

Small-scale
Partnerships
in Adult
Education

Erasmus + Senior +



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KULTURY
I SPORTU
W KRZESZOWICACH

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Erasmus + Senior + – Adult Education

New skills, international cooperation and greater social engagement—regardless of age. The Erasmus + Senior + project brings together the experience of partners from Poland, Latvia and Italy to create new opportunities for older people to develop, learn and participate in social life.

The Erasmus + Senior + project is an initiative implemented under the European Union's Erasmus+ programme, which supports education, training, youth and sport. An important part of the programme also involves activities that support adult learning, including learning among older people.

The Centrum Kultury i Sportu in Krzeszowice (CKiS) aims to enable seniors, mainly those aged 60 and over, to take part in international educational, cultural and social projects that promote activity and personal development. The overarching goal is to support an active lifestyle through education, personal development, international mobility and social engagement.

As CKiS Director Jan Bereza emphasises, developing this initiative is essential for the future of local activities for seniors:

Developing the international dimension of our work with seniors is an investment in their activity, skills and social inclusion. We believe that

European cooperation will open up new educational and cultural opportunities for them.

As part of the initiative, CKiS has begun working with partner organisations: the Italian association Associazione Culturale JUMP – Gioventù in riSalto and the local authority of Gulbenes novada pašvaldība in Latvia. These partnerships are intended to help CKiS develop an international dimension to its work, gain experience in securing external funding and learn new ways of working with seniors.

An important element of the project is the development of digital and language-learning lesson plans. These will provide a basis for educational activities tailored to older people's needs. Working together will allow the partners to exchange experience, test the solutions they develop and prepare methods that can be used in practice.

Each project partner will host a transnational meeting in its region. The other partners will attend, along with local stakeholders, including adults, seniors, organisation staff and their beneficiaries. The main aim is to gain and exchange experience in international cooperation and strengthen organisations at both regional and international levels.

First steps in the project

The work began on 1 December 2025 with an online kick-off meeting attended by representatives of the partner countries. On the same day, by decision of the CKiS Director, an official project team was appointed to implement the initiative funded by Erasmus+.

In December 2025, the necessary partnership agreements were signed and a detailed schedule for further cooperation was prepared and approved.

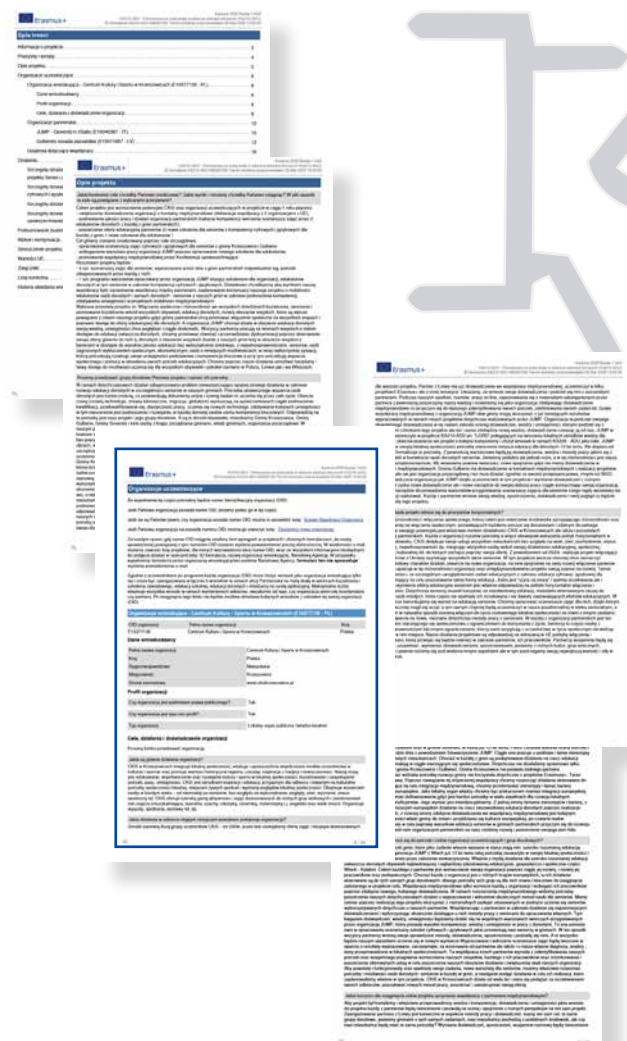
At the same time, an assessment was carried out of the educational needs of seniors living in the Krzeszowice municipality in information and communication technologies (ICT) and English. The findings will guide the next stages of the project.

We will provide updates on the implementation of Erasmus + Senior + – Adult Education and its next stages on the CKiS website.

The total value of the project for all participants, including international partners, is €60,000.

The Erasmus+ Senior+ project is funded by the European Union.

4



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Pełna nazwa organizacji		Centrum Kultury i Sportu w Krzeszowicach	
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Osobą odpowiedzialną za strony FIRSE za przygotowanie umowy jest: Wojciech Zawadzki, tel. +48 507 936 291, e-mail: ee@erasmusplus.org.pl

- przeprowadzenie warsztatów dla przedstawicieli obu organizacji uczestniczących w projekcie z Polski i Litwy
- 3) III transza - po zakończeniu trzeciego zadania (planowane zakończenie 31.08.2026 r.) w wysokości 5 000,00 EUR (pięć tysięcy euro 00/100), wypłacone w terminie

How did it all begin? Why was the Erasmus + Senior + project created?

What is the starting point for a good educational project? Listening carefully to people. The idea for Erasmus + Senior + grew out of observing the everyday challenges faced by older people—from difficulties using new technologies to the need for social contact, independence and continued personal development. These needs became the starting point for seeking solutions that are relevant to seniors' lives.

Before taking action, we decided to look closely at the situation of older people and consider the challenges they face every day. We asked ourselves: what do today's seniors really need to feel more confident, become more independent and participate actively in social life?

We quickly noticed how rapidly the modern world is changing. New technologies, online communication and the growing importance of foreign-language skills create many opportunities, but can also be barriers for older people. Seniors often need practical help rather than theory, patient support and the chance to learn at their own pace.

One of the most important challenges proved to be digitalisation. Using a smartphone, computer or the internet can make everyday life easier, help people

stay in touch with loved ones, and provide access to information and services.

However, new technologies remain difficult and confusing for many seniors. We saw a need to create learning conditions in which older people could acquire practical skills without worrying that they would be unable to keep up with the pace of change. Language skills were another area of concern. Not knowing foreign languages can limit contact with people from other countries, make travelling more difficult and close the door to new experiences. We wanted to show that it is possible to learn a language at any age and that appropriately selected methods can make learning enjoyable, practical and accessible to everyone.

5

We also had to consider limited access to education, particularly in rural areas. Distance from educational institutions, limited opportunities to attend classes and the need to adapt the pace of learning to individual needs mean that seniors do not always have the chance to develop their interests and skills. We realised that education should be closer to them—accessible, welcoming and adapted to their abilities.

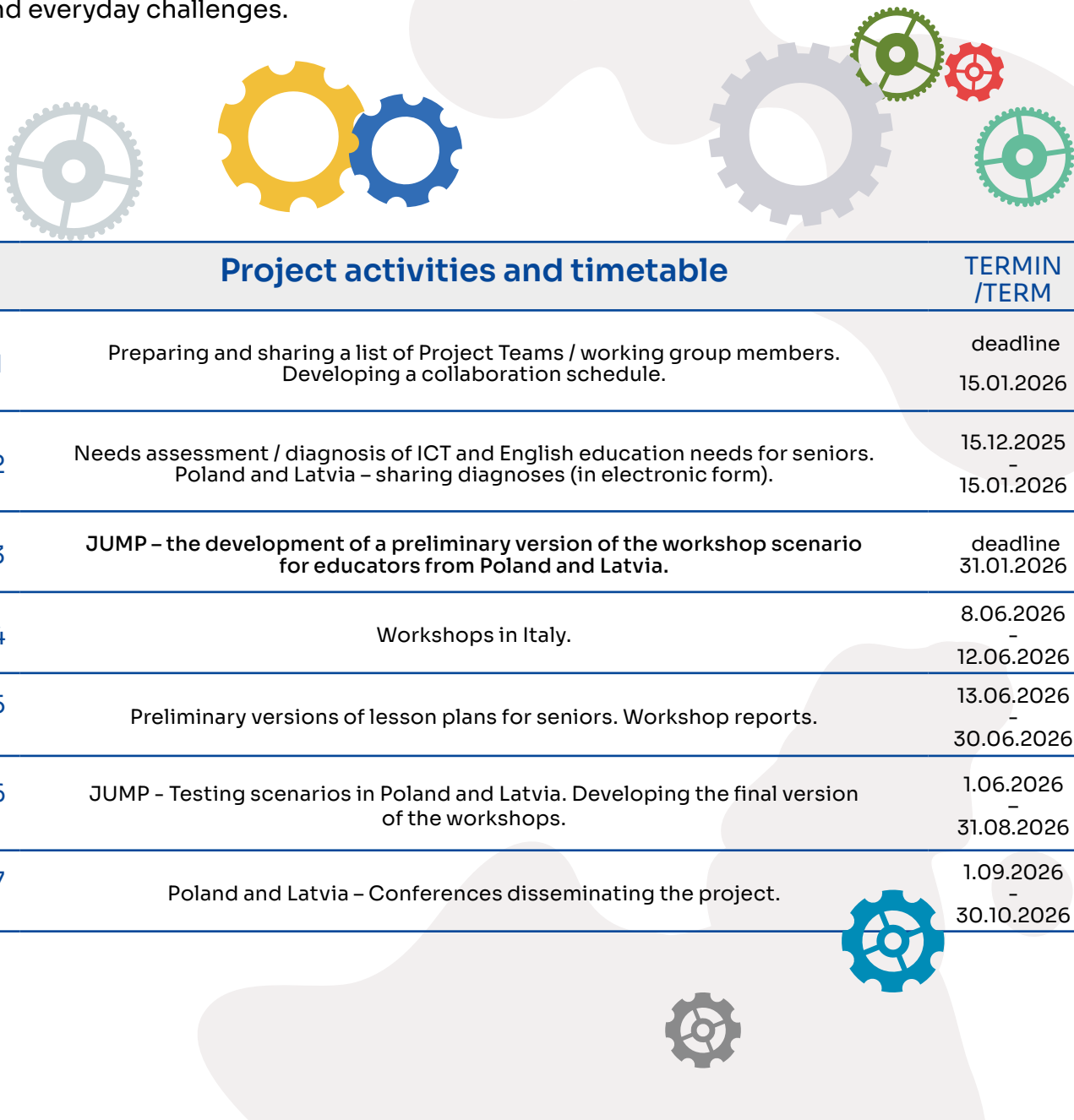
Loneliness and the risk of social exclusion were equally important challenges. Limited contact with others, anxiety about new situations and a lack of belonging can cause older people to withdraw from active life. Yet everyone, regardless of age or place of residence, needs relationships, a sense of security and the opportunity to be part of a community.

These observations became the starting point for our work. We realised that simply offering seniors more classes would not be enough. An approach was needed that combined learning new skills with building self-confidence, developing independence and strengthening social ties.

That is why we decided to apply for funding through Erasmus+ and create the Erasmus+ Senior+ project. We wanted to develop and use working methods that respond to older people's actual needs—taking account of their experience, abilities, learning pace and everyday challenges.

Our goal became to create education tailored to seniors: practical, accessible, supportive and closely connected to everyday life. Education that not only helps people gain new skills, but also gives them the confidence to take on further challenges, build relationships and discover new opportunities.

That is how the idea for Erasmus+ Senior+ was born—from the need to pay close attention to older people and the belief that it is never too late to learn, develop and participate actively in social life.



Project activities and timetable		TERMIN /TERM
1	Preparing and sharing a list of Project Teams / working group members. Developing a collaboration schedule.	deadline 15.01.2026
2	Needs assessment / diagnosis of ICT and English education needs for seniors. Poland and Latvia – sharing diagnoses (in electronic form).	15.12.2025 – 15.01.2026
3	JUMP – the development of a preliminary version of the workshop scenario for educators from Poland and Latvia.	deadline 31.01.2026
4	Workshops in Italy.	8.06.2026 – 12.06.2026
5 .	Preliminary versions of lesson plans for seniors. Workshop reports.	13.06.2026 – 30.06.2026
6 .	JUMP – Testing scenarios in Poland and Latvia. Developing the final version of the workshops.	1.06.2026 – 31.08.2026
7 .	Poland and Latvia – Conferences disseminating the project.	1.09.2026 – 30.10.2026

Three countries, three organisations, one shared goal. Meet our Erasmus+ project partners

International cooperation is an opportunity to gain new experience, learn about different perspectives and work together to find solutions that respond to local communities' needs. This approach brought together the Centrum Kultury i Sportu in Krzeszowice, the municipality of Gulbene in Latvia and the Italian organisation Associazione Culturale JUMP. Although each institution operates in a different country and has its own specific character, all share the belief that education, development and active participation in social life matter at every stage of life.

From a local need to an international partnership

The project was initiated by the Centrum Kultury i Sportu in Krzeszowice. Drawing on their experience of working with seniors, CKiS staff recognised the need to broaden their activities by adding an international dimension. They wanted to learn new approaches to educating older people, gain experience in European projects and explore the opportunities offered by cooperation with organisations from other countries.

The search for partners began with learning about the Erasmus+ programme, studying information materials, using the Foundation for the Development of the Education System's website and attending webinars. The European EPAL platform, dedicated to adult education, proved to be an important source of inspiration and contacts. It was there that CKiS found the Italian organisation Associazione Culturale JUMP.

After learning about JUMP's work and previous projects, the partners held their first online discussions. JUMP proved to be open to cooperation and experienced in adult education and international projects. It suggested bringing the municipality of Gulbene in Latvia into the partnership, as the two had worked together before. Gulbene proved to be a good match for the project. Like CKiS, it works for the local community, supports education and implements initiatives for seniors, including activities that develop digital skills. This led to a partnership combining local experience, municipal expertise and international educational competence.

7

CKiS in Krzeszowice – a leader with an idea and a willingness to grow

The Centrum Kultury i Sportu in Krzeszowice serves as the lead organisation. The idea for international cooperation originated here, driven by the desire to develop existing educational activities and seek new ways of working with seniors.

Key activities undertaken during the initial phase of the project:

December 2025:

An inaugural online meeting was held with representatives of the partner countries. On the same day, by decision

of the CKiS Director, an official Project Team was appointed to implement the project funded by the Erasmus+ programme.

December 2025:

The necessary partnership agreements were signed, and a detailed schedule for further cooperation with each partner was developed and approved.

CKiS w Krzeszowicach

Kinga Clivert – Project Coordinator
Jan Bereza – Educator
Mateusz Godyń – Educator
Agata Kurowska – Accountant

Working teams

Gulbene

Elina Janovska Project coordinator
Anda Pelse Educator/digitalisation
Marija Saleniece Educator/Englosh
Ilze Melngaile Finance/bookkeeping

Jump

Pietro Curatola President and project manager
Erika Gerardini Project content
Ylenia Azzaro Administrative dpt
and online meetings referent person
Giusy Froio junior project manager

8



CKiS contributes experience in organising cultural, sports and social activities, knowledge of residents' needs and practical expertise gained through working with the local community. Its strengths also include commitment, openness to new solutions and a willingness to gain experience in European cooperation. The lead role entails responsibility for coordinating the project, monitoring progress, communicating between partners and overseeing the achievement of shared objectives. CKiS is also responsible for organisational and financial matters related to the initiative. For the institution, the project is an important step towards internationalising its work, developing staff competences and laying the foundations for future European initiatives.

Gulbene – a local authority that understands residents' needs

Gulbenes novada pašvaldība is a local authority in Latvia covering the town of Gulbene and four rural administrative areas. The municipality has approximately 19,000 residents. Its particular challenges include an ageing population and young people moving to larger cities in search of work.

The local authority is responsible for many areas of local life, including education, social services, health promotion, transport, municipal services and the development of public spaces. It also initiates educational, social and cultural projects supporting different groups of residents, including

seniors, young people, people with disabilities and people at risk of exclusion. Gulbene has experience implementing international projects funded by various European programmes, including Erasmus+. It works with schools, libraries, cultural institutions, non-governmental organisations and other local authorities to support the balanced development of the region.

Adult education is a particularly important area. For several years, the municipality has supported courses and training, especially in IT and digital skills. Gulbene Regional Library and its branches play an important role: their staff help residents, particularly seniors in rural areas, develop skills in using computers, the internet and library resources.

The experience of local educators shows that seniors often need an individual approach, a calm pace and teaching methods adapted to their needs. One important direction for development is therefore to find more accessible and user-friendly forms of digital education.

Gulbene contributes knowledge of local community needs, experience in educational activities and administrative, organisational and financial skills. The involvement of specialists responsible for education, accounting, legal matters and communication strengthens the organisational side of the partnership. Through the project, the municipality can develop its existing activities, learn new adult-education methods and strengthen the skills of people who work with seniors.

JUMP – international experience and innovative educational methods

Associazione Culturale JUMP, based in Soverato, Italy, is a non-governmental organisation and international training academy. Since 2013, it has participated in Erasmus+ projects as both a lead organisation and a partner. It has experience in adult education, organising training and international mobility, and developing cooperation between institutions and organisations from different countries.

JUMP provides training for teachers, educators, school principals, entrepreneurs and public-administration representatives. It develops training programmes, handbooks and educational tools using non-formal education, learning by doing and innovative working methods. Other important areas include developing digital, social and intercultural competences and supporting people with limited access to educational opportunities.

JUMP takes part in initiatives promoting European values, building international partnerships and sharing project results. It also organises educational and civic events, including the EuroSoul Festival associated with Europe Day.

Its experience includes projects on educational innovation, ecology, skills development and lifelong learning, such as “Natural Born Teachers”, “Pedagogy for Change – Learn about Climate and

Ecology”, “Forlife – Our Lifelong Teacher” and “Health is Wealth”. One example of work supporting digital skills is Eu.Read, in which adult participants developed digital skills by creating a library of book trailers and learning to use Canva.

JUMP contributes expertise in adult education, experience with Erasmus+ projects, knowledge of innovative training methods and the ability to share good practices. For CKiS and Gulbene, it is a valuable source of inspiration and support in developing educational activities and international cooperation.

Three different perspectives that complement one another

The strength of the partnership lies in the combination of the three organisations’ competences. CKiS contributes local experience and project coordination; Gulbene brings the local-government perspective and knowledge of residents’ needs; and JUMP contributes expert knowledge, European experience and modern adult-education methods. The partners work together, learn from one another and seek solutions that can benefit their communities.

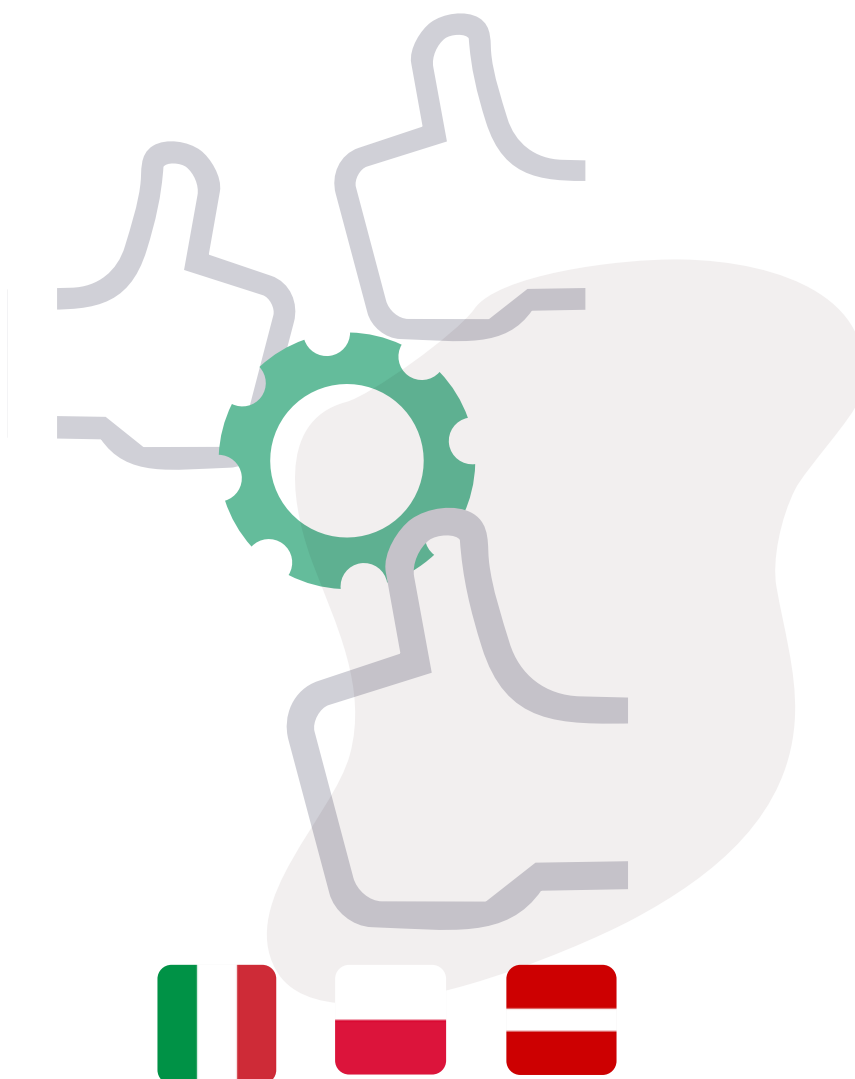
How do we ensure effective cooperation?

The project is implemented by teams from each organisation, responsible for coordination, communication, finances,

documentation and carrying out activities. The partners communicate in English using email, telephone and tools such as Microsoft Teams. Their cooperation is based on transparency, equality, shared responsibility, non-discrimination and accessibility. They also use European educational platforms such as EPALE and the Erasmus+ Project Results Platform, which enable the exchange of good practices and dissemination of results.

Cooperation that opens up further opportunities

The project has enabled partners to develop their competences, improve their educational offer and strengthen international contacts. The experience gained may provide a basis for further initiatives in adult education, staff development, mobility and volunteering. Three organisations, three countries and different experiences—united by the shared belief that it is never too late to learn, develop and participate actively in social life.



Findings of the assessment of seniors' needs in English and new technologies

What do seniors want to learn? A needs assessment among 134 residents of the Krzeszowice municipality found that 77% wanted to develop their digital skills and English-language knowledge.

As part of the Erasmus+ Senior+ - Partnerstwa na małą skalę w sektorze edukacji dorosłych project, an assessment of educational needs in information and communication technologies (ICT) and English was carried out among seniors in December.

The survey used paper questionnaires and included 134 people: 84% women and 16% men. Respondents mainly came from Krzeszowice (41.8%), Tenczynek (12.7%)

and Nowa Góra (5.2%). The largest group had basic vocational education (47.8%), followed by secondary education (33.6%), higher education (15.7%) and primary education (2.2%).

Interest in ICT and English courses was high: 77% of respondents wanted to participate. Most preferred classes once a week (79%), mainly in the afternoon (54%).

For English, the greatest demand was for practical skills: basic phrases for everyday communication (33%), using English while travelling (22%) and simple conversations (21%). Preferred methods included conversation practice in small groups (40%), practical exercises and multimedia-assisted learning.

For digital skills, online safety was the most frequently mentioned topic (17%). Other interests included using the mObywatel app and shopping online (10%), as well as online banking, email and basic computer skills (7% each). Seniors preferred small-group classes (45%) and practical tasks.

12

The screenshot shows a web browser window with the URL <https://ckiskrzeszowice.pl/aktualnosci>. The website has a navigation bar with links: Aktualności, Wydarzenia, Zajęcia, Galeria Vauxhall, Mistrzostwa Szkół, O nas, and Kontakt. There are also icons for social media and a search icon. The main content area displays three news articles:

- Pierwszy dzień ferii - lodowisko w Krzeszowicach za złotówkę!**
26.01.2026 • Sport
- Wyniki diagnozy potrzeb Seniorów w zakresie nauki języka angielskiego oraz nowych technologii**
26.01.2026 • Kultura
- Godziny otwarcia lodowiska w okresie świąteczno-noworocznym**
22.12.2025 • Sport

Working meeting of Erasmus+ project partners

On Wednesday, 20 May 2026, an online meeting of the Erasmus+ Senior+ - Partnerstwa na małą skalę w sektorze edukacji dorosłych project partners took place. The project was led by the Centre of Culture and Sport in Krzeszowice, Poland, with the Italian association JUMP – Gioventù in riSalto and Gulbenes novada pašvaldība from Latvia as international partners.

One of the main topics discussed during the meeting was the organisation of a training course in June for educators and teachers preparing to work with seniors. The workshops were intended to facilitate the exchange of experience, introduce

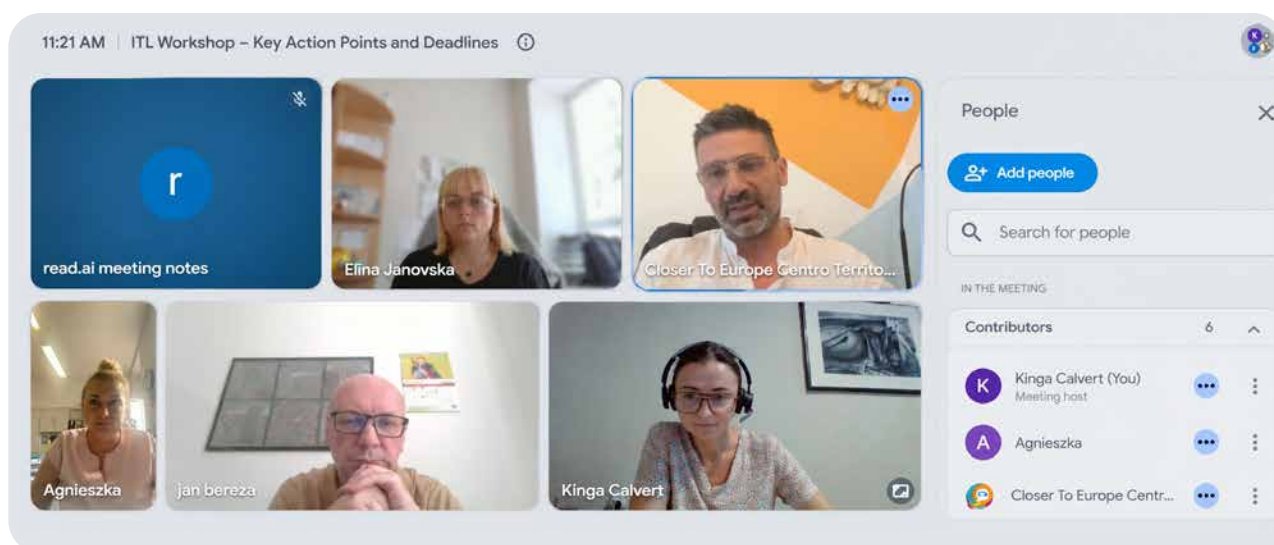
new methods for engaging participants in educational activities, and develop skills needed in modern adult education.

The training programme included topics such as effective group communication, strengthening motivation to learn, and designing engaging educational activities. Digital technologies used in educators' everyday work were also to form an important part of the programme.

The course was also set to include practical exercises in using online tools, preparing multimedia materials, and making informed use of available online resources. The programme also planned to develop language skills useful for international cooperation.

The arrangements made during the meeting helped prepare for the June training and plan the next stages of the project, including the development and testing of educational scenarios for seniors.

13



Erasmus+ Senior+ – – International Training to Develop Competences

As part of the Erasmus+ Senior+ – project, led by the Centre of Culture and Sport in Krzeszowice, a five-day international training workshop took place in early June 2026. It brought together partners from Poland, Latvia (Gulbene Municipality) and Italy (the JUMP – Gioventù in riSalto association). The aim was to exchange experience and develop modern methods of working with adults and seniors.

14

During the training, participants developed their language, digital and intercultural competences. They worked in English, took part in creative workshops, including multimedia content creation, and explored non-formal education methods such as experiential learning, outdoor games and storytelling. International integration and teamwork were also important elements of the programme.

The training enabled participants to acquire new skills, discover innovative methods of working with adults and strengthen cooperation between organisations from the three countries. The next stage of the project involved preparing lesson plans for educators from Poland and Latvia and then testing them with groups of seniors.

Reflecting on the international meeting and the project's objectives, Jan Bereza, Director of the Centre of Culture and Sport in Krzeszowice, emphasised the importance of these activities for the local community:

The project shows that adult education can be inspiring, modern and based on international cooperation. The outcomes of this training will be used in our future educational activities and shared with the local community.





15







17





18



Practical English for Seniors – Communication Basics

On Monday, 20 July, a demonstration English lesson entitled “Practical English for Seniors – Communication Basics” took place at the Centrum Kultury i Sportu in Krzeszowice. It was organised as part of the Erasmus+ Erasmus + Senior + - Partnerstwa na małą skalę w sektorze edukacji dorosłych project – Small-scale Partnerships in Adult Education. In response to the open question “What did you learn during the classes?”, participants most often said they had gained or consolidated basic English knowledge. They mentioned learning new

words, basic phrases, vocabulary related to the training topic, and expressions useful when travelling and in emergencies. Some said the classes helped them revise and consolidate simple sentences and better understand nuances in the use of particular phrases. Some also described it as “pleasant and enjoyable learning” in a friendly atmosphere.

Participants found creating dialogues, polite expressions and simple phrases used in everyday communication the easiest parts of the classes. The greatest difficulties were reading unfamiliar words, pronouncing them correctly and overcoming the barrier to speaking. Note: the supplied PDF’s final page ends mid-sentence in the source text; the

19

Participants’ self-assessments showed a **29.02%** increase in language skills across the group.

Average satisfaction with the classes was **4.3** out of **5**.

The session was an excellent opportunity to learn the basics of the language, overcome the barrier to speaking and discover that it is never too late to learn. Twenty seniors from the Krzeszowice municipality took part. As many as **80%** had never studied English before or had had only limited contact with it.

To assess the effects of the classes, questionnaires and knowledge tests were administered before and after the training (pre- and post-training tests).

Training assessment:

The classes were understandable to me – **4.4/5**;

The pace of the classes was appropriate – **4.3/5**;

I felt comfortable speaking English – **3.8/5**;

The practical exercises were helpful – **4.6/5**.



Demonstration Lesson on Digital Safety as Part of the Erasmus+ Project

On Monday, 27 July, another demonstration lesson on digital skills and online safety took place at the Centre of Culture and Sport in Krzeszowice. The event was organised as part of the project **Erasmus+ Senior+ – small-scale Partnerships in Adult Education**. Aleksandra Wartalska co-organised the event, while Kinga Calvert was responsible for project coordination.

Earlier, on Monday, 20 July, a demonstration lesson in practical English had been held to develop participants' communication skills. The session on 27 July focused on digital skills and online safety and was entitled "Seniors Online – How to Navigate the Digital World Safely". The workshop was led by Mateusz Godyń, who presented the key aspects of safe internet use in an accessible and practical way.

Online Safety

During the session, seniors learned the principles of safe internet use, how to recognise online threats, and how to protect their personal data and privacy. The workshop was practical in nature, with participants sharing their experiences and discussing online threats that many had encountered themselves or heard about from friends.

The greatest challenge during these sessions is showing that cybersecurity does not have to be complicated. Knowing a few basic rules is enough to significantly reduce the risk of fraud. I am pleased that the participants actively asked questions and shared their own experiences. Conversations like these are the best way to reinforce knowledge,

said **Mateusz Godyń**,
the workshop leader.

Twenty seniors from the Krzeszowice municipality took part in the session on Monday, 27 July.

Common Online Threats

21

The survey results collected during the sessions organised by the Centre of Culture and Sport in Krzeszowice are particularly noteworthy. They show that digital safety is an extremely important topic that needs to be addressed regularly. According to the surveys, 60% of participants had encountered, or most likely had encountered, an attempted internet scam. This finding highlights the importance of digital education and of continually raising awareness about staying safe online.



Pre- and post-training tests showed a **28.7%** increase in participants' digital skills across the group as a whole.

Survey results also confirmed improved knowledge and greater confidence in using digital tools.

After the training, **95%** of participants were able to recognise a phishing attempt, compared with **65%** who had answered the same question incorrectly before the training.

Furthermore, **65%** of participants reported feeling more confident using email after the training, highlighting the practical benefits of the workshops for everyday digital activities.

The Benefits of Erasmus+ Erasmus + Senior + - Partnerstwa na małą skalę w sektorze edukacji dorosłych

In the Erasmus+ Erasmus + Senior + - Partnerstwa na małą skalę w sektorze edukacji dorosłych project, we focus above all on practical skills that participants can use in their everyday lives. Test and survey results show that this approach to learning delivers tangible benefits: seniors feel more confident in the digital world and are becoming more aware of how they use new technologies. This is the best evidence that investing in the education of older people is worthwhile,

emphasised **Kinga Calvert**,

the project coordinator.

Once again, the session confirmed the strong demand for digital education among seniors. High attendance, active participation and a noticeable improvement in digital skills demonstrate that initiatives of this kind contribute to greater safety, independence and confidence when using modern technologies.

We are delighted by the participants' engagement and their willingness to acquire new skills. It shows that seniors want to develop their abilities and embrace new technologies with confidence. We hope that future meetings will be just as inspiring and valuable for everyone involved,

added **Aleksandra Wartalska**, co-organiser of the event.

What's Next for the CKiS International Project?

We would like to thank all participants for their active involvement, openness to learning new skills and for creating such a welcoming atmosphere during the session. We hope that the knowledge gained through the international project led by the Centre of Culture and Sport in Krzeszowice will help participants feel more confident and stay safer when using the internet in their daily lives.

As a reminder, the partners of CKiS in the Erasmus+ Senior+ – Small-scale Partnerships in Adult Education project are the JUMP association from Italy and

24

Gulbene Municipality from Latvia.

At the end of Monday's meeting, Jan Bereza, Director of the Centre of Culture and Sport in Krzeszowice, addressed the participants. He summarised the session and thanked them for their active involvement and commitment. He also outlined the main objectives of the Erasmus+ Senior+ project, emphasising its importance for the development of adult education, the active engagement of seniors and the building of international cooperation through the exchange of experience and the acquisition of new skills.

Today's session showed that learning has no age limit and that education is a lifelong process. The Erasmus+ Senior+ project is not only about acquiring new digital skills, but above all about building self-confidence, openness to change and a stronger sense of community. I am delighted to see such strong engagement and to hear the conversations taking place, both between participants and CKiS educators Kinga Calvert and Mateusz Godyń, and among the seniors themselves. I am confident that the knowledge gained during our sessions will provide real support in their everyday lives.

I would like to thank everyone involved in preparing and delivering this initiative, and I wish the participants many more inspiring meetings as part of the project,

said **Jan Bereza**,
Director of the Centre
of Culture and Sport in Krzeszowice.

Summary of participant satisfaction and learning effectiveness survey

As part of the Erasmus+ Senior+ – Small-scale Partnerships in Adult Education project, a participant satisfaction survey and an assessment of learning effectiveness were conducted after the classes “Practical English for Seniors – Communication Basics” and “Seniors Online – How to Navigate the Digital World Safely?”.

The survey confirmed that participants rated the project very highly.

Asked, “To what extent has taking part in the project increased your independence and social activity?”, 46% of respondents answered “to a large extent” and 36% “to a very large extent”. This means that more than 80% noticed a positive effect on their independence and social engagement. The survey showed that the activities met the target group’s needs and supported the project’s objectives. High ratings for language and digital skills confirmed that the non-formal education methods used helped seniors develop practical abilities and feel more confident when using new technologies and communicating in a foreign language.

25

The following results were recorded on a five-point scale:

Language skills

The language content was understandable to me – **4.50**

I feel more confident communicating in a foreign language – **4.04**

I can use the phrases I have learned in everyday situations – **3.96**

The language classes were interesting – **4.68**

Digital skills

I learned to use new digital tools – **4.14**

I feel more confident using the internet – **4.29**

I can independently use messaging apps and email – **4.21**

I can search online for the information I need – **4.18**

Overall project assessment

The project met my expectations – **4.18**

I would recommend a similar project to other seniors – **4.64**

Taking part in the project increased my social activity – **4.57**

I am satisfied with my participation in the project – **4.79**

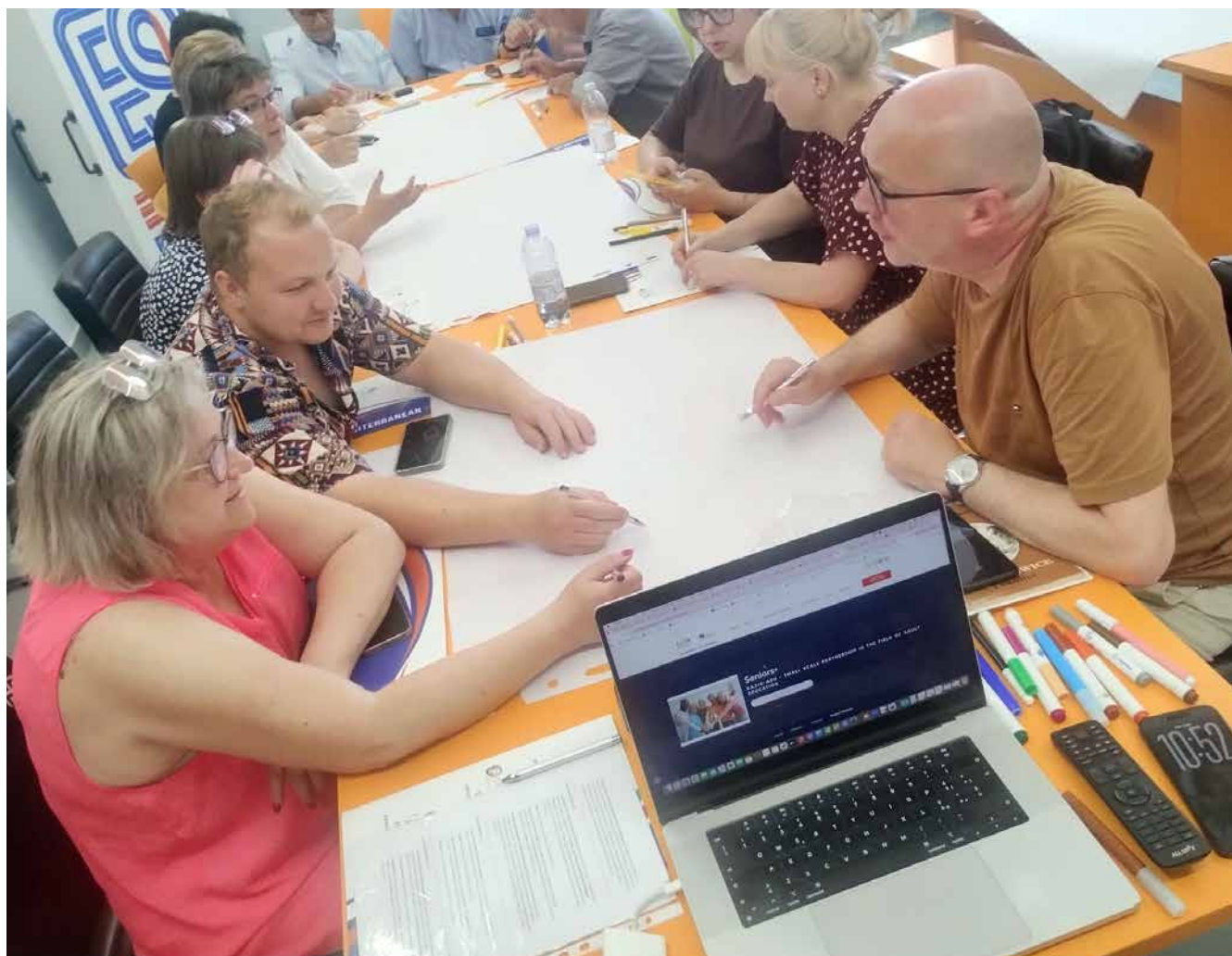
The results also indicated a positive impact on preventing social and digital exclusion among older people. The reported increase in independence and social activity showed the importance of educational provision tailored to seniors' needs, supporting their participation in local community life and encouraging further development.

The project results align with Erasmus+ priorities, particularly inclusion and diversity and digital transformation. They also confirm the value of education tailored to seniors' needs, based on practical skills, an individual approach and experience gained through international cooperation.

What did participants like most?

In their open-ended responses, participants most often highlighted:

- The practical nature of the classes and the opportunity to use what they learned in everyday life;
- English conversation exercises and practical tasks developing digital skills;
- Information about online safety and digital threats;
- The workshop format, friendly atmosphere and professionalism of the trainers;
- Learning in small groups and the opportunity to meet new people and learn together.



What could be improved?

The most frequent suggestions concerned:

- Longer classes or more sessions;
- More time for practical exercises;
- Dividing participants into groups according to their level;
- Preparing more materials for independent study;

Adapting the pace and frequency of classes to participants' needs.

At the same time, many respondents emphasised that the project had been delivered very well and did not require significant changes.

What topics would participants like to explore in the future?

Analysis of the results showed that participants rated both the organisation of the project and the educational value of the classes highly. Their feedback and suggestions for new topics confirmed the need to continue educational initiatives for seniors, especially in language and digital skills. Practical learning, a friendly atmosphere and active participation remained important elements of activities that respond to older people's needs.



Erasmus + Senior+ – Learning, Cooperation and New Opportunities for Seniors

The project **Erasmus + Senior+ – Small-scale Partnerships in Adult Education** was implemented by the Centre of Culture and Sport in Krzeszowice in cooperation with the Italian association Associazione Culturale JUMP and Gulbene Municipality in Latvia. Its aim was to develop older people's competences, encourage their active participation in society, improve access to education and promote the international exchange of experience

Before the activities began, an educational needs assessment was conducted involving 134 seniors. The results showed that as many as 77% of respondents wanted to develop their digital skills and improve their knowledge of English. Seniors expressed the greatest interest in practical exercises conducted in small groups.

Developing digital skills was intended to help seniors use mobile phones, the internet and online banking safely. Learning English, in turn, responded to their desire to travel more independently, without the pressure associated with traditional teaching methods. Another important

aspect of the classes was preventing loneliness and supporting social integration.

Three Countries, One Goal

Each partner contributed unique expertise to the project:

Centre of Culture and Sport in Krzeszowice (Poland) – the lead organisation, responsible for coordination and ensuring that the activities worked together effectively.

Gulbene Municipality (Latvia) – a local authority with experience in culture and international projects.

Associazione Culturale JUMP (Italy) – an association specialising in staff training and the implementation of Erasmus+ programmes.

The Polish team responsible for the project consisted of Jan Bereza (Director), Anna Dijuk-Bujok, Kinga Calvert (Project Coordinator), Mateusz Godyń and Agata Kurowska.

From an Idea to Practical Classes

In June, the partners held joint project workshops during which they developed lesson plans. These were subsequently tested in practice with members of local seniors' clubs and the University of the Third Age.

Demonstration lessons were organised in July. During the language workshops, seniors practised dialogues useful when travelling. Language competence scores increased by 29%, and all participants expressed a desire to continue learning. The cybersecurity workshops focused on recognising online scams, including phishing, and using email safely. As a result, participants' knowledge increased by nearly 29%. In addition to acquiring new skills, the meetings provided an important opportunity to build relationships.

The practical sessions demonstrated that learning new skills can simultaneously support seniors' independence, improve their safety and encourage social interaction.

International Visit and the Future of Cooperation

An important milestone in the project was the September visit of Latvian partners to Krzeszowice. In addition to attending a conference summarising the project's results, the visitors explored Kraków and attractions in the Krzeszowice municipality, including Tenczyn Castle in Rudno, the Agate Museum and the monastery in Czerna.

The methods developed, lesson plans and international contacts became important project outcomes that can be used in future educational activities organised by the Centre of Culture and Sport in Krzeszowice. As Director Jan Bereza emphasised:

The project showed us that learning has no age limit. Cooperation with our partners from Italy and Latvia allowed us to discover different working methods that we will use in our future activities.

The experience gained during the project has laid the foundations for continuing educational activities for seniors and developing further initiatives through international partnerships.





Another Step in the Erasmus+ Senior+ Project!

Our Delegation Visits Latvia

The delegation from the Centre of Culture and Sport in Krzeszowice arrived in Latvia as part of the Erasmus+ Senior+ project! Our destination was the picturesque municipality of Gulbene, where we joined forces with a delegation from Italy. Together, we formed a unique international group ready to exchange experiences and build connections. Our first few days were already packed with activities focused on discovering local culture, history and education.

We began our adventure with a walk through the centre of Gulbene. On the first day, we visited the magnificent Gulbene Manor complex and the historic Gulbene railway station. The interactive “Railway and Steam” museum made a particularly strong impression on us, offering a modern insight into the region’s railway heritage. Another important part of the programme was a visit with a social focus: we went to the Family Education and Support Centre, a structural unit of the Gulbene Education Department, where we discussed local support programmes.

The second day offered us a deeper insight into the region’s traditions and

contemporary cultural life. We visited the remarkable Druviena Latvian Life Wisdom Centre (*Druvienas latviskās dzīvesziņas centrs*), which provides an opportunity to explore local folklore and traditional customs. Other highlights included the modern Gulbene Municipality Library and the Lizums Culture Centre, where we had the opportunity to learn more about how local cultural institutions operate. On the third day, an important professional event awaits us: we will take part



in a conference promoting the Erasmus+ Erasmus+ Senior+ programme. It will be an excellent opportunity to present the project’s achievements so far, review our international activities and discuss how best to apply the experience gained in our local communities.

International cooperation among seniors proves that it is never too late to learn, travel and make new friends!





33



