

Golden Age Platform

Inclusion of Senior Citizens to Virtualised Environments with Lifelong Learning Facilities

GAP-IOS

Life-Long Learning (LLL)

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Definition of Life-long Learning (1)

- “All learning activity undertaken throughout life, with the aim of improving knowledge, skills and competences within a personal, civic, social and/or employment-related perspective”

(European Commission, 2001, p. 9).

Definition of Life-long Learning (2)

- “The combination of processes throughout a life time whereby the whole person—body (genetic, physical and biological) and mind (knowledge, skills, attitudes, values, emotions, beliefs and senses)— experiences social situations, the perceived content of which is then transformed cognitively, emotively or practically (or through any combination) and integrated into the individual person’s biography resulting in a continually changing (or more experienced) person.”

(Jarvis, 2006, p. 134)

In a nutshell... Life-Long Learning

- takes place “from Cradle to Grave”!
- can take place at every phase of life!
- should be available to everybody!
- can be on any subject!
- is a life-style!

Different Stages of Life-long Learning

- Different learning models within the life span
 - (1) pre-adulthood (birth to about age 22)
 - (2) early adulthood (ages 17–45)
 - (3) midlife transition (ages 40–45)
 - (4) middle adulthood (ages 40–65)
 - (5) late adult transition (60–65 and beyond) (Levinson, 1997)
- Different training designs for different generations

3 Main Domains of Learning/Education

- Formal Education
 - Nursery, primary, secondary, tertiary education
 - On the job training/vocational education
- Non-formal Education
 - Community education
 - Adult education
- Informal Education
 - Learning from personal experiences and challenges

Dimensions of Life-Long Learning Tools

(Douce, 2008)

- **Objectives:** the clarity of concreteness of learning objectives
- **Formality:** the degree of formality and whether learning exists within a defined study framework
- **Time:** whether learning is to be carried out within a defined time frame
- **Interconnectivity:** the extent that learning activities require or would benefit from collaboration with others
- **Support:** the level of individual support needed to successfully orientate a learner to their tasks
- **Identity:** related to interconnectivity and personal security; the degree to which personal aims and objectives are shared with others

Distance/ Online education

- Distance/Online education is an important part of Life-long Learning.
- Distance/Online education
 - Has expanded with technological developments in Information and Communication Technologies (ICT)
 - Has become more popular during COVID-19 era
 - Provides temporal and spatial flexibility and accessibility
 - Enables utilization of digital educational technologies
 - Is cheaper than in-person trainings

Why Life-long Learning?

- Technological developments are much faster
- Accumulation of knowledge is much more extensive
- Societal change is much more rapid
- Formal education (schools, universities, etc.) cannot provide all the knowledge and skills that people require to sustain their lives
- There is a need for constant learning and skill update
- There is a constant need for self-fulfillment

Life-long learning is a medium for **ACTIVE AGEING**

- **Active ageing** is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age (WHO, 2014).
- Life-long learning enables professional, social, economic and cultural participation to the society.

Addressing The Learning Needs Of Older People

- Life-Long Learning itself!
- Health literacy
- Work related requirements
- Recreational activities
- Digital skills
- Financial Literacy
- Legal Literacy
- Personal interests
- 3rd Age Universities

Practices of Life-long Learning at Older Ages

- Self-Directed Learning (Self Teaching/Reading/Watching/Writing/Practicing)
- 3rd Age Universities
- Public Trainings by the Municipalities and Local Initiatives
- Local and International Training Projects (Ex. Golden Age Platform!)
- On the Job Trainings
- Vocational Trainings
- Private Courses
- Intergenerational Programmes
- Volunteering
- Visual, Printed and Social Media

Benefits of Life-long Learning (Individual level 1)

- Boosts knowledge, skills, values, attitudes and understanding people need in life
- Opens and sharpens the mind
- Increases self-esteem and confidence
- Increases freedom, autonomy and independence
- Leads to an enriching life of self-fulfillment
- Sharpens interpersonal skills
- Helps making new friends and establishing valuable relationships
- Helps finding meaning in our lives

(Laal & Salamati, 2012)

Benefits of Life-long Learning (Individual level 2)

- Helps us adapt to change
- Increases wisdom
- Creates a curious, hungry mind
- Increases problem solving skills
- Sharpens career opportunities
- Increases income

Benefits of Life-long Learning (Macro level)

- It leads to more productive societies
- It leads to more innovative societies
- It builds more resilient societies
- It promotes cohesion in the society
- It helps decrease inequalities in the society
- It strengthens the economy

EU Platform for Life-long Learning

- EU has adopted lifelong learning as the basis of its education and training strategy to achieve the Lisbon objectives
- <https://lllplatform.eu/>



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Partners

