Summary – FINAL REPORT

Project „Courage to accept challenges”

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The organisation, NGO Vecmāmiņas.lv (Grannies.lv) has been active for ten years. We educate seniors on various topics. We participate in local and international projects, so it is necessary for the educators themselves to further their education and improve their skills and knowledge. The Association has developed the European Development Plan 2030, which guides us in the selection of courses and areas where we should improve our knowledge. That is why we prepared the Erasmus Plus KA 1 project application "Courage to take a challenge", which really proved to be a great challenge with the start of the COVId -19 pandemic.

The project "Courage to Accept Challenges" provided an opportunity for senior adult educators from NGO Grannies.lv to participate in international training courses to improve their skills and competences in three key areas - inclusion, outdoor learning and innovation in education. The aim of the project was to enable adult education trainers to gain new, innovative competences for working with senior audiences and to give them an incentive to participate in future European project.

Within the project, 3 educators from Grannies.lv went to training courses in Rome, Italy, on core competences and their importance in the inclusion process, in Split, Croatia, on outdoor learning and collaborative learning, and in Prague, Czech Republic, on innovative approaches in modern education. As a result of the project, participants have increased their self-confidence, improved their English language skills and gained intercultural communication skills and competences.

The project has benefited not only the teachers who took part in the mobilities, but also their colleagues, as an information meeting was organised where colleagues shared their experiences and now will be able to follow the practical implementation of the new methods. Our students are definitely also the beneficiaries, as the good practices and ideas are put into practice in the groups where they teach.