

## Module 1 / Session 1 / Activity 2 Handout

### Check your understanding!

1. European population is:
  - **ageing fast**
  - young in most countries
  - well balanced among young and older people
2. Active ageing...
  - is an unrealistic goal
  - **is optimising opportunities for health, social participation and education**
  - is trying to be fit and eat healthy
3. Active ageing better applies to groups
  - True
  - **False**
4. Among the European values, you can list:
  - green economy, justice, healthy eating and living
  - **inclusion, tolerance, justice, solidarity**
  - democracy, global warming, sustainability
5. Lifelong learning initiatives can be:
  - developing a new **skill**
  - Self taught **study**
  - Practising a new **sport** or activity like climbing or horse riding
  - Learning to use a new **technology**
  - Acquiring new **knowledge**