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# INFORMATION BULLETIN YEAR 2024



SENIOR ACADEMY ASSOCIATION



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## PROJECT

***"Senior Academy – A Space Open to Diversity, Cultural Sensitivity, and Respect and Tolerance"***

Project number: (2023-1-PL01-KA122-ADU-000138131)



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## A FEW WORDS ABOUT THE SENIOR ACADEMY

The Senior Academy was established in 2012 as an educational unit of the Higher School of Administration in Bielsko-Biała. Its aim is the broadly understood activation of older adults, utilizing their great potential: knowledge, skills, and life experience.

The Erasmus+ Adult Education Program, implemented for the first time in the 2021/2022 academic year at our Academy, turned out to be a great success and aligned perfectly with the mission and objectives of our institution. Through this project, we were able to better address the educational needs of adults, promote the idea of lifelong learning, and support the personal, social, and professional development of our participants.

The program enabled us to exchange experiences with partners from various countries, enriching the educational offerings of the Academy and introducing new teaching methods. This initiative fully reflects our commitment to promoting intellectual and physical activity among adults and creating opportunities for international collaboration and intercultural integration.

The implementation of this program marks an important step toward further developing the Academy as a place open to innovation, dialogue, and the support of diverse forms of adult education.

## ERASMUS+ FOR THE THIRD TIME AT THE SENIOR ACADEMY

The third international educational project under the Erasmus+ program, Adult Education sector, titled "**Senior Academy – A Space Open to Diversity, Cultural Sensitivity, Respect, and Tolerance**" (Number: 2023-1-PL01-KA122-ADU-000138131), was implemented by the Senior Academy in cooperation with the Greek organization **KNOWLEDGE, HEALTH & EDUCATION**. The project ran from December 31, 2023, to November 30, 2024.

One of the key elements of the project was a 10-day course titled "**Diversity in a Group – Teaching Tolerance and Overcoming Prejudices**", held in the town of Tolo on the Peloponnese in Greece.

→ CLICK [Erasmus+ projekt 3](#)  
[Erasmus+ projekt 2](#)  
[Erasmus+ projekt 1](#)



# PROJECT OBJECTIVES

## 1. Development of Educational Leaders' Competencies

- Gaining tools and methods to support leaders in planning educational activities aimed at adult learners.
- Understanding the mechanisms that lead to the formation of stereotypes and discrimination and learning how to counteract them.
- Acquiring new teaching methods and tools to promote diversity in adult education.
- Developing intercultural competencies essential for the work of an educational leader.

## 2. Promoting Diversity and Tolerance

- Raising participants' awareness of the challenges related to acceptance and promotion of diversity.
- Learning to manage personal biases and developing cultural awareness.
- Creating comfortable and friendly learning environments.
- Participating in simulation exercises to explore various cultural perspectives.

## 3. Development of Interpersonal and Communication Skills

- Learning effective group communication and conflict resolution.
- Strengthening the ability to work in international teams.

## 4. Enhancing Professional and Language Qualifications

- Improving staff qualifications in new methods and tools for teaching seniors.
- Developing language skills, especially in English, through participation in an international course.
- Expanding knowledge about Greek culture to better understand the cultural context and diversity.

## 5. Enriching the Educational Offer of the Academy

- Implementing new teaching methods and tools for working with seniors.
- Increasing the attractiveness of educational activities through acquired knowledge and skills.



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# PROJECT PROMOTION

Throughout the project implementation period, information about the undertaken activities and the source of funding was regularly published on the association's website (<http://www.stowarzyszenie-as.pl/>), its [Facebook](#) profile, and the information board at the association's headquarters. Additionally, the project was promoted in the local press. Reports from meetings and project activities were posted on the website and social media.

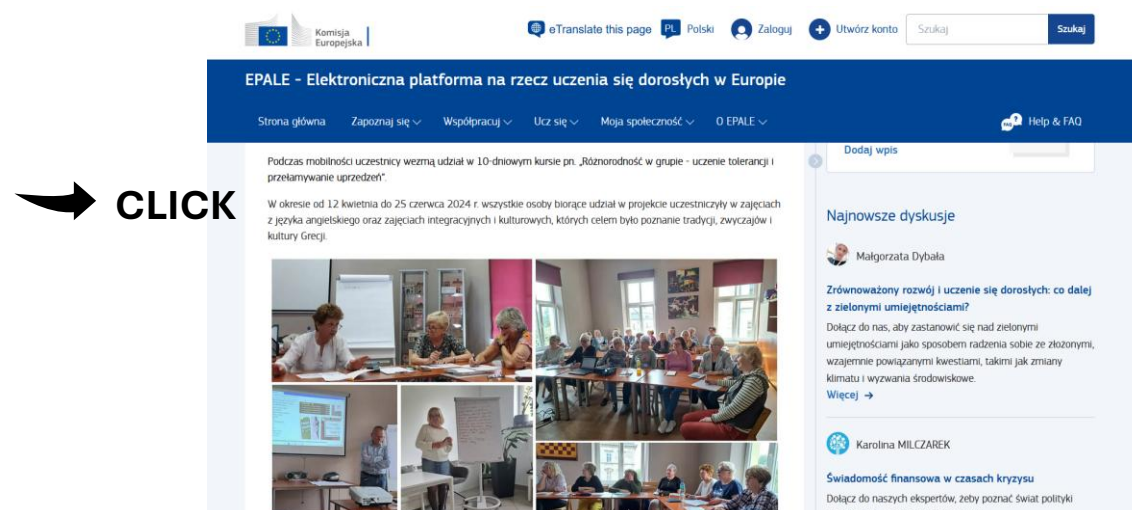
**07.02.2024** – Publication of the information "We Are Implementing a New Project: Erasmus+ Project 3" on the website, Facebook, and announcement board.



**12.02.2024** - Article titled "Promoting Diversity" in the *Magazyn Samorządowy*.



**25.07.2024** – Publication of the article "Ready to Depart" on the EPAL platform.



**26.11.2024** – Article titled "Europasses at the Senior Academy" in the *Magazyn Samorządowy*.





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# PREPARATIONS

The project was preceded by careful preparations carried out in several stages:

**08.01.2024** – Establishment of the Project Management Team.

**07.02.2024** – Publication of project information on the website, Facebook, and announcement board.

**12.02.2024** – Formation of the Recruitment Committee.

**14.02.2024** – Announcement of the participant recruitment process on the website, Facebook, and announcement board, including:

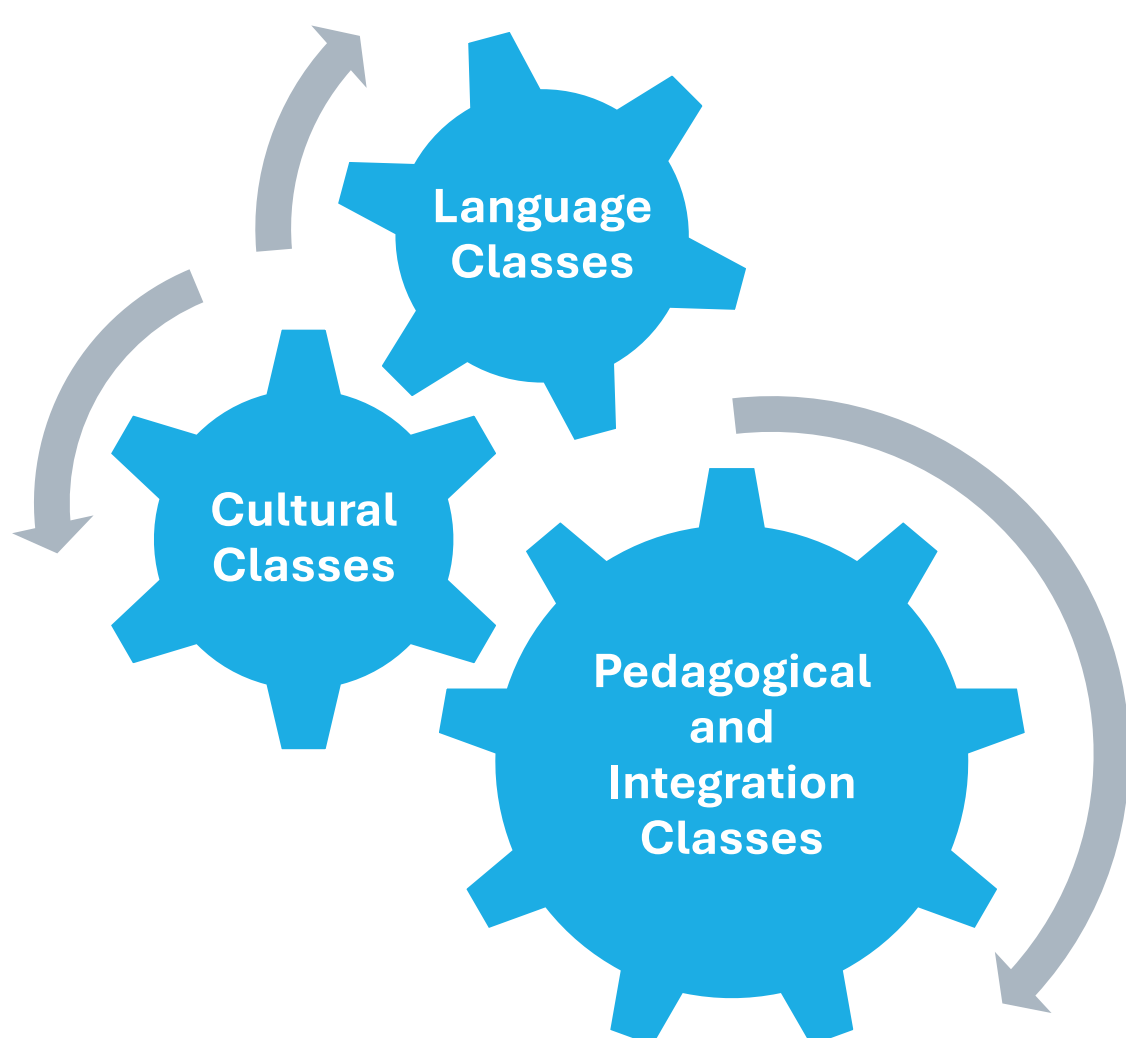
- an invitation to participate in the project,
- recruitment regulations,
- application form.

**07.03.2024** – Publication of the list of participants selected for the project.

**15.03.2024** – Signing agreements with mobility participants under the Erasmus+ program.

After completing the recruitment process and formalities related to signing agreements, the organization of the trip began, including arranging insurance and providing individual support to participants.

## PREPARATIONS - CLASSES



From April 12 to June 25, 2024, all participants in the project took part in various language, cultural, pedagogical, and integration activities aimed at the comprehensive development of the participants and the integration of the group.

# LANGUAGE CLASSES



Language Classes (25 hours) were an excellent opportunity to practically develop communication skills in English. During the 25-hour workshops, participants improved their skills in:

- conducting conversations in everyday situations,
- engaging in discussions on social and cultural topics,
- simulating scenarios related to international courses.

The program was diverse and creative, including activities such as "Practical English: Everyday Dialogues", "Singing in English", "Games and Fun in English", "Let me introduce myself", and "Picnic English – Favourite Food". Vocabulary exercises, such as "Making a Good Choice", supported the development of practical vocabulary. The workshops were held in an atmosphere conducive to breaking down language barriers and building self-confidence, making the learning process both effective and enjoyable.





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# CULTURAL CLASSES

During the cultural classes, participants had the opportunity to explore Greece and the Peloponnese in an interesting and accessible way. Through interactive multimedia presentations, they discovered the wealth of the region's ancient heritage, its unique geographical location, and picturesque places worth visiting. The classes also covered topics related to Greece's more recent history and contemporary life – daily life of its inhabitants, local customs, and important events were presented in an engaging and captivating manner. The presentations, full of photos, curiosities, and anecdotes, allowed participants to better understand the culture and character of this remarkable country.



# PEDAGOGICAL AND INTEGRATION CLASSES

During the "*Group Integration*" classes, participants had the opportunity to get to know each other better by discovering mutual interests, experiences, and skills. Exercises under the theme "*What do we know about each other?*" fostered the building of bonds and trust within the group, creating a foundation for further collaboration.

The interpersonal skills development workshops focused on improving communication. Participants practiced active listening, clearly expressing their thoughts, and resolving conflicts constructively. The classes, full of practical tasks, not only integrated the group but also helped develop skills useful both in work and in daily life.

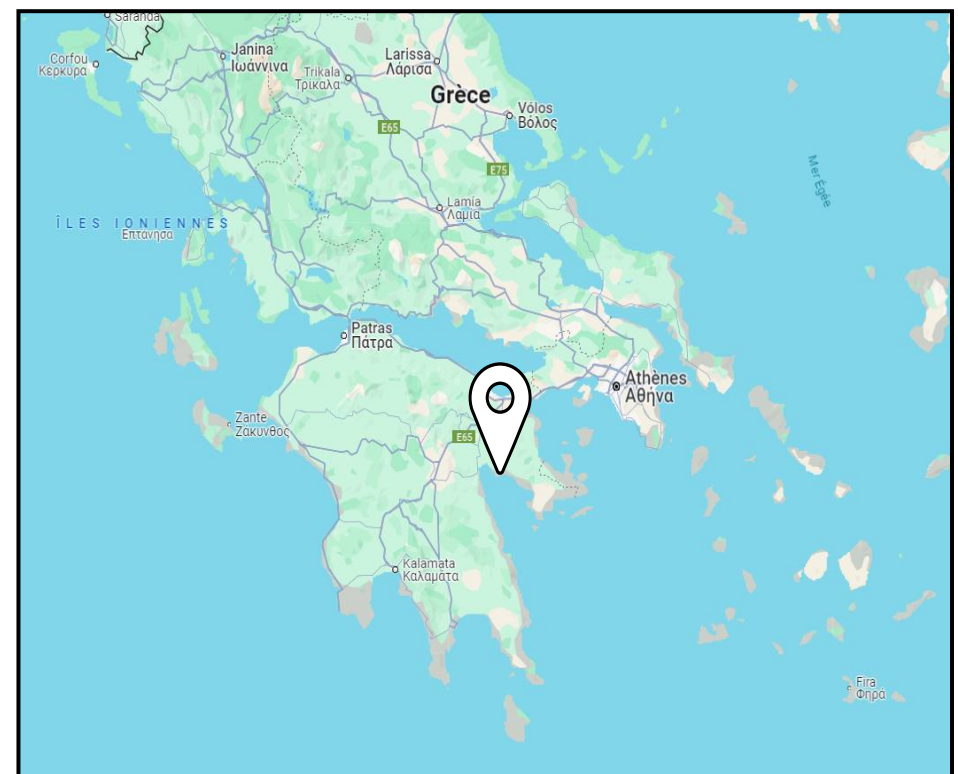


The preparatory classes concluded with an integration event – the "*Picnic in the Meadow*" – which was an excellent summary of the work done so far.

Participants not only gained new skills and knowledge but also built strong foundations of cooperation and mutual support, which were crucial during the subsequent stages of the project.

# TOLO, PELOPONEZ

From August 26 to September 6, 2024 (first mobility) and from September 9 to September 20, 2024 (second mobility), a group of 20 participants took part in the course *"Diversity in a Group – Teaching Tolerance and Overcoming Prejudices"*, which was held in the town of Tolo on the Peloponnese.



## The Journey and First Impressions

Our journey began at Katowice-Pyrzowice Airport. After a few hours of flight, we arrived in Athens, which was a stop on our way to the Peloponnese. Upon arrival, we were greeted by sunny weather, and we spent the first few hours exploring the historic sites of Athens. The Acropolis left a huge impression on us with its grandeur and history, and the ceremonial changing of the guard in front of the government palace was a unique event that became an interesting introduction to our Greek adventure.

After sightseeing in Athens, we headed to the Peloponnese, where we settled in the picturesque town of Tolo. This charming seaside town, located on the shores of the Aegean Sea, offered beautiful views that were perfect for both learning and relaxation. Tolo is known for its intimate atmosphere, clean beaches, and rich local culture.

The Peloponnese is a region of exceptional history, the cradle of many civilizations. It is here that numerous ancient monuments can be found, such as the ruins of Mycenae and the theater in Epidaurus, which serve as reminders of Greece's long and fascinating history.

## TOLO - COURSE "DIVERSITY IN A GROUP – TEACHING TOLERANCE AND OVERCOMING PREJUDICES"

The course was conducted in the form of intensive workshops and practical exercises aimed at developing participants' competencies in tolerance, overcoming prejudice, and working with diversity. The program covered a variety of stages and topics, carried out through interactive educational methods.

### Course objectives:

- Understanding the mechanisms of stereotypes and discrimination.
- Developing intercultural competencies.
- Improving interpersonal communication and conflict resolution.
- Learning methods to promote diversity in adult education.

Participants gained a new perspective on the rapidly changing reality, enriched their skills and knowledge, and acquired tools to promote greater tolerance and acceptance within their communities. The course concluded with an exchange of experiences and ideas for further actions in adult education, which enabled the creation of a plan for implementing the acquired skills at the local level. Participants returned with renewed motivation to promote tolerance and diversity in their surroundings.

# TOLO - WORKSHOPS AND EXERCISES ORGANIZED BY THE GREEK ORGANIZATION KNOWLEDGE, HEALTH & EDUCATION

## Interpersonal Differences and Temperaments

A part of the course focused on understanding interpersonal differences, particularly through the interpretation of the temperamental classification according to Hippocrates. Participants took a personality test that helped them better understand their own traits and interpersonal preferences.

## Challenges Related to Diversity and Stereotypes

The course addressed challenges related to diversity, integration, stereotypes, prejudices, as well as communication problems, hostility, and lack of trust. The goal of the workshop was to learn how to overcome these barriers and promote tolerance.

**KALIMERA GRECJO !**  
Nasza grecka przygoda z Erasmusem





Każdy dzień rozpoczynamy gimnastyką o wschodzie słońca, po czym z otwartymi głowami udajemy się na zajęcia.

Celem kolejnych warsztatów była nauka i dyskusja o tym, jak stawiać czoła stereotypom, osobistym uprzedzeniom i dyskryminacji. Stereotypy to nic innego jak utrwalone, często błędne i uproszczone, obrazy w naszych głowach. W dyskusji (chwilami gorącej) doszliśmy do wniosku, że kluczową rolę w zrozumieniu i akceptacji różnic kulturowych odgrywa świadomość i tolerancja, a także systemowe regulacje zabraniające dyskryminacji w każdej jej postaci.











## Cultural Awareness as a Tool in the Fight Against Prejudices

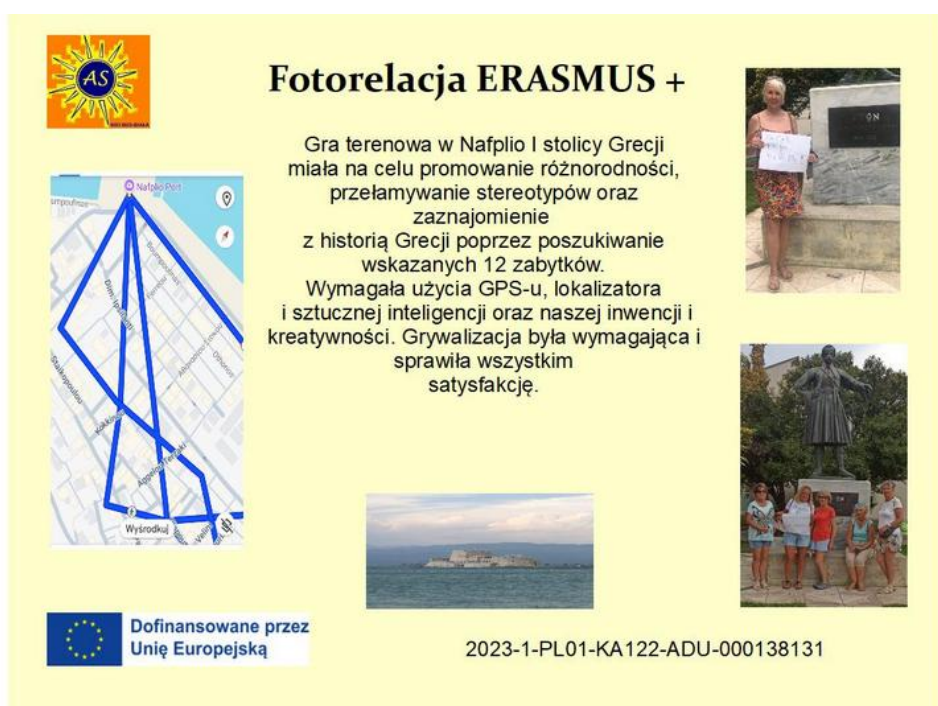
The next workshops focused on cultural awareness as a tool in overcoming stereotypes and misconceptions. The sessions emphasized the role of awareness and tolerance in understanding cultural differences and discussed the role of systemic regulations in preventing discrimination.

## Mechanisms of Stereotypes and Discrimination

The course expanded participants' knowledge of the mechanisms that lead to the formation of stereotypes and discrimination. The workshops covered methods for promoting diversity in adult education and included exercises to develop intercultural competencies. Participants gained skills in managing conflicts, improving interpersonal communication, and learning how to support the promotion of diversity in education.

## City Game in Nafplio

Participants took part in an outdoor game – the Pro-diversity Game – held in Nafplio, the first capital of free Greece. The game aimed to promote diversity and familiarize participants with Greece's history by searching for 12 historical landmarks using GPS and artificial intelligence, or by demonstrating creativity, knowledge of the city's topography, and orientation skills. The game was conducted in two groups, which encouraged collaboration and integration.



mobilność 1



mobilność 2

## The trip to Epidauros and the exploration of Greek culture

The Greek partner organized a tour for the participants, during which they explored the beauty of Greek culture. They visited the ancient sanctuary of Asclepius in Epidauros, one of the most important archaeological sites in Greece.



# PROJECT EVALUATION AND CELEBRATION OF SUCCESS

After returning to the country, we began the evaluation of the project, aimed at assessing its results and impact on participants. We prepared mobility participant reports and completed evaluation surveys, which were carefully analyzed.

As part of disseminating the results, we organized GREEK DAYS AT THE ACADEMY. Participants of the mobility prepared a series of 4 interesting lectures and presented them to the listeners of the Senior Academy:

- "Diversity in the Group – Teaching Tolerance and Overcoming Prejudices"
- "Zorba – A Folk Dance or a Regional Attraction?"
- "Erasmus trainees on the Trail of Ancient Greek Culture"
- "Flavors and Aromas of Greek Cuisine"

These activities not only promoted participation in the Erasmus+ program but also allowed for the exchange of experiences and the introduction of innovative solutions in education.



In addition, we prepared:

- multimedia presentations,
- travel memories enriched with photos and videos,
- discussions on tolerance, diversity, and international cooperation.

Our goal was to share experiences and inspire the local community to embrace diversity, other cultures, and actively work against various forms of discrimination, encouraging action towards integration and mutual respect.



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# FINAL MEETING

On November 21, 2024, a final meeting of the project was held with the participation of, among others, the Deputy Head of the Department of Social Policy of the Municipal Office in Bielsko-Biała, Bartłomiej Łukosz, a representative of the Senior Center, and representatives of the local press. The training participants presented multimedia presentations informing about the activities they participated in, and most importantly, about the results and benefits gained from the course. They assured that they would apply the knowledge and skills acquired in their work with seniors, using the new methods and tools learned during the course. The Head congratulated us on the initiative and commitment, presenting the project participants with Europass documents, which officially confirmed the competencies gained during the mobility.



Dofinansowane przez  
Unię Europejską

FOTORELACJA  
ZE SPOTKANIA  
PODSUMOWUJĄCEGO  
PROJEKT  
NR 2023-1-PL01-KA122-ADU-000138131

„AKADEMIA SENIORA –  
PRZESTRZEŃ OTWARTA NA  
RÓŻNORODNOŚĆ,  
WRAŻLIWOŚĆ KULTUROWĄ  
ORAZ SZACUNEK  
I TOLERANCJĘ”

REALIZOWANY PRZEZ  
STOWARZYSZENIE  
AKADEMIA SENIORA Z  
PROGRAMU ERASMUS+  
EDUKACJA DOROSŁYCH  
(31.12.2023 – 30.11.2024).



The Erasmus+ project "Senior Academy – a space open to diversity" turned out to be a success both organizationally and educationally. The participants returned full of energy, ready to implement the knowledge they gained in their work with seniors and to promote diversity, tolerance, and cooperation in their community. Special attention was paid to the benefits gained from the course and the plans to apply the newly acquired knowledge in working with seniors.



## Did you know that?

Zorba is not a folk dance, but a cinematic invention! The Chief even took off his glasses in surprise – "So, the Greeks didn't dance this since ancient times?!" 😄



CLICK