



Seniors in Green Action – from Hands to Minds to Souls Project No.: 2022-1-BG01-KA220-ADU-000085169

## SENGA – SENIORS IN GREEN ACTION

How to engage senior adult learners in non-formal education on the topics of recycling and circular economy? Older adults have different motives for participating in learning experiences, different learning curve, different learning styles etc. So, you can not organize training actions for seniors without considering these differences! Read the newsletter to know how to do!

# NEWSLETTER N. 2

## THE GUIDELINES ON ENGAGING SENIORS IN TRAINING ACTIONS

The partners have developed the document “*Guidelines on engaging senior adult learners in non-formal education on the topics of recycling and circular economy*”.

The document, downloadable at the link: <https://activegreenseniors.eu/interactive-tot-handbook/> both in short and full versions, is a handbook addressed to trainers and is made of two major parts:

1. Basic principles of environmental protection, sustainability, recycling and circular economy
2. Creating a suitable learning environment for elder adult learners and basic principles of effective engagement of seniors in educational and community-based activities

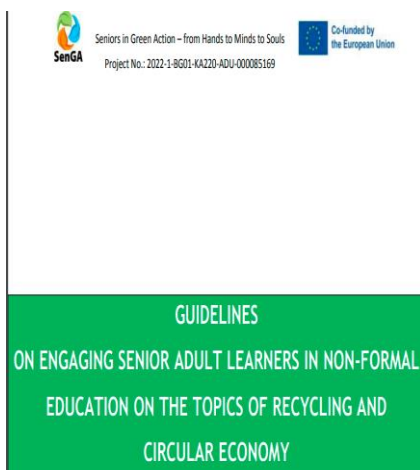
Let's take a look at the main contents of the two parts.

## PART 1 – ENVIRONMENTAL PROTECTION, SUSTAINABILITY, RECYCLING AND CIRCULAR ECONOMY

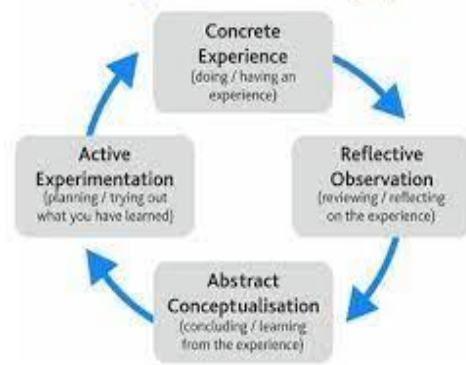
The first part presents concisely the meaning of the main terms used when talking about environmental protection: circular economy, sustainable development, recycling, reuse, renewable resources etc.

In this way, trainers who want to design a learning journey focused on environmental topics will have at their disposal a smart handbook of terms, definitions and basic knowledge helpful for setting up the course.

Environmental issues, despite being talked about a lot, are often poorly understood in their fundamental contents!



### The Experiential Learning Cycle



## PART 2 - CREATING A SUITABLE LEARNING ENVIRONMENT FOR ELDER ADULT LEARNERS

This second part addresses the topic of effective engagement of seniors in educational activities. It is based on the experiential learning theory (or Kolb's learning cycle) that older people can adopt to improve their learning process.

The experiential learning theory is a model of adult development that assumes that experiences play a vital role in the learning process.

Why is Kolb's cycle suitable for senior learning? First of all, older learners prefer a stress-free learning environment with no assignments, tests or mandatory assessments. In addition, teachers have to face a wide range of expertise and learning skills developed over six, seven or eight decades of life experience! They must take this into account!

### THE MODEL WORKSHOP ON RECYCLING FOR SENIORS

1. It is crucial that older adults can control their own time and choose the activities they wish to engage in;
2. Learning should be based on enjoyment and curiosity, and consequently, tutors should stimulate learner engagement with positive comments and encouragement;
3. To take the learners' past experiences into consideration;
4. To adapt the course structure to the learners' pace
5. Consider the effectiveness of adult teaching methods



Curious to know more? Click on the link:  
<https://activegreenseniors.eu/interactive-tot-handbook/>

And don't forget to discover other interesting and helpful senior-led initiatives on our Resource Library:  
<https://activegreenseniors.eu/resource-library/>



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Keep in touch with us! **Soon we will start developing and deploying our workshops!**

## FOR MORE INFORMATION

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And **follows us on:**

Linkedin: <https://www.linkedin.com/in/senga-seniors-in-green-action-369120272/>

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