



NEWSLETTER No.5

This newsletter was prepared within the Erasmus+ project

"Keep going, reach goals, get an award: empowering senior volunteerism" No. 2020-1-LT01-KA204-077966

The last project partner meeting in Lithuania took place in 16 January, 2023. The aim of the meeting was to review the project results and deliverables and prepare to develop the project final report. The partners were excited and a little bit sad that the project is over. Every end is the beginning of something new...



The keyword of the meeting was **"Ačiū"** ("Thank you" in English). Edita Žaromskienė, the project coordinator, expressed her gratitude to all partners for working hard to achieve the project results. "Without you it wouldn't have been possible!"



The partners were eager to share their impressions and reflect on their experience, knowledge and skills gained throughout this project. Please click on the pictures to watch their videos on the YouTube channel.



The second part of the meeting involved a visit to one of the 14 faculties of Kaunas region U3A and the Alternative & holistic health service in Ežerėlis. On the way to the venue, the project partners stopped to admire a romantic panorama of the Kaunas city from the bird eye's view at the Aleksotas Observation Deck.



The visit at the Ežerėlis Alternative & holistic health service (Ežerėlio sveikatos namai) was both engaging and rewarding. The project partner met with the students of Kaunas Region Third Age University who are also volunteers at this health care center. The project partners were eager to learn about their volunteering experience. What is more, they had the possibility to try healing procedures themselves. Also, they discussed the advantages and drawbacks of employing volunteers in such a social enterprise with Jolanta Marija Malinauskaitė, the founder of the Alternative & holistic health service in Ežerėlis.





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The final EU conference was a real success! It was held in Raudondvaris manor, Kaunas region, Lithuania. More than 100 people expressed their wish to participate in the event and learn about the final project deliverables which were kindly presented by project partners. In addition to this, 9 participants of the Senior Award Program were awarded bronze, silver and gold medals. They served a good example of older people's active participation in volunteering and life-long learning activities.

You can read more about this event here:

<https://www.kaunorajonosvietimocentras.lt/news/2407/55/SKATINO-SENJORU-SAVANORIAVIMA/>



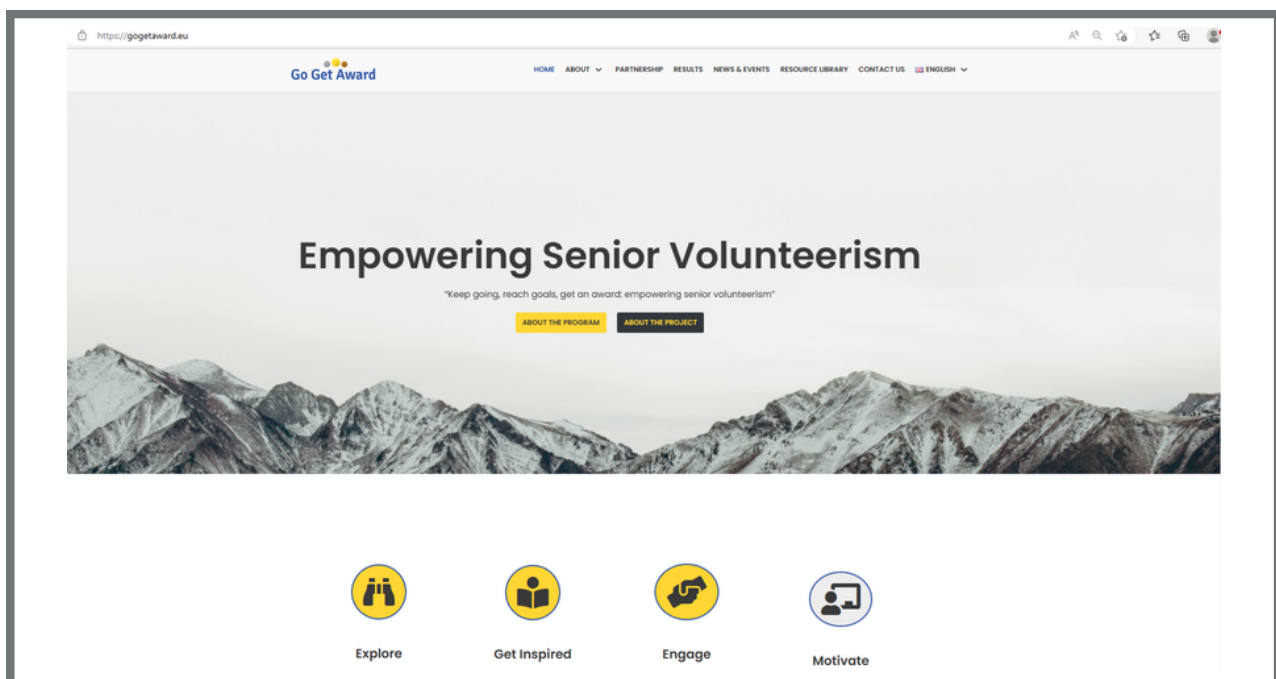


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Although the project is over, but the Senior Award Program continues. We, the project partners, will be more than happy to consult all adult educators who wish to implement the Senior Award Program in their organizations. Also, we promise to guide all adults, especially the older ones, who are interested in this program, yet hesitant to engage. Don't be afraid to start, because you and only you can make a positive change in your life! Please visit our project website to learn more.



www.gogetaward.eu