



EDUCATION - THE CHALLENGE OF THE LATER YEARS

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Introduction

The material is intended for the elderly and is expected to contribute to improving the quality of life of seniors. It focuses on five areas - Challenges addressed to the elderly. The material consists of five parts, which are arranged in the following way:

- Challenges 1 - Relationships with others,
- Challenges 2 - Emotional Intelligence,
- Challenges 3 - Health, well-being and physical activity,
- Challenges 4 - Volunteering and development interests,
- Challenges 5 - Cultural activity of the elderly.

This material has been prepared in cooperation with five partner organizations from Italy, Great Britain, Portugal, Turkey and Polish, who participated Project "Life and Learn".

The material is suitable for the elderly and aims to familiarize seniors with practical principles of active aging.

The modules are to identify opportunities to improve the quality of life of older people.

International cooperation in the creation of this material allowed to exchange experience and good practice in relation to adult education.

We would like to invite you to get acquainted with its content.