



Adult's Citizen Club 50 +

LLL and IGO in the

nothern part of Luxembourg

LLL Life Long Learning

IGO Inter-Generational Opportunities

Universités des adultes

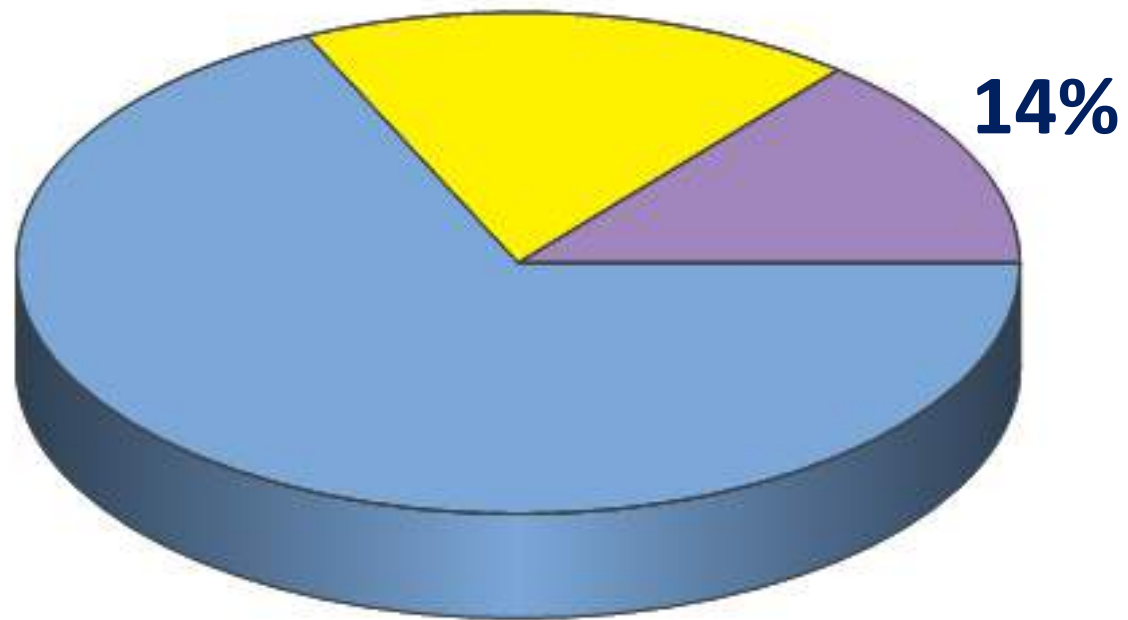
Volkshochschule

Adult training and education

Club Nordstad

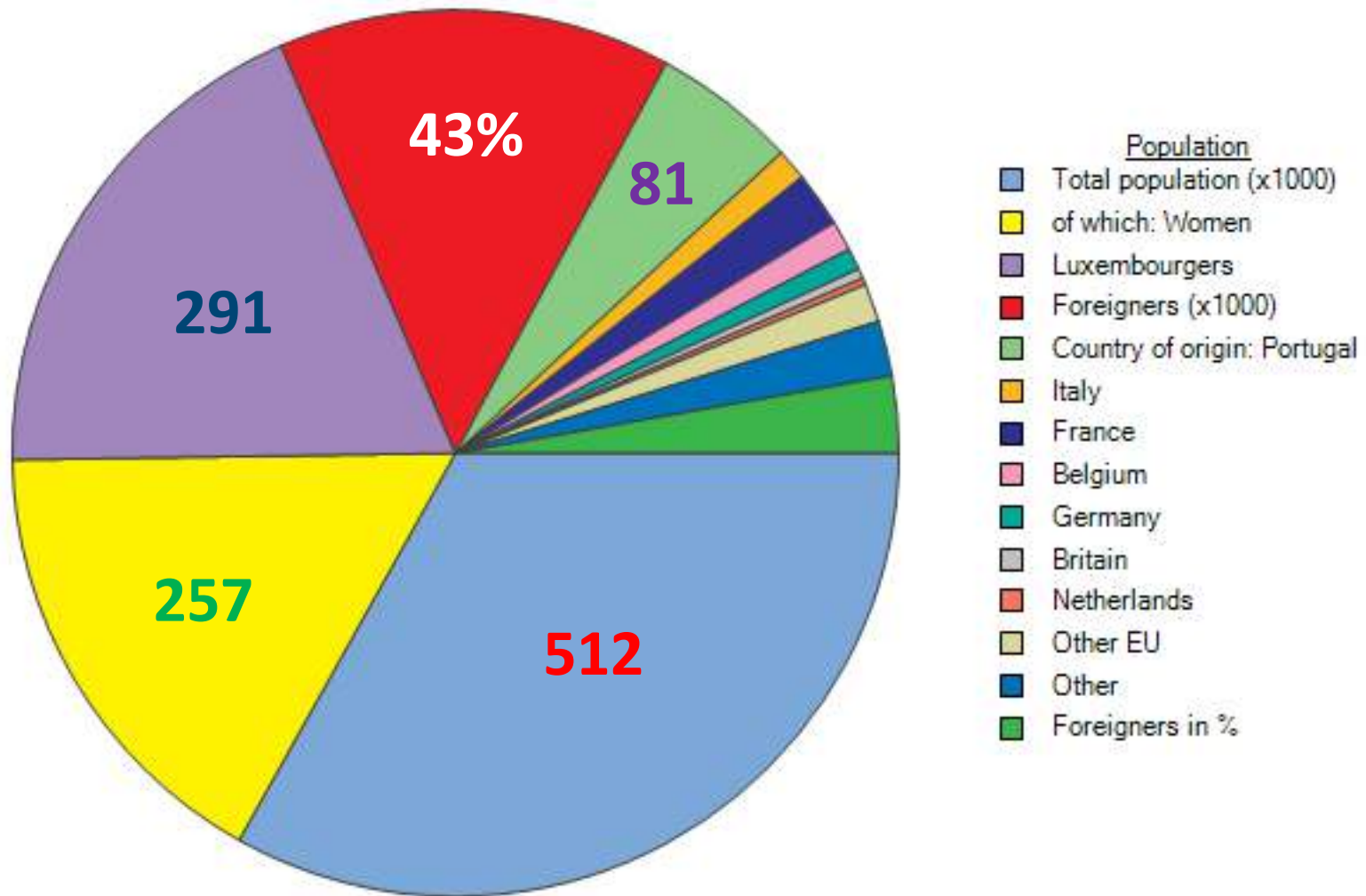


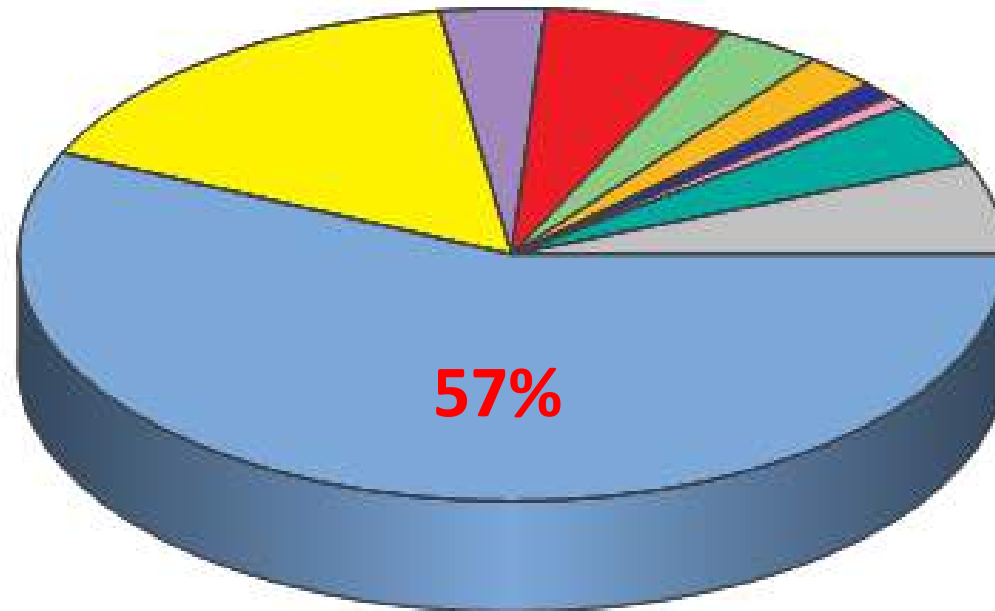
We are one of 16
«Club Senior» in
the Grand-Duchy
of Luxembourg



- Population
- Working age (15 to 64 years)
 - Children (0 to 14 years)
 - Third age (65 years and more)

2011





Population

- | | | |
|-----------------------------|-------------|----------|
| Luxembourgers | Belgium | Other EU |
| Country of origin: Portugal | Germany | Other |
| Italy | Britain | |
| France | Netherlands | |

Our region is situated in the middle-northern part



« Nordstad » is a newly created name, not yet a town-name , but a common aim for a region. Actually this region is the 3rd biggest center of the country. 8 municipalities take part in the cooperation. They want to work and investigate together in projects and in providing the regional development.

some 23.868 people are living in this region

13738 of them are 50+ years old

5497 of them has the luxembourgish nationality

8241 of them are foreigners mostly from Portugal, ..**63 %**



Vital an aktiv 50+

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Ettelbruck and Diekirch offer all kind of infrastructure:



Sport



Hospital



shopping



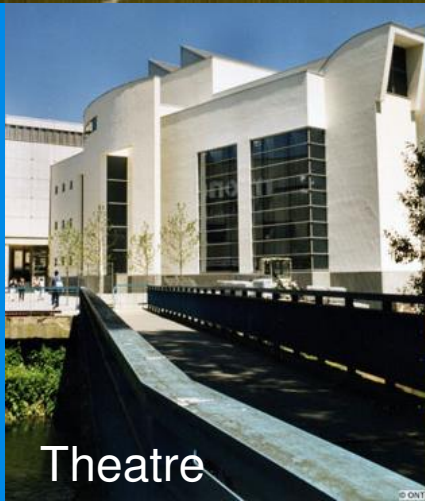
Events



Railway-Station



Restaurants and beer



Theatre



Schools

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The surrounding villages have all rural characters:



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Vital an aktiv 50+

Many elderly people, especially when they are living alone, leave their houses in the little villages and come for living in the cities of Diekirch or Ettelbruck .

Those who are staying in the villages, often have problems with transport and so there is risk of isolation.

**We have our own
shuttle buses**



- In collaboration with the Ministry / family affairs
- Supported by 8 municipalities
- As a non-profit association



Bett



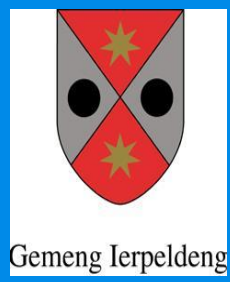
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Dk



Sch



Gemeng Ierpeldeng



CB



Members of the Supervisory Board



This is a voluntary engagement !

Club Senior Nordstad a.s.b.l.

President:

Dr. med. Jean-Claude LENERS

Vice-President:

Christiane MERGEN

Secretary:

Ed PEIFFER

cashier:

Charles JACOBY

members:

M. ERASMY

M. GAUTHIER-STREFF

E. RASSEL

M. DIEDERICH

H. PETERS

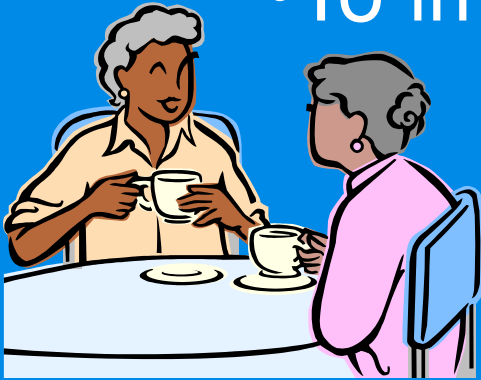
During all activities, our main objectives are:

- To improve **physical health**,

- social contacts,

- cognitive activation

and psychological balance





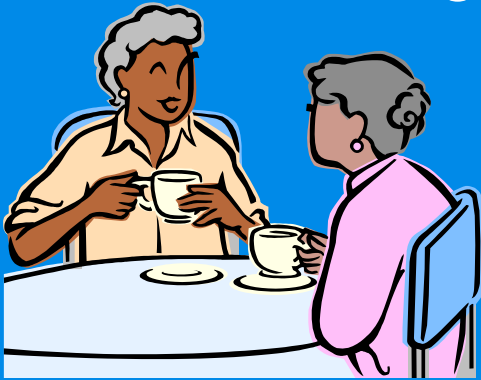
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Excursions and Trips



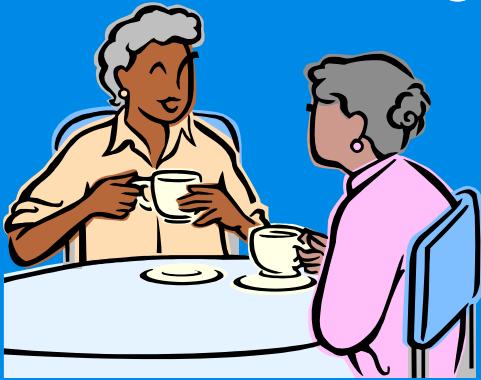
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This text deals with women's position in society through some words.
For many women the word "housewife" is not a good word. It's outdated. But it's difficult to find the right word.
An alternative was found with the word "housemaker".
It's better adapted to the changing economic reality than the woman and even way to describe the profession they do.

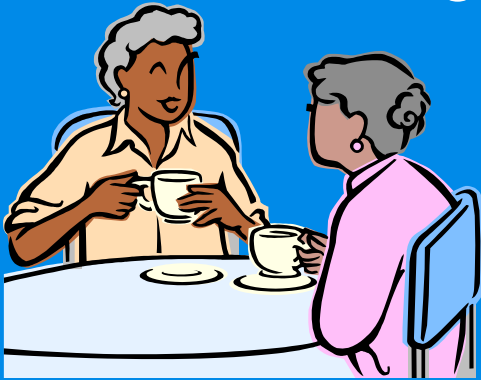
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Health and Wellness

Qi Gong, relaxation, brain gym, wellness' days , healthy cooking, conferences, etc.



19/10/2007

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Our quality standards and aims:

- Are fixed in a **general action concept**
- Every second year, we concentrate our work on a new focus
- Actually we are trying to integrate senior migrants and younger people into our activities
- We set high value on a personal contact with our customers
- We organize consciously activities in small groups
- People are implicated by proposing the activity program
- Courses are managed by freelance teachers
- Participant's feed-back is important for us

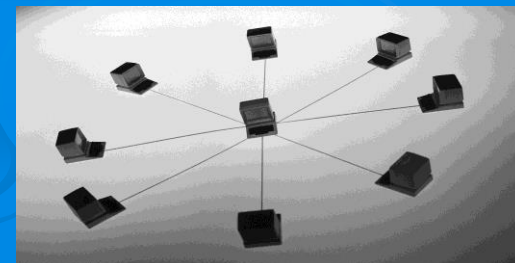
4x / year we print an activity –
program to inform the
citizens about our offer



<http://www.nordstad-clubsenior.lu/>

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- **We organize**
 - **day-excursions , trips and journeys**
 - **different sport activities**
 - **cultural visits of exhibitions , museums, theatre and concert,...**
 - **social events like parties , lunches, dinners,...**
 - **creativity workshops**
 - **special activities for health prevention**
- **We offer**
 - **Consulting and Information**
 - **Lifelong Learning courses, languages, handycraft,...**
 - **service benefits**
- **We introduce**
 - **in new technologies like mobile phone, laptop, GPS, ...**
- **We support**
 - **Volunteers and give them opportunities**



Journey's of Inspiration



Sport



Aqua-Sport



Cultural visits



Consulting and Information

We organize regular conferences about relevant themes for seniors



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Social events



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Arts and Creativity



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Lifelong Learning



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Volunteers unlimited...



Our office in Ettelbruck

Opening times:
Monday – Friday
8:00 – 12:00 h
14:00 -17:00 h

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Full-time - Staff



We are member of the national network of CS / AC

We are member of the AIUTA: Ass. Int des Univ. du 3e Age

We are collaborating partners with E.U.

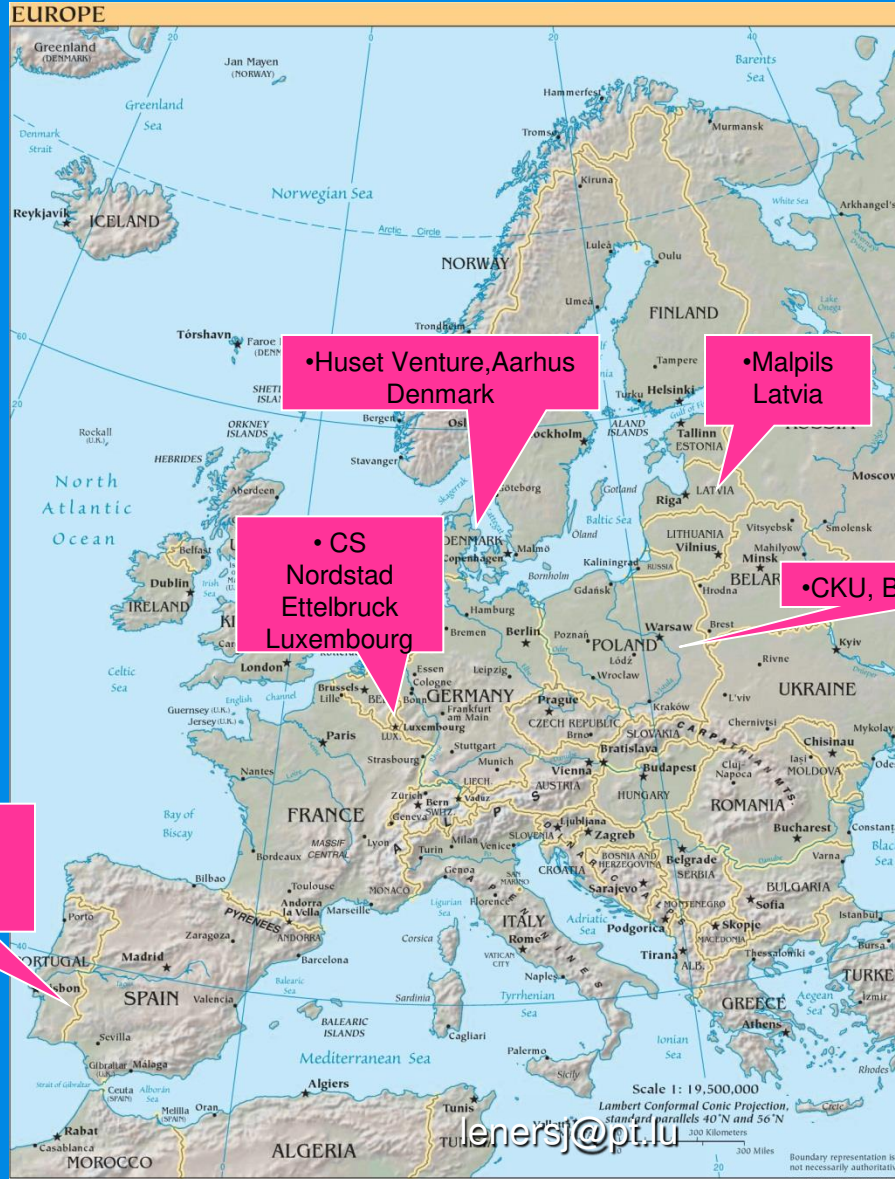
The specific aims of the Grundtvig program are to:

- increase the number of people in adult education to 25 000 by 2013, and improve the quality of their experience, whether at home or abroad
- improve conditions for mobility so that at least 7 000 people per year by 2013 can benefit from adult education abroad;
- improve the quality and amount of co-operation between adult education organizations;
- develop innovative adult education and management practices, and encourage widespread implementation;
- ensure that people on the margins of society have access to adult education, especially older people and those who left education without basic qualifications;
- support innovative ICT-based educational content, services and practices.

A. Project documentation

www.lifelonglearning55.eu

Partner countries: 2008 / 09



• Alentejo
Portugal

• CS
Nordstad
Ettelbruck
Luxembourg

• Huset Venture, Aarhus
Denmark

• Malpils
Latvia

• CKU, Bialystok Poland

Computerclasses Poland



13/03/2008

Activities in Denmark



Polish Dinner in Denmark
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English class for advanced Luxembourg



Study Visit in Cuba, Portugal



José, one of the portugese students

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Study Visit Malpils , Latvia



Dancing together

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B. Lifestyles Revisited - in IG Environment 2012

5 Members of the Club Senior Nordstad



and

5 students from Centre National de Formation Professionnelle
Continue (CNFPC) Ettelbruck



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Local IG Group

Participating Seniors



79



75

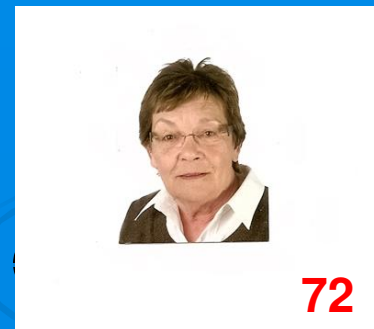


62 years



68

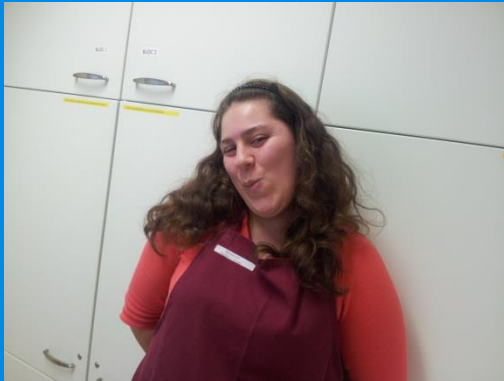
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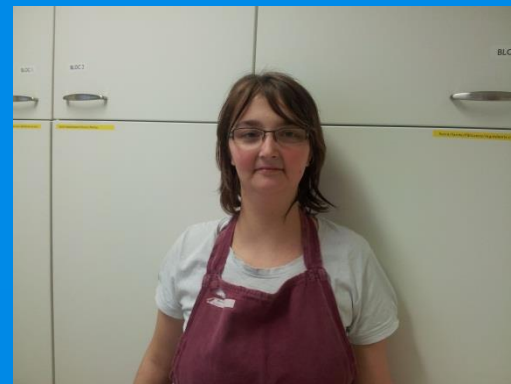
72

Local IG Group

Participating students:



16 - 17 years



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Objectives of the IG workshops

General objectives

- Intergenerational dialogue
- Learning how to present themselves
- Learning to be open to new persons of another generation
- Learning how to tell about themselves
- Learning, that there is a person who is interested in my lifestyle
- Learning to behave in a new surrounding
- Listen to new expressions

Objectives of the IG Workshops

Objectives in relation to the particular lifestyle

- Exchange on:
 - Eating habits
 - Traditional dishes
 - Preparing methods
-
- Learning to take a decision
 - Learning how to prepare a special dish

Methodology and description of the workshops

Tasting things that the young people like



Methodology and description of the workshops

Anni and Tatjana “



Staerzelen (old menu)
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Methodology and description of the workshops

Christiane and Samantha – Fanta Cake (new idea)



Thank you !

Dekuji