

A new window on health and well-being through adult learning and education (ALE)

Vitalità's Experience – Center for Ageing and Longevity of PUC-Campinas (Brazil)

PUC
CAMPINAS

CONFINTEA VII





VITALITÀ'S ACTIVITIES



HEALTH



WELL-BEING

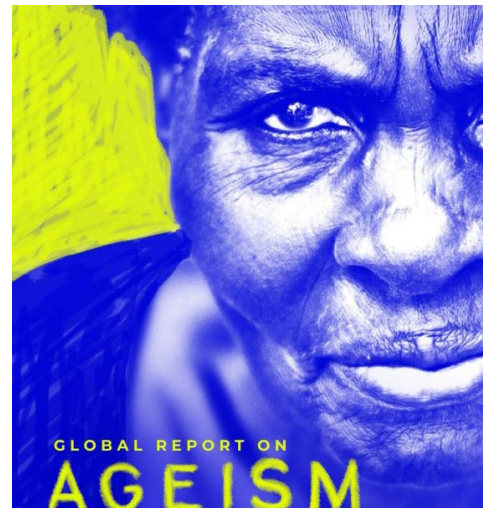
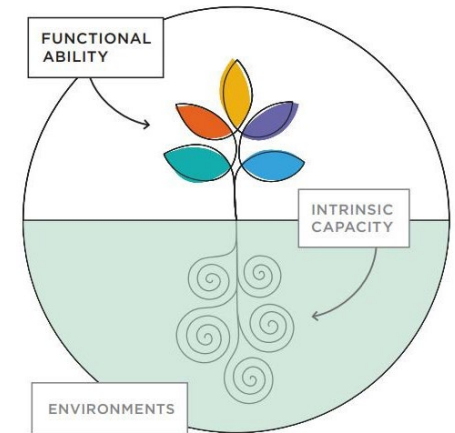
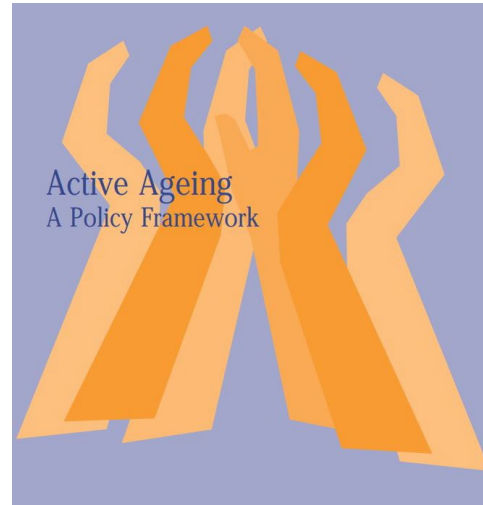
References for the development of Vitalità's activities

Active Ageing (WHO, 2002)

Decade of Healthy Ageing 2021-2030 (WHO, 2021)

Global report on Ageism (WHO, 2021)

Global Campaign to Combat Ageism



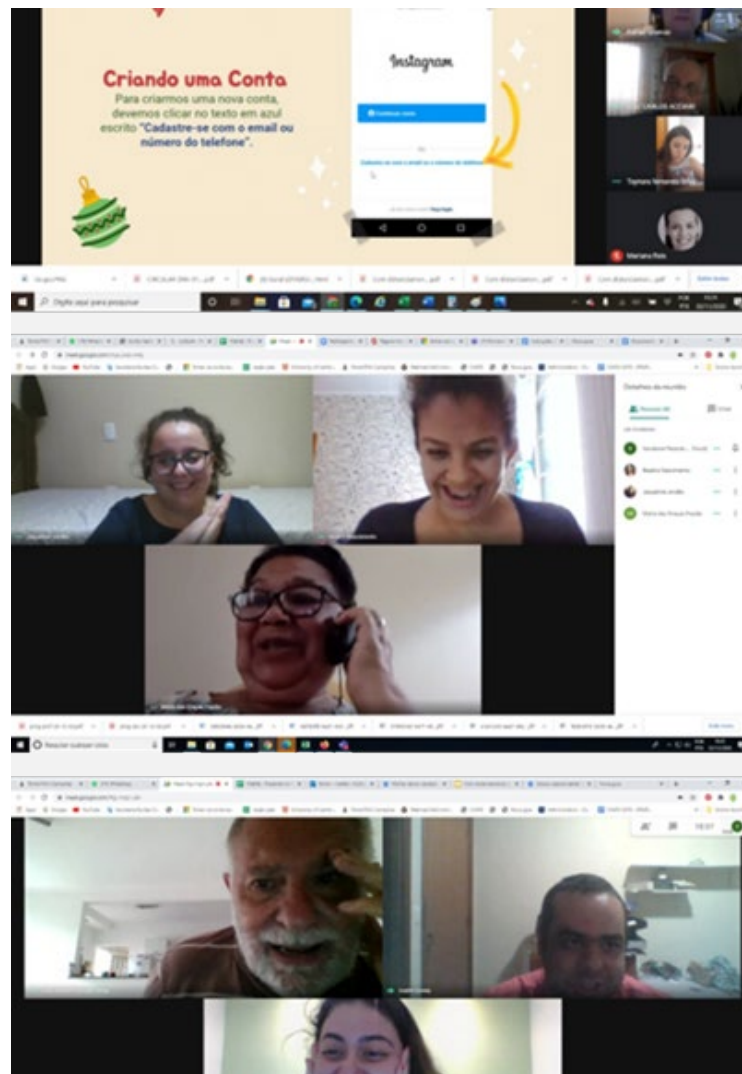
Start of activities

The 1st workshop offered - "Gift at Christmas"

- From 1st to 18/12/2020, 32 older adults attended
- Positive reports that refer to maintenance of family, social and community contact.
- More than digital literacy, encouragement of intergenerational relations



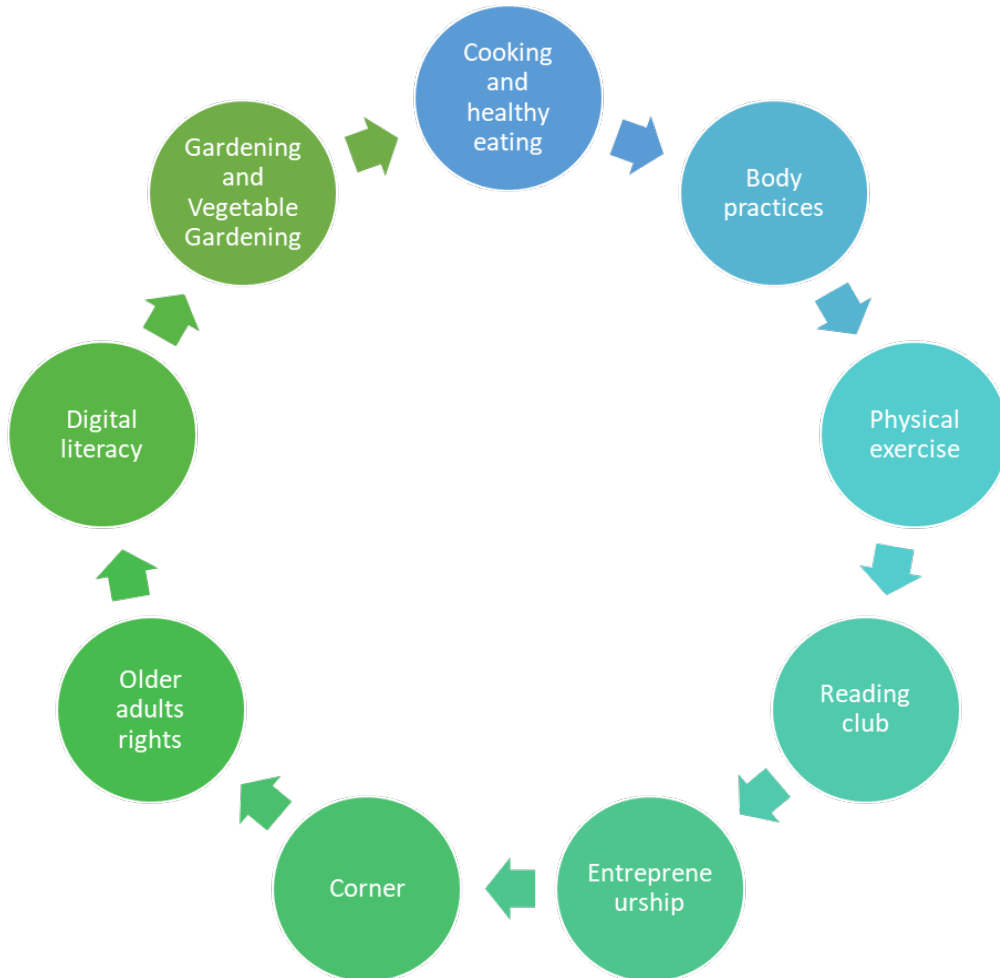
CENTRO DE ENVELHECIMENTO E LONGEVIDADE PUC-CAMPINAS



Workshops for older adults

09 Workshops: online and face-to-face

649 older adults registered at the Center



60+

HORTAS SUSTENTÁVEIS

Vídeos Tutoriais e cartilhas digitais

Vitalità
CENTRO DE LONGEVIDADE E QUALIDADE DE VIDA

60 ANOS

Sempre há tempo para qualquer pessoa criar sua horta sustentável residencial, cultivar alimentos para sua família e alnda, tornar-se um empreendedor. Participe!

QR Code

Accesse o link e faça sua inscrição:
<https://forms.office.com/r/wKV2uVMh>
E-mail: vitalita@puc-campinas.edu.br
Telefone: (19)3343-7116

Microsoft Teams
As oficinas acontecerão via plataforma Microsoft Teams. Assim, todos os participantes precisam ter acesso à internet por meio de um computador e celular.

60+

LONGEVIDADE DIGITAL

OFICINAS SEMANAIS INDIVIDUAIS COM HORÁRIO AGENDADO

Vitalità
CENTRO DE LONGEVIDADE E QUALIDADE DE VIDA

60 ANOS

O contato e o aprendizado Intergeracional com os nossos jovens universitários permitem ao público sênior se conectar com as atuais tecnologias disponíveis de maneira fácil e Interativa. Participe!

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How can Vitalità's activities positively impact the health and well-being of the older adults?

After the engagement in the workshops participants report:

- better health habits
- more motivation to perform daily routine tasks
- higher levels of social participation
- a greater sense of accomplishment and belonging



How can Vitalità's activities positively impact the health and well-being of the older adults?



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“After two years of confinement due to the pandemic, it gives me great pleasure to be able to attend some of Vitalità's workshops in person. These encounters bring me joy, learning, health and new friendships. I hope this project continues for a long time and that it continues to bring learning and well-being to those 60+.”

Márcia Hohne de Carvalho, 68y



“It was a unique experience. I lived without a clear purpose, tending to depression and alienating myself from society. The integration with the reading group, the readings we did, reversed this situation. Today I feel with the right objective and more integrated with society. It is very important for life.”

Jaime Tadeu Zoppi, 71y

Thank you / Merci!

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CONFINTEA VII



Learn more / En savoir plus

<https://www.uil.unesco.org/en/seventh-international-conference-adult-education>