



# Newsletter

31st Edition/January 2024

# Newsletter

31st Edition/January 2024

## **AIDLEARN, CONSULTORIA EM RECURSOS HUMANOS, LDA**

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 organisational development. It is a training entity certified by DGERT (Directorate General for Employment and Labour Relations) in various areas of education and training.



### **Studies and Projects**

- *Innovation in education/training systems*
- *Encouraging organizational learning, diversification of the training offer and renewal of practices*
- *Design and development of studies and projects*

### **Vocational Educational and Training**

- *Skills management for organizational development, innovation and competitiveness*
- *Professional and business training*
- *Planning, management, monitoring and evaluation of interventions for skills development*

### **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 informations.

In this 31st edition (January 2024), we will present the main news about national and international projects coordinated or partnered by AidLearn, from October to December 2023.



# Newsletter

31st Edition/January 2024

## HIGHLIGHTED

*Final Project Conferences  
HEDY – PEER TRAIN – CECIL*



**PEER TRAIN**



Life in the AI Era



*The first result of the EquAlley Project is  
now available!*



*You can now read the IntCultAE  
newsletter!*





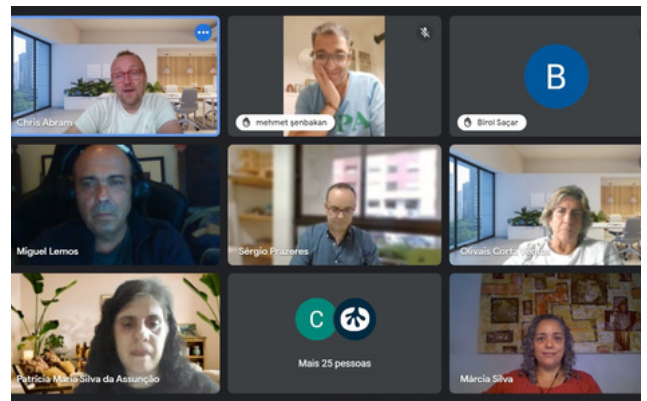
**CarboNostrum: Climate-Smart Agriculture in a Changing World** aims to develop an educational platform about land management practices capable of ensuring the sustainable use of natural resources and the capture of atmospheric carbon dioxide under Mediterranean soils.

Learn more at:



### Launching the CarboNostrum Blended Course

The CarboNostrum Course Pilot Action was officially initiated in October to test a new training programme for effectiveness, efficiency, and alignment with participants' needs. Its primary aim is to promote climate-smart agriculture and a sustainable, fair future. During the course, project partners and participants gathered to learn how to use the e-learning platform, and to discuss about course details, expectations, and the potential positive environmental impact it brings.



### Pilot Action F2F Week in Greece

In November, the CarboNostrum Pilot Action F2F Week took place in Thessaloniki, Greece. This represented Module 5 of the CarboNostrum blended learning Course and the participants had the chance to engage in hands-on DIY soil sampling and testing activities.



### A Transnational Meeting in Greece

On November 24th and 25th, the CarboNostrum team gathered in Thessaloniki to update on translations, work packages, and valuable insights. As we approach the final steps of the CarboNostrum blended-learning course piloting, we laid the ground for improvements and accessibility. On this occasion, the course's trainers and trainees also visited "ELGO: Greek Gene Bank, Smart Greenhouse."



### **CARBONOSTRUM PARTNERSHIP**

**Coordinator:** The USE Concept, Lda. (Portugal)

**Partners:**

- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- MAYLOG NAKLIYAT VE LOJİSTİK HİZMETLERİ TİCARET LIMITED SİRKETİ (Turkey)
- Molise verso il 2000 srl (Italy)
- AGENCIA ESTATAL CONSEJO SUPERIOR DE INVESTIGACIONES CIENTIFICAS (Spain)
- ARISTOTELIO PANEPISTIMIO THESSALONIKIS (Greece)



Life in the AI Era

**Hedy: Life in the AI Era** stands for being a source of information regarding Industry 4.0 digital technologies, namely Artificial Intelligence (AI), by enlightening its possible positive future applications, whilst clarifying its possible impacts.

Learn more at:



### The Conference on AI and Cyber security by Óbuda University

On October 25th, Óbuda University organized a conference focused on Artificial Intelligence (AI) and cyber security. The program of the conference consisted of three consecutive modules: the closing event of the HEDY project, the educational and research problems of today's artificial intelligence, and the presentation of the actualities of cyber security.



### The Final National Conference at ISCE

On October 31st, the final national conference took place at Instituto Superior de Lisboa e de Vale do Tejo. AidLearn, represented by Maria Helena Antunes and Meda Vaitonytė, presented the following results to 56 participants interested in the field of AI: R1.Booklet, R2.Toolkit, R3. MOOC, R4.Guidelines.



### HEDY PARTNERSHIP

**Coordinator:** OBUDAI EGYETEM (Hungary)

**Partners:**

- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- Bulgarian Association of ergonomics and Human Factors (Bulgaria)
- UNIVERSITAT POLITECNICA DE CATALUNYA (Spain)
- ACEEU GmbH (Germany)



# IntCultAE

*IntCultAE: Intercultural Competences for Adult Educators is an innovative initiative that aims to enhance the intercultural competencies of adult educators and it strives to create an inclusive and diverse learning environment by bridging cultural divides.*

Learn more at:



## The Latest Newsletter: Published and Accessible

The newest issue of the IntcultAE Project's Newsletter is out now, offering insights into the topic and recent developments.

### NEWSLETTER 1 IntCultAE

Intercultural Competences for Adult Educators



#### INTERCULTURAL COMPETENCIES AND ADULT EDUCATORS

Intercultural competencies are essential, not only for the European Union as a whole but also for adult educators within the EU. In our increasingly diverse society, adult educators play a pivotal role in shaping individuals' attitudes and behaviors. As Europe continues to evolve as a multicultural society, equipping them with intercultural competencies enables inclusive learning environments where people from various backgrounds can thrive and learn together. These competencies empower educators to address the specific needs of adult learners, respecting their cultural backgrounds and adapting teaching methods accordingly.



#### REAL-LIFE AND FICTIONAL STORIES

We are taking a dynamic approach to enrich your learning experience. In addition to comprehensive course content, we are integrating real-life stories of migration and thought-provoking movies and scenes into our program.

These real-life stories of migration will serve as powerful examples, showcasing the rich experiences that individuals from diverse backgrounds bring to the table. By sharing these narratives, we aim to foster empathy, understanding, and appreciation for the complexities of intercultural interactions.

Moreover, movies and scenes are a fantastic medium for vicariously exploring intercultural contact. They provide a lens through which we can analyze various scenarios, dilemmas, and interactions. Our IntCultAE movies and scenes catalog will offer an intercultural competencies perspective on how to appreciate them.

FOLLOW US @ [facebook.com/IntCultAE](https://www.facebook.com/IntCultAE)

@ [instagram.com/IntCultAE](https://www.instagram.com/IntCultAE)

Partners:



#### THE PROJECT

The IntCultAE project is a transnational consortium funded by Erasmus+ and brought to life by organizations from five diverse countries: Portugal, Poland, Italy, Greece, and Germany.

Our mission is to promote intercultural competencies among adult educators and provide valuable resources for everyone interested in fostering cross-cultural understanding.

Currently, we are hard at work developing our website, which will serve as a hub for intercultural education. Here's what you can look forward to:

- ONLINE COURSE
- COMPREHENSIVE COURSE FRAMEWORK
- CATALOG OF FILMS AND SCENES
- REAL-LIFE STORIES
- WORKSHOP GUIDE



#### PROGRESS OF THE PROJECT DEVELOPMENT AND NEXT STEPS

Our partnership met in person for the first time during our inaugural transnational meeting in Bonn (Germany) in February, where we organized our subsequent operational steps and enhanced our ability to conduct high-quality interviews for our real-life stories through a filmmaking workshop.

More recently, in July, the IntCult team convened in the Polish city of Lodz for our second transnational meeting, where we continued shaping the project's development and delved into crucial aspects of our results.

Our team has been working behind the scenes, too. We've been focused on developing a comprehensive course framework that will benefit our course and serve as a valuable resource for others in the field. We've also gathered real-life stories from people who kindly shared their migration and adaptation experiences with us. Plus, we're in the final stages of our movie and scenes catalog, ensuring that our materials are both engaging and informative. We're excited and can't wait to share more updates on our progress!

Co-funded by the European Union

Project ID: 2020-1-PL01-KA201-000000017  
The European Commission supports the development of this project. It does not endorse the views of the project or its results, which are only those of the project partners and do not necessarily reflect those of the Commission.





### The 3rd Transnational Meeting in Lisbon

On December 14th and 15th, the IntCultAE Project team gathered in Lisbon to finalize the selection for the Movies and Scenes Catalogue, showcase the 1st draft of some Real Stories of Acculturation, and finalize the structure for Online Course on Intercultural Competencies for adult educators.



### **IntCultAE PARTNERSHIP**

**Coordinator:** UNIWERSYTET LODZKI (Poland)

**Partners:**

- EKPAIDEFTIRIA KALOSKAMI S.A. (Greece)
- EURO-NET (Italy)
- Erasmus ME Academy (Germany)
- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)



## PEER TRAIN

**PEER TRAIN: Strengthening Capacities to Support Active Ageing in the Conditions of the 21st Century** - Peer Mentoring Program for People 50+ aims to foster active ageing and the digital inclusion of individuals aged 50 and over through Peer-Mentoring.

Learn more at:



### The Last Transnational Meeting in Bulgaria

From October 2nd to 4th, we took part in the last transnational meeting of the Peer Train project in Sofia, Bulgaria in a hybrid way. The partnership discussed the last aspects to be checked in the final outcome of the project and also addressed the conferences that each partner was going to hold in their country. Finally, we shared some of our thoughts on how the whole project went over time, the final processes and the evaluation of the project as it was the last face-to-face meeting.







## PEER TRAIN

### **The Final National Conference at ISCE**

In October, the final conference of this project took place at ISCE - Instituto Superior de Lisboa e Vale do Tejo, where all objectives and results were presented.

The event was organized with the cooperation of ISCE's Tourism department director, along with 55 people seeking to learn and expand their knowledge about active ageing and peer mentoring.

Main results are: R1.Study, R2.Training course, R3.Mentoring programme, R4. Online platform.







**PEER TRAIN**

### **Project Culmination: Presenting Through Video**

We are delighted to share the video showcasing the Peer Train Project, which we've been developing for the last two years. Take a look at it to get a comprehensive understanding of what the Peer-Train project entails.



#### **PEER TRAIN PARTNERSHIP**

**Coordinator:** EureCons Förderagentur GmbH (Germany)

**Partners:**

- Spolupracou pre lepsiu buducnost - Velky Meder (Slovakia)
- Human Profess Közhasznú Nonprofit Kft. (Hungary)
- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- Balkan Agency for Sustainable Development (Bulgaria)
- PRO-MED sp. z o. o. (Poland)



**HOPE: Home and Overseas Project Management Excellence** intends to create a professional training course for project managers in the community development sector.

Learn more at:



### Virtual Transnational Meetings

During October and December, the transnational partner meeting took place online once a month. The progress of final results "online platform" was discussed alongside planning and preparing for the conference and the final face to face transnational meeting in France in February.



### HOPE PARTNERSHIP

**Coordinator:** IFAID Aquitaine (France)

**Partners:**

- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- ASOCIACION NAVARRA NUEVO FUTURO (Spain)

# EquAlley

**EQUALLEY:** The EquAlley project sets out to challenge gender stereotypes, social injustice and gender-based violent behaviour, specifically carried out in public spaces, and by young people.

Learn more at:



## A Week of Learning and Training Activities in Spain

Between October 17th and 19th, comprehensive week of activities took place in Bilbao, Spain. Two educators from each partner country actively participated in these activities. Their active participation centered on learning and testing the course and its associated activities, which are designed for young individuals aged 12-16.



The activities focused on the following topics: Sexual harassment/sexual harassment; Gender-based violence; Combatting stereotypes and normative gender roles; Self-empowerment. The course's primary goal is to raise awareness, prevent and reduce discriminatory behaviors and attitudes, provide effective tools on how to deal with these behaviors and attitudes, and deconstruct stereotypical and normative gender roles and views.

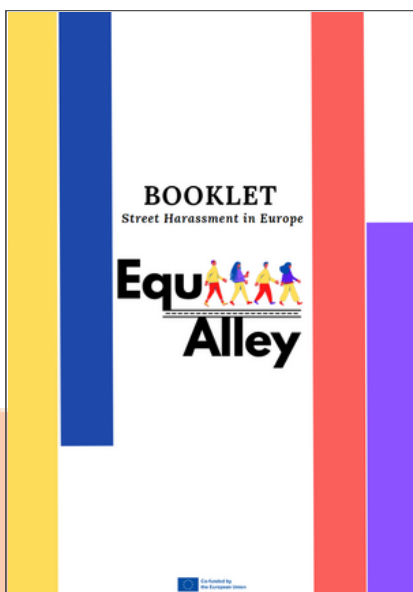
# EquAlley

## A Transnational Meeting in Spain

On October 20th, in Bilbao, Spain, a transnational meeting was held to define the next steps and discuss the feedback provided by the educators who participated in the learning activities in the preceding days. The EquAlley project team are considering the feedback received from the learning activities to finalize the course and prepare for the pilot actions in schools which is for testing the course.



DISCOVER MORE



## The EquAlley Booklet: Published and Accessible

The EquAlley booklet offers an innovative insights on “Street Harassment in Europe” and is the result of the qualitative data collected from educators in five countries (Spain, Poland, Italy, Netherlands, and Portugal) and include comprehensive literature and glossaries to enhance understanding of street harassment.

It focuses on 6 domains:

- Definitions of Street Harassment
- The shared historical roots of Street Harassment in Europe
- In-depth Investigation and Research on Street Harassment
- The Human rights issues of Street Harassment
- The impact of Street Harassment on Young populations
- Addressing Harassment in public spaces

## EquAlley PARTNERSHIP

**Coordinator:** Escuela Profesional Otxarkoaga (Spain)

**Partners:**

- UNIWERSYTETŁODZKI (Poland)
- EURO-NET (Italy)
- Emancipator NL (Netherlands)
- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)





# ENTRUST

**ENTRUST: Supporting Senior Entrepreneurship in Sustainable Tourism** aims to promote the preservation of cultural heritage through the creation of sustainable tourism businesses with a positive social impact on the region where they are located.

Learn more at:



## The Multiplier Event in Mangualde

On November 10th, the multiplier event was held in the auditorium of the Municipality of Mangualde, Portugal, showcasing the results of this project. This event was exclusively held by Portuguese partners: Biosphere Portugal and AidLearn, Consultoria em Recursos Humanos, Lda.

## The National Conference in Viana do Castelo

On December 5th, the National Conference of the Entrust Project took place in Viana do Castelo, at the Francisco Sampaio Auditorium of the Higher School of Technology and Management of the Polytechnic Institute of Viana do Castelo, with the support of CEVAL (Business Confederation of Alto Minho) and APE (Portuguese Association of Entrepreneurs). The event emphasized the importance of senior entrepreneurship in preserving cultural heritage in rural areas, shared inspiring testimonials, and presented the project's key results: R1. Curriculum, R2. Multimedia of Good Practices, R3. Course and Creative Lab, R4. E-Tools, R5. E-Learning Platform, and R6. Guidelines for VET Providers.



## ENTRUST PARTNERSHIP

**Coordinator:** INNOVATION AND MANAGEMENT CENTRE LIMITED (Ireland)

**Partners:**

- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- Biosphere Portugal (Portugal)
- STICHTING BUSINESS DEVELOPMENT FRIESLAND (Netherlands)
- HAAGA-HELIA AMMATTIKORKEAKOULU OY (Finland)



**CECIL: Circular economy education for the social inclusion of Women** addresses the need to promote Circular Economy and Sustainability among women at risk of exclusion by promoting greater interaction between the European Green Deal and the EU Gender Equality Strategy 2020–2025.

Learn more at:



## The Final Conference in Lamego

On October 10th, the final conference took place in partnership with the Polytechnic Institute of Viseu, Technology and Management of Lamego, in Lamego. We presented the project and the following results.

- Guide
- Interactive Toolkit
- Network for professionals
- Interactive platform

**CECIL**

Cofinanciado pelo Programa Erasmus+ da União Europeia

Nº DO PROJETO: 2021-1-PT01-KA220-000026125  
ACRÓNIMO DO PROJETO: CECIL  
TÍTULO DO PROJETO: EDUCAÇÃO EM ECONOMIA CIRCULAR PARA A INCLUSÃO SOCIAL DAS MULHERES

**EVENTO MULTIPLICADOR:  
CONFERÊNCIA FINAL DO PROJETO CECIL**

10 OUTUBRO | 17H  
Escola Superior de Tecnologia e Gestão de Lamego

17h00 - Boas-Vindas

17h10 - Apresentação do Projeto CECIL  
BIOSPHERE PORTUGAL

17h30 - CECIL Guide e CECIL Toolkit:  
Ferramentas práticas  
AIDLÉARN

18h00 - CECIL Practitioners Network: Plataforma Interativa  
BIOSPHERE PORTUGAL

18h30 - Educação em Economia Circular como promotora de inclusão social - Testemunhos

19h00 - Encerramento do Evento

Organizado por:

Parceiros do Projeto:







### **The Last Transnational Meeting in Sweden**

On October 23rd and 24th, the final evaluation meeting was held in Lund, Sweden to reflect on the final results, define the next steps, and consider about possibilities within the scope of the topic. This meeting provided a platform for sharing the project's accomplishments and favourable final assessment regarding the project's objectives and the cooperative efforts.



#### **CECIL PARTNERSHIP**

**Coordinator:** Biosphere Portugal (Portugal)

**Partners:**

- MINE VAGANTI NGO (Italy)
- CENTER FOR EDUCATION AND INNOVATION (Greece)
- Youth Europe Service (Italy)
- MOBILIZING EXPERTISE AB (Sweden)
- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)



**EASY: Educating Adults Against Stereotypes** aims to promote understanding of age and gender stereotypes that can lead to discrimination in different sectors of society among adults. It will provide teaching resources for adult educators to use to facilitate inclusion and diversity.

Learn more at:



### A Transnational Meeting in Bulgaria

On November 9th and 10th, the EASY Project's 3rd meeting was held in Sofia, Bulgaria, hosted by our new partner ACTA. During this meeting, we conducted a review of completed results, focusing on planning translations and release of the EASY framework and EASY Catalogue. The main objective of this meeting was to discuss improvements for the EASY Toolkit based on feedback collected from the Denmark event with the target group. Additionally, we organized the tasks aimed at creating the EASY Guide and finalized the structure of the EASY website.



### EASY PARTNERSHIP

**Coordinator:** UNIWERSYTET LODZKI (Poland)

**Partners:**

- AidLearn, Consultoria em Recursos Humanos, Lda. (Portugal)
- HF & VUC FYN (Denmark)
- OLYMPIAKI EPAIDEFTIKI KAI SYMVOULEFTIKI EPE (Greece)
- Asociația pentru Educație și Dezvoltare Durabilă (Romania)



# Newsletter

31st Edition/January 2024



## AidLearn at the National level

### Training “WORKING AT HEIGHT”

As part of our training offer, a training course on the theme “Working at Height”, Level I, Level II and Level IV, took place on the 2nd and 3rd of December at Arruda dos Vinhos, lasting 16 hours. To participate in this course, trainees must have PPE for working at heights.

This training course, aimed at workers who are responsible for carrying out work at height using ropes, aimed to provide trainees with skills in working at height. With a theoretical methodology in the classroom, case study presentation and demonstration in the practical component. Teamwork was encouraged, providing preventive and corrective measures for carrying out work at height using ropes, in order to reduce and/or eliminate accidents.

More training courses on this thematic will be scheduled for 2024!

### Training ADC for Yourself

Once again, we organized a training course on ADC Caring for Yourself, which took place from September to November, organized in partnership with Associação CarlotaZinha – Support for patients and families. More than Training, these are moments of Learning, Sharing, testimonies and a LOT of affection towards Caregivers and Future Caregivers. To be able to take care of others, you have to know how to take care of yourself.



# Newsletter

31st Edition/January 2024



*20 years of AidLearn*

*In December, AidLearn celebrated the 20th anniversary of its foundation!*

*We thanks everyone who has been involved, those who subscribe to this newsletter, the support of all the collaborators who have passed through and those who are still here, the support of the people who have made external contributions to our projects (schools, institutions, teachers, students, experts and others), and also to our families.*

*We celebrate together and hope to continue to fulfil the expectations of success that we have set for AidLearn..*

*Maria Helena Antunes - Graça Gonçalves - Márcia Silva*

# AidLearn Resources



## YOU CAN PROJECT

2022-2023

YOUTH with migrant dropout tackling: CAPacity building aims to be a reference in preventing school drop-out among migrant youth. The project will develop outcomes for teachers and educators in order to promote migrant students' social inclusion and prevent them from dropping out of school.



Best Practices Publication



Toolkit

***Click on the picture to be redirected to the document***

# AidLearn Resources

ECOS

EU – "RE" creation  
Developing Competences of Seniors

## ECOS PROJECT

2020–2023

The project ECOS (EU – "RE" creation: Developing Competences of Seniors) is dedicated to developing cooperation and exchanging experiences of educators working with persons at risk of marginalization due to age, health condition, and limited physical or mental performance



E-book

***Click on the picture to be redirected to the document***



# Newsletter

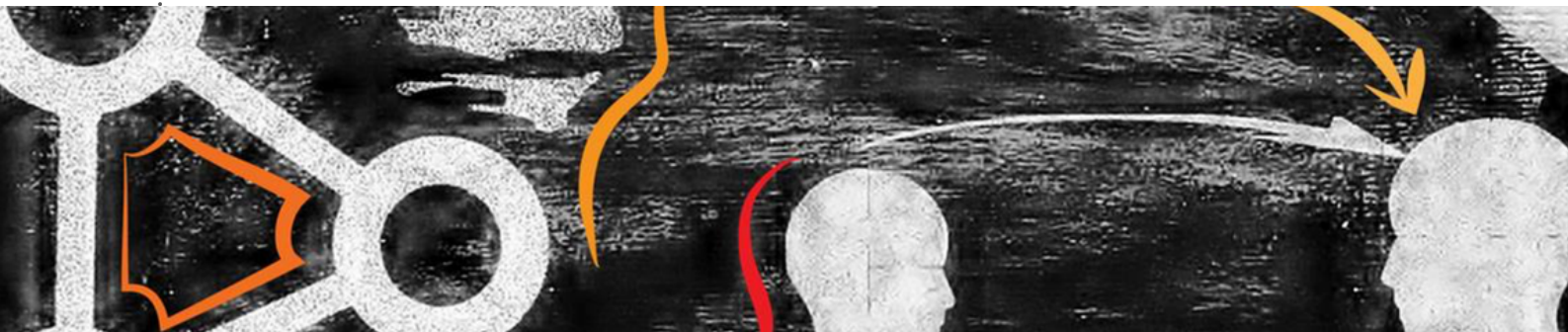
31st Edition/January 2024

## Data Policy

---

You are receiving this information because you are registered in the AidLearn database. If you do not wish to continue receiving quarterly newsletters with the company's activity, including the training offer, please get in touch!

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



***For more information on AidLearn's activity,  
do not hesitate to get in touch!***





# Newsletter

31st Edition/January 2024