



	<b>REPORT SHEET ON PILOT ACTIVITIES</b>
<b>FIELD THEME</b>	
Talking about social exclusion	
<b>PLACE, DATE, TIME OF SESSION</b>	
Gdynia, UM WIS: 21.11.2014, 14:00 - 16:00	
<b>TARGET GROUP, NUMBER OF PARTICIPANTS</b>	
Senior citizens - 8 participants Adult trainers – 2 participants (WIS, GCPU)	
<b>OBJECTIVE OF THE SESSION (WHAT DID WE WANT TO ACHIEVE)</b>	
(1) Testing out good practices; (2) Train trainers; (3) Talk about social exclusion	
<b>METHODS USED (ILLUSTRATE WITH IMAGES WHEN POSSIBLE)</b>	
Tat good practice; Who are you until now good practice; C2C good practice.	
<b>REACTIONS - OBSERVATIONS – EVALUATIONS: WHAT ADVANTAGES AND RISKS OF THE METHOD HAVE WE FOUND?</b>	
<p>The group consisted of older senior citizens who from the outset complained about the quality of their lives. They felt lonely and ignored. They lacked a purpose in life. That's why they had decided to be present – it was something to do at least.</p> <p>As the good practices were implemented the participants became more and more lively and engaged. At the end they stated that they wanted something like this every week. They felt taken seriously and heard. This was very important for them.</p> <p>The Who are you and Tat good practices were accepted as introductions. But the C2C good practice attracted immediate concentration. They said that they could finally talk in a</p>	



dignified way, even though the dialogues would only last for 90 seconds. They were also keenly interested in the therapeutic analysis right after the dialogues.

Many participants stated that they would be using the good practice to be heard in a dignified way.

#### **ANY FURTHER OBSERVATIONS**