

IN HIGHLIGHT

Campaign #MOVEaMENTE



March 23 - May 14, 2020

**In times of pandemic, it is vital
to exercise our minds while in
social isolation!**

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 16th edition (April 2020), we will present the main news about national and international projects coordinated by AidLearn or developed in partnership, from January to March 2020.



#MOVEaMENTE - Aidlearn and its partners' campaign to exercise their minds in times of Pandemic COVID 19. (March 23 to May 14, 2020)

Learn more at:



In times of pandemic, it is vital to exercise our minds while in social isolation!



AidLearn, with the support of its national network, launches the campaign **#MOVEaMENTE**, which will allow, with just a click, to have access to innovative learning content, focused on various themes, such as: social inclusion, digital inclusion, tourism or business innovation.

These contents were created by interdisciplinary European teams and validated by specialists and professionals, and are available online, free of charge and in Portuguese.



Now available on **#MOVEaMENTE**:

[CINAGE](#) Project and [StereoScifi](#) Project

Newsletter



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:



The StereoSciFi Project has come to an end!

The StereoSciFi project came to an end, with several workshops in partner countries to present their products. In Portugal, the workshop, took place in Almada, as a certified ACD for teachers, with the collaboration of AlmadaForma and Agrupamento de Escolas Emídio Navarro, and was attended by the presence of around 50 participants. The feedback was very positive, and the StereoSciFi products distributed are expected to be used soon in more schools in the region.

All products are available for free download in all partner languages and English, on the project website. See for yourself!



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 (Polónia).



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:

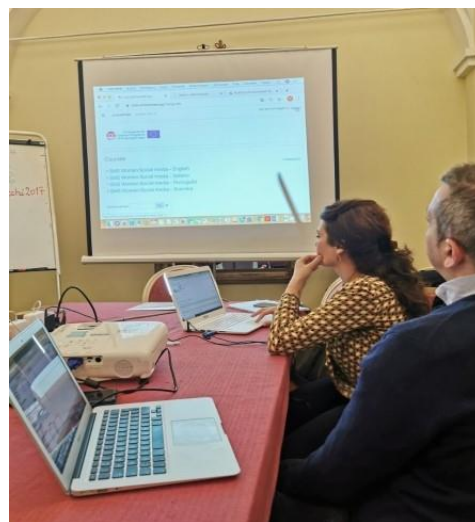


4th SMS Project Meeting, 30 and 31 January, Bologna, Italy

The 4th meeting took place in Bologna (Italy) on the 30 and 31 January, with the presence of all partners. The very encouraging results of the SMS course pilot action 2, for migrant women, which occurred in each partner country, were discussed; in Portugal the pilot took place in 3 different locations. The next activities will focus on the preparation of national reports and the final report, as well as the finalization of the platform / hub, where the products are hosted, including the different language versions; and their migration to another server.

Multiplier events in each country were discussed, which should take place by the end of August, and which, given the current conditions, will most likely have to happen online.

We will soon announce the event in Portugal!



SMS PROJECT

Coordinator: Internationella Kvinnoföreningen (Sweden)

Partners:

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

Newsletter



The "Bigger Picture" project is funded by the EU under the Erasmus + strategic partnerships for adult education. It aims to promote the development of knowledge, skills, values and attitudes that promote a more sustainable and inclusive world.

Learn more at:



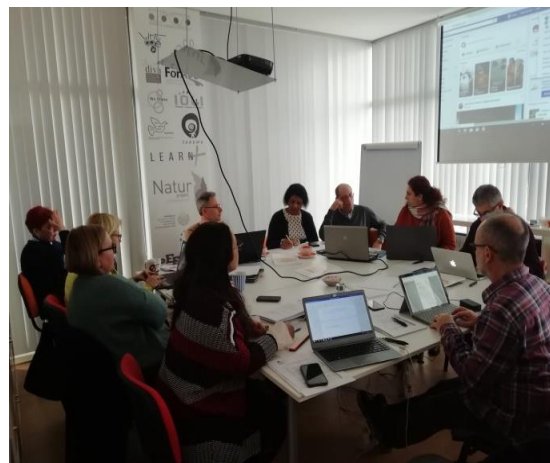
The 4th meeting took place in Lisbon, on the 23rd and 24th of January, with the presence of all partners

The modules of the blended course were presented, and the changes to be carried out to ensure greater homogenization were agreed; each module will have a face-to-face session to be held during the adult educators learning week in London in May. The proposed structure for the online course was discussed and agreed.

Regarding the national reports already carried out, each partner must translate their own. The Spanish partner will prepare a summary of everyone's conclusions, which will be translated into all the languages of the partnership.

The guidelines for the creation of Thematic Workshops, the Materials Embedded in Curriculum, and the Guide for Educators are also outlined.

With the current pandemic situation in the world, it is likely that there will be a reschedule of the various activities, including the training of adult educators in May. Be alert!



THE BIGGER PICTURE PROJECT

Coordinator: Global Learning & Skills Partnership (United Kingdom)

Partners:

- ✓ AidLearn, Consultoria e Recursos Humanos, Lda (Portugal)
- ✓ Morley College (United Kingdom)
- ✓ Prometeo (Italy)
- ✓ The Association of Estonian Adult Educators ANDRAS (Estonia)
- ✓ Universidad de Sevilla (Spain)
- ✓ IFAID Aquitaine (France)

Transnational Meeting of the FLOURISH Project, January, 8th and 9th, 2020, Lisbon



AidLearn had the pleasure of organizing the 3rd meeting and receiving partners in Lisbon, on the 8th and 9th of January.

The pilot tests carried out were presented and discussed and the plans leading to the production of the Educational Video and the Guide for Education / Training Entities were approved, under the leadership of AidLearn and ECQ, respectively.

A detailed job plan has been agreed to be carried out until the next transnational meeting.

FLOURISH PROJECT

Coordinator: European for Quality Ltd, Bulgaria

Partners:

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

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:



SPIDW Project City Game, January 24, 2020, Lisbon, Portugal



During SPIDW city games in Lisbon, older people, students at [UTIL - Universidade de Terceira Idade do Lumiar](#), had the opportunity to go to the Monteiro Mor Botanical Garden ([Museu Nacional do Traje](#)) and play a peddy-paper game. After that, they developed their online research skills and created a slide show that you can view in video format [here](#).

SPIDW PROJECT

Coordinator: EureCons Förderagentur GmbH, Germany

Partners:

- ✓ AidLearn, Consultoria e 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 is an Erasmus + project, which uses "Geomarketing" as an entrepreneurial tool. The main objective is to provide the GET UP Learning Platform to empower its users with new knowledge and skills, capable of facilitating their first job. *Learn more at:*



The GET UP Project ended!

January 2020 was a full month of activities within the scope of the GET UP project, we ended the pilot action of the GET UP mixed training course with the presentation of the business plans developed during the training action. We also launched the last two project [newsletters!](#)



We held in Lisbon the Conference for the dissemination of the GET UP project, which was attended by 63 participants. The feedback received was very positive and it is expected that the blended GET UP course will become a tool to support the management of SMEs in Portugal.

Follow the links for more information about these events

Pilot Training and Final Conference GET UP - 14 and 20 January 2020 in Lisbon - Portugal

Finally, the AidLearn team participated in the Final Conference of the GET UP Project on January 29, 2020 in Rome, Italy!



The blended GET UP course is available on the ILIAS platform <https://www.getuplearning.eu/>

GET UP PROJECT

Coordinator: LUISS Guido Carli, Italy

Partners:

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

Newsletter

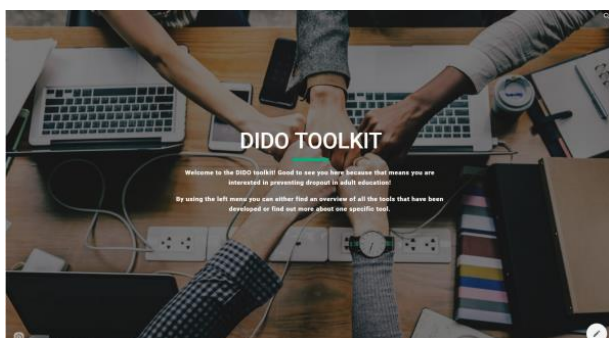


DIDO is a European project that aims to increase the learning motivation of adult students across Europe, offering an online toolkit with effective and practical methods to prevent the dropout rate in adult education.

Learn more at:



The Toolkit is now available



The toolkit [in English](#) to prevent dropout in

Adult Education is now available.

Coming soon also in Portuguese!

DIDO PROJECT

Coordinator: CVO Antwerpen - Centrum voor volwasswenenonderwijs, Belgium

Partners:

- ✓ AidLearn, Consultoria e Recusos Humanos Lda., Portugal
- ✓ Axxell Utbildning AB (Finland)
- ✓ ROC West-Brabant (Netherlands)
- ✓ HF & VUC FYN Ringen (Denmark)
- ✓ Schweizerischer Verband für Weiterbildung (Sweden)





COLED Project Course

The course is being created, and the various sessions will first be inserted in the Moodle platform in English, and then each partner will be able to migrate to their own Moodle Cloud to have the version of the course in their native language and in English. There will be instructions on the platform so that any other person / organization can migrate to a Moodle Cloud and perform the translation into their language. As soon as the course is available, each partner will do a pilot action with 10 participants. If you are interested in participating, contact us!



COLED PROJECT

Coordinator: Przemysłowy Instytut Automatyki i Pomiarów PIAP, Poland

Partners:

- ✓ AidLearn, Consultoria e Recursos Humanos Lda., Portugal
- ✓ PRO-MED sp. z o. o. (Poland)
- ✓ European Center for Quality (Bulgaria)
- ✓ Universitatea Petru Maior (Romania)

AidLearn at Nacional Level

Within the scope of our training offer and inserted in the area of Social Work and Orientation, through a partnership with the Associação CarlotaZinha, Leiria, the Third Edition of the **ADC Cuidador Course** started in March 2020.

This training course is 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:

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

The programmatic structure of this course, in classroom training, is based on the following Training Modules:

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



Formação gratuita ADC Cuidador com nova edição em março

Estão abertas as inscrições para a próxima edição do programa de formação para cuidadores "ADC Cuidador", organizado pela Associação da CarlotaZinha com apoio da Escola Superior de Saúde de Leiria - onde decorrem as sessões - e da Câmara Municipal.

O novo programa, de participação gratuita, arranca no próximo dia 3 de março e inclui dois módulos por semana, às terças e quintas-feiras, entre as 19 horas e as 21h30. No total, contempla 55 horas de formação certificada (AidLearn - Consultoria em Recursos Humanos, Lda), sendo as sessões orientadas por profissionais de saúde e técnicos voluntários de diversas áreas e especialidades.

Segundo Fernanda Pereira, presidente da associação, o projeto visa capacitar os cuidadores a "cuidar do outro de forma informada e responsável" e de si, com base numa abordagem multidisciplinar. Além da transmissão de conhecimentos e de competências ao nível dos cuidados básicos da pessoa dependente, visa a partilha de "conselhos gerais e habilidades específicas, através de uma linguagem clara e acessível, acompanhada de exemplos práticos de forma a facilitar a aprendizagem".

Constitui por outro lado um espaço de troca de experiências e de entrega.

O programa que se estende até finais de maio inclui módulos nas áreas da Fisioterapia, Nutrição, Psicologia, Enfermagem, Oncologia, cuidados paliativos, terapia da fala, e primeiros socorros.

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A training course was also held on March, 14th and 15th in Arruda dos Vinhos, about “Works at Height” Level I, lasting 16 hours.

This training course, for workers who are responsible for carrying out work at height using ropes, aimed to develop their skills in the context of work at height.

With a mixed methodological approach, expository in the classroom, analysis and discussion of case studies and demonstration, with a practical component, teamwork was encouraged, providing preventive and corrective measures for carrying out work at height by rope, to reduce and / or prevent accidents.

The trainers Vítor Canha and Bruno Canha were responsible for promoting this course.

The participation in this course requires that trainees have PPE of work at heights.



TRABALHOS EM ALTURA NIVEL 1

Formação:

14 e 15 Março 2020
das 9h às 18h

Duração: 16 horas

Local: Arruda dos Vinhos



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Formador Responsável :

Vítor Canha





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