

Newsletter 1

September 2023



About the project

Sun in the Age addresses the problem of loneliness and social isolation in older adults. During the pandemic, the problem of loneliness and social isolation in older adults became more visible, with many experiencing a lack of basic human contact for months at a time and a sense of distress about death as the main issue.

Sun in the Age offers practical, low-cost, and highly effective tools for educators to access self-awareness of the mind and improve their work performance. Professionals will learn how to use mindful breathing and other techniques to enhance their mental health and service to others, discovering and enhancing inner skills such as focused concentration, serenity, creativity, compassion, and unconditional love.

Our partners

Our consortium consists of organisations from diverse European countries: Lithuania, Spain, Italy, Germany, Poland, Greece and the Republic of Northern Macedonia.

The organisations involved in the project belong to countries with a different and complementary view of mindfulness practices, which will enable us to achieve better results.

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Kick-off meeting in Siauliai

The first transnational meeting took place in Lithuania on 4-5 April. During the meeting the partners laid the foundations for future cooperation, regarding management, quality assessment and evaluation and dissemination. We had a good time together and enjoyed the beautiful city of Siauliai.



Next Steps

- Development of the online course
- Next TPM in the Republic of North Macedonia on the 3rd and 4th of October 2023.

Methodological framework development

The methodology is divided into three sections:

- Theoretical background and scientific basis
- Collection of good practices
- Case Studies based on interviews

The partners have researched issues such as the concept of mindfulness, the regulation of "alternative therapies", the existence of an official qualification, the availability of these therapies for the majority of the population and have collected good practices and case studies. From all the information gathered, conclusions will be drawn that will serve as a basis for the development of the online course for educators and caregivers, which will be the next result of the project.



Keep updated about the project



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