

# **NEWSLETTER NB 1**

Erasmus+ project 2023-2-PL01-KA210-ADU-000174354



**European  
Union Citizen**

## **Mobility in Poland**

**Dignity and Freedom**

**27,28,29 th August 2024**

# The workshops



- Analysis of adults' knowledge about the EU in partner countries.
- The path to freedom and independence of partner countries
- New methods of working with adults, especially seniors
- Solidarity - the role of organizations in shaping Europe
- Seminar - what is dignity, how to fight for it, how to use history to teach about human dignity and freedom

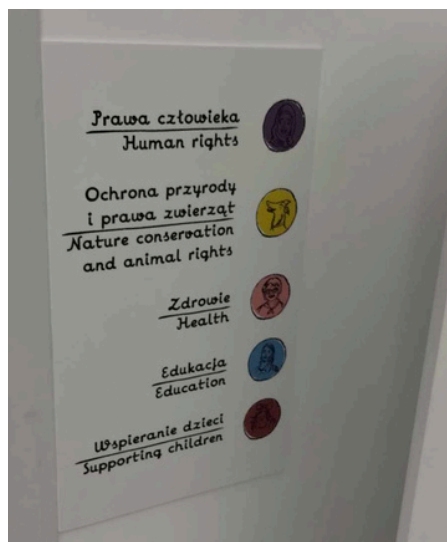
# The study visits



Places of national remembrance. Radegast Station is a historic railway building from 1941. During World War II it was associated with the ghetto established by the Germans in 1940 in Łódź (Litzmannstadt). The Dialogue Center is a modern institution that deals with the memory, history and identity of the city. The principles: Remember the Past, Understand the Present, Create the Future



# The new methods of work



The participants took part in new methods of the activity for the seniors. They visited Muzeum Tradycji Niepodległościowych and tested "museum's game". They visited Centrum Dialogu and sensor exhibition.



# The cultural programme



- The cultural programme has the topics:
- Piotrków Trybunalski- the old place of democracy in Poland
  - Łódź- the city of 4 cultures

# The results of the mobility

- exchange the experiences
- improving knowledge about partners' countries, especially about history of independence
- better team work
- greater motivation to work
- new ideas and solutions in the field of adult education, with particular emphasis on seniors
- increase in key competences of the participants
- the materials for the trainers
- growth of key competences
- new methods, tools for working with adults

# **NEWSLETTER NB 2**

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## **Mobility in Portugal**

**EQUALITY AND DEMOCRACY**

**5,6,7 March 2025**

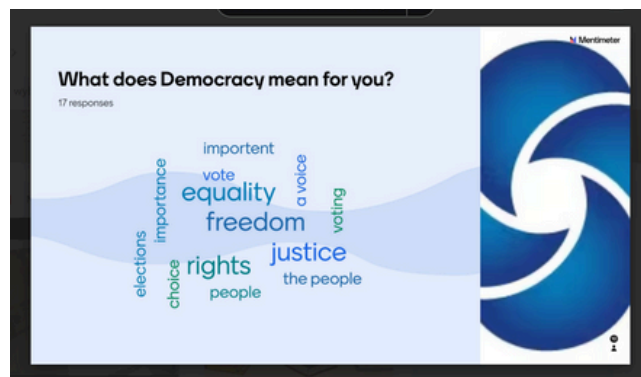
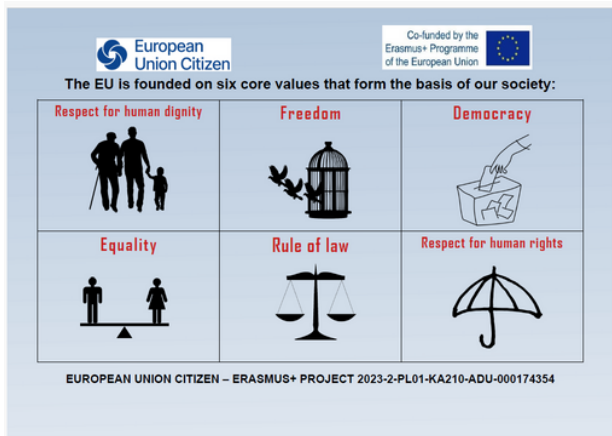


# The workshops



- Understanding the principles of equality and democracy
- Overview of democratic values in the EU
- Recognizing gender inequality and its impact on democratic participation
- Strategies for promoting gender equality in political systems
- How democratic values are passed across generations
- Labor rights as part of democratic participation
- The labor rights in partners' countries
- Ensuring equality in environmental protection
- Environmental justice and its importance in a democratic society
- Strategies for teaching democratic values and equality in adult education
- The legacy of colonialism on democratic systems
- The role of language in democratic participation

# The new methods of work



The participants tested the methods of the work. The puzzle prepared by the project team. The advantages: easy to remember EU values, active method, improves manual skills, improves observation skills. Another method is MentiMeter, which can be used to know the opinion of the participants.

# The cultural programme



The cultural programme has the topics:

- The famous places in Braga
- The visit in Seniors House in Braga
- Bon Jesus - the most famous place in the region



# The results of the mobility

- exchange the experiences
- improving knowledge about partners' countries, especially about labor market, social support, gender equality
- better team work in the international team
- increase in key competences of the participants (language, IT)
- the materials for the trainers
- growth of key competences
- new methods, tools for working with adults

# **NEWSLETTER NB 3**

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**European  
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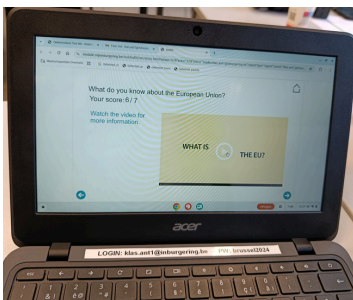
## **Mobility in Belgium**

**Human rights and rules of law**

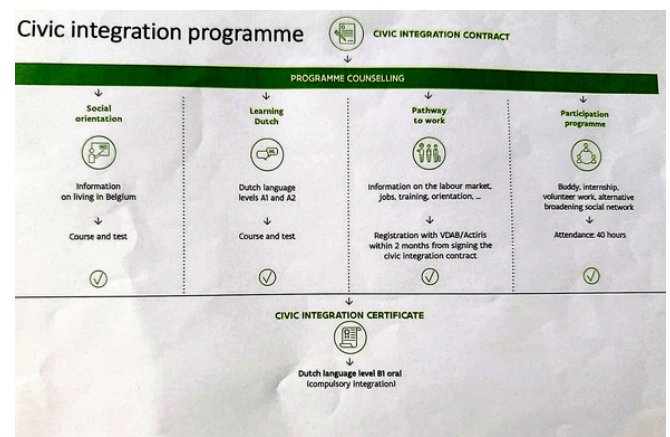
**7,8,9 October 2025**

# Belgian experiences

The participants had opportunity to observe Dutch Lesson for foreigners. They learned about Belgium's multi-tiered support system for foreigners, the educational opportunities created for this group, and the rules applicable to foreigners. They participated in workshops organized at the integration center in Turnhout. They visit the vocational center which organize the courses for adults.



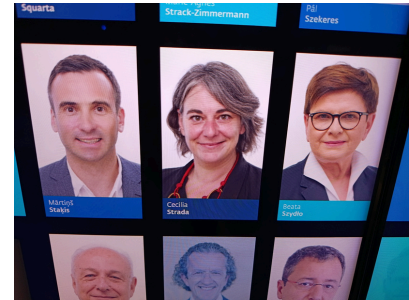
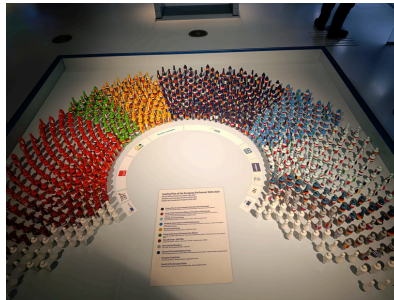
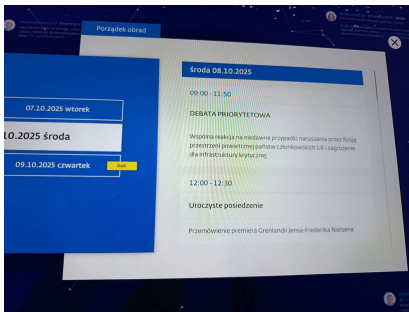
Workshops and discussions allowed us to learn about working methods that respect human rights and legal solutions.





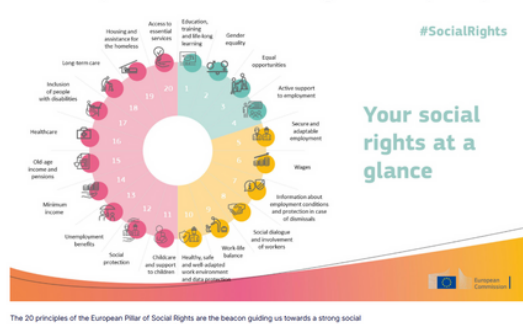
# The role of EU Parliament

Participants visited the Parliamentarium in Brussels. This modern, interactive exhibition provided insight into the history of the EU and its member states. Participants learned about current issues being addressed by Parliament and members of parliament from individual political parties.



# Human rights in practice

The European Pillar of Social Rights in 20 principles

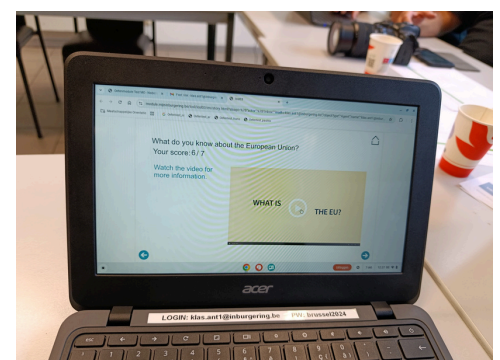


During the workshops, seminars the participant improve the knowledge and share the opinion and experiences, compare the situation in the partners' countries.





**After the activities the participants had a time to integrate and share the ideas and solutions**





# The results of the mobility

- improving knowledge about partners' countries, especially about situation of migrants, solutions
- how to respect human rights
- raising awareness of the importance of European unity and solidarity
- better team work in the international team
- improving knowledge about the role of the EU Parliament
- increase in key competences of the participants (language, IT)
- growth of key competences