

Useful tips:

Where to find the volunteer host organization?

Ideas to consider:

- Animal shelters,
- Charity organizations,
- Health care organizations,
- Cultural centers,
- Local community centers,
- Libraries,
- „Caritas“,
- „Red Cross“, etc.

For more information please visit the Resource library of our project website

<http://gogetaward.eu/>

Where to look for motivation and inspiration? Please read our digital brochure “Volunteering in the old age. Why not?”

Ideas where to learn and what?

Set yourself a challenging goal for self-development and strive to reach it:

- Attend lectures at Third Age University or other provider of non-formal adult education
- Learn a new craft;
- Take up a new hobby or develop the existing one

To take part in the program, please contact your country, partners

email: info.senjorans@gmail.com

Project partners:



Lithuania
Kaunas Region Third Age
University



Latvia
NGO Grannies.lv
(Vecmāmiņas.lv)



Netherlands
S.A.F.E. Projects



Bulgaria
University of Ruse Angel
Kanchev



Slovenia
Slovenian Third Age
University



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

(GGA)

Nr. 2020-1-LT01-KA204-077966

2021 – 2023

We kindly invite you to participate in the **Senior Award program** starting from 1 October, 2021

www.gogetaward.eu

WHO IS THIS PROGRAM FOR?

The target group is older adults, aged 55+ (retired or semi-retired ones, unemployed)

WHAT IS THE AIM OF THE PROGRAM?

The Senior Award Program is meant to meet the needs of older adults to remain active, included and integrated in society beyond retirement and to empower them to engage in meaningful lifelong learning and volunteering activities. It also aims at motivating them to pursue their leisure time activities and interests, stay healthy both physically and mentally, contribute to their communities and participate in organized educational trips.

WHAT IS THE STRUCTURE OF THE PROGRAM?

The Senior Award Program covers the following fields of activity:

- Engaging in volunteering activities (obligatory)
- Learning new skills/ obtaining new knowledge, taking on a new hobby (obligatory)
- Getting fit (taking on some physical activity) (optional)
- Engaging in educational tourism (optional)

To qualify for the award, the participant is required to complete both obligatory fields. The activities under these areas can be completed at the same time or in a sequence: one activity after upon completion of the other.

Each participant enrolls in the program individually, although some activities may involve working in groups. The Senior Award Program is designed to acknowledge personal achievements of each individual starting from the time of enrollment into the program, not to count his/her previous deeds/activities.

There is a progression of three ascending levels: bronze, silver, gold. All participants are requested to start at the Bronze level. After accomplishment of one level, one may proceed to the next.

SUPPORT OF THE PARTICIPANTS

The program will provide the participants with the necessary assistance by adult educators who will guide (mentor) them either face-to-face or online.

EVALUATION

The participant's achievements will be monitored and evaluated resulting in acknowledgement of one's efforts by an award. During the program the participants will have to fill in the participant's journal, where they will not only describe the activities undertaken, but will also indicate the duration and provide reflection about their learning, volunteering experiences. The adult educator, who will act as mentor/ facilitator will provide his/her comments and recommendations.

The final decision will be made by the Board of adult educators, in charge of the Program. They will study the participant's journal and read the recommendation/ comments of the mentor/coach/ facilitator.

Having completed all the activities and achieved the planned goals, the participant will be entitled to the award.

REQUIREMENTS FOR COMPLETING THE CHOSEN AWARD LEVEL

(duration and frequency) by each level:



**3 months
8-10 hours
per month**



**6 months
8-10 hours
per month**



**12 months
8-10 hours
per month**

The duration of the program is of recommended nature: if the participant is not able to complete the activity on time, the duration may be extended.