Annex 3

 

**“Keep going, reach goals, get an award: empowering senior volunteerism“**

**No. 2020-1-LT01-KA204-077966**

**NATIONAL REPORT ON THE MULTIPLIER EVENT**

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| 1. Partner organization , country - NGO Grannies.lv, LATVIA |
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| 1. Date, venue - November 16, 2022, Valmiera ,Latvia |
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| 1. Overview of the participants: their age, occupation, organization(s) they represent |
| There were total 23 paricipants. They all received certificates of attendace for the event.  Event was organized in the premises of Valmiera Pensioners Society. Agenda poster attached.  The opening speech was by Ināra Allika, Chairperson of the Society, and then followed bu Opening Speech of Ināra Pučuka, Chairperson of NGO Grannies.lv. We also intruduced the project deliverables 2 days before, on November 14th to adult educators from Cēsis pensioners society, the neighbouring town.  Most of the perticipants were seniors themselves as we mainly work with 55 + age group. However the age was not asked of the participants to be stated. You can guess the majority age group from the photos of the event. All adult trainers, all around 50- 70 years old. Mainly women, but we had also a few male participants.  List of participants is Attached. |
| 1. Describe the implementation of the Multiplier event. The agenda, the activities undertaken, the intellectual outputs covered, the methods of delivery, challenges, etc. |
| We organized the Multiplier event according to the guidelines set by project partnership. The agenda was to introduce all the project deliverables to adult trainers and seniors.  This one-day workshop was organized to disseminate the project intellectual outputs to ensure sustainability of the project results inside and outside the partnership organization and after the project’s lifetime.  The topic of the event was Volunteering of elderly people and the Seniors' Award programme. We started with an introductory circle with the help of a ball of yarn, continued with group work and individual tasks.  Project coordinator Rita Liepiņa told us about the international project that the association Grannies.lv is implementing within the Erasmus Plus KA 2 programme in cooperation with partners, coordinators from Lithuania and 4 other countries - Latvia, Slovenia, Bulgaria, the Netherlands - the Seniors' Award programme. The full title of the project is "Go Get Award : How to Promote Senior Volunteering". No. 2020-1-LT01-KA204-077966. Information on all project activities is summarised in the project fiche. A wide range of photographic material is also available and participants could also explore the on-site Resource Library with various books in Latvian and English on volunteering. Additional resources are available on the project website.  Each participant received a project leaflet - info sheet, and the head of the association - a Handbook for adult educators. It was interesting for the participants to learn that our Latvian seniors also took part in the written inspiration stories and video stories, and there is also a video story from Valmiera - an interview with Armands Trambickis. Some participants even gave it a standing ovation. It is worth watching! Inspirational stories from Lithuania and the Netherlands can be watched on YouTube. The written inspiration stories from Latvia are about Maira Magrecka and Ludmilla Dārziņa. It is always interesting to hear about their achievements. We are proud! Ināra Allika, the head of the association, when she found out how many hours of volunteering it takes to receive an award, timidly added that she would have already earned a Silver Medal. She will just have to keep track of the hours she has worked in a special logbook. The hard-working Association's duty officers have also long since reached at least Bronze level!  Participants also had the opportunity to evaluate the final product of the project - a Handbook for Adult Learners on Senior Volunteering. Other materials produced by the project were also submitted for evaluation - a brochure, a leaflet (info sheet), an e-Handbook for Senior Volunteers. This could be done quite easily - by evaluating with stickers in 3 categories - Useful, Not useful, Can't decide. The Curriculum, on the other hand, had not yet been translated, so we left the evaluation to the experts and conducted an in-depth interview with Elza Laurinovića.  For the exercises and ice breakers we used the assignments created by our partners from the different modules of the Handbook. Participants had to draw their hand and write down their answers and wishes. It was fun because we could also get to know our fellow participants even more in an informal way.  Printed project dissemination material (leaflets) were handed out at the event, the participants were introduced to the project webpage, the Facebook page, and they also received certificates of attendance. |
| 1. **Measuring impact.** Please provide summarized comments and feedback from the participants of the Multiplier event on the project deliverables. |
| We collected the feedback from participants in the format of one of the exercises suggested in the IO 3 Handbook for Adult Trainers. Overall the feedback was positive.  Participants expressed their wish to be involved in similar projects and promised to work hard to improve their English language skills so that they could also share their experiences.  The main aspects of the project were presented (see documentation) and excerpts from the content were demonstrated. In the discussion participants were inquiring about the international aspects of the project and the next steps.  About Impact – Valmieras Pilsētas Pensionārs - Our association held a training on the Handbook, where we evaluated the individual chapters and expressed our opinion.  We also took part in the Multiplier event, where we got a complete overview of all the project activities (Powerpoint presentation), as well as of all the project deliverables - final products.  Communication skills were improved for both seniors and educators, thus also promoting civic participation. Motivation to get involved in the long-term activities of the association increased. A sense of security was created to try new things that would be useful in the future.  Thoughts of one adult trainer - By reading the materials I learned how to inspire and manage volunteers. The materials will be useful in my future work.  Evaluation table and photo is also attached. Participants evaluated project deliverables by scoring the points. |
| 1. List participants’ recommendations on how to promote the Senior Award Program to older people and spread the word about the project beyond its lifetime. |
| Here are some recommendations and evaluation of project deliverables.  The handbook is useful and I will be able to use it when organising senior volunteers in our organisation. Each chapter will be dedicated to a separate lesson. We will also use the tasks and exercises offered. Thank you for developing such a valuable manual.  The curriculum is designed in a clear, qualitative way. The number of hours for each Module is determined. Useful topics for adult educators. I recommend to put the programme into practice in different educational institutions.  The project materials (Handbook Manual, Curriculum and individual experience stories in A 4 format, in a folder) will be stored in the premises of the association "Atvasara", Valmieras Pilsētas Pensionārs, and will be available to all our visitors.  We plan to use the Senior Awards programme to attract volunteers to help with activities. Therefore, a chapter on how to motivate and retain volunteers will be useful. Seniors will keep a Volunteer Journal / Logbook and keep track of hours worked. Every year on 5 December, when we celebrate Volunteers' Day, we will honour our best volunteers and present certificates and prizes. |
| 1. Please provide 2-3 photos of the multiplier events and links to the dissemination articles (if relevant.)   We prepared an article about the event and it was published in the local press – Valmieras Ziņas –link - <https://www.valmieraszinas.lv/senioru-skolinas-pirmie-soli/>  Also we published info in our own homepage - <http://erasmuspluska1prague.weebly.com/go-get-award-latvia.html>  and social media - <https://www.facebook.com/groups/670177260355388/search/?q=Senioru%20skoli%C5%86as%20> |