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„Keep going, reach goals, get an award: empowering senior volunteerism“

No. 2020-1-LT01-KA204-077966

The Senior Award Program

You are never too old to set another goal or to dream a new dream

C.S. Lewis, author and poet

The Participant’s Journal

Participant’s name, surname:

e-mail:

tel. no.:

Goal (set by the participants themselves, separate for each activity)

Start date:

Activity Log (shortly describe the activity undertaken, indicating the date, scope and venue (if relevant), providing self-reflection)

Date	Activity undertaken, self reflection (achievements, feelings, aims)	Duration	Participant’s reflection and/or comments	Facilitator’s signature
...	
...	

Date	Activity undertaken, self reflection (achievements, feelings, aims)	Duration	Participant’s reflection and/or comments	Facilitator’s signature

End date

Adult educator’s (facilitator’s) name, surname, email., tel.no.

Adult educator’s (facilitator’s) coments and recommendation for the award.

This form can be filled out on the computer or by hand. When possible, please add pictures for proof.