

Welcome to the 1st newsletter prepared by the partnership of NEUROANDRAGOGY AGAINST EXCLUSION project

NEUROANDRAGOGY AGAINST EXCLUSION PROJECT

promotes the idea of using the latest knowledge on neurodidactics in adult education addressed to disadvantaged groups of people

Main beneficiaries of the project are adult people from disadvantaged groups (including the unemployed, the inactive, the 50+, the disabled, immigrants, low-skilled people, people from less urbanised areas, etc.) threatened or affected by social exclusion, teachers, educators, trainers working with adult learners or cooperating with anti-exclusion institutions and organizations, as well as educational institutions dealing with adult education.

The *Neuroandragogy Against Exclusion* project reached its half way point.

Over the past 10 months, the partners have worked intensively on developing training modules that contain didactic materials necessary to carry out the pilot phase of the project.

We worked together on development of training program and on materials for educators working with adult learners - "Neuroandragogy in the education of adults from groups at risk of exclusion" - the two main products that were tested during the first phase of the pilot training.

An interactive educational platform "Neuroandragogy against exclusion" was designed to support the participants of pilot training in self learning

The **Neuroandragogy** project has produced a training programme: Neuroandragogy in the education of adults from groups at risk of exclusion. The programme along with the interactive platform will use the achievements of neuroscience in the education of adults who are at risk of social exclusion. The training is particularly useful if you are a teacher, educator, trainer, vocational instructor, social worker or if you work with adult learners. By completing numerous interactive activities and acquiring knowledge about the brain and the way it works, it will become possible to design an effective education and training programme for adult learners, helping them overcome difficulties resulting from social exclusion.

PILOT PHASE OF THE PROJECT

Our Hungarian partner (*Laterna Magica*) held the pilot training for adult educators in Budapest. It was a two-day event in May 2018 at Szinyei Merse Pál School, an Adult Education Institutional Unit, with 17 participants. In addition to their staff, they also invited the most prestigious experts from this field as speakers.

The speakers talked about:

- Characteristics and opportunities of adult learning, with special regard to disadvantaged social groups (Maria Kraiciné Szokoly, PhD, Titular Associate Professor),
- How do I store memories in my brain? What happens to memory in sleep? (Dr. Péter Baracska, Neurobiologist, Institute of Science and Technology, Klosterneuburg, Austria).
- The importance of movement. Dr. Éva Gyarmathy, Clinical and Educational Psychotherapist at the Hungarian Academy of Sciences - talked about movement at all ages, how it helps shaping the basics of learning and generally of nervous system harmony. Juggling tools can be used purposefully to stimulate the sensorimotor system. The goal is not to become a juggler, but to strengthen the formation of internal tempo and automatism, to coordinate motion and perception through the balance system.

Dániel Bíró and Ferenc Bíró presented the *Neuroandragogy Against Exclusion* project.

At the beginning of October 2018, in Kalamata, our Greek partner started to prepare the pilot training for educators (adult trainers, teachers, social workers, psychologists) who work with adults from disadvantaged groups. The duration of the programme was 20 hours in total (12 face-to-face and 8 on-line).

A list of 15 participants was prepared.

The first letter was sent to the participants informing them about the training program and its goals. A pre-course questionnaire followed. The training materials were uploaded on the platform.

Later, additional educational materials and videos about neurosciences and the principles of andragogy were sent.

The 1st face-to-face meeting was at Kalamata Second Chance School on 31/10/2018. At the beginning of the meeting the participants introduced themselves, they played ice-breaker games to build a team and they worked in groups. They did several educational scenarios and exercises. The 2nd meeting was on 8/11/2018 with the same group again. At the end of the pilot programme

participants filled in 2 evaluation questionnaires related to the whole pilot programme and the educational materials.

Workshop and Testing in Austria

For two days (one in September, one in October 2018) Lebenshilfen conducted an internal testing for training programme and educational materials for teachers elaborated by the project partners. The training was attended by 17 participants who were educators and trainers for people with disabilities in various fields and services. In the first session the organisers were focusing mainly on the theoretical background and approaches to neurosciences with a few exercises and examples. In the second session a rich variety of self-regulated learning methods were highlighted. The participants were very engaged in trying out the materials developed for educators working with adult learners. This day was also full of possibilities to reflect on the work with the own target groups and to already collect ideas on how to use the neuroandragogy methods and materials for the particular target groups.

Pilot training in SAN in Lodz took place on 7th and 21st of November 2018. In the interval between the two meetings the participants of the training worked independently on the Neuroandragogika platform.



Participants of the workshop were representatives of adult education institutions: schools, social integration clubs or social welfare centers, as well as academics dealing with adult education or psychologists working in pedagogical counselling centers. All remarks shared by the participants of our trainings will help us to refine the project's products so that they can best serve their final beneficiaries.



A training program for adult educators at EDUcentrum

Education in the field of neuroandragogy has for a long time been one of EDUcentrum's main themes and activities. After the initial phase, focusing on preparing an educational program, it was time to try everything in practice. The initial concern that the course would not be sufficiently appealing due to a wide range of training for this target group proved to be unfounded. The interest in attending the course was demonstrated by lecturers from various areas of adult education. In the course, various lecturers, both experienced and less experienced, met and also worked with adult participants of different ages.

This was a challenge especially for the lecturer preparing the course. We had thoroughly discussed which activities to choose to attract all participants and offer them a new perspective on the possibilities of

adult education using the knowledge of neuroscience. The lecturer has been working on the topic for a long time, conducting training for professional lecturers, and she is also a certified trainer of memory, so the training turned out well.

We scheduled the course for two days: 31 October and 9 November. In the meantime, participants had a chance to study materials and exercises in the Moodle environment. According to the feedback from participants, the training program was successful and everyone found some inspiration for their next work. The topic of the use of knowledge from neuroscience in adult education was interesting for teachers in the Czech Republic.

In UK project materials has been piloted, in the frame of two full working days, with adult teachers from King Edwards VI Five Ways school and included, besides some informational elements, interactive activities to put our ideas across. Participants had the chance to work out new knowledge via group activities and plenary reflection.

The partnership of the *Neuroandragogy Against Exclusion* project is looking forward to the next stage when we will be preparing an educational course and supporting study materials together for those with learning difficulties.

More information can be found on the project website: <http://www.neuroandragogy.eu/>

Detailed information on activities in respective countries can be obtained from project partners:

SPOŁECZNA AKADEMIA NAUK w Łodzi (POLSKA) – project coordinator <https://san.edu.pl/>

LEBENSILFEN Soziale Dienste GmbH (AUSTRIA) <https://www.lebenshilfen-sd.at/>

EDUcentrum (CZECH REPUBLIC) <http://www.educentrum.eu/>

KALAMATA SECOND CHANCE SCHOOL (GREECE) <http://sde-kalam.mes.sch.gr/>

YOUTH AND LIFELONG LEARNING FOUNDATION (GREECE) <https://www.inedivim.gr/en>

BRIDGES TO THE FUTURE (UK) <http://www.bridgingtothefuture.co.uk/>

LATERNA MAGICA (HUNGARY) <http://www.laterna.hu/>

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