

**Project coordination:**



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](http://www.st-hedwigshaus.de)

**Contact person:**

Gabriele Meymann-Christians  
Email: [meymann@st-hedwigshaus.de](mailto:meymann@st-hedwigshaus.de)  
Tel.: +49 5202 916517

**Project partner:**



Aristotle University of  
Thessaloniki  
Department of Agricultural  
Economics  
University Campus  
546 21 Thessaloniki  
Greece  
[www.auth.gr](http://www.auth.gr)



Inkerin Kulttuuriseura  
Ingrian Cultural Association  
Wallininkatu 7  
00530 Helsinki  
Finland  
[www.inkeri.com](http://www.inkeri.com)



Social Innovations Centre  
Miseikiu g.24, Naisiai  
81474 Siauliu raj.  
Lithuania  
[www.socin.lt](http://www.socin.lt)

CENTRO PER LO SVILUPPO CREATIVO  
"DANILO DOLCI"  
PALERMO

Centro per lo sviluppo creativo  
„Danilo Dolci“  
Via Roma, 94  
90133 Palermo  
Italy  
[www.danilodolci.org](http://www.danilodolci.org)



**Grundtvig Multilaterale Project:**

**UPS**  
**Unused Potentials of Senior Migrants**  
**Experts for Life**

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

**Migrants help Migrants**

**A two years training project**  
**Duration:**  
**October 2010—September 2012**

## The project

### **UPS Unused Potentials of Senior Migrants Experts for life**

Elderly migrants become senior migrants. The project UPS – Unused Potentials of Senior Migrants / Experts for Life – aims at addressing, selecting and qualifying senior migrants for their future field of activity and the development of a self-help manual. Nonnatives and migrants have to get along in a new world, in a different society, in a different milieu. Familiar models of mutual help, mutual support, e.g. in the families, in the neighborhood, in the circle of friends, can no longer be lived and are in danger of being lost. On the one hand elderly migrants feel useless and suffer from social isolation, their talents and competences are not used, being willing to face up to new tasks. On the other hand many migrants need help urgently, preferring to get help from their own culture group rather than from “strangers”. UPS addresses elderly migrants, “experts for life” of different migrant milieus, taking over the bridging function to migrants of the specific milieus that need help in diverse areas of their lives. These elderly migrants are addressed and selected with the help of a custom-made selection procedure. Contemporaneous to the selection procedure an innovative training programme to qualify senior migrants is developed. A guide containing the employed methodic-didactic concepts will be written, being spread all over Europe.

## The project

The qualified senior migrants will do social networking in the partner countries, amongst other things via cooperation with migrant’s self-organizations, local authorities, integration agencies and charity. The target is to get direct access to migrants needing help and to disseminate the concept of UPS. Thus, migrants are assisted in all areas of life, whilst at the same time disburdening community budgets.

## The target groups

### **Elderly Migrants**

The target group of UPS are elderly migrants with special talents, with energies, being responsive to the project idea. Migrants being willing to use their experiences and social competences to assist the needy.

### **Needy migrants**

Long term target groups are helpless migrants, e.g. in hospitals, residential homes for elderly, families, schools and nursery schools.

## The training

The training contains 10 days with 8 lessons at 45 minutes.

Experts from 5 different countries with diverse professional competencies train the senior migrants in the fields:

- Biographical learning
- Project management
- Intercultural communication
- How to work with emotions
- Reciprocal maeutic approach
- Country specific conditions: health care system, infant care, educational system, parental involvement, cooperation with integration agencies, charity and similar institutions.

## The results

### **The results**

Within the project UPS 100 migrants shall be selected and trained, each partner country a number depending on the migration quota.

According to this a self-help guide with the title „Help! I need somebody“ will be developed for further use and disseminated in Europe.

Needy migrants will get supported in all areas while simultaneously disburdening collective finances.