

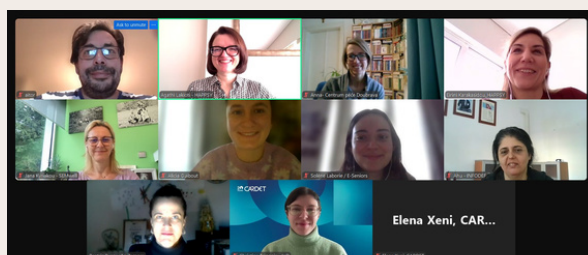


Newsletter

Science based habits of people
who age well - Ageing Well Project

TRAIN-THE-TRAINERS MASTERCLASS

We have started the year 2025 in the best way possible! Caregivers and adult educators from the partner organisations gathered in January to share experiences and learn from each other!



The Positive Ageing Toolkit and the **Ageing Well Training Program** were presented, with the active participation of all partners, giving valuable insight and practical strategies for enhancing the well-being of caregivers and older adults.

These caregivers and adult educators, now equipped with new tools and knowledge to enhance their caregiving approaches, are the key actors in the next phase of the project - the piloting and testing workshops organised in each partner country.

TIME TO PILOT!



The piloting phase is actively involving caregivers and adult educators in the testing and finalisation of resources and tools. Guided by the Ageing Well trainers, **90 caregivers and adult educators** gave their feedback and suggestions from their target audiences, contributing to the co-creation of the training program! Partners are taking it all in and fine-tune the modules and lesson plans with these insights.

COMING SOON...

The Ageing Well training program for caregivers and adult educators will soon be available in our project website in English, Czech, French, Greek and Spanish! Partners are also developing an **eLearning space for individuals 65+** with the material, videos, links and exercises to empower these individuals with new skills!



Co-funded by
the European Union