



Erasmus+



BALL

Be Active through Lifelong Learning

Adding value to the “third age”

*How to best prepare and facilitate the entry into retirement
through early and systematic planning,*

Dr. Hans Kristján Guðmundsson, Chairman, U3A Reykjavík

International Conference "Old Age- between Tradition and Modernity"-

Lublin, Poland, 22nd May 2015



Erasmus+



BALL Objectives

- To develop innovative guidelines and recommendations on good practices for preparing and encouraging individuals to prepare for the third age.
- To raise awareness of the importance of early preparation
- To disseminate the results in the partner countries, throughout the European Educational Area and the worldwide U3A network.



Erasmus+



BALL Partners

Evrís ehf, Reykjavík – Project Managers.

U3A Reykjavík (*University of the Third Age*).

UPUA, Alicante, *Universidad Permanente de la Universidad de Alicante*.

LUTW, Lublin, *Lubelski Uniwersytet Trzeciego Wieku*

U3A Reykjavík, UPUA og LUTW are all members of AIUTA, the international network of the Universities of the Third Age.



Erasmus+



Who benefits from BALL

- The age group of 50 to 70 (the “baby boomer” generation) is the main target group for early preparations.
- Lifelong learning centers; universities; companies; unions; associations; local and regional authorities will be encouraged to support early retirement preparation.
- The international network of the third age universities, U3A.
- The European Educational Area.
- The vast and ever increasing human resource of the “third age” will be made visible to the society and to themselves.



Erasmus+



Why BALL?

- An increasingly larger part of the population is spending longer time in retirement than before.
- Better health and increased life expectancy leads to a steady increase in the number of people in their “third age”.
- It is of utmost importance for future Europe to guarantee the highest quality of life for this large group of citizens.
- Their valuable experience and knowledge need to be recognized and made accessible to younger generations and to society at large.
- BALL results and recommendations aim to facilitate this.



What has been done in BALL

- The current situation in the partner countries researched:
 - How have preparations been organized up to now – experiences.
 - Are there any observable trends to identify as basis for the development of future recommendations.
- A mapping exercise on the present situation in each country has been finalized.
- A survey on attitudes and expectations of citizens in each country is being analyzed.
- A comparative report including European perspectives is available.



The mapping research reports are published on

Looking Forward to a Dynamic Third Age www.ball-project.eu



Looking Forward to a Dynamic Third Age



The Mapping team of U3A Reykjavik

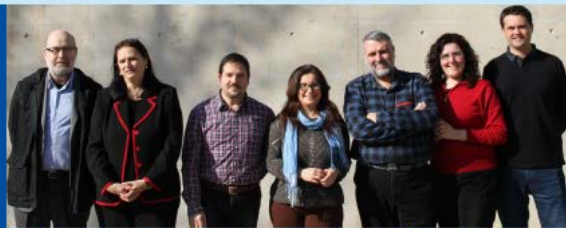


Looking Forward to a Dynamic Third Age

Comparative Mapping Report

Authors:

Jona Sólvieg Einaradóttir, Evris
Hans Kristján Guðmundsson, U3A Reykjavík



The Mapping team of UPUA - Spain Contact: upua.internacional@ua.es



Icelandic Mapping Report

Authors:

Hans Kristján Guðmundsson, U3A Reykjavík
Ingibjörg R. Guðlaugsdóttir, U3A Reykjavík
Jon Björnsson, U3A Reykjavík



The Mapping team of Poland



Looking Forward to a Dynamic Third Age is licensed under a Creative Commons License.

Spanish Mapping Report



Authors:

Concepción Bru Ronda
José Ramón Valero Escandell

The Mapping Team

Victor Manuel Pina Medina
María Amparo Alesón Carbonell
Nuria Ruiz Armero
Antonio López Blanes
Victor Sarrion Cano



Looking Forward to a Dynamic Third Age - Spanish Mapping Report by BALL Project is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.



Looking Forward to a Dynamic Third Age - Iceland is licensed under a Creative Commons Attribution-NonCommercial License.

Polish Mapping Report



Author:

Monika Adamczyk, Ph.D.

The Mapping Team:

Prof. Stanisława Steuden, KUL JP II
Małgorzata Stanowska, U3A Lublin
Iza Kato, U3A Lublin



Looking Forward to a Dynamic Third Age - Polish Mapping Report by BALL Project is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.



How did we do it?

- Demography and population statistics for each country and for Europe were studied and compared.
- Labour market situation, employment and activity rates were studied.
- Pension systems were compared.
- Third age initiatives and attitudes in each country were mapped and discussed. Some specific initiatives studied.
- Focus groups of experts and retirees were activated and „brain storming“ meetings held to discuss future perspectives.



Erasmus+



Some observations

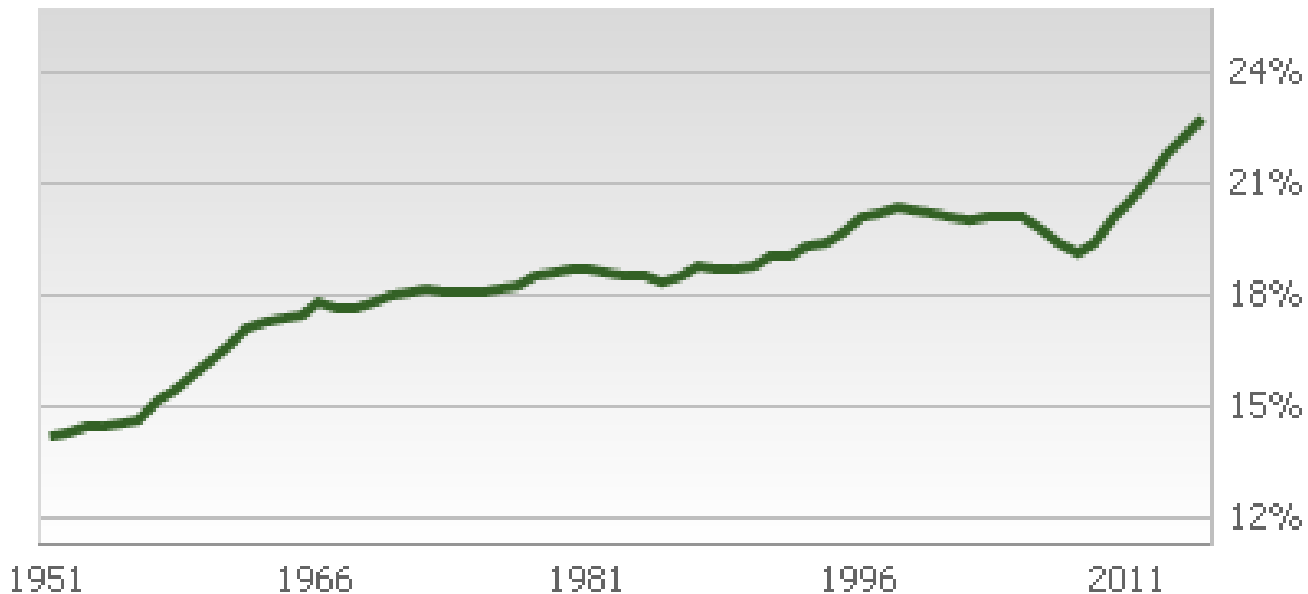
- The population is aging fast, due to better health, increased life expectancy, and lower birth rates, radically changing the balance between generations.
- The number of people entering the third age and retirement will increase considerably in relation to younger generations
- The statistically defined “old age dependency ratio” to increase considerably over the next few decades
- This will have an impact on the policies and economical planning of all European governments. Raising the retirement age is on the agenda in all the partner countries.



Old age dependency ratio

- The picture below demonstrates very clearly how the number of older people in Iceland has grown in relation to the young. It shows the ratio of 65 and older to the 20-6

Source: Statistics Iceland



Some lessons learned

- The BALL research shows that there is a clear need for preparing the population for entering the third age in the three partner countries and in Europe as a whole.
- Traditional courses dealing with practicalities of retirement are offered in all countries. They will continue to be important and necessary
- The character of the preparation is, however, slowly changing towards softer issues, culture, mind activity, self-awareness and ways to confront your own situation.
- Education is important. It is never too late to learn. Lifelong learning extends to the end of life

More lessons learned

- Old age can have a somewhat negative image, related to loss, boredom, bad health, isolation, disengagement,...
- This needs to be actively counteracted by building a positive image of the third age among younger generations, not forgetting the sometimes low self-esteem of the older generation.
- The current generation approaching and entering into retirement (baby boomers) is radically different from their preceding peers. Raised in a completely different world.
- Intergenerational contact should be encouraged to avoid generational conflicts.

Issues to consider

- Every individual goes through several changes affecting the ways of life in his/her lifetime.
- Every change can be a challenge. To meet such challenges in your lifetime you need to be prepared and acquire tools, appropriate to deal with them.
- Entering the third age / retirement is one of the many changes.
- BALL aims at being able to provide guidelines as to how best prepare yourself to deal with these changes
- One of the keys to a successful third age is to keep an active mind, follow new ideas and turn changes into opportunities.



Erasmus+



Some conclusions

- New ways should focus on the individual, who is encouraged to ask the same questions as in their youth: who am I, what do I want to become, where are my strengths, my passions, desires.
- Thinking outside the course boxes is necessary and personal dialogues are important. Training and mentoring.
- It is never too late to reinvent yourself. To embark on new tasks, even a new career.
- The third age is the age of freedom. The age to start preparing for the rest of your life.

What next in BALL?

- The two year BALL project is approaching mid-term.
- The analysis of the surveys conducted will be ready in June.
- Next steps are the development of guidelines based on the results of the research done.
- A workshop in October 2015 finalising draft guideline
- Pilot courses testing the draft guidelines in February 2016
- Final publication and dissemination of the guidelines in spring /summer 2016
- Final conference in August 2016

Finally

- There is a clear need for preparing the population for entering the third age in the three partner countries and in Europe as a whole.
- There are interesting similarities between the partner countries, while some differences exist due to variations in traditions, cultures and economical and social systems.
- Common issues and similar ideas provide great opportunities for the BALL team to develop recommendations and tools to prepare future generations for an enjoyable and productive retirement.

Thank you for your attention

*“You are never
too old to
set another
goal or
dream a
new dream.”*

C.S LEWIS

