



# Walk and Talk

## **Final outputs of our project are available!**

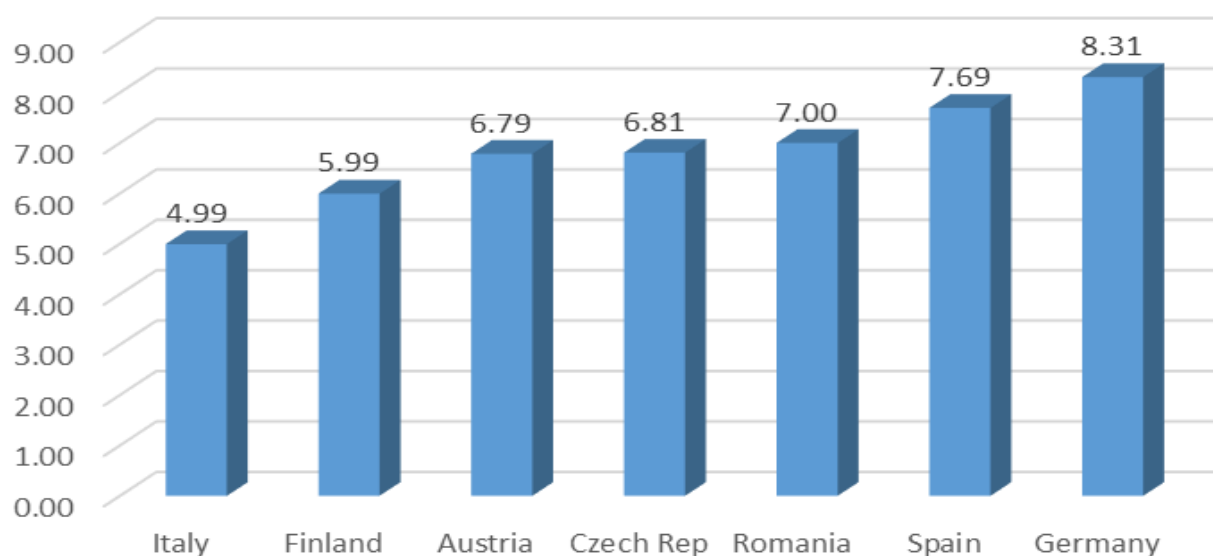
By the end of November 2018 the project has come to an end and that means the final outputs of our 2-year work will be available now for the public use as an open source.

Let's have a look at the brief overview of what has been created within the seven-partner European consortium for the active seniors' well-being!

From February 2019 all of these outputs will be available online on the project web page. Stay tuned for the update!



## Subjective Wellbeing for each country



### Output nr. 1: Research toolkit

This research provides a statistical overview about the various aspects who might be related with the seniors Well-Being and aims to clarify aspects that need to be considered in order to be able to develop practical activities aimed to improve the quality of life at senior age.

Even if the structure of the life goals hierarchy is slightly different from one country to another, we can observe that a good physical health, the quality of relationships and the desire to be autonomous are the most relevant issues at senior age. An effective practical approach that could make possible to achieve these goals as efficiently as possible must take into account the strongest reasons that can lead a senior to get involved in physical activity.

Providing to the seniors the opportunity to get involved in mixed activities (which must include both physical activities and relational activities) will strongly contribute to the consolidation of well-being, as a profound sense of a fulfilled and pleasant life.



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

2016-1-DE02-KA204-003413

## Seniors in the European Union and Well-Being as a subjective perception of the quality of their lives

Research Report

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Walk'n'Talk  
**RUNOMATINEA**  
 Joskus vielä kerran  
 ohjaus Inkeri Kivimäki

**Ke 6.6.2018 klo 18**  
 Sastamalan pääkirjastolla

Vapaa pääsy



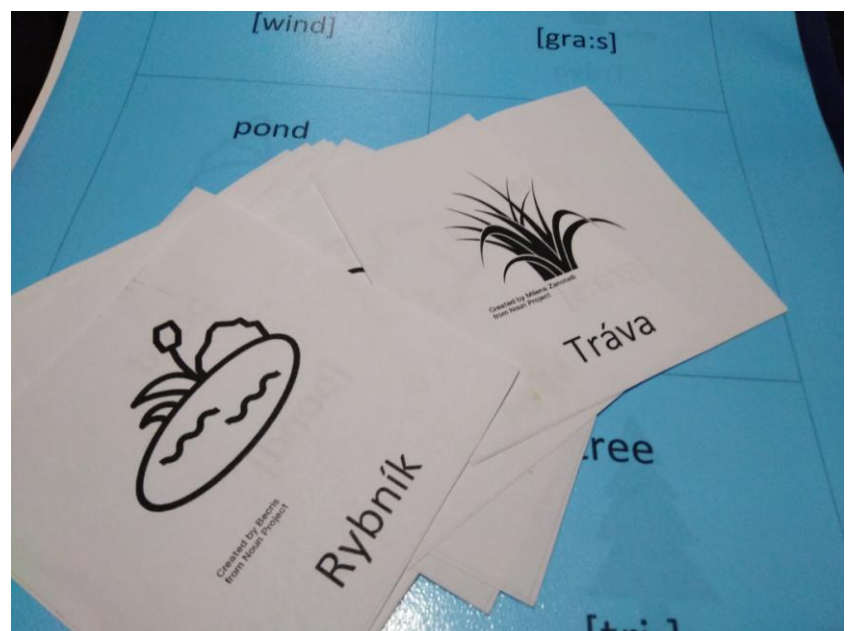
## Output nr. 2: Curriculum

Curriculum provides a detailed description of the various approaches used in the project. It starts with the information about andragogy, types of adult learning and introduces the Walk'n'Talk methodology. This output provides also detailed description of the main characteristics that learners and lecturers should have in order to benefit from this method. Based on the conclusions from the previous research, the document provides a detailed description of the various approaches developed in the partners' countries and organization of the training course to implements the particular approach.



## Output nr. 3: Training material

In this document you can find detailed information about the different training courses developed within the project, like scheduling of the classes, group size, necessary learning materials and tools as well as different approaches you can use. This document describes 8 different approaches used in 8 different courses.





## Průběh lekce



Fyzická aktivita	Výuka	Čas
Procházka	Vnímání přírodního okolí	10 min
Zastávka	rozdat sady karet, rychlá prohlídka karet (slovní zásoba), skupinový nácvik výslovnosti	5 min
Procházka	studenti si prochází karty a memorují slovní zásobu při chůzi	10 min
Zastávka	<ul style="list-style-type: none"> <li>skupinová práce, lektor opakuje slovní zásobu nahlas a ukazuje na dané předměty a používá číslovky (much, many, lot of, few...)</li> <li>rozdat kartu s instrukcemi (množství – much, many)</li> <li>Lektor projde jednotlivá zadání společně se skupinou</li> </ul>	10 min
Procházka	studenti plní zadání na kartě individuálně, opakování po celý čas procházky	10 min
Zastávka	zopakování zadání společně, lektor se ptá studentů, oprava případných chyb	10 min
Procházka	<ul style="list-style-type: none"> <li>studenti opět memorují slovní zásobu z karet + používají odpovídající číslovku</li> <li>studenti opakovaně prochází instrukce</li> </ul>	10 min

## Output nr. 4 Guidelines for Stakeholders

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;
- profit from multipliers;
- report about the progress of a project.

Pictogram attribution to:

Walk by Bakunetsu Kaito from the Noun Project

Walk by Gleb Khorunzhiy from the Noun Project

Walk by FELIX FX from the Noun Project

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