILVERCITY - EFFICIENT LOCAL PARTNERSHIPS FOR ELDERLY AND VULNERABLE PEOPLE** Good practice exchange of transnational cooperation projects funded by the CENTRAL EUROPE and the SOUTH-EAST EUROPE Programmes
Source: www.silvercity.eu
http://silvercity.eu/upload/SC_brosura_A5_p.pdf
- **Senior academies in Hungary** with reference to their specific web-links at host universities
e.g. http://www.uni-zsigmond.hu/nyugdijasok_akademiaja/akademiarol

SOURCES OF INFORMATION UPON THE PROMOTION OF HEALTH-CONCIOUS WAYS OF LIFE

- Maróti Andor (2013): Elméleti alapok az idősök tanulásáról és tanításáról. IV. folyam IV. évfolyam 2013/III. szám
http://www.kulturaeskozosseghu/pdf/2013/3/2013_3_06.pdf
- Lampek Kinga – Rétsági Erzsébet (2015): Egészséges idősödés. Az egészségfejlesztés lehetőségei idős korban/Healthy ageing. **Choices of Health Improvement in Senior Age**
<http://www.etk.pte.hu/protected/OktatasiAnyagok/%21Palyazati/sport2/EgeszsegesIdosodesJ.pdf>
- Sikeres nyugdíjas évek - Egészséges időskor és anyagi biztonság. Aegon Nyugdíjfelkészültségi Kutatás 2017./ **Healthy Ageing and Material Security. Pension-innovation Research**
https://www.aegon.hu/static/pdf/Nyugdijfelkeszultsegi_kutatas_2017_vgl.pdf
- Dr. Majercsik Eszter (2004): Idősök a mában Geriátriai szocio-pszichológiai vizsgálat, az életminőség javításának lehetőségei/ **Seniors today. Socio-psychological Analysis, Choices of Development of Quality of Life**
http://phd.semmelweis.hu/mwp/phd_live/vedes/export/majercsik.d.pdf
- Vadász Katalin - dr . Sallai Antalné (2007) Derűs időskor – aktív időskort támogató közösségi programok/ **Community Actions to promote Active Ageing**
<http://mek.oszk.hu/08100/08120/08120.pdf>
- Egészséges táplálkozás időskorban/ **Healthy Dietary Concernsin Senior Age**
<http://www.vital.hu/themes/health/idoskor.htm>

AIM OF ALL-LOCAL PROJECT - LONG-TERM GOAL

- **Long-term goal:**
 - **extending the average age of ageing (50+) and senior generation** to be spent actively, in health **through broadening access to lifelong learning in Pécs and its region in Baranya county;**
 - **Improvement of service-based practice of lifelong learning**, functioning in Pécs and in Baranya County, **to target ageing and senior generation**, the **development of currently applied methodologies**, and the **dissemination of new methodological implications.**

PROFESSIONAL SUB-TOPICS I. OF ALL-LOCAL

1. Extension of health-conscious way of life

- A – life skills/work-life balance
- B – dietary concerns
- C – sports and other forms of recreation
- D - Learning by doing
- E - Life, health, learning and community
- F - Food and water consumption concerns

2. Knowledge-transfer type of services

- **A - basic skills and key competences**
- **B - LM and/or citizenship focus**
- **C – formal, non-f and informal learning**
- **D – learning communities, cities and regions**

THE STRUCTURE OF THE PROJECT

1. Kick-off meeting
2. Workshops
3. Field-work
4. Study trips
5. Competence and capacity-building trainings
6. Research (one partner directly involved)

THANK YOU FOR YOUR ATTENTION INDEED!



SZÉCHENYI 2020



HUNGARIAN
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