

## Registration

**Date:**  
**Monday, 18.07. - Wednesday, 27.07.2011**

First name: \_\_\_\_\_

Family name: \_\_\_\_\_

Street: \_\_\_\_\_

Postal code: \_\_\_\_\_

Location: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth: \_\_\_\_\_

## Costs

Expenses are covered by a Grundtvig grant  
(seminar, accommodation in single rooms  
and meals)

## Information / Venue

**Institut  
für Migrations- und Aussiedlerfragen  
Heimvolkshochschule  
St. Hedwigs-Haus e.V.**  
Hermannstr. 86  
33813 Oerlinghausen  
Tel.: +49 5202 91650  
Fax: +49 5202 6654  
www.st-hedwigshaus.de

**Contact person:**  
Gabriele Meymann-Christians  
Email: meymann@st-hedwigshaus.de  
Tel.: +49 5202 916517

**Project partner:**  
The training will be carried out in cooperation  
with the partner institutions:

- Aristotle University of Thessaloniki,  
University Campus,  
54621 Thessaloniki, Greece
- Ingrian Cultural Association,  
Wallininkatu 7, 00530 Helsinki, Finland
- Social Innovations Centre, Miseikiu g.24,  
Naisiai, 81474 Siauliu, raj. Lithuania
- Centro per lo sviluppo creative „Danilo  
Dolci“, Via Roma, 94, 90133 Palermo,  
Italy



GD Bildung und Kultur

Programm für lebenslanges Lernen

**Grundtvig Multilaterale Project:  
UPS  
Unused Potentials of Senior  
Migrants - Experts for life**

**„With a little help from my  
friends...“**

**Migrants help Migrants**

*(or a different popular title in your  
country language, in German for  
example: ...wenn man Freunde hat or  
hand in hand)*

**10-days education as Senior Migrant**

## (Our house or institution)



*Please fill in a description of your institution and the surrounding. Take some attractive photos. Inform the Senior Migrants about the accommodation and the basic conditions.*

*For us it's easy, because they are accommodated in our house but in your case it is different.*

*Please give some information about possible activities during the leisure time. Germany for instance could organize a walking-tour through the forest, a barbecue, an excursion, a visit of a pub etc.*



## The project



Migrants have to find their way in a new world, in a different society. Familiar structures of aiding one another, caring for one other, e.g. in the families, in the neighborhood, in the circle of friends, can no longer be lived and are in the danger of being lost.

On the one hand we find elderly migrants feeling useless and desolate. Their talents and competencies are not used and they would love to face up to new tasks.

On the other hand we find migrants needing help. They prefer to be helped by people from their own culture group, among others because of language barriers.



The project ... (With a little help....) addresses elderly migrants with special talents, with energies, being responsive to the project idea. Migrants being willing to use their experiences and social competencies to assist the needy.

## The training

This project provides the opportunity of an extremely beneficial intensive free apprenticeship as senior migrant. The training contains 10 days. Experts from 5 different countries with diverse professional competencies train the future senior migrants in the fields:

- Biographical learning
- Project management
- Communication training
- Intercultural communication
- How to work with emotions
- Reciprocal maueutic approach (innovative human methodology of education)
- Country specific conditions: health care system, infant care (e.g. nursery school, kindergarten), educational system, parental involvement.

Herewith the foundations are layed for cooperation with integration agencies, charity and similar institutions.

This education as Senior Migrants means a personal gain, but mainly due to the professional engagement an enrichment of the community.

