



Project Milestones

The "Sun in the Age" project is making great progress! We have held successful meetings and impactful training sessions, launched our informative website and finalised our first comprehensive report. We are also excited about our upcoming online course, which will provide invaluable resources for educators and caregivers.

2nd TPM in Stip, Republic of North Macedonia

The second transnational meeting for the Erasmus+ project "Sun in the Age," hosted by GDU, was successfully held in Stip, North Macedonia, on October 3-4. This gathering brought together our partners to discuss the current progress of the project and to plan the next crucial steps. The discussions were productive, focusing on strategies to ensure we achieve our goals and continue to support our communities effectively.

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3-days Training in Reus, Spain

From April 22-24, DomSpain hosted an international training in Reus, Spain, focused on REMIND techniques (relaxation, meditation, and mindfulness). This event saw enthusiastic participation from adult educators across seven countries. As part of the "Sun in the Age" project, the training aimed to provide social, educational, and health staff working with older adults with innovative tools to manage stress.

Educators not only gained valuable theoretical insights but also experienced practical benefits through activities like mindful eating and various relaxation and breathing exercises. The goal is to enhance the well-being of both educators and the older individuals they support.



Next Steps

- Online course about REMIND techniques
- Next partner meeting in Cory, Italy

Website Launch

We are very pleased to announce that the official website for the "Sun in the Age" project is now online! Available in English and all partner languages, the website is a comprehensive resource where you can find detailed information about our project, upcoming events and valuable resources. Visit us at <https://sunintheage.eu/> and stay up to date with our latest developments.

First result available

Our first major milestone, the "Analysis and Contrasting the Experiences and Good Practices on National Level & Case Studies Research," has been completed. This insightful report, available online in English and in partner languages, provides a detailed insight into various national experiences and best practices. It is essential reading for anyone wishing to understand the different approaches and success stories in our field.

Keep updated about the project



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