# Walk'n'Talk Prevention and Communication Training for the Elderly aged 65+

Project Reference: 2016-1-DE02-KA204-003413





# Stakeholders Management and Communication Guidelines for Walk'n'Talk courses

# A toolkit/guidelines addressed to stakeholders, teachers and trainers

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### Walk and Talk

### Stakeholder Managment and Communication Guidelines

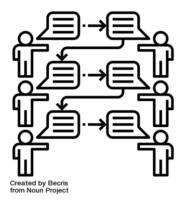


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#### 2. Introduction



The guidelines for Stakeholder Management and Communication aim to provide other organizations involved in activities and events for the elderly, such as adult education providers, senior associations and decision-makers with a wide variety of creative Walk'n'Talk courses all of which will encourage lifelong learning among the seniors.

At the same time, stakeholders will gain a better understanding about the needs and requirements of senior citizens and show new ways of engaging

them in acquiring healthy habits and new skills and knowledge.

The guidelines will provide information for stakeholders and appropriate tools to implement a Walk'n'Talk course in their own settings.

Thus, the guidelines help stakeholders to:

- recruit appropriate trainers;
- recruit learners:
- identify potential stakeholders;
- approach potential stakeholders;
- report about the progress of a course.



Created by Mark S Waterhouse from Noun Project



#### 3. Flyer Template







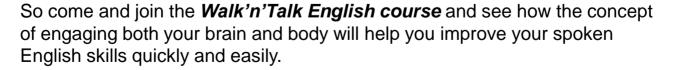
#### Walk and Talk



The *Walk'n'Talk Project* has created a wide variety of creative courses, all of which encourage lifelong learning among the seniors supporting active aging.

Active and healthy aging is an essential part of the "Strategy Europe 2020", whose success deeply depends upon enabling the elderly to contribute to society.

If you would like to improve English skills and at the same time boost your physical and mental health, this is the right course for you! The course is for adult learners (65+) with basic English skills at level A2 CEFR. Together we'll walk outside in fresh air and talk about various topics for all it's worth!



Walk'n'Talk project...

Healthy and Active Ageing!



### 4. Advertising text for catalogue (Course 1 to 4)



#### Course 1 - Walk'n'Talk English A2 for the generation 65+

If you would like to improve your spoken English skills and at the same time boost your physical and mental health, this is the right course for you! The course is for adult learners (65+) with basic English skills at level A2 CEFR. Together we'll walk outside in fresh air and talk about various topics for all it's worth!

So come and join the Walk'n'Talk English course and see how the concept of engaging both your brain and body will help you improve your spoken English skills quickly and easily.

#### Course 2 - Digital Storytelling in a Walk and Talk Session

Storytelling is a well-established teaching practice and considered effective for learning purposes because a story is easier to understand and remember than an explanation, because it uses the same strategies that humans use to give meaning to what they have around, because it maintains on the same level daily language and the language proper to the disciplines. The educational use of storytelling includes a first part where you learn the grammar of the narratives, and a second one that involves the creation of stories using smartphones, mobile phones or tablets as a tool for the development of new skills.

#### Course 3 - ICT Training combined with a Walk and Talk experience

Digitalization does not stop at a certain age. Also seniors need to use their smartphones and email-accounts. They also want to socialize through social media like Facebook, Instagram or Whatsapp. In this workshop senior learners will get information and practical input about using smartphones, mobile phones or tablets (how to install apps, how to make and use photos, how to communicate, etc). All the new skills will be trained continuously and at the end of the course with a cross country riddle-group experience.

#### Course 4 - Mathematical route

If you want to improve your logic and problem-solving skills while boosting your physical and mental health, this is the right course for you! This course is addressed to adult learners (65+) with a basic level of mathematics. Adults will learn the mathematics and concepts that surround us and that can be easily found in our environment while taking a stroll.

Come and join this Walk'n'Talk course and learn that ageing can also be fun!



5. Advertising text for catalogue (Course 5 to 7)



Course 5 - Walk and Talk WISE – a pathway to well-being and active aging The purpose of this course is to offer an useful tool for ensuring the well-being at the third age. The first module is related to a better understanding and a faster recognition of stroke symptoms; also you can find useful tips about what can be done in order to avoid stroke risk (that often relies on increased awareness regarding the main risk factors). The second and third modules are dedicated to facilitate the self-knowledge, self-presentation and self-disclosure, at the senior age, using specific group dynamics techniques. The last module proposes an applicative model to develop self-empathy and to practice non-violent communication in everyday life. Join our course and acquire an understanding, peaceful and efficient lifestyle. Be WISE: Walk & Interact with others & Stimulate your mind & Enrich your life

#### Course 6 - Walk'n'Talk poetry recital course

During the **Walk'n'Talk poetry recital course** we will try many different ways of walking while simultaneously practicing poetry reading and recital. We will discover that walking can be fun, playful and creative, and have energizing effects on our mind and body. We will explore different methods of memorizing and interpreting poetry, many of which involve physical exercises. During our poetry walks we will gain confidence and get to spend time with some new friends. We have an age requirement of 65 years.

#### Course 7 - Walky Talky English

The Walky Talky English is an English language training approach suitable for all levels of the English language knowledge (beginners, intermediate as well as advanced) and it is built on the integrated teaching methodology - it combines the learning while exercising with the aim to make the learning process more effective. The course uses different thematic environments and the students learn by continuous practicing – listening and talking, while using flash-cards, sets of individual instructions and most of all – live experience in the natural environment.





6. Flyer template for decision maker









#### Walk and Talk



The *Walk'n'Talk Project* has created a wide variety of creative courses, all of which encourage lifelong learning among the seniors supporting active aging.

Active and healthy aging is an essential part of the "Strategy Europe 2020", whose success deeply depends upon enabling the elderly to contribute to society.

With the course "" we intend to	
	3

Walk'n'Talk Project...

Healthy and Active Ageing!



### 7. Flyer text for decision maker (Course 1 to 5)



#### Course 1 - Walk'n'Talk English A2 for the generation 65+

If you would like to improve your spoken English skills and at the same time boost your physical and mental health, this is the right course for you! The course is for adult learners (65+) with basic English skills at level A2 CEFR. Together we'll walk outside in fresh air and talk about various topics for all it's worth! So come and join the Walk'n'Talk English course and see how the concept of engaging both your brain and body will help you improve your spoken English skills quickly and easily.

#### Course 2 - Digital Storytelling in a Walk and Talk Session

In the **Digital Storytelling Walk and Talk Session**, we combine the learning of ICT techniques with the video production and editing knowledge, we move into the narrative and authorial composition through a dynamic and active attitude to the healthy and active aging. A multidisciplinary activity that should be implemented in schools and learning organizations.

Course 3 - ICT Training combined with a Walk and Talk experience
In our SMART version of the Walk and Talk course we combine ICT (especially
the use of smartphones and tablets) with English conversation and comfortable
walking. In that way we train our mind, brain and body at the same time.
This multidisciplinary activity can be used for any kind of age, it should be seen as a
joyful method for all kind of learning settings.

#### Course 4 - Mathematical route

The Mathematical Route course combines enjoyable walking along with the acquisition of logic and problem-solving skills (and other mathematics-related competences). We offer the possibility not only to exercise our body but also our mind, at the same time we learn new concepts. This innovative method has been proven to be successful, pleasant and easy to implement.

Course 5 - Walk and Talk WISE – a pathway to well-being and active aging In our Walk and Talk WISE course we use Walking and Interaction with others as ways to Stimulate the mind and Enrich the life, for generation 65+. We offer the opportunity to find how the life at 65+ can be more safe, peaceful, efficient and pleasant. In our approach, the seniors will learn in an interactive manner how to recognize and avoid major health risks, how to communicate effectively and how to chose and use the most suitable personal strategies for solving different life situations.







#### Course 6 - Walk'n'Talk poetry recital course

The Walk and Talk poetry reading class applies many different ways of walking while simultaneously practicing poetry reading. The course will show that walking can be fun, playful and creative, and have energizing effects on our mind and body. The course didactics explores different methods of memorizing and interpreting poetry, many of which involve physical exercises. During the poetry walks the learners will gain confidence and get to spend time with some new friends. The course should have an age requirement of 65 years.

#### Course 7 - Walky Talky English

In the Walky Talky English course we combine the principles of integrated teaching Students learn English language while exercising especially during the long walks in the selected thematic environments that make the learning process more effective. The course is suitable for all levels of English language knowledge.





### Name of the course

Prevention and Communication Training for Elderly aged 65+











#### **NEW COURSE OFFER**

Venue:

Date:

Time:

More information:

Tel.:



This English course was developed in cooperation with seven European adult education organisations and the European commissions.

### 10. Poster text (Course 1 to 5)



#### Course 1 - Walk'n'Talk English A2 for the generation 65+

New course offer: Walk'n'Talk English A2

Come and join us, walk and talk with us, meet new people and improve your spoken

English skills!

Venue/Meeting point: ....

Date: .... Time: ...

#### Course 2 - Digital Storytelling in a Walk and Talk Session

New course offer: Digital Storytelling in a Walk and Talk Session

Come and join us, walk and talk with us, meet new people and improve your ICT, video

communication and authorial skills!

Venue/Meeting point: ....

Date: .... Time: ...

#### Course 3 - ICT Training combined with a Walk and Talk experience

New course offer: Walk and Talk SMART

Come and join us, walk and talk with us, meet new people or come with friends.

Improve your ICT knowledge and train your spoken English!

Venue/Meeting point: ...

Date: . . . Time: . . .

#### Course 4 - Mathematical route

New course offer: [Walk'n'Talk Mathematics course]

Come and join us, walk and talk with us, acquire new knowledge, meet new people and improve your mathematical and logic skills!

Venue/Meeting point: ....

Date: .... Time: ...

#### Course 5 - Walk and Talk WISE – a pathway to well-being and active aging New course offer: Walk and Talk WISE

Come and join us, walk and talk with us, meet new people and improve your life strategies, keep your mind and body active, and learn powerful communication skills Venue/Meeting point: ....

Date: ....
Time: ....



11. Poster text (Course 6 to 7)



#### Course 6 - Walk'n'Talk poetry recital course

Come and join us, walk and talk with us, discover that walking can be fun, playful and creative, and have energizing effects on our mind and body. Explore different methods of memorizing and interpreting poetry, many of which involve physical exercises.

Contact:

#### Course 7 - Walky Talky English

We are happy to introduce you a brand new training method for learning English language the most pleasant and effective way. Come and join us on our walks and experience the surprising learning results!

Contact:





#### WALK'n'TALK- Prevention and Communication for senior learners 65+

The Walk'n'Talk project is funded by the European Commission under the Erasmus + program in the Key Action Strategic Partnership in Adult Education and by partner organizations in Austria, Germany, the Czech Republic, Romania, Italy, Spain and Finland over a period of two years developed and implemented. The overall coordination lies with VHS Lingen.

#### Main targets

The aim of this project is to develop, together with the partner organizations, a continuing education offer in the field of physical and mental health of seniors, which will provide older people with incentives and opportunities for social participation in order to enable them a better quality of life and an independent life towards old age. With the "Walk" module we want to create awareness in older adults and to maintain their own quality of life into old age by using and exercising head (mind) and body.

#### Activities to implement the goals

In the "Talk" module, different content is developed, which is geared to the needs and wishes of the target group. Learning a foreign language, storytelling, ICT skills and much more contents are offered.

At the same time, we want to create social networks which facilitate the retention of new habits by founding Walk'n'Talk clubs in educational institutions.

If you are interested in this new course concept and would like to take part in our pilot course, please contact us! Expected start in March 2017.

**Facebook** https://www.facebook.com/walkntalk65/ **Web** http://www.walkandtalkproject.eu/

#### Method

To combine various ideas and concepts in an innovative course / teaching program to develop a course offer in the field of physical and mental health. Discovering the true needs and abilities that seniors consider necessary and promoting their attitude to active and healthy age.

#### **Duration**

01. December 2016 - 30. November 2018



### 13. Press Release Text (Course 1 to 3)



#### Course 1 - Walk'n'Talk English A2 for the generation 65+

A new English course available for the first time in the [Volkshochschule Lingen] offers an innovative method and approach in the field of adult education: Walk and Talk English. The course is addressed to senior citizens 65+ who already have a basic knowledge of English (CEFR A2).

During joint walks, students will talk in English about various topics relevant to their everyday life. Cue cards with appropriate questions will spark conversation; walking in pairs will provide opportunity for relaxed talks; mingling activities will decrease shyness and boost confidence.

This way, everyone gets a chance to speak and express their own opinion, gain new vocabulary and learn to apply the English language easily and with fun! For any further information or registration, contact the [Volkshochschule Lingen at 0591 91202-0 or info@vhs-lingen.de]

#### Course 2 - Digital Storytelling in a Walk and Talk Session

An original and new course available for the first time in Archivio della Memoria offers an innovative method and approach in the field of adult education: Walk and Talk Digital Storytelling.

The course is addressed to senior citizens 65+.

In the class and during joint walks, students will ideate a storyboard to develop a digital storytelling using the mobile phone or the tablet. The stories will be chosen by the students and will be developed during one or more walks in the nature, in the city or in the everyday life.

This way, everyone gets a chance to combine the learning of ICT techniques with the video production and editing knowledge, we move into the narrative and authorial composition through a dynamic and active attitude to the healthy and active aging. A multidisciplinary activity that should be implemented in schools and learning organizations.

Archivio della Memoria, Rome, info@archiviodellamemoria.it

#### Course 3 - ICT Training combined with a Walk and Talk experience

Frauenberatungsstelle Oberpullendorf offers a new course addressing senior learners (women and men) 65+

Digitalization does not stop at a certain age. Also seniors need to use their smartphones and email-accounts. They also want to socialize through social media like Facebook, Instagram or Whatsapp. In this workshop senior learners will get information and practical input about using smartphones, mobile phones or tablets (how to install apps, how to make and use photos, how to communicate, etc). All the new skills will be trained continuously and at the end of the course with a cross country riddle-group experience.

For any further information or registration, contact our office:

Frauenberatungsstelle Oberpullendorf, 02612-42905, office@frauen-op.at



### 14. Press Release Text (Course 4 to 5)



#### Course 4 - Mathematical route

Walk'n'Talk Mathematical route course for senior citizens aged 65 years and above designed by CIDET offers an innovative approach to acquire mathematical and logic skills

The new mathematical course that is available in [CIDET] offers an innovative method and approach in the field on adult education: Walk and Talk- Mathematical route.

This course is addressed to senior citizens 65+ who already have a basic knowledge in the field of mathematics.

During joint walks students will have the opportunity to learn new mathematical concepts via the exploration of the environment that surrounds them: nature, cities, streets, etc.

This proposal will boost participants' motivation, promote physical health and create a space for relaxed talks.

Mathematics is the third out of eight European competences, so students will acquire logical skills and get to know new concepts easily while having fun.

For any further information or registration, contact CIDET at 964 831 431 or send us an email to [info@cidet.es]

#### Course 5 - Walk and Talk WISE - a pathway to well-being and active aging

The Faculty of Psychology and Education Sciences University Al.I. Cuza din Iasi (UAIC) offers a new course addressing senior learners (women and men) 65+:

#### Walk and Talk WISE - a pathway to well-being and active aging

The course is for senior citizens aged 65 years and above (designed by UAIC) and propose an innovative approach to acquire useful tools for an active and pleasant aging. The proposal will offer to participants:

- ➤ a better understanding, ability of recognition and awareness of **major health risks** at third age (like stroke symptoms)
- > relevant information and techniques in order to facilitate the **self-knowledge**, **self-presentation and self-disclosure**,
- opportunity to develop self-empathy and to practice non-violent communication in everyday life.

In brief,

This is an **Opportunity to Be WISE**: Walk &

Interact with others & Stimulate their minds &

Enrich the personal value of their lives

For any further information or registration, contact Faculty of Psychology and Education Sciences, University Al. I. Cuza din Iasi, at 0232-201028 or send us an email to radu.robota@uaic.ro



15. Press Release Text (Course 6 to 7)



#### Course 6 - Walk'n'Talk poetry recital course

Walk'n'Talk methodology fosters active and healthy aging by encouraging the elderly in taking part in a Walk'n'Talk activity, which means they will acquire healthy habits outside in the inspiring nature and/or their neighborhood - depending on their possibilities and areas they live - and at the same time talk and learn something new in a non-formal learning setting. Feedback from a learner: On a personal level, I feel that I have gained courage to explore new ways of expression. It has been a source of joy and inspiration for me. I feel that I have a whole new outlook on life and it is easier for me to communicate with others. I now have stronger faith in my capability of learning new skills and evolving as a person even in my later years. Ideally, this kind of group will have a wider influence not only on our families but maybe even on the cultural life of our locality. I'm highly appreciative of Sastamala Community College for offering this kind of course. - Heikki, male, born 1952 —

#### Course 7 - Walky Talky English

Innovative course using the walk and talk methodology have been developed and introduced within the Walk'n'Talk Prevention and Communication Training for the Elderly aged 65+ project under the Erasmus+ program. This course combines several benefits of different courses known as an integrated teaching. The innovative approach has been developed and tested in cooperation with Klub Aktiv z.s. in České Budějovice with a group of active seniors who helped to form the content, curriculum and training materials of the course. The course is aimed at learning and practicing of the colloquial English language for the daily use. Using the integrated teaching approach the course combines the English lessons with physical activities, especially with walking in different thematic environments with the focus on memorizing during the physical activity. This should ensure the maximum learning effect, therefore the method is very useful for the groups with lower learning capacity (thanks to the illness, age etc.). The courses using this approach will be further developed according to the interest of the public and offered among the activities of the Klub Aktiv. Detailed information about the project including the outcomes are also available on the project web-site: <a href="https://www.walkandtalkproject.eu">www.walkandtalkproject.eu</a>.



### 16. Job description search text (Course 1 to 3)



#### Course 1 - Walk'n'Talk English A2 for the generation 65+

Freelancing English teacher/trainer

The Volkshochschule Lingen intends to provide a non-formal English course at level A2 for people aged 65+ which uses new methods and approaches: Learning will not take place within a traditional classroom, but outside in fresh air.

Now we are seeking a motivated and engaged freelance English teacher/tutor who has an excellent command of English and is interested in applying new teaching methods, likes walking and enjoys working with the elderly.

After a short introduction to the concept and training material, that consists of 8 walks on topics relevant for older people, you can get started.

If this feels like the	perfect job for v	ou, please contact us:	Tel·	or e-mail:
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#### Course 2 - Digital Storytelling in a Walk and Talk Session

Teacher/trainer for Digital Storytelling in a Walk and Talk Session course

For the newly open walk and talk courses we are looking for a trainer with the following competencies:

- English language knowledge B2 at minimum
- advanced social skills, such as negotiating, problem solving, goal orientation
- teaching and training skills, preferably with the senior learners
- very good physical condition in order to perform the physical activities with the learners
- pro-active and cooperative attitude

- at least 5 years of previous experience fr	om the education sector in the field of
Storytelling, audiovisual and editing. Tel.: _	or e-mail:

#### Course 3 - ICT Training combined with a Walk and Talk experience

Teacher/trainer for ICT training combined with Walk and Talk Sessions course

For the newly open "Walk and Talk SMART" courses we are looking for a trainer with the following competencies:

English language knowledge B2 at minimum

advanced social skills, such as negotiating, problem solving, goal oriented teaching and training skills, preferably with senior learners

Good physical condition – in order to perform the physical activities with the learners pro-active and cooperative attitude

At least 2 ye	ars of previous expe	erience from the	e education se	ector in the	field of ICT
Tel.:	or e-mail:				



### 17. Job description search text (Course 4 to 5)



#### Course 4 - Mathematical route

The Centre for the Innovation and Development of Education and Technology (CIDET) intends to provide a mathematical course based on an innovative non-formal approach. Learners will be taught outdoors: they will explore several concepts while walking which is likely to improve the learners' lifestyle.

We are seeking for an engaged and skilled freelance teacher/instructor who has proficient mathematical knowledge and it is interested in the method we propose (walking and talking).

After a short introduction to the concept and the training material, that consists of 8 walks on topics relevant for older people, you can get started.

If you are an instructor who likes to take risks and you are interested in it, please contact us at: ........

#### Course 5 - Walk and Talk WISE - a pathway to well-being and active aging

The Faculty of Psychology and Education Sciences University Al.I. Cuza din Iasi (UAIC) intends to provide an interactive course of Personal Development at generation 65+, based on an innovative non-formal approach. Learning activities with seniors will mostly take place in the open air, outdoors. While walking, they will explore the nature and themselves, and t hey will learn about the mind and body functioning at age 65+. Also they will practice several communication techniques and strategies, while, which is likely to improve the learners lifestyle.

For the newly open walk and talk courses we are looking for a trainer with the following competencies:

- engaged and skilled freelance teacher/instructor who has basic expertise in biology and good expertise in psychology
- advanced communication skills, such as negotiating, problem solving, goal orientation
- Is interested in the method we propose (walking and talking).
- teaching and training skills, preferably with the senior learners
- very good physical condition in order to perform the physical activities with the learners
- at least 2 years of previous experience from the education sector (even as a volunteer in educational organizations)

After a short introduction to the concept and the training material, that consists of 4 modules topics relevant for seniors 65+, you can get started.

If you are a trainer who likes to take risks and you are interested in it, please contact us at:

If this feels like a great job for y	ou, please contact us:
Tel.:	or e-mail:



18. Job description search text (Course 6 to 7)



#### Course 6 - Walk'n'Talk poetry recital course

Poetry Reading and Recital – Sastamala Community College is looking for a teacher of Arts who will be responsible for taking on and applying the new curriculum designed in the Walk'n'Talk project. She or he will be responsible for using the skills and techniques of walking combined with artistic expression consistent with the college and project guidelines; to develop aesthetic understandings and appreciations and new approach to traditional poetry reading class teaching techniques. Master's Degree in Expressive Arts is preferred, along with wok experience of working with adult and senior learners.

#### Course 7 - Walky Talky English

Teacher/trainer for Walky Talky English course

For the newly open walk and talk courses we are looking for a trainer with the following competencies:

- English language knowledge B2 at minimum
- advanced social skills, such as negotiating, problem solving, goal orientation
- teaching and training skills, preferably with the senior learners
- very good physical condition in order to perform the physical activities with the learners
- pro-active and cooperative attitude
- at least 5 years of previous experience from the education sector



### 19. Evaluation feedback form (for participant)



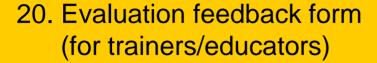
#### EVALUATION FEEDBACK FORM FOR PARTECIPANT

#### **COURSE EVALUATION**

Some introduction: This questionnaire is intended to measure the level of satisfaction after the specified session of this course in which you have just participated, and also to reflect on possible missing aspects.

3h					
Some biographical information (optional) Age: years old Gender: MALE FEMALE How familiar are you with the topic of the course?					
	(i) (ii) (iii)	0	<u></u>	8	(3)
 Did the Walk'n'Talk course meet your expectations?  If not, please explain why below  Was it structured in a clear way?  If not, please explain why?  Was the course material useful?  Did the work session increase your knowledge about the course topic?  How do you rate your knowledge gain after this course?  How do you rate your skills gain after this course?  What is your attitude about this course?					
GENERAL-SPECIFIC COMMENTS / SUGGESTIONS ON QUESTIS there anything you would like to comment on?	TION	IS AI	BOVE	≣)	







### EVALUATION FEEDBACK FORM FOR TRAINERS/EDUCATORS

#### **COURSE EVALUATION**

Some introduction: This questionnaire is intended to measure the level of satisfaction after the specified session of this course in which you have just participated, and also to reflect on possible missing aspects.

	Some biographical information (optional) Age: years old Gender: MALE FEMALE How familiar are you with the topic of the course?					
		0				$\odot$
		<u>©</u>	0	<u></u>	8	8
- - -	Did the work session meet your expectations If not, please explain why below Was this work session structured in a clear way? If not, please explain why? Was the introduced material useful? Did the work session increase your knowledge about the course? Did the Walk'n'Talk course meet your expectations? Was it structured in a clear way? How would you rate your knowledge/skills and attitude to this teaching and learning method after the course? When thinking of the method of walking and learning, is there anything you would change? Is there anything you would like to comment on?					
	GENERAL-SPECIFIC COMMENTS / SUGGESTIONS ON QUES	TION	IS AI	BOVE	Ξ)	



#### 21. Certificate of participation







We hereby certify that .....

ADD LOGO

participated in the modu	ıle			
of the Walk and Talk course held in				
from month/day/year to month/day/year				
Name and address of the student:	Name and address of the institution:			
Name	Archivio della Memoria			
Surname	Via Ufente 11			
Address	00198 Rome			
City, Country	Italy			
This confirmation is or	nly valid with the signature of the			
	nd the stamp of the institution			
·	id the stamp of the institution			
abroad.				
Diago data				
Place, date				
	Local Department is also stores			
	Legal Representative's signature			



and stamp of the organisation