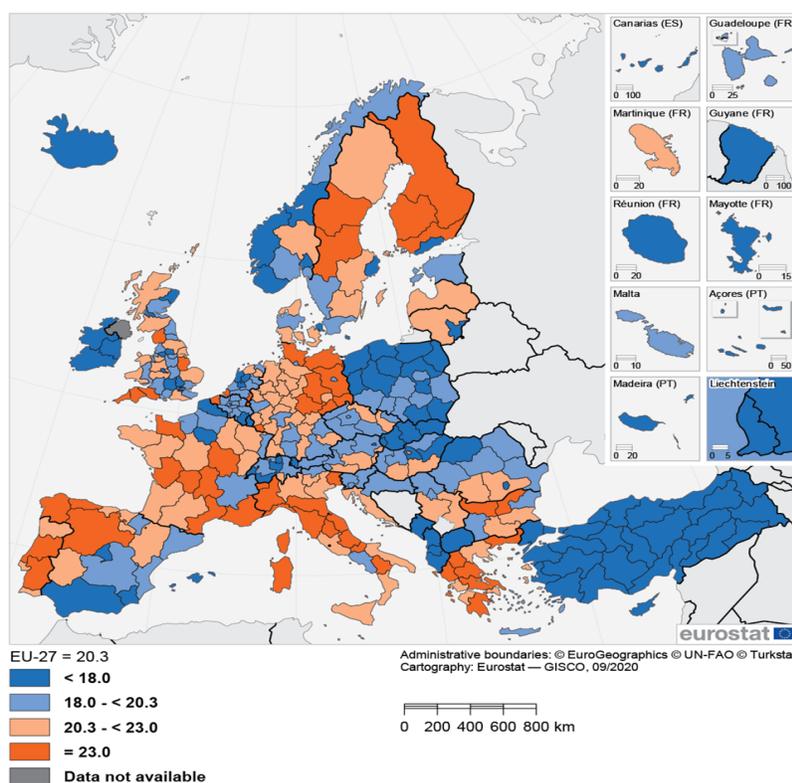


Module 1: Content Materials

1. PRESENTATION AND DISCUSSION: ACTIVE AGEING AND LIFELONG LEARNING

The [Policy Learning Platform of Interreg Europe](#) states: “The European population is ageing fast. There were 101.1 million older people—aged 65 years or more— living in the EU-28 at the start of 2018, that is 19.7 % of the total population (EUROSTAT). The number of older people in the European Union (EU) is projected to follow an upward path, peaking at 149.2 million inhabitants (28,5 % of the total population) in 2050 (see Map 1 for the distribution of older people in the EU and Figure 2 for projected age pyramids in the EU in 2050 compared to 2019). The ageing population is the result of a long-term fall in fertility rates (reaching 1.55 live births per woman in 2018 in the EU) and increased life expectancy (reaching 81.0 years in 2018 in the EU).”



Project No: 2020-1-RO01-KA204-079845

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

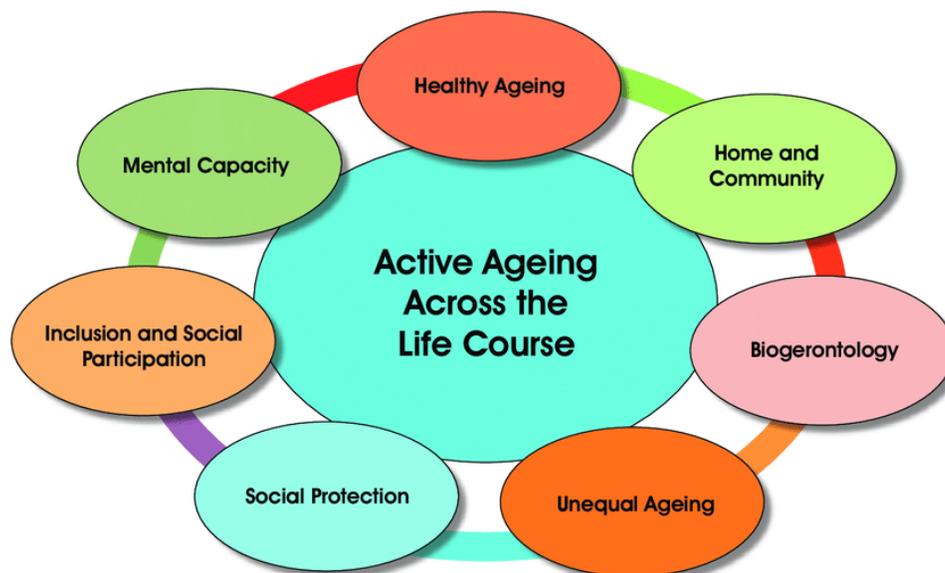
What is “Active Ageing”?

The World Health Organization has acquired the term “active ageing” to indicate the process for achieving this vision. In “[Active Ageing: A Policy Framework](#),” the World Health Organization (WHO) defines active ageing as “the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age”.

The Framework states further: “Active ageing applies to both individuals and population groups. It allows people to realize their potential for physical, social, and mental well being throughout the life course and to participate in society according to their needs, desires and capacities, while providing them with adequate protection, security and care when they require assistance.

The word ‘active’ refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Older people who retire from work and those who are ill or live with disabilities can remain active contributors to their families, peers, communities and nations. Active ageing aims to extend healthy life expectancy and quality of life for all people as they age, including those who are frail, disabled and in need of care” (12).

Examples of intersections of active ageing:



[Inclusion and participation in the community and in the labour market - Scientific Figure on ResearchGate. Available from: https://www.researchgate.net/figure/The-Key-Role-of-Active-Ageing_fig2_249315099 \[accessed 13 Dec. 2021\]](https://www.researchgate.net/figure/The-Key-Role-of-Active-Ageing_fig2_249315099)

Example of European initiatives

One example of how engagement for active ageing can look on a European level, is the [European Innovation Partnership on Active and Healthy Ageing](#) that aims at providing a forum for key stakeholders “in which they can cooperate, united around a common vision that values older people and their contribution to society, identify and overcome potential innovations barriers and mobilize instruments.” With that they hope to spur the following developments in Europe:

- ✓ enabling EU citizens to lead healthy, active and independent lives while ageing;
- ✓ improving the sustainability and efficiency of social and health care systems;
- ✓ boosting and improving the competitiveness of the markets for innovative products and services, responding to the ageing challenge at both EU and global level, thus creating new opportunities for businesses.

The ultimate goal is to expand the healthy life-span of European citizens by two years.

What are European values?

The [European Commission](#) regards the values of the European Union as “common to the EU countries in a society in which inclusion, tolerance, justice, solidarity and non-discrimination prevail. These values are an integral part of our European way of life”. The following values are officially adopted as the EU values and defined below by the EC:

- **Human dignity:** “Human dignity is inviolable. It must be respected, protected and constitutes the real basis of fundamental rights.”
- **Freedom:** “Freedom of movement gives citizens the right to move and reside freely within the Union. Individual freedoms such as respect for private life, freedom of thought, religion, assembly, expression and information are protected by the EU Charter of Fundamental Rights.”
- **Democracy:** “The functioning of the EU is founded on representative democracy. Being a European citizen also means enjoying political rights. Every adult EU citizen has the right to stand as a candidate and to vote in elections to the European Parliament. EU citizens have the right to stand as candidate and to vote in their country of residence, or in their country of origin.”
- **Equality:** “Equality is about equal rights for all citizens before the law. The principle of equality between women and men underpins all European policies and is the basis for European integration. It applies in all areas. The principle of equal pay for equal work became part of the Treaty of Rome in 1957. Although inequalities still exist, the EU has made significant progress.”
- **Rule of law:** “The EU is based on the rule of law. Everything the EU does is founded on treaties, voluntarily and democratically agreed by its EU countries. Law and justice are upheld by an independent judiciary. The EU countries gave final jurisdiction to the European Court of Justice which judgements have to be respected by all.”
- **Human rights:** “Human rights are protected by the EU Charter of Fundamental Rights. These cover the right to be free from discrimination on the basis of sex, racial or ethnic origin, religion or belief, disability, age or sexual orientation, the right to the protection of your personal data, and or the right to get access to justice.”

What is Lifelong Learning?

On the [Knowledge Hub](#) of the learning platform provider Valamis, you can find a comprehensive explanation of Lifelong learning:

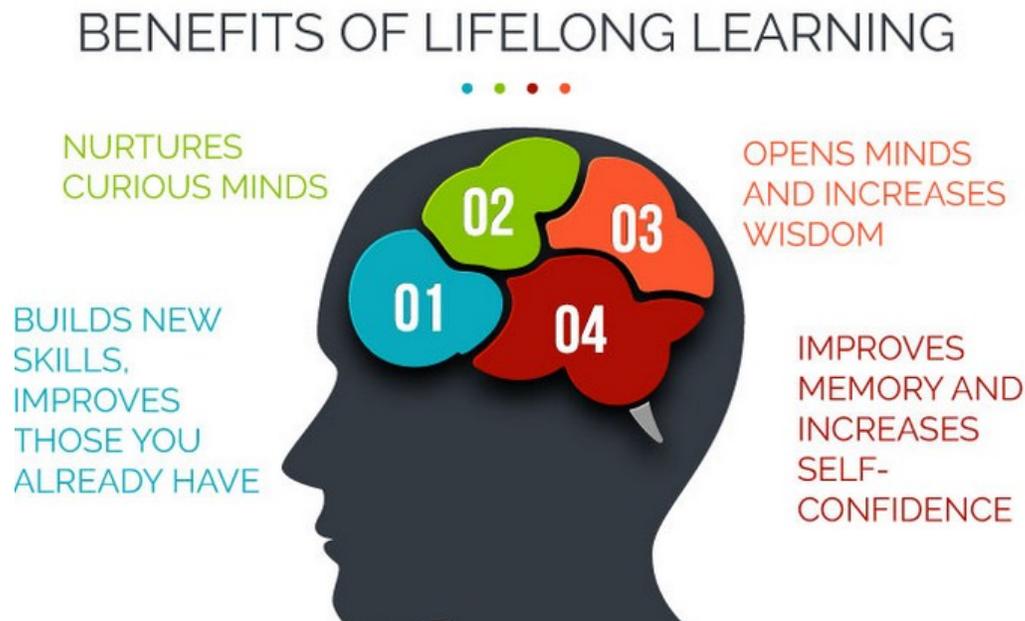
“Lifelong learning is a form of self-initiated education that is focused on personal development. While there is no standardized definition of lifelong learning, it has generally been taken to refer to the learning that occurs outside of a formal educational institute, such as a school, university or corporate training. Lifelong learning does not necessarily have to restrict itself to informal learning, however. It is best described as being voluntary with the purpose of achieving personal fulfillment. The means to achieve this could result in informal or formal education. [...]

It recognizes that humans have a natural drive to explore, learn and grow and encourages us to improve our own quality of life and sense of self-worth”.

Some examples of lifelong learning initiatives:

- Developing a new skill/ability (painting, sewing, programming, public speaking, etc)
- Self-taught study (learning a new language, etc)
- Practicing a new sport or activity (martial arts, climbing, horse riding, etc)
- Learning to use a new technology (smart devices, new software applications, etc)
- Acquiring new knowledge (taking a self-interest course via online education or classroom-based course)
- Developing personal soft skills (meditation course, personal growth groups, etc)

In her article “[Non si smette mai d’imparare, o lifelong learning](#)” (Never stop learning, or lifelong learning), Angela Carta provides this graphic of the benefits of lifelong learning:



Project No: 2020-1-RO01-KA204-079845

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

2. WORKSHOP AND PRESENTATION: THE PILLARS OF SUCCESSFUL ACTIVE AGEING

Create separate rooms on the platform you want to use.

Participants are divided into groups. The aim of these work groups will be to write the pillars for the correct promotion of active ageing and the possible future scenario of a more engaged society. One person in each room/group will write a simple document (word, power point, other presentation tools if known) and share the screen so that other participants can see what the whole group is putting together.

Track:

- Needs/desires
- Territory offer
- Possibilities/obstacles
- Resources
- What consequences?

3. BEST PRACTICE PRESENTATION THROUGH WEBSITES

Presentation of good practices from all over Europe:

Udine, Italy

<https://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/views-on-ageing/examples-of-good-practice/community-solidarity-in-udine,-italy>

Prague, Czech

<https://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/views-on-ageing/examples-of-good-practice/volunteering-in-prague,-czech-republic>

Stockholm, Sweden

<https://www.euro.who.int/en/health-topics/Life-stages/healthy-ageing/views-on-ageing/examples-of-good-practice/physical-activity-after-80-in-stockholm,-sweden>