



**GEFAS**  
**Steiermark**

**Agency responsible:**

**GEFAS Steiermark**

Dr. Rosemarie Kurz  
Mag. Manuela Hinterberger  
Mag. Doris Hoffmann  
Mozartgasse 14a, 8010 Graz,  
Österreich  
Tel.: +43/316/380-2964  
Email: gefas@seniorweb.at  
Web: www.seniorweb.at

**EURAG Europe**

Mag. Gerhard Theissl  
Wielandgasse 9, 8010 Graz,  
Österreich  
Tel.: +43/316 81 46 08  
Email: office@eurag-europe.at  
Web: www.eurag-europe.org

**Scuola Superiore Sant' Anna**

Luca Odetti  
P.zza Martiri della Libertà 33,  
56127 Pisa, Italien  
Tel.: +39/050 78 63 56 11  
Email: l.odetti@sssup.it  
Web: www.sssup.it

**Leicester Adult Education College**

Pauline Swanton  
Wellington Str.  
Leicester LE7 6 HL, United Kingdom  
Email: ps1@laec.ac.uk  
Web: www.laec.ac.uk

**USAL**

Luis Jacob  
Rua Mario Viegas, LT7 2080 084  
Almeirim, Portugal  
Tel.: +351/24 35 92 316  
Email: luisjacob@socialgest.pt  
Web: www.usal.web.pt

**ATHENA**

Hana Danihelkova  
Premyslovcu 48, 70900 Ostrava,  
Tschechische Republik  
Tel.: +420/595 626 160  
Email: athena@wo.cz  
Web: www.athena.euweb.cz

**ZDUS**

Irena Levicnik  
Kebetova 9, 1000 Ljubljana,  
Slowenien  
Tel.: +386/1 519 50 86  
Email: irena.levicnik@amis.net  
Web: zdus@siol.net

**VHS Hamburg**

Ellen Abraham  
Billstedter Hauptstr. 69a, 22111  
Hamburg, Deutschland  
Tel.: +49/40 73 61 71 26  
Email: e.abraham@vhs-hamburg.de  
Web: www.vhs-hamburg.de



**GEFAS**  
**Steiermark**

Association for Promoting Gerontology and the Studies of Senior  
Citizens at Graz University  
Mozartgasse 14a, A-8010 Graz, Tel.: +43(0)316/380-2964,  
Fax: +43(0)316/380-9212, E-Mail: gefas@seniorweb.at  
Homepage: www.seniorweb.at

**LENA**

Learning in the post-professional phase

**LENA**

**Learning in the post-professional  
and empty nest phase**

A European project of GEFAS Styria

Supported by:



**Sokrates**  
Grundtvig



BUNDESMINISTERIUM FÜR SOZIALE SICHERHEIT  
GENERATIONEN UND KONSUMENTENSCHUTZ

**Projects and Initiatives  
by and for older women and men**  
[www.seniorweb.at](http://www.seniorweb.at)

## **WHAT IS LENA?**

LENA is the basis for putting the vision of lifelong learning for all people into practice! It is a European funded project that is researching ways in which partners might approach the development and implementation of an empowerment curriculum for older people.

The project lifetime runs from October 2004 to September 2006.

## **WHAT ARE WE DOING?**

Partners are working on the development of modules of a curriculum for older people. By applying tried and tested principles from the previous LISA project, national activity is taking place to trial new content and methodology that has been negotiated with a range of people from experts to beneficiaries. Later these modules will be piloted in all partner countries. The final product will be a learning offer that works in a pan-European context and that is freely available for implementation.

## **WHAT ARE THE AIMS OF THE PROJECT?**

Our aim is to outline an empowerment curriculum based on modules with new and specifically target group-related educational offers. Besides we will develop a set of methods for "Teaching Older People and Learning in Senior Age".

## **WHO ARE THE PARTNERS?**

The partners are drawn from agencies and services in seven European countries: Austria, Czech Republic, Germany, Italy, Portugal, Slovenia and the UK. All have different skills, knowledge and understanding to offer, expertise in the delivery of learning to older people, in gerontology, in health and social care, in IT and in networking-

## **WHAT IS AN EMPOWERMENT CURRICULUM?**

It is one that will enable an individual to be proactive in the context of work, community and family. We will focus on activity that contributes to that individual's ability to make the right choices, to engage, to improve self-esteem and self confidence, to sustain their own physical and mental well-being into later life. We wish to acknowledge and champion the place of learning in the lives of older people. We also recognise our obligation to challenge ageism and celebrate diversity and inclusivity through our work.

## **WHAT ARE OUR PARTICULAR MEASURES?**

To define the themes we work with focus groups with older people. We develop and adapt particular national modules and transfer the modules to develop the transnational empowerment curriculum.

[\*\*www.lisa-net.info\*\*](http://www.lisa-net.info)