

## IN HIGHLIGHT



**1st Meeting of the  
Inside-T Project in  
Lisbon**



**Final Sustain-T  
Conference in  
Barcelona**

## AIDLEARN

Training, Research-Action and Consulting Company, which has been operating at national and European level since 2003, dedicated to design, implementation and evaluation of studies, projects and training activities that favour individual and/or organizational development. It is a training entity certified by **DGERT** (Directorate General for Employment and Labour Relations) in various areas of education and training. **Find out more about Aidlearn and follow us!**



## Newsletter AidLearn

The publication of the **AidLearn Newsletter** is addressed to partners and customers of the company's networks. It aims to:

- Promote business activity;
- Keep in touch with all stakeholders;
- Provide useful and timely information.

In this 15th edition (January 2020), we will present the main news about national and international projects coordinated by AidLearn or developed in partnership, from October to December 2019.



*Inside-T is a European Erasmus + project launched in November 2019, which aims to facilitate the promotion of local businesses by young adults, preferably women, who recover and take into account traditional knowledge and practices.*

*Learn more at:*



## **1st Inside-T Project Meeting, December 03rd and 4th, Lisbon**



It was a two-day meeting in which, after the presentation of the partners, cohesion and sustainability were discussed in territories of low population density, in the various countries of the partnership.

Aspects related to intergenerational learning were addressed, as it is a central theme of the project. The action plan for the first products to be created was clarified: the curriculum and the best multimedia practices.

The second day focused on the dissemination and management of the project, as well as the timing of the next steps.

### **Inside-T PROJECT**

**Coordinator: Domínio Vivo – Formação e Consultoria Lda (Portugal)**

**Partners:**

**AidLearn, Consultoria em Recursos Humanos, Lda (Portugal)**

**Confederação do Turismo de Portugal (Portugal)**

**Universitatea Politehnica Timisoara (Romania)**

**Innovation and Management Centre Limited (Ireland)**

**EESTI Taiskasvanute Koolitajate Assotsiatsioon Andras (Estonia)**



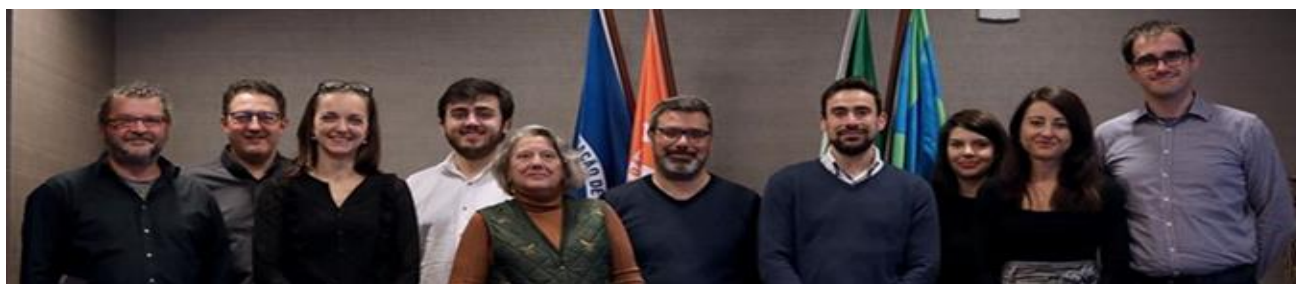


*Chain is a European Erasmus + project, which aims to contribute to the Digitizing European Industry initiative by offering training resources capable of enhancing the development of new skills by HR and SME students (managers and owners) to deal with the changes brought about by "Industry 4.0". [Learn more at:](#)*



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## Chain Project Meeting, 27 and 28 November 2019, Neya Hotel, Lisbon



The 3rd meeting of the Chain Project, organized by AidLearn, took place in Lisbon, from 27 to 28 November 2019.

The project is progressing at a good pace and at the meeting important decisions were made on the next steps, including pilot actions, strategic guidelines, interactive documentary and international multiplier event.

The EU is currently undergoing a 'deindustrialization' process, partly due to increased production in other parts of the world, and increasing automation.

The Chain Project helps to understand the impact of these changes on the European Union industry.

### CHAIN PROJECT

**Coordinator:** Instituto Politécnico de Leiria (Portugal)

**Partners:**

- ✓ FH JOANNEUM University Of Applied Sciences (Austria)
- ✓ ESTIA - Institute of Technology (France)
- ✓ ECQ – European Center for Quality Ltd (Bulgaria)
- ✓ AidLearn, Consultoria em Recursos Humanos (Portugal)



The Social Media Sisterhood (SMS) intends to offer high quality training to migrant women in social networks to achieve success in the social context. The project applies social networking strategies to enhance personal development, socio-cultural integration in the host community and employability. *Learn more at:*



## Free SMS Training on Social Networks



### NOVEMBRO SMS – REDES SOCIAIS

Formação grátis em redes sociais para ajudar na integração de mulheres migrantes

O Projeto SMS tem como objetivo promover a inclusão social de mulheres migrantes e refugiadas através da implementação de estratégias relacionadas com as redes sociais no sentido de desenvolver competências e facilitar a integração sociocultural na comunidade.



Cofunded by the Erasmus+ Programme of the European Union

Duração: 18 horas  
6 sessões de 3h  
1xsemana

Inscrições online  
em  
<https://tinyurl.com/fichasms>

Formação em  
Português

Público-alvo:  
Mulheres  
Migrantes

Venha aprender  
connosco!

#### LOCAL DA FORMAÇÃO

Costa da Caparica  
Av. nº 1 de Maio, nº 1 R/C

ou

Entroncamento  
Rua Infante de Sagres, nº  
41 A

<https://www.sms2.org/>

On November 30, Training in Social Networks began, containing 6 sessions of 3 hours each, and Mentoring Circles sessions interspersed, aimed at migrant women of all nationalities.

The training took place in three groups, in Lisbon at JRS Portugal (during working hours), in Costa da Caparica at the Centro de Educação e Formação de Competências of the Centro Social Paroquial N<sup>a</sup> Sr.<sup>a</sup> da Conceição (during working hours and once a week), and Entroncamento at CENPRE - Centro Empresarial do Entroncamento (after work, twice a week).

The participants considered the training useful for the creation of support networks and the development of skills, capable of facilitating integration in the working world.

### SMS PROJECT

**Coordinator:** Internationella Kvinnoförningen (Sweden)

**Partners:**

- ✓ AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- ✓ Inova Consultancy Ltd. (United Kingdom)
- ✓ STEPS (Italy)
- ✓ WITEC SWEDEN (Sweden)



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*Erasmus + project that aims to improve the sustainability of micro and small companies in the EU, focusing on tourism.*

*Learn more at:*



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## **Final Meeting and Conference, 7 and 8 October 2019, Casa de Convalescência, Barcelona**



At the Final Sustain-T Meeting, the partners took stock of the activity developed and the results achieved.

Of note are the conferences held at national level, as well as the [final conference](#), in Barcelona. Highlighted the on line [learning platform](#), with the training resources created, available in Spanish, Portuguese, Italian, Bulgarian, English and Hungarian.

### **Sustain-T Project**

**Coordinator:** Universitat Autònoma de Barcelona (Spain)

**Partners:**

- ✓ AidLearn, Consultoria em Recursos Humanos, Lda (Portugal)
- ✓ LUISS Business School (Italy)
- ✓ European Center for Quality (Bulgaria)
- ✓ Total Innovation EU (United Kingdom)
- ✓ Chamber of Commerce and Industry Csongrád County (Hungary)
- ✓ Confederação do Turismo de Portugal (Portugal)



*The Erasmus + FLOURISH project aims to support the adoption of organizational innovation by SMEs across the EU by developing, piloting and implementing a holistic and innovative coaching methodology, using a multi-level approach: individual, group and organizational.*

*Learn more at:*



## Coaches Course for Organizational Innovation

In Portugal, the pilot action of the "Coaches Course for Organizational Innovation" was carried out by APGICO, with the participation of managers of the various MADRE Group Hotels.



## Award

The Flourish Project was awarded the Mark of Excellence during the Annual Valuation Conference of the Bulgarian National Agency: "20 years Human Resources Development Center" - Erasmus + - "Changing Lives, Opening Minds".



### Flourish Project

Coordinator: European for Quality Ltd, Bulgaria

Partners:

- ✓ Associação Portuguesa de Criatividade e Inovação, Portugal [Apgico]
- ✓ AidLearn, Consultoria em Recursos Humanos Lda., Portugal [AidLearn]
- ✓ Spoleczna Akademia Nauk, Poland
- ✓ Kauno mokslo ir technologijų parkas, Lithuania
- ✓ Csongrad Country Chamber of Commerce and Industry, Hungary



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<http://www.aidlearn.pt>

# Newsletter



SPIDW is an Erasmus + project to exchange best practices in adult education. The priorities focus on expanding and developing the skills of educators, open education and innovative digital practices for social inclusion. **Learn more at:**



## City Games in the SPIDW Project



Monteiro-Mor's Park is located in Lisbon's Lumiar neighbourhood.

With an area of eleven hectares, the park surrounds the Monteiro-Mor Palace, where the National Costume Museum and the National Theatre Museum are located, owing its name to this palace. Six of these eleven hectares are botanical gardens and forested areas; the remaining five hectares were also converted into a forest area, after being used in agriculture.

Source: [https://pt.wikipedia.org/wiki/Parque do Monteiro-Mor](https://pt.wikipedia.org/wiki/Parque_do_Monteiro-Mor)

### SPIDW PROJECT

**Coordinator:** EureCons Förderagentur GmbH, Germany

**Partners:**

- ✓ AidLearn, Consultoria em Recursos Humanos, Lda (Portugal)
- ✓ PRO-MED sp. z o. o. (Poland)
- ✓ Slovenian Third Age University (Slovenia)
- ✓ Balkan Agency for Sustainable Development (Bulgaria)
- ✓ Spolupracou pre lepsiu buducnost - Velky Meder (Slovakia)
- ✓ Association for Intercultural Dialogue (Romania)





## GET UP Pilot Training Kick Off

The first pilot training of the GET UP project took place at ESRI, Portugal headquarters in Lisbon on 22 November 2019. The training was attended by eight trainees and three trainers from AidLearn and ESRI.

A second meeting took place on 2 December 2019, marking the end of the first half of the training. This meeting was attended by five more trainees than the first, demonstrating the growing interest in the fledgeling project.

Márcia Silva and Sérgio Prazeres were the representatives of AidLearn who were part of the training body at both moments of the training, together with Ana Marques representing ESRI.



The initial meeting explained how the training process will proceed, as well as what is expected of the trainees and what themes will be explored during the training period. The meeting also included an assessment that allowed future learners to understand their level of knowledge and which areas need further exploration.

The second meeting served as a recap moment for trainers and trainees alike, as well as a preparation for the creation of the Business Plan to be presented in the final training meeting.

**The GetUp Project newsletters are now available!**

### GET UP PROJECT

**Coordinator:** LUISS Guido Carli, Italy

**Partners:**

- ✓ AidLearn, Consultoria em Recursos Humanos, Lda (Portugal)
- ✓ ESRI (Portugal)
- ✓ Aristotle University of Thessaloniki (Greece)
- ✓ WESTBIC (Ireland)
- ✓ Salamanca University (Spain)





*DIDO is a European project that aims to increase motivation for adult learning across Europe, offering an online toolkit with effective and practical methods to prevent the dropout rate in adult education.*

*Learn more at:*



## 5th Meeting of the Dropping in the Drops-Outs Project (DIDO)

The fifth meeting of the DIDO project took place in Breda, The Netherlands, on 23 and 24 October 2019. The meeting was attended by representatives of the 6 partner organizations: CVO Antwerpen (Belgium), Axxel (Finland), HF & VUCFYN (Denmark), ROC West-Brabant (Netherlands), AidLearn (Portugal) and the Swiss Federation of Adult Learning



Márcia Silva and Marisol Carmelino, representing AidLearn, participated in the meeting, led by Sylvana Vanaert (Coordinator of the DIDO project). This meeting focused on the tools already developed, as well as the testing phase that is taking place in the partner countries. The various partners provided feedback on the acceptance of the tools and the necessary changes and adaptations yet to be made to improve interaction with users. The dissemination strategies and actions to be developed by each of the partners in this regard were also discussed.

### DIDO PROJECT

**Coordinator:** GO! CVO Antwerpen (Belgium)

**Partners:**

- ✓ AidLearn, Consultoria em Recursos Humanos, Lda (Portugal);
- ✓ Axxel (Finland);
- ✓ Curio (Netherlands);
- ✓ HF & VUC FYN (Denmark);
- ✓ The Swiss Federation for Adult Learning (Switzerland).



StereoSciFi is a European Erasmus + project, which aims to promote equality and inclusion, improve the social skills of school-age youth in relation to social stereotypes. It proposes activities based on science fiction books and films, with a strong scientific component in the exact sciences.

**Learn more at:**



## StereoSciFi Project Teachers' Guide

The StereoSciFi Guide for Teachers is now available for download on the project website, in the English version, and soon in the other languages of the partnership (PT, SP, IT, PL, LT).

A short presentation film of the project and products is also available, with emphasis on the pilot actions, including some testimonies from participants. It can be viewed on the project's YouTube channel, with a [link](#) on the website.



**StereoSciFi – trabalhar os estereótipos a partir de ficção científica**

**Código: 1920ACD18**

**TEMAS**

- Apresentação do projeto StereoSciFi
- Conceitos de Ficção Científica e Estereótipos
- Fases de desenvolvimento da personalidade na adolescência
- O livro e o filme como recurso educativo
- Matriz de atividades StereoSciFi / Guia de Professores

**Destinatários:**  
Educadores de infância e docentes do ensino Básico e Secundário e Educação Especial

**Formador:**  
Rui Baltazar

**Cronograma:**

<b>Dia</b>	20/01/2020
<b>Horas</b>	17:30 - 20:30

**Local de realização:**  
Escola Secundária Cacilhas-Tejo

**Inscrições até 16 de Janeiro de 2020 em:**  
[www.almadaforma.net](http://www.almadaforma.net)

**ALMADAFORMA**  
Associação para o Desenvolvimento de Recursos Humanos

**OBJETIVOS:**

- Divulgar produtos e conhecimentos relativos a várias atividades pedagógicas a realizar com os alunos, baseadas em livros e filmes de ficção científica para trabalhar os estereótipos

The products will be presented in national workshops, which will include the application of some of the activities created in the project.

In Portugal, the workshop will take place in January at the Escola Cacilhas Tejo, in Almada, as a certified ACD for teachers, with the collaboration of AlmadaForma.

**Apply until January 16th!**

### StereoSciFi Project

**Coordinator:** AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)

**Partners:**

- ✓ Agrupamento de Escola Emídio Navarro (Portugal);
- ✓ EURO-NET (Italy);
- ✓ Escuela Profesional Otxarkoaga (Spain);
- ✓ Telsiu svietimo centras (Lithuania);
- ✓ UNIWERSYTET LODZKI (Poland).



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## AidLearn at Nacional Level

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Within the scope of our training offer and inserted in the area of Social Work and Orientation, through a partnership with the Associação Carlotazinha based in Leiria, the second Edition of the **ADC Cuidador Course** took place from September to December 2019.

This training course was aimed at professionals who already work in this area and wish to update or acquire new knowledge and skills; people who want to learn the basic concepts related to the role of caregiver for their own purposes, such as helping / caring for the elderly or caring for children; and people who want personal development or increase their knowledge in this area.

The 55-hour **ADC Cuidador** course aims to acquire the knowledge and techniques necessary to care for the elderly with the following objectives:

- Know the characteristics of users in physical, mental, cultural, social and care aspects, taking into account the respective stage of the life cycle;
- Know how to act in situations of immobility, incontinence, constipation, falls, dementia, among others;
- Know the support networks for users and caregivers, among others.

The programmatic structure of this course, taking place in person, is based on the following Training Modules:

**Module 1** – Caregiver; **Module 2** – Music therapy; **Module 3** – Health; **Module 4** – Physiotherapy.

For more information on the concept of **Caregiver**, your primary functions and the skills you need to care for people without autonomy to carry out their daily activities, see AidLearn employee Ley Garcia's article, [here](#)



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## Data Policy

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AidLearn welcomes information about your interest in continuing to receive information about the company's activity.

If you do not wish to continue receiving quarterly newsletters with the company's activity, including the training offer, please [contact us](#)!

Your data is for the exclusive use and restricted treatment of **AidLearn**, which, through its privacy policy, does not provide it to third parties.

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**For more information on  
AidLearn's activity,  
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