

## International workshop programme

### Challenge Ageing

Prague, 10.9. 2010

09:00 - 09:30 Registration

09:30 - 9:45 Official opening of the workshop

Introduction of Respekt institute, project 50+ Actively, research team and foreign partners of the project.

09:45 - 10:45 I. Session - Seniors in Czech

Introduction to problems of employment and active free time management of seniors. Introduction of particular parts of the 50+ Actively research and key results of sociological survey: advantages and disadvantages of 50+ employment, education and professional re-qualification of 50+, retirement and voluntary early retirement, specific tools of 50+ employment encouragement, institutional cooperation, volunteering and ageism.

10:45 - 11:00 Coffee break

11:00 - 12:30 II. Session - Good practices in Europe

Introduction of good practices in Czech, Sweden, Lithuania, Greece and Germany focused on volunteering, labour market and free time activities of seniors.

Good practices presentations (including discussion) given by project coordinators from different countries, starting with Czech experience and followed by the foreign partners. Sweden represented by *Swedish Association of Senior Citizen*, Germany by *Zentrum für Allgemeine Wissenschaftliche Weiterbildung* of the Ulm University, Lithuania by *Seniors Initiatives Centre*, Greece by *Social Aid of Hellas* association.

12:30 - 14:00 Lunch

14:00 - 15:30 III. Session - World Café 1

Application of the World café group-discussion method. Discussion themes: What are the barriers of employing 50+? How to reduce them? What are the opportunities for 50+ generation? How can we motivate seniors for participation in voluntary projects?

15:30 - 16:00 Coffee break



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**16:00 - 17:00 IV. Session - World Café 2**

Introduction of group-discussion results.

**17:00 - 17:30 Workshop conclusions**

Moderated discussion of participants aiming to formulate outcomes and recommendations.

*Language: English.*

## **What is the World Café method?**

This discussion method helps with opinion sharing in bigger groups and concluding common findings. World Café was inspired by informal conversations in cafes and takes place around informally set tables when from four to five people discuss given topic.

## **How does the discussion take place?**

There are some important rules - everyone should discuss given topic. It is desirable to meet as many different people as possible during the series of discussions. Foremost - everyone's opinion is to be heard. Every discussion table is equipped with papers to note down important ideas. Every table votes for one person to record ongoing discussion. Debaters switch tables after 15 minutes in order to acquire and share as many ideas as possible.

World Café provides connection of particular ideas and leads to interesting conclusions.



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## About project 50+ ACTIVELY

### Increasing employment and promoting free-time activities for seniors

Non-profit NGO Respekt institut, o.p.s., is implementing a project focused on identification of successful tools of promoting active aging among seniors by using transfer of good practices and exchange of foreign experience. The project is searching for options of extension of economical activity and social integration as well as supporting harmony between work and private life in senior years and retirement.

Analysis of both international and domestic good practices supporting integration of generation older than 50 years was elaborated in the first stage of the project. The analysis also covers assessment of possibilities of transfer and application of these good practices in the Czech environment.

Large sociological survey was another part of the project. The survey had mapped needs of 50+ generation in the Czech Republic and was finished in the first half of year 2010. The Survey covered not only wide public but also employers, HR managers and workers of organizations offering services for older citizens.

International workshop will be organized in September 2010. All relevant and participating organizations will be invited to share ideas on successful transfer of experience, results of sociological survey and analysis of good domestic and foreign practices.

Results of this international comparison of good practices, survey in the Czech environment and international seminar will be compiled into the project publication.

Second phase of the project aims at promoting output in the media maximizing awareness of employers, their motivation to provide jobs for people in senior years and retirement, and awareness of free-time activities among 50+ generation. Popularizing publication and series of articles will be also used to promote the project.

Foreign partners are:

- Zentrum für Allgemeine Wissenschaftliche Weiterbildung, Ulm University, Germany
- Swedish Association of Senior Citizens, Sweden
- Social Aid of Hellas, Greece



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