



Walk and Talk

Prevention and Communication Training for Elderly aged 65+

Against the background of demographic change and an aging population in the EU, it is a challenge for adult education providers throughout Europe to focus on this increasingly growing and important group of people at the age of 65 and above who have reached retirement age and have withdrawn from the labor force.

Nowadays, retirement can be seen as an increasingly active phase of life where people still have the opportunity to continue contributing to society. They wish to be independent and live participative lives well into older age and take responsibility for their own wellbeing.

This, however, requires physical and mental health. Research shows that physical activity enhances the physical and mental health which is necessary to increase the quality of life.



Strategy Europe 2020

"Older people have to have the opportunity to stay healthy and active, as citizen, as jobholders, as consumer, as carer and as volunteer."

European Year of active Ageing and Solidarity between Generations

" There is a lot to live after 60 — and society is coming increasingly to appreciate the contribution older people can make. That's what active aging is about — getting more out of life as you grow older, not less, whether at work, at home or in the community. And this can help not just you as an individual but society as a whole.



With this project, we intend to foster 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. In this project the consortium wishes to address people 65+ in order to enhance their participation in lifelong learning, improve their life quality and social participation and inclusion.

In order to reach these objectives, the partners will develop a new course offer for this target group, a Walk'n'Talk course.

Project objectives

One objective is to encourage and empower the seniors participating in the piloting phase to use the new skills gained during the course and work as volunteers by establishing their own Walk'n'Talk Clubs which will contribute to a great extent to their self-esteem.

The close collaboration with the European partners will enhance the cultural competences of the trainers; they will learn methods used in other European organisations that will allow them to gain knowledge and best practice for the benefit of the target group.

Walk and Talk Therapy

Walk and Talk Therapy originated in the USA in the 80s and has proved to be an effective method. It is a therapeutic intervention that combines talk therapy, walking, and the outdoors.

The therapists who have used Walk and Talk Therapy stated that many of their clients combined walking in the nature with holidays and thus felt very high spirited. They not only opened up more easily, they also improved their mental and physical health and at the same time reduce their level of depression. Several research studies have shown that physical activity can enhance the mental and physical health of clients.

In this project, the partners will develop a new course offer for this target group, a Walk'n'Talk course. As the name implies, this course offer will not take place within the limited space situation of normal classes, but outside in nature. The seniors will walk in small groups and talk – and learn.

The concept is simple but very effective. And within Europe it is something new and worth implementing.



Meet the project team

This project has gathered a complementary team of partners that will be able to address all the planned stages due to their experience and skills in the areas related to analysis, development, exploitation and quality assurance. They have a vast experience in project work on adult education, both national and international. All partners are strongly dedicated to educational organisations at local, regional and national level focussing on senior learning in formal and non-formal learning networks, academic studies and research.

All partners have a specific expertise in working with the elderly and provide health-related courses and physical activities to senior learners. The consortium consists of large and small educational institutions from Central-, North-, South- and East-Europe, which are located in big and small cities as well as in rural areas. All these facts make the partnership an ideal group to develop the project in the most optimal way to reach an efficient result.

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