

4th PROACTIF SENIORS NEWSLETTER

Dear Readers, Season's greetings from your editorial team. We are happy to present you the latest edition of the Proactif Senior newsletter. The project partners met in Litomyšl (Slovakia) and Pavia (Italy) to coordinate final progress, the project is entering the end phase.

As we had the opportunity to visit France (Corsica), Portugal, Ireland, Austria, Czech Republic, Slovakia and finally Italy the whole partnership was inspired by all that activities for seniors which have been offered on our way through "good old Europe".

The fundamental idea that inspired the project "Proactif Seniors" was to create a learning network across all partner countries to explore opportunities for "Active Aging". We believe in this strong network and wish you further success in supporting seniors on their lucky way to reach a way to "Life Long Learning" in all your countries.

We welcome you one last time to give your valuable feedback to the editorial team. Please remain connected via <http://www.proactifs-seniors.com> as well as social media.

1. Best practices in our host country Czech Republic at the meeting of partners:

- **On 3rd and 4th of April 2014 the partners of the project « Proactif Seniors » met in Litomyšl for their 6th transnational meeting.**

Litomyšl is a town and municipality in the [Pardubice Region](#) of the [Czech Republic](#). The chateau complex in the town centre is listed as a [UNESCO World Heritage Site](#). Litomyšl is located 136 kilometres (85 mi) east of [Prague](#).



Litomyšl, Czech Republic

The eastern Bohemian town of Litomyšl emerged in the 13th century on the site of an older fortified settlement on the [Trstenice](#) path - an important trading route linking [Bohemia](#) and [Moravia](#). The German population was expelled as a result of the Benes Decrees in 1945. Until 1918, *LEITOMISCHL - LITOMYŠL* (older German name *Leutomischl*) was part of the [Austrian monarchy](#) (Austria side after the [compromise of 1867](#)), head of the district with the same name, one of the 94 *Bezirkshauptmannschaften* or "okresní hejtmanství" in [Bohemia](#).

The dominant feature of Litomyšl is the monumental Renaissance castle dating from the years 1568–1581. The buildings of the castle precincts are not only exceptional for their ar-

chitectural refinement, but have also inscribed themselves in history as the birthplace of the Czech composer, Bedřich Smetana.



On the elongated square, which is one of the largest in the Czech Republic, stands a town hall of Gothic origin and a series of Renaissance and baroque houses, many with arcades and vaulted ground floor rooms. One of the



most important of these is the House at the Knights (U Rytířů) with its remarkable façade. In the past the town was also a significant religious centre; it was in Litomyšl in 1344 that the second bishopric to be established in Bohemia was founded, although it ceased to exist during the Hussite Wars. In the 19th century, the Litomyšl Grammar School was of great importance. The cultural traditions of the town go much beyond regional and national frontiers. The exquisite interiors of the castle, especially the baroque castle theatre, the amphitheatre in the castle park and Smetanas' house, all offer varied programmes of concerts and theatrical performances and thus enrich the life of the town throughout the year. In 1994 the meeting of the seven Central European presidents took place at the castle. The chateau complex was included on the UNESCO World Heritage List in 1999. Litomyšl is also home to the Portmoneum, a museum of artist and writer Josef Váchal in his former home.



- **Best practices in Litomysl on the 3 rd of April 2014**

1st visit:

- **Caritas Litomyšl - Volunteer wardrobe for the needy (poor).** She is involved with 8 volunteers for 9 years. Volunteers are among the seniors. The seniors use their free time and help the needy. Every year a sitting area was provided with a dance for the public.

2nd visit:

- **Library Litomyšl - memory exercises.** Within the library 3 generations of people meet to utilize memory exercises. It is mostly seniors who meet here. These exercises are very popular and are accompanied by tasting homemade cakes and organizing joint excursions. In addition, the library holds a special inter-generational oriented programme. This is in the context of historical topics. Grandparents with their grandchildren explore archaeological finds in a fun way on the ground near Litomyšl.

3rd visit:

- **Swimming pool Litomyšl - organizes special courses for seniors.** Seniors under the supervision of Edenia experienced professional 1.5 hours per week practicing body exercising. They can also have free use of the sauna, whirlpool and outdoor pool.

2. Best practices in our host country Italy at the meeting of partners:

- **On the 3rd and 4th of July 2014 the partners of the project « Proactif Seniors » met in Pavia (Italy) for their 7th transnational meeting.**



7th Partner meeting, Centro Servizi Formazione, Pavia, Italy

Pavia is a town and comune in South-Western Lombardy, Northern Italy, 35 kilometres (22 miles) South of Milan on the lower Ticino river near its confluence with the Po. It is the capital of the province of Pavia. It has a population of c. 71,000. The city was also the capital of the Kingdom of the Lombards from 572 to 774. Pavia is the capital of a fertile eponymous province known for agricultural products including wine, rice, cereals, and dairy products. Although there are a number of industries located in the suburbs, these tend not to disturb the peaceful atmosphere of the town. The town also is home to the ancient University of Pavia.



The University, together with the IUSS (Institute for Advanced Studies of Pavia), the Ghisleri College, the Borromeo College, the Nuovo College, the Santa Caterina College and the EDi-SU, belongs to the Pavia Study System. Furthermore, Pavia is the see city of the Roman Catholic diocese of Pavia. The city possesses a vast amount of artistic and cultural treasures,

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including several important churches and museums, such as the well-known Certosa di Pavia.

- **Best practices in Pavia on the 3rd and 4th of July 2014**

1st visit:

- **Cazzamali Centre** (Association of Social Promotion for Seniors): **Dissemination** seminar:
 - General overview of the project (ID Formation)
 - General overview of the outcomes (Slovak or Carvin partner)
 - Little show performed by beneficiaries in Cazzamali Centre

2nd visit:

- **University** of Pavia - Aula Scarpa: **Good practices of active aging in province of Pavia: presentation of the projects:**



University of Pavia, Italy

- **"The movement to age well"** – (Dr. ssa Francesca Chiara Ramella, Specialist in Physiatry and Rehabilitation)
- **"The physical activity in daily life"** – (Dr. Luigi Camana – Azienda Sanitaria Locale of Pavia)
- **"Autumn Flowers"** - Project of support to the family of patients affected from illness of Alzheimer (Dr. Fabio Guerriero, Specialist in geriatric medicine – Institut Santa Margerita), Coordinator: Professor Giovanni Ricevuti, University of Pavia)

3. Pinboard:

- **For sharing and announcements :**
 - 1. City Čadca promotes active aging. Municipal Office prepared and from June launched a new project aimed at training seniors. Project will attend a total of 130 people aged over 50.



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On our Facebook account we will inform you about all news, events and benefits of Proactif Seniors. We would be delighted to have you joining us as a friend on Facebook!

[www.Linked In / Proactif Seniors](http://www.LinkedIn/ProactifSeniors)



Please connect with us on LinkedIn and join relevant discussions as well stay updated about project progress.

Readers' Column

We feel inspired by your interest and are pleased to announce that we shall be publishing your letters/emails/feedback/suggestion, etc. from the next edition of the Proactif Seniors Newsletter. Please do write to us: ingrid.trenner@kist-consult.com

We hope you find the 4th edition of the Proactif Seniors Newsletter informative and interesting. We look forward to hearing from you and will be back with another edition soon.

Yours,

Proactif Seniors Team