

# Elderly education from the viewpoint of senior students

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EFOS president

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## EFOS

European Federation of Older Students in Universities  
Europäische Vereinigung älterer Studierender an den Universitäten  
Fédération Européenne des Etudiants Âgés aux Universités





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**EFOS was established in 1990 as the European NGO organisation. Registered in Austria, presidency at Comenius University in Bratislava, Slovakia.**

**The central aim of EFOS:**

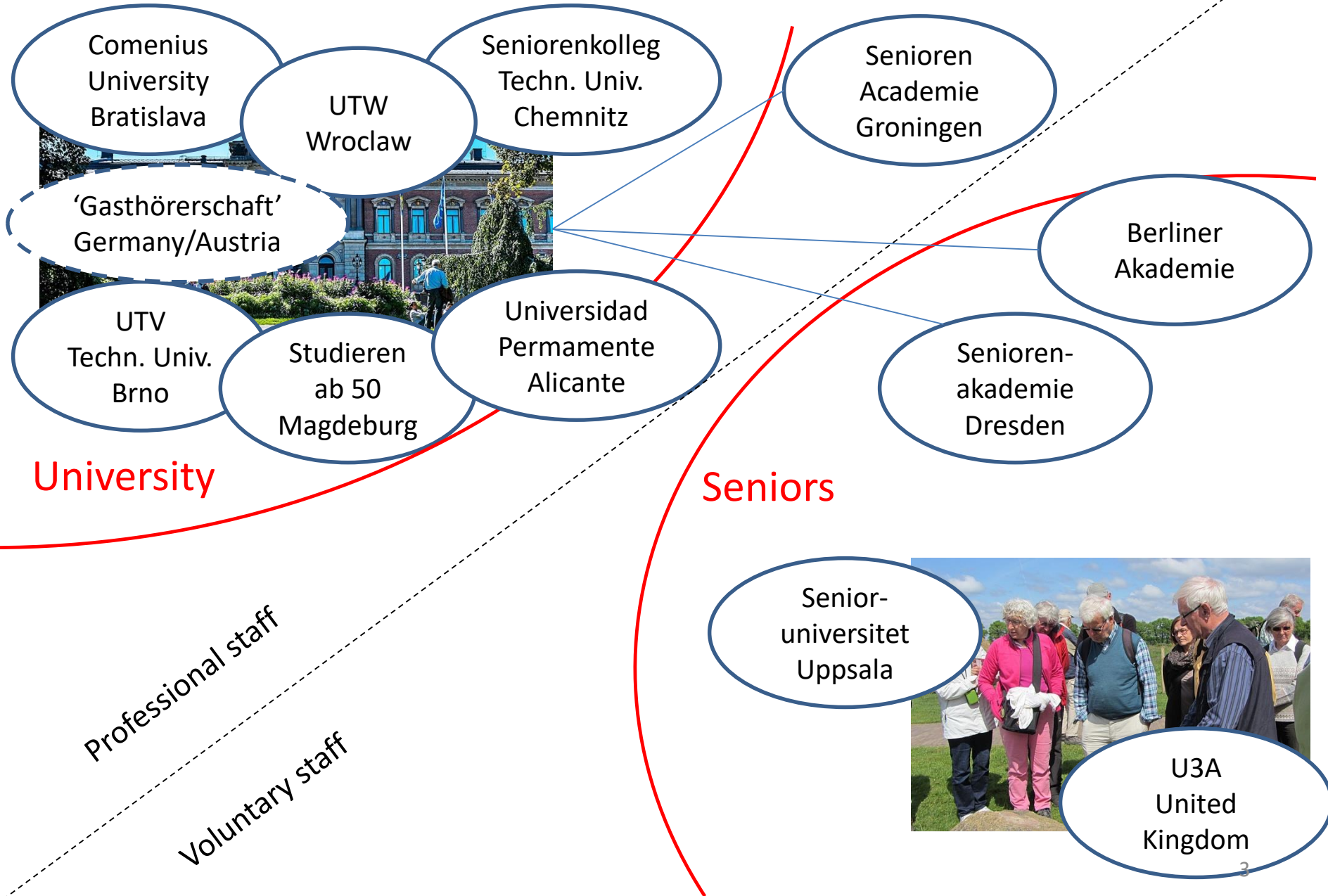
**The protection of the interests of older students at the universities in Europe. Alongside with other goals it focuses on:**

**1. Promoting the access of older people to education at the highest level at:**

- Universities of the Third Age  
/universities for older people;**
- Senior academies;**



# Organisational structure





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**2. EFOS is fostering and securing joint projects for older students throughout Europe: realised projects Grundtvig and Erasmus+: EFOSEC, VECU, EduSenNet, SeLiD**



[www.efos-europa.eu](http://www.efos-europa.eu)



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## **3. Identifying possibilities for using the skills of older students:**

- To transfer knowledge to younger generations;**
- To give lectures to the groups of older people or intergenerally;**
- To search for isolated seniors and encourage them to join further education;**
- To work voluntary within the senior communities;**
- To do research and be involved in the projects' realisation;**
- To share their own knowledge, life experience;**



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## 4. Cooperation with other international organisations that support LLL:

- AIUTA – partnership in senior education, Memorandum signed for support of senior education;
- DANET – cooperation with the Danube Network of seniors, University in Ulm;



EFOS as a member  
in the Committee on  
Ageing at UN Vienna





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To the European Commission; GD Education, Youth, Sport and Culture  
GD Employment, Social Affairs and Inclusion  
To the European Parliament, Committee for Culture and Education  
To the candidates for the elections to the European Parliament

Bratislava, October 2018

Attendance list:

Name	Institution	Signature
1. FREYMAR, Olaf	Magdeburg University, Germany	<i>Olaf Freymar</i>
2. GOZDOWSKI, Anja	Wrocław University, Poland	<i>Anja Gozdowski</i>
3. GOZDOWSKI, Andrzej	Wrocław University, Poland	<i>Andrzej Gozdowski</i>
4. GRUNWALD, Katarina	Bratislava, Univerzita Komenského, Slovakia	<i>Katarina Grunwald</i>
5. HAVRANOVA, Dana	Bratislava, Univerzita Komenského, Slovakia	<i>Dana Havranova</i>
6. Von der HEIDE, Wolfgang	Magdeburg University, Germany	<i>Wolfgang von der Heide</i>
7. HRAPKOVA, Nadeda	Bratislava, Univerzita Komenského, Slovakia	<i>Nadeda Hrapkova</i>
8. HUG, Peter	Groningen - the Netherlands Seniorenakademie	<i>Peter Hug</i>
9. MICHAEL, Rainer	Dresden - Germany Seniorenakademie	<i>Rainer Michael</i>
10. MUELLER, Stanley	Nottingham USA, Trent, GB	<i>Stanley Mueller</i>
11. ODIN, Björn	Uppsala, Sweden Seniorenakademie	<i>Björn Odin</i>
12. RUDOLPH, Evi	Dresden, Germany Seniorenakademie	<i>Evi Rudolph</i>
13. SHROMAZHILOVA, Lenka	Bene VUT, Czech republic	<i>Lenka Shromazhlova</i>
14. SPITALER, Herta	Wien Universität, Austria	<i>Herta Spitaler</i>
15. SPITALER, Wolfgang	Wien Universität, Austria	<i>Wolfgang Spitaler</i>
16. VELLAS François	Toulouse University Capitoll, France	<i>François Vellas</i>
17. VOKURKA, Michal	Bene VUT, Czech republic	<i>Michal Vokurka</i>
18. WEIKERT, Fritz	Magdeburg University, Germany	<i>Fritz Weikert</i>



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To the European Commission, GD Education, Youth, Sport and Culture  
GD Employment, Social Affairs and Inclusion  
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Bratislava, 5. October 2018

Demographic change in the coming years will give the 65+ age-group a much stronger numerical profile. This growth must be taken account of not only in social and health policies but also in the field of education. The education of older people is rapidly growing in importance. Lifelong learning doesn't cease on retirement from working life but continues to be significant after that. Society can no longer allow the skills and potentials of older generations to go to waste. Their contribution to the social discourse and the political discussion will be of increasing importance. An educational programme such as the Universities of the Third Age helps them to keep in step with changes in society, technology and science. A healthy democracy is based on well informed and educated citizens.

The programmes of the European Union, especially Erasmus+, have a direct impact on the education for the 65+ age-group and stimulate the member-countries to increase their educational efforts for this group. To make them more effective the projects for the older generations should get a bigger share and the procedures should be simplified.

The following points should be reflected in the policy of the EU:

1. Implementation of the UN 2030 Agenda for Sustainable Development
2. Implementation of the European Agenda for Adult Learning

in programmes of the EU. In particular, more educational education and training through the use of support center development and teach European values between the group of retired people (60+, 65+, 70+, 75+ in the EU), being the largest and still growing part of the population. We are mainly supported by voluntary work of older people. We are mainly supported by voluntary work of older people. We are mainly supported by voluntary work of older people. We are mainly supported by voluntary work of older people.

Dr. Nadeda Hrapkova, Ph.D.  
EFOS president

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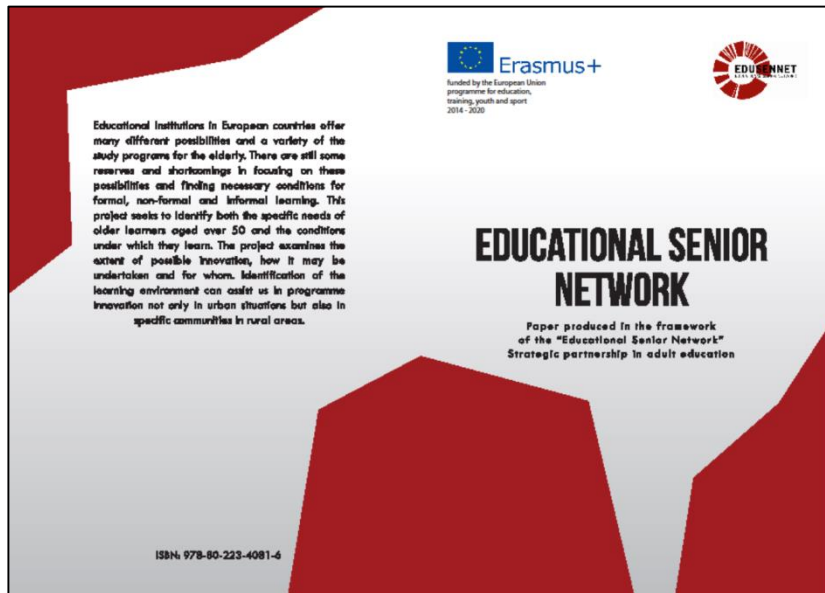


Letter to the EU Parliament to get support on seniors' learning

EFOS opens space to seniors to be active politically on a European level



## The project Educational Senior Network (EduSenNet):



**EduSenNet**  
interviewed  
4,081 seniors  
from 11  
countries -  
analysed the  
group of 930  
older persons in  
the various  
communities  
and the group of  
3,151 elderly  
students  
(2014-2017)

7 partners collected 17 best practices in 6 countries  
Booklet published within the project Erasmus + was  
distributed to other countries.

<http://edusennet.efos-europa.eu/>

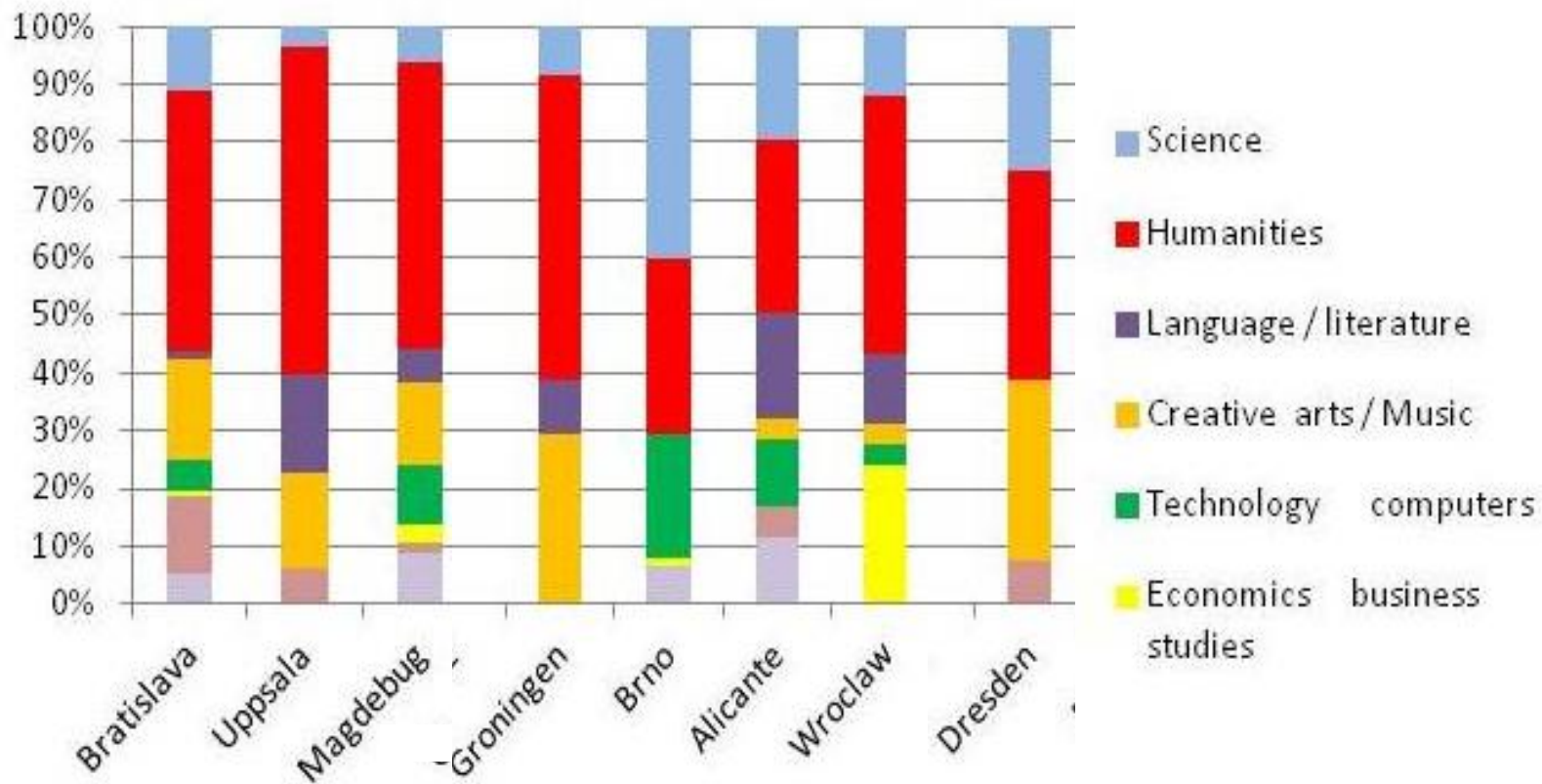


## Reasons for seniors to take part in learning activities:

1. Getting new information / more knowledge in different subjects
2. Meeting people and having new social contacts
3. Being more active
4. Improving the quality of life
5. Overcoming isolation



# European UTAs and the subject areas they offer





## Project EduSenNet (2017)

**Would you like to use new media for learning either at home or in a group (courses on CD, live stream...)**

	Slovakia	Sweden	Germany		Netherlands	Czech Republic	Spain
	Bratislava	Uppsala	Magdeburg	Chemnitz	Groningen	Brno	Alicante
Yes	28.4%	47%	36.7%	13.99%	<b>60%</b>	25%	45.63%
No	<b>55%</b>	<b>53%</b>	<b>40.8%</b>	<b>86.01%</b>	40%	<b>48%</b>	<b>54.37%</b>
I don't know	16.5%	0%	22.4%	0%	0%	27%	0%



# EFO S

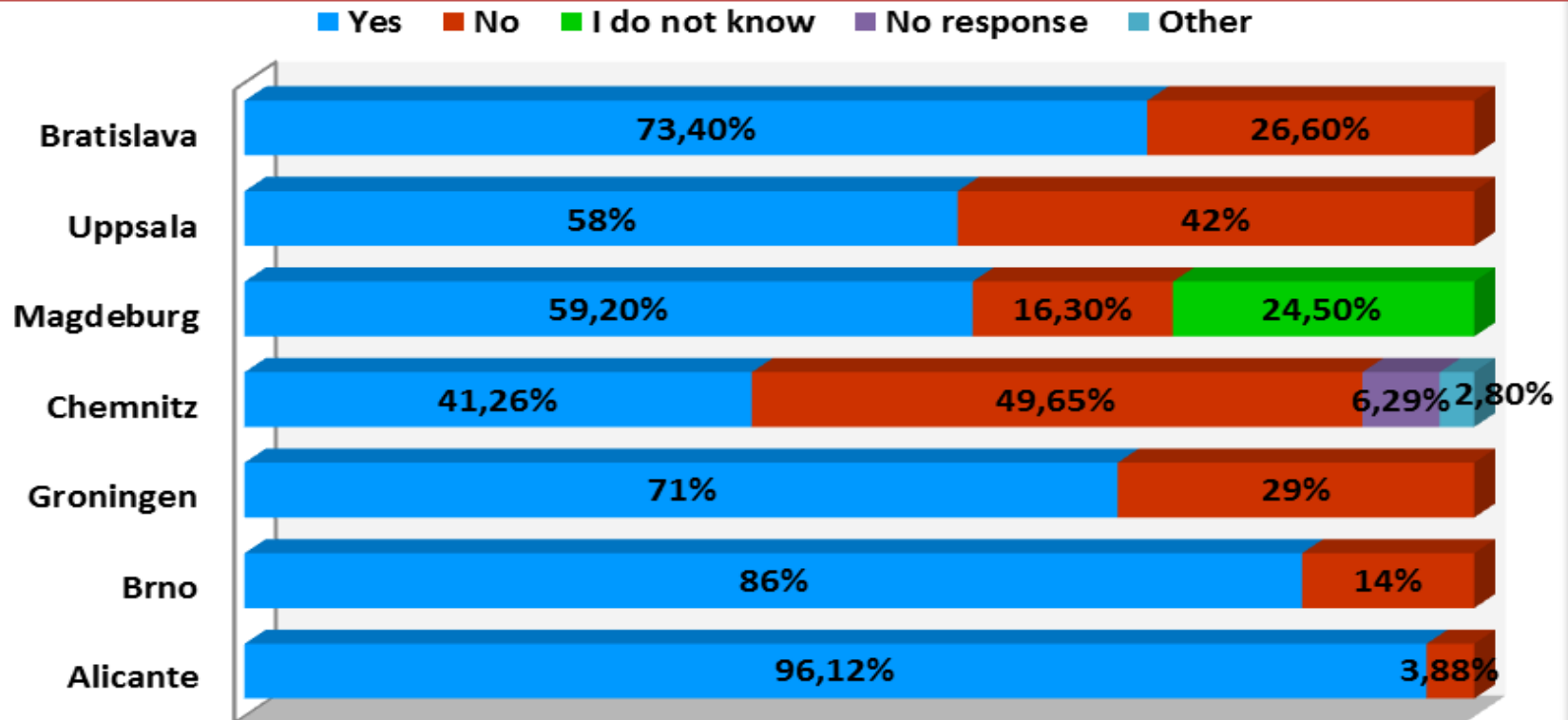
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## Is the social aspect of learning important for you?





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## Project Erasmus+ SeLiD (Senior's Learning in the Digital Society) 2019 – 2022

Erasmus+ Strategic Partnership 2019-1-SK01-KA204-060649

- **Open education and innovative practices in a digital era;**
- **Improving key digital competences of older persons**  
needed for daily life in the digital society;
- **Extending usage of DT and ICT in elderly education.**

<http://selid.efos-europa.eu/>



Co-funded by the  
Erasmus+ Programme  
of the European Union





## The main obstacles of older people when are using digital technologies and applications

Category	Uppsala	Alicante	Bratislava
It is too expensive	3%	14,9%	27%
I am not interested	8%	8,6%	14%
Displayed text is difficult to read	17%	17,2%	9,4%
Complicated to use	12%	40,3%	20%
It takes a lot of time and investment/other	12%	30,3%	19%
I have nobody who can help me	8%	11,8%	19%
None	40%	24,9%	23%

**European project within its aims**  
developed and practiced methods  
on how older people can become  
aware of the everyday culture and  
**how to pass the traditions on to  
young generations**

**Themes included:**

- Eating and living culture;
- Yearly festivities;
- Events in a human life.

<http://vecu.efos-europa.eu/>

7.1 Vergleich mit 161 deutschen Referenzsprichwörtern  
/Comparison with 161 German reference proverbs

7.1.1 Sprichwörter in deutscher und englischer Sprache/ Proverbs in German and English

Lfd Nr.	Deutsches Sprichwort	Englisches Sprichwort	Kategorie	Deutsche Übersetzung des englischen Sprichwortes Kategorie B
1	Allen Menschen recht getan, ist eine Kunst, die niemand kann.	He that all men please, shall never find ease.	B	Der allen gefallen will, wird es nicht leicht haben.
	Aller Anfang ist schwer.	The first step is the hardest	A	
	Alles zu seiner Zeit.	Everything in its season	A	
	Allzuviel ist ungesund.	Too much of a good thing is good for nothing.	B	Zuviel einer guten Sache ist gut für nichts.
	Alte Bäume darf man nicht umsetzen.		C	
	Alter bringt Erfahrung.	Experience comes with age	A	
	Am 1. April schickt man den Esel, wohin man will.		C	
	Am Lachen erkennt man den Narren.		C	
	An der Frucht erkennt man den Baum.	A tree is known by his fruit.	A	
	Arbeite, als ob du ewig zu leben hättest, bete, als ob du heute nacht sterben müßtest.		C	
	Arm und reich, im Tode sind wir alle gleich.		C	
	Auf Regen scheint Sonne.	Every cloud has a silver lining	B	Jede Wolke hat einen Silberstreifen
	Bei Nacht sind alle Katzen grau.	All cats at night are grey	A	
	Besser spät als nie.	Better late than never.	A	
	Besser zweimal fragen als einmal irgehen.		C	
	Das Alter schützt vor Torheit nicht.	There's no fool like an old fool.	B	Kein Dummkopf ist wie ein alter Narr
18	Den Raben kann man nicht weißwaschen.	A leopard cannot change his	B	Der Leopard kann seine Flecken nicht



# For the conclusion

**Seniors by their participation in organized education satisfy important personal needs:**

- to be active,
- to be selfrealized by developing own leisure or professional interests;
- acquire new knowledge and skills;
- maintain physical and mental strength.

**Therefore mainly in the time of pandemic it is necessary:**

- to respond to the social digital exclusion of seniors and develop their digital skills and competences;
- to promote the education of the elderly with governmental programs, legislation and financial support. Seniors are in retirement during  $\frac{1}{4}$  of their human life.