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## Programme Grundtvig-Workshop "SeniorWeb" Kraków, 21 – 27 April 2013

Date	Program	Speaker/ Responsibility	Venue
<b>21 April 2013 Sunday</b> <b>Arrival of the participants in Kraków Check-in</b>		<b>The Krakowiak Hotel</b> , Armii Krajowej 9 Street, 30-150 Kraków, phone +48/012/662-64-55; +48/012/662-64-55	
20:00	Get-together in a restaurant with Polish food	<b>Kamila Mazurek</b> <i>Project Manager</i> <b>Magdalena Baier</b> <i>Project Assistant, ICT coach</i>	<b>Alibi Restaurant</b> 30-150 Kraków, Armii Krajowej St. 6 <a href="http://www.alibi.krakow.pl/index.php">http://www.alibi.krakow.pl/index.php</a>
<b>22 April 2013 Monday</b> <b>Throwing a net – what seniors can find in the internet</b>			
9:00 – 10:15	<b>Welcome by workshop organizers</b> Introduction into the  <b>Grundtvig program</b>  <b>School of active senior – project presentation and meeting with its organisers and workshop "SeniorWeb"</b>	<b>Jerzy Woźniakiewicz</b> <i>Director of Regional Public Library in Kraków</i> <b>Jerzy Jedlinski</b> <i>President of Polish-German Association in Kraków</i> <b>Maria Jedlinska (RPLK)</b> <i>Promoter of Grundtvig Programme for Poland</i> <b>Kamila Mazurek (TPNK)</b>	<b>Regional Public Library in Kraków (RPLK)</b> Rajska Street 1, 31-124 Kraków Phone: +48 12 375 22 00 Room 316
10:15 – 10:30	Coffee break		RPLK Room 316
10:30 – 11:45	Integration of the Group (through exercises)	<b>Ewa Kosinska</b> Psychologist	RPLK Room 316
11:45 – 13.00	Introduction of the participants – interactive	<b>Ewa Kosinska, Participants</b>	RPLK Room 316
13:00 – 13:45	Lunch break		RPLK
13.45 – 14.30	Lecture: Situation of seniors in Europe	<b>Jerzy Jedliński</b>	RPLK Room 316
14:30 – 16.00	Presentation: Situation of seniors in the origin countries of the participants with the method of "Pecha Kucha"	<b>Participants</b> <b>Kamila Mazurek</b> <b>Magdalena Baier</b>	RPLK Room 316
16.00 – 16.15	Coffee break		RPLK Room 155
16:15 – 17.30	Input on how to use emails (gmail) and edit photos, Innovative computer technologies (ICT): photo and video management (Picassa, Youtube), management of common files in the internet (Google Documents), translators in the internet (Google Translator), presentation (Prezi, Facebook) part I	<b>Żaneta Bednarz,</b> <b>Monika Kucharczyk-Kubacka</b>	RPLK Room 155
17.30 – 18.30	Input: What is a blog and how to make it?	<b>Clemens Schöll</b>	RPLK Room 155



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18.30 – 19.00	Organizational matters and travel reimbursement	Kamila Mazurek	RPLK Room 155
19.30	Feedback on the first working day during dinner & concert of the Klezmer band	Kamila Mazurek Magdalena Baier	Klezmer-Hois Szeroka St. 6 Kazimierz, Kraków <a href="http://www.klezmer.pl/eng">http://www.klezmer.pl/eng</a>
<b>23 April 2013, Tuesday</b> <b>Throwing a net – but what if the fisher doesn't know how?</b>			
9:00 – 10:00	Workshop on how to gain the interest of readers, choosing topics for a blog	Clemens Schoell	RPLK Room 155
10.00 – 11.30	Integration thought art, regional dance, circle dance concert – get together with seniors from School of active senior, artistic (patchwork) and dance section	Maria Jedlińska seniors from School of active senior	RPLK Room 245
11:30 – 11:45	Coffee break		RPLK Room 155
11:45 – 13.00	Coaching on personal skills in the internet, making a personal online profile (blog profile)	Clemens Schöll	RPLK Room 155
12:30 – 13.45	Workshop on how to make a blog with all guidelines including putting photos of participants, information, and description of seniors' situation in their home countries	Clemens Schöll	RPLK Room 155
13.45 – 14.30	Lunch break		RPLK
14.45 – 16.15	Museum visit: On the trail of Cracow's European identity	Eliza Mrozińska Magdalena Baier	Underneath Kraków Main Square Rynek Główny (Main Square) 1
16.30 – 16.45	Coffee break		RPLK Room 155
16.45 – 18.45	Using social media for political and civic engagement (Facebook, professional networks)	Clemens Schöll	RPLK Room 155
19.00 hrs.	Dinner		Free time
<b>24 April 2013 Wednesday</b> <b>Senior prepares fishing nets</b>			
9:00 – 10:00	Lecture: Condition of Europe, demographic challenges, migrations, mobility, situation in the regions – theory and practice	Kamila Mazurek Magdalena Baier	RPLK Room 155
10:00 – 10:15	Coffee break		RPLK Room 155
10:15 – 13:15	Workshop about leadership skills, team building exercise	Ewa Waleczko Studio of Elzbieta Soltys	RPLK Room 155



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	Coaching on interpersonal skills (test Bolton&Bolton)	<a href="http://www.labpsych.pl">www.labpsych.pl</a>	
13:15 – 14.00	Lunch break		RPLK



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14.00 – 17:00	Self-presentation, work with a camera	Ewa Waleczko	RPLK Room 155
15.30 – 15.45	Coffee break		RPLK
17.00 – 18.00	Workshop with coaching: putting information and photos about the previous day in a blog	Magdalena Baier, Kamila Mazurek	RPLK Room 155
19.30	Dinner at the DS Krakowiak: Regional drinks, legends and food tasting evaluation of the third working day, with historical background, participants presenting their connections with Poland	Kamila Mazurek Magdalena Baier Maria Jedlińska Jerzy Jedliński	DS. Krakowiak
<b>25 April 2013, Thursday, Senior learns how to catch a fish</b>			
9:00 – 11:00	Kraków Sightseeing - Wawel Castle & Cathedral	Eliza Mrozińska Kamila Mazurek	Wawel 5 31-000 Kraków, Polska
11:00 – 11:15	Coffee break		RPLK Room 155
11:45 – 13:15	Cooperation of seniors on the internet, senior networking, good practices.	Żaneta Bednarz	RPLK Room 155
13:15 – 14:00	Lunch		RPLK
14:00 – 15:30	Innovative computer technologies	Monika Kucharczyk	RPLK Room 155
15:30 – 15:45	Coffee break		RPLK Room 155
15.45 – 17.30	Workshop with coaching: putting information and photos about the previous day in a blog, description of the participants	Monika Kucharczyk- Kubacka, Żaneta Bednarz, Magdalena Baier	RPLK Room 155
18:30 – 21:00	Sailing on Vistula - 'Magic Kraków in Legends' dinner on board with evaluation of the fourth working day	Kamila Mazurek	Barka PRZYSTAŃ WAWEL,
<b>26 April 2013, Friday, Senior can catch a fish</b>			
9:30 – 10:00	The future of our blog	Żaneta Bednarz	RPLK Room 155
10:00 – 10:15	Coffee break		RPLK Room 155
10:15 – 11.45	Senior as an active citizen: coaching on finding civil activity areas of seniors and lobby methods in public life (based on the outcome of the SEVIR project), incl. participants draft topographic map of problems in the region and choose the ones, they would like to solve	Jerzy Jedliński	RPLK Room 155
11.45 – 12:45	Arteteka, Library	Maria Jedlinska	RPLK Room 155
12.45 – 13.30	Lunch break		RPLK



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14.00 – 14.30	Kraków Impressions Culture Mature for Art. Get-together at the ICC Gallery! Culture for seniors! Topic A woman's work is never done		International Cultural Centre, Rynek Główny 25, 31-008 Kraków, tel. +48 12 / 4242811
14.30 – 16.15	Mature of art.! Laboratory of printing <i>Workshops inspired by poetic and sensual works from exhibition Woman's work is never done, senior citizens will have an opportunity to create a series of prints using some very simple materials like cloth, strings, recycling materials and natural pieces in the collagraphy technique. The workshops will include a guided exhibition tour.</i>		International Cultural Centre
18.45 – 20.30	Dinner and discussion with a local senior activist about possibilities of participations and integration of seniors in the public life. Presenting the observations and impressions by participants. Discussion about improving involvement of seniors in Europe and local	Kamila Mazurek	<b>Restaurant Jama Michalika</b> , Florianska St. 45, Kraków
<b>27 April 2013, Saturday, Creating new networks</b>			
9:00 – 10:30	Input: Support of European Commission in the activities and mobility's for seniors (e.g. LLP, Interreg EFS)	Michael Seidler, EuroConsults	RPLK Room 316
10.30 – 10.45	Coffee break		RPLK Room 316
10.45 – 11.45	Group work: small project for seniors	Michael Seidler, Magdalena Baier	RPLK Room 316
11.45 – 12.30	Presentation of Ideas for Projects for seniors	Michael Seidler, Magdalena Baier	RPLK Room 316
12:30 – 13.00	Lunch		RPLK
Following 13:00 –	Kraków Impressions - individual or group exploration of Kraków Part 2, Quiz and feedback. Sightseeing proposals:		Wieliczka Salt Mine or Royal Tour or free time
19:30 hrs.	Dinner with final evaluation and closing the workshop, future visions for the seniors project	Kamila Mazurek Magdalena Baier Maria Jedlińska Jerzy Jedliński (Team invited)	<b>Restauracja Pod Wawelem</b> Świętej Gertrudy 26 Kraków, Polska +48 12 421 23 36
<b>28 April 2012, Sunday, Departure of the participants</b>			

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