TOWARDS A DYNAMIC THIRD AGE
Reykjavik
Tuesday 23 September

Training for staff development
and the promotion of Active Ageing
Permanent University of the University of Alicante
C. Bru & M. Aleson

Be Active through Life Long Learning (BALL)
• Older Adult University Programmes (OAUPS) in Spain

• The national framework: AEPUM

• The UPUA: Birth and context. What does it pursue?

• Programme characteristics

• Research:
  • The EU and Grundvig Educational Innovation Programmes ... 

• Best Practices

• Collaborative learning and self-development:
  • AAUP, IV...
Older Adult University Programmes (OAUPs) in Spain: “non-formal” teaching within an academic context, the university

The aim is not to get an official degree qualification or credit recognition and validation.

Nevertheless, there is a growing interest among people with no university degrees to enrol in official university studies after OAUPs.

OAUPs represent an open, flexible type of training adapted to the citizens’ environment

No previous requirements are demanded, only 50 years old
OLDER ADULT UNIVERSITY PROGRAMMES (OAUPS) IN SPAIN

• PROFILE:
  • high percentage of over-50s
  • active workers,
  • pre-retired people
  • unemployed

• HISTORY & DEVELOPMENT of OAUPS:
  • Spanish OAUPs promoted by university centres
  • between 1985 and 1990
  • in response to a social necessity.

Currently, more than 54 universities, 44 integrated into the Spanish National Association of University Programmes for Older Adults (AEPUM) with 43,000 students above 50 years of age

Web site AEPUM: http://www.aepumayores.org
EDUCATION FOR ADULTS

PROGRAMMES

- UNIVERSITY OF AGING (OAUPS)
- POPULAR UNIVERSITIES
- LOCAL ASSOCIATIONS
- EDUCATION THROUGHOUT THE LIFE
- VOCATIONAL EDUCATION / PROFESSIONAL
- LITERACY PROGRAMMES
- TRAINING CENTERS FOR ADULTS

Universitat d’Alacant
Universidad de Alicante
UNIVERSITY PROGRAMMES FOR OLDER ADULTS IN SPAIN

Asociación Estatal de Programas Universitarios para Personas Mayores

SPAIN’S NATIONAL ASSOCIATION OF UNIVERSITY PROGRAMMES FOR OLDER ADULTS – AEPUM

AIMS:

- To structure and promote university educational programmes
- To contribute to older adults’ training and cultural development
- To promote and develop dialogue and communication between Universities, Public Administrations and the private sector
- To create a meeting point for everyone interested in lifelong learning (institutional web page)

http://www.aepumayores.org/en
1st International Congress "Mistreatment and Older Adults of the 21st Century". University of Almería, 11th-13th of March 2014

Start: 11/03/2014
End: 13/03/2014

From the 11th to the 13th of March 2014 at the University of Almería.

Mistreatment and negligence against older adults is an important social problem that will be addressed at this Congress. The Director of the Class for Older Adults of the University of Almería invites us to participate. His letter is enclosed.

Organized by the University of Almería, Fundación Mediterránea, ACTUAL, Madurez Activa and Fadaum,

For further information about the Congress, contact the following e-mail addresses: anual@hotmail.es, madurezactiva@fadaum.org and actos@ual.es

All the information is here
Older Adult University Programmes (OAUPs)  
Teaching and Learning Innovation, Preparation for Active Aging, Collaborative Learning, and Autonomous Development.

- “First-generation” Programmes: early 1980s as free-time cultural programmes to favour socialisation among senior citizens;
- “Second-generation” Programmes: between 1990 and 1999; focused on educational activities oriented to older adults without university studies for knowledge improvement;
- “Third-generation” Programmes: from 2000 to 2006, where seniors trained to face existing social problems.

Nowadays, “fourth generation” programmes:
- educational programmes integrated in official curriculum
- especially in Education Sciences,
- students join research teams and international networks linked to educational innovation projects and cooperation with other European countries,
- cultural and intellectual learning that reverts on the adults’ social life and context in active way.

These aspects would not have been possible in these University Programmes for Older Adults without the cooperation with knowledge areas, university research teams and teaching departments.
SCIENTIFIC, CULTURAL AND SOCIAL PROGRAMME OF THE UNIVERSITY OF ALICANTE

OBJECTIVES:

• Promotion of science, culture and inter-generational relationships.
• Improving older generation’s quality of life.
• Encouraging active participation in dynamic, social, and community activities.
• Integrate the elderly in order to obtain better social cohesion and solidarity.
• Foster Self-management and empowerment of elderly citizens
UPUA SPECIFIC CHARACTERISTICS

- To help seniors’ process of adaptation to technological and socio-economic changes
- To provide older adults who could not receive it in the past with a chance of having access to higher education
- To offer educational alternatives to professionals
- To recognise, enrich and enhance the experience acquired by older adults during their professional life
- To encourage ongoing training and lifelong learning as tools for personal development and cultural integration within the knowledge society
- To contribute to active ageing
- To offer the opportunity to share knowledge and experiences
- Inaugurated in 1999
- 1,341 students at the San Vicente Campus and Alicante University Venue
- + 100 teachers conduct their subjects between October and June
- Academic Programme consists of 128 subjects of the following theme areas:

- Humanities: 51
- Computer Science, Image and Sound: 26
- Experimental Sciences: 21
- Health and Social Action: 17
- Society and Law: 13
WHO IS UPUA PROGRAMME AIMED AT?

- Adults of over 50 years of age (The oldest 94)
- Residents of the Valencian Community
- Persons who wish to improve their socio-cultural standing
- No formal qualifications required.
- New student profile in the UPUA!!!
WHERE DO THEY LEARN?

The Permanent University shares also the same services and facilities as the young students: Library, Laboratory, Sports Centre, Restaurants, Accommodation.
WHERE DO THEY LEARN?

- San Vicente Campus
- University’s Venue in the city of Alicante

University Venues
- Benissa
- Biar
- Cocentaina
- La Nucia
- Orihuela
- Villena
- Xixona

Municipalities
- L’Alfàs del Pi
- Callosa d’en Sarrià
- Guardamar del Segura
- Novelda
- Villajoyosa
Fácil acceso a los contenidos
Integración socio-territorial
Divulgación internacional
EVOLUTION OF THE PROGRAMME STUDENTS REGISTERED

Universitat d’Alacant
University de Alicante
Vicerectorat d’Estudis, Formació i Qualitat
Vicerrectorado de Estudios, Formación y Calidad

Erasmus+
permanent University

Computer Science, Image and Sound

Experimental Sciences

Health and Social Action

Humanities

Society and Law

Teaching

Research

Projects and Best Practices

Autonomous Developments
FORMAL ACADEMIC PROGRAMME - SENIOR DEGREE

- 720 hours of subjects freely chosen by the student
- Part of the specific framework of older adult’s university education
- **Senior Diploma** by the University of Alicante
- **Duration of courses**
  40 hours of theory and practice
- **Timetable**
  preferably evenings (5-8 pm.)
- **Days**
  Mondays, Wednesdays and Fridays, or Tuesdays and Thursdays

Universitat d’Alacant
Universidad de Alicante

Erasmus+
SENIOR DEGREE
NON-FORMAL PROGRAMME - SUPPLEMENTARY ACTIVITIES

- **SEMINARS AND WORKSHOPS**

- **CONFERENCES**

- **CULTURAL SUPPLEMENTARY ACTIVITIES**
  [http://www.veu.ua.es/](http://www.veu.ua.es/)

- **SENIOR STUDENTS INITIATIVES AND PROJECTS**
LEARNING BY RESEARCHING:

ACTIVE LEARNING

- ADAPTATION TO NEW TECHNOLOGIES
- EDUCATIONAL METHODOLOGY AND INNOVATION
- GEOGRAPHY AND ENVIRONMENT
- CULTURE AND ANTHROPOLOGY
- RECOVERING HISTORICAL MEMORY
- CULTURAL AND TERRITORIAL INTEGRATION
- ACTIVE AGEING AND HEALTH
- SOCIAL EXCLUSION ELIMINATION
- SENIORS AND MASS MEDIA
# SPECIALISATION AND RESEARCH PROGRAMME

## INTERNATIONAL PROJECTS

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<th>Project</th>
<th>Description</th>
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<td>EuCoNeT</td>
<td>European Computer Network</td>
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<tr>
<td>CODEPAM</td>
<td>Cooperación al Desarrollo en Educación Permanente de Adultos Mayores</td>
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<td>ODE</td>
<td>Open Doors for Europe</td>
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<td>LIFESTYLES REVISITED</td>
<td>Educational Experiments in Intergenerational Environments</td>
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<td>THINK TANK</td>
<td>Creating Captivating Teaching Strategies for Vulnerable Learners</td>
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<tr>
<td>EHLE</td>
<td>Empowering Health Learning for Elderly</td>
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<td>PPS</td>
<td>Peer to Peer Support Fostering Active Ageing</td>
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<tr>
<td>SENIOR</td>
<td>Support European Neighbours in Open Relations</td>
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<tr>
<td>BALL</td>
<td>Be Active through Life Long Learning</td>
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SPECIALISATION AND RESEARCH PROGRAMME

The Permanent University also develops specialisation initiatives within the framework of research projects and national as well as international cooperation schemes.

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<th>NATIONAL PROJECTS</th>
<th>BEST PRACTICES &amp; STUDENTS’ INITIATIVES</th>
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<td><strong>AEPUMA</strong></td>
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<td>Analysis and Evaluation of University Programs for Older Adults</td>
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<td><strong>COMAPUME</strong></td>
<td><strong>CONVERSATIONS AT THE SEDE</strong></td>
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<td>Social and Digital Competences in University Programmes for Older Adults at Spanish Universities I and II</td>
<td>(ALICANTE TOWN UNIVERSITY VENUE) Permanent Seminars</td>
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<tr>
<td><strong>GEOGRAPHIC AND ASTRONOMIC SCIENCES</strong></td>
<td><strong>SENIORS AND THE MASS MEDIA</strong></td>
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<tr>
<td>Technology applied to the knowledge society and active citizenship</td>
<td>(ALICANTE TOWN UNIVERSITY VENUE) Permanent Seminars</td>
</tr>
<tr>
<td><strong>AEPUM</strong></td>
<td><strong>FREE BOOKS AT THE SEDE</strong></td>
</tr>
<tr>
<td>National study in the field of academic programs for the elderly, access to new technologies</td>
<td>(ALICANTE TOWN UNIVERSITY VENUE)</td>
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http://web.ua.es/en/upua/projects/
Teaching, Learning & International Projects:
- favours intercultural, global, interdisciplinary and comparative integration with regard to teaching, research and Extra-Curricular activities.
- means the enrichment of all the individuals through intercultural contact,
- Introduces innovation (curriculum & teaching methods),
- encourages the exchange of knowledge and experiences, and
- returns results to the academic system itself.

Central axes:
- educational innovation;
- best practices for on-going training
- promotion of the acquisition of digital and social competences among senior
- Fostering competences for initiative development on third age
- collaborative learning and the creation of autonomous seniors who can continue with non-formal learning initiatives and be able to revitalise their environment by means of volunteering actions and other types of initiatives.

CONCLUSIONS
- Key features of these programmes
- Important for universities and research groups (lecturers and students)
- Enable a more advanced phase in the education and training of seniors
- Fruit from the actual maturity and evolution of OAUPs.
ACTIVE PARTICIPATION OF UNIVERSITY SENIORS IN INITIATIVES AND ACTIVITIES

They are developed by the UPUA in collaboration with the students who have proposed different projects: self-learning, volunteer work and students’ association.

AREAS:
- New Technologies
- Languages and Literature
- Search (MAYMECO)
- Guide
- Volunteering

Students not only are interested in these areas, but also can acquire knowledge through collaborative study

http://www.universidadpermanente.com/iniciativas/en
STUDENT ALUMNI ASSOCIATION

http://web.ua.es/upua/aaup/
ASSOCIATION OBJECTIVES

- Organise and develop cultural activities (courses, seminars, conferences, meetings, cultural trips, exhibitions, recitals)
- Contribute to the improvement of the Permanent University of Alicante
- Favour intergenerational relations
- Promote and improve the relations between the students of the Permanent University of the University of Alicante
- Favour the relations between students of University Programmes for Older Adults at national and international level
- Promote voluntary work
- Disseminate information of interest for the students and alumni of the Permanent University
- Collaborate with other associations of the University of Alicante and with other entities or organizations
QUALITY EDUCATION IN OAUPS AND PROMOTION OF ACTIVE AGEING

In summary, OAUPs quality training has evolved from its inception in the 80s in Spain due to the influence of:

- experts who contribute to the programmes
- the feedback effect on the education system
- the application of research results
- intergenerational, multidisciplinary and international synergies
- highly-trained active adults that collaborate, become responsible of their own learning, and whose initiatives and active collaboration have a social impact and may influence the society where they live in. These students become involved citizens that know how to age actively.
THANK YOU FOR YOUR ATTENTION