

EFOP-5.2.2-17-2017-00071

ALL-LOCAL

EFFECTIVE KNOWLEDGE TRANSFER AND COMPETENCE
DEVELOPMENT IN THE SENIOR SOCIETY

Voluntary activities as special forms of “lifelong learning”



SZÉCHENYI 2020



HUNGARIAN
GOVERNMENT

European Union
European Social
Fund



INVESTING IN YOUR FUTURE

SENIORS TO CHILDREN 2018

SETTLEMENT OF PROJECT

The Project “Seniors to Children” - with the financial support of the Fund GSK in the period from 1.1.2015 to 30.6.2015.

TARGET, AIM

to contribute to the involvement of seniors in the Senec city to the training programme in order to train them as volunteers in providing assistance to children with learning and behavior disabilities.

TARGET GROUPS

WE HAVE TRIED TO LINK THE TWO SOCIAL GROUPS AT RISK OF EXCLUSION, CHILDREN AND THE ELDERLY.



VOLUNTEERING IN SLOVAKIA 2019

STATISTICS

There are no official statistics, but on researches of NGO - 13-46% of population is involved in volunteering in Slovakia

NUMBER OF VOLUNTEERS

25 thousands

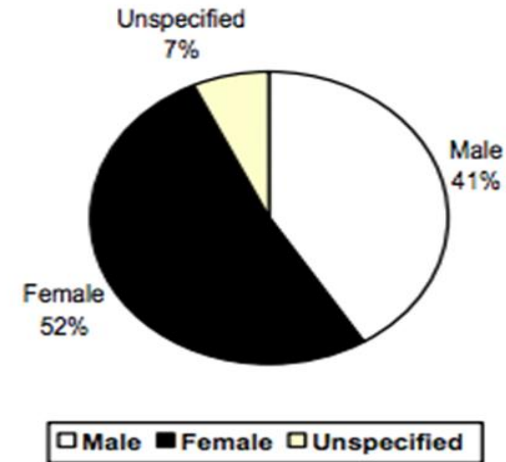
NUMBER OF HOUR VOLUNTEERED

2 millions hours

INSTITUTIONAL BACKGROUND FOR VOLUNTEERING

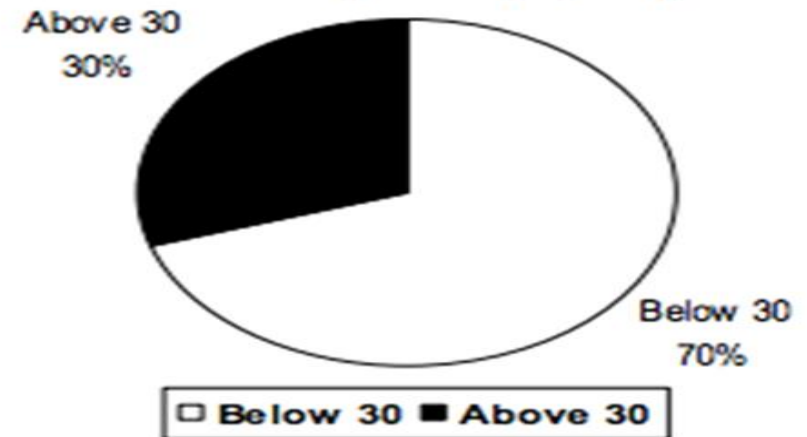
Institutions, which provide volunteering opportunities, the most active were non-governmental organisations consisting of civic associations, not for profit organisations, foundations and non-investment funds (25 percent of volunteers). Followed by state and municipalities administration offices (17 percent) and finally churches and other religious institutions (14 percent).

Figure 1: Volunteering and gender distribution



Source: Author, based on information quoted in: Brozmanová Gregorová and Mračková 2008.

Figure 2: Volunteering and age groups



Source: Author, based on information quoted in: SME 2008b.

VOLUNTEER ACTIVITIES IN OUR COMUNITY CENTER IN SENEC CITY 2020

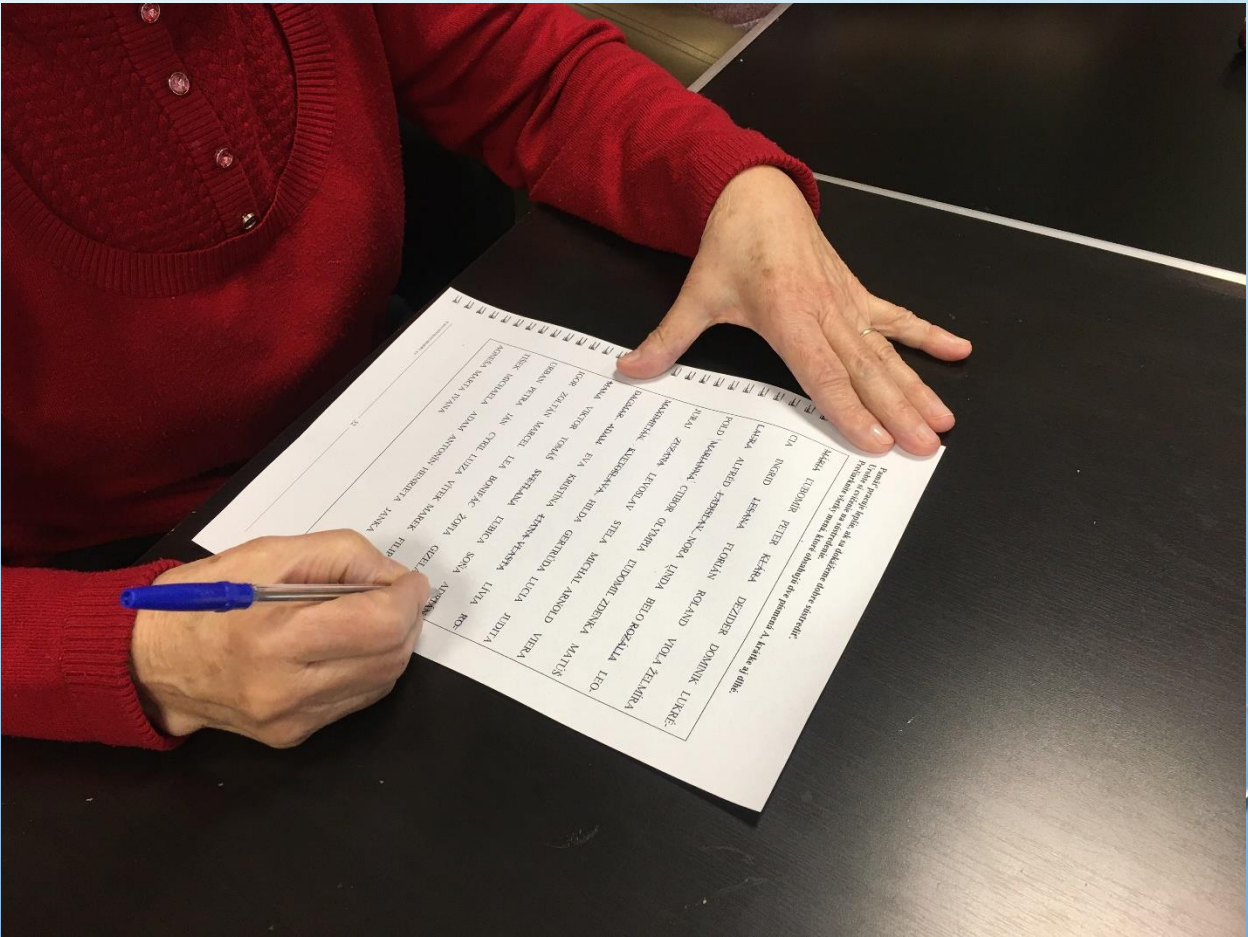
- MEMORY TRAINING
- DANCE MOVEMENT THERAPY
- NORDIC WALKING
- CREATIVE WORKSHOP

MEMORY TRAINING

- MENTALLY STIMULATING TRAINING PROGRAM DESIGNED TO SUPPORT AND ENHANCE MEMORY AND COGNITIVE FUNCTIONS AS ARE ATTENTION, THINKING AND SPEAKING.

IN EACH TRAINING SESSION WE PERFORM:

- ❖ WARM UP EXERCISES (SHOULDERS, HANDS, FINGERS, ETS) FOR LINKING BRAIN HEMISPHERES
- ❖ ASSESSMENT OF CURRENT DATE AND TIME (RELEVANCE TO PAST AND PRESENT, EVENTS RELATED TO THIS DATE, HISTORICAL OR PERSONAL...)
- ❖ WORKING WITH MATERIALS DEVELOPED AND PROVIDED BY MEMORY CENTRUM WITH TASKS TO ENHANCE COGNITIVE DISPOSALS, EXERCISE ATTENTION, SHORT AND LONG- TERM MEMORY AND DEVELOPING THE WORD VOCABULARY
- ❖ FINAL REFLECTIONS FROM THE MEETING.



DANCE MOVEMENT THERAPY

THIS ACTIVITY IS PROVIDED BY CERTIFIED LECTURER, WHO IS ALSO VOLUNTEER. BY THERAPEUTIC USE OF MOVEMENT IS PROMOTED EMOTIONAL, SOCIAL, COGNITIVE, AND PHYSICAL INTEGRATION OF THE INDIVIDUAL, FOR THE PURPOSE OF IMPROVING HEALTH, WELL-BEING AND STRESS REDUCTION.



NORDIC WALKING

THE GOAL OF NORDIC WALKING IS A REGULAR ACTIVITY OF SENIORS PRACTICED OUTDOORS IN THE DIRECTION OF LECTURER. MOVEMENT-RECOVERY ACTIVITY FOCUSED ON THE LOCOMOTIVE ORGANS AND THE PROMOTION OF A HEALTHY LIFESTYLE IN SENIOR AGE. BENEFITS ARE SPECIALY IN THE AREA OF HEALTH (SPINE PAIN, OSTEOPOROSIS, PARKINSON'S DISEASE AND OTHERS).



CREATIVE WORKSHOP

THE AIM OF THIS ACTIVITY IS THE DEVELOP SKILLS, EXPERIENCE TRANSFER AND CREATIVE CREATION. THE THEME OF THE ACTIVITIES OVERLAPS WITH THE CURRENT SEASON AND HOLIDAYS (CHRISTMAS, EASTER, HALLOWEEN). DURING THE MEETINGS SENIORS ARE ENGAGED IN HANDCRAFTS, CREATING DECORATIVE AND UTILITARIAN OBJECTS (FROM CLAY, GLASS, PAPER) ARRANGING, PREPARING TRADITIONAL DISHES. THE RESULTS OF THIS CREATIVE WORKSHOP IS THE DEVELOPMENT OF IMAGINATION AND RELAXATION.



THANKE YOU FOR YOUR ATTENTION



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