



# Walk and Talk

## The project work is going on

We have reached almost the first half of the project life. Many things have happened since we started. During the intensive work on the research, that we conducted among the seniors and the providers of education for seniors, we have come up with interesting ideas to be implemented in our courses.

**Stay tuned!**



### 2<sup>nd</sup> transnational project meeting

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The second meeting took place in Rome, Italy, on May 22 and 23, 2017.

During the two days we evaluated the first stages of the research (interviews with managers and focus group of seniors) and outlined the process of the further data collection.

### 3<sup>rd</sup> transnational project meeting

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The project team has met for the third time in Castellon, Spain, on September 19 and 20, 2017.

The research among the seniors has been finalized and the team started working on the educational program.



### What will be the intellectual outputs of the project?

Output 1: Research toolkit - the survey among seniors and providers of education for seniors as a base for the curriculum.

Output 2: Course Curriculum – all features of the Walk and Talk course curriculum as a base for the course development.

Output 3: Training material – set of various learning materials to be used in the Walk and Talk courses.

Output 4: Guidelines for stakeholder management and communication – to spread the information about the new course offer

## Research toolkit

The partners developed surveys and questionnaires results of which are expected to strongly influence the development of the Course Curriculum of the Walk'n'Talk course.

The surveys focused on:

- desk research: useful information for trainers/instructors on age-related health issues such as learning in dual task situations, existing active aging courses, best practices, etc.;
- the senior learners: motivation, needs, skills they think necessary to acquire, attitude to active and healthy aging, etc.;
- the instructors/trainers: experience, necessary qualification, teaching methods, best practices, etc.;
- the institutions: existing curricula, set goals, used pedagogies, etc.;
- the external stakeholders: challenges, opportunities, awareness raising, etc.

The results obtained have been statistically processed and will serve as a base for the further development of the curriculum and educational activities in each partner's country.





Some pretty moments  
from our time together



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