



ATEGAL

Asociación Cultural Galega
de Formación Permanente de Adultos

Aulas 3ª idade de Galicia
Entidade colaboradora da Xunta de Galicia

ATEGAL- GALICIAN CULTURAL ASSOCIATION FOR LIFELONG LEARNING

**International Scientific
Conference of educational
projects for seniors
16th and 17th February**



ABOUT GALICIA

According to data from the
Galician Institute for Statistics (IGE)

In 2014 in Galicia:

- 23,6 % of population is 65 years or older
- Ageing index is 149.3
- Life expectancy at birth is 82 years (79 men, 85 women)
- Life expectancy at 65 is 21 years.



ABOUT US

- Lifelong learning association for people over 50 years.
- Non-profit entity with more than 38 years of history.
- Pioneers in lifelong learning, with more than 1.400 members and nine offices in Galicia: A Coruña, Santiago, Ferrol, Padrón, Lugo, Villalba, Monterroso, Ourense and Vigo.
- Founding members of CEATE and AIUTA
- Members of EAEA: European Association for the Education of Adults since June 2014.

WHERE ARE WE?



- Santiago de Compostela
- Padrón
- A Coruña
- Ferrol
- Lugo
- Monterroso
- Vilalba
- Ourense
- Vigo



OUR OBJECTIVES:

- To promote active ageing, establishing interpersonal relations in groups with common interests.
- Positive image of seniors.
- To enhance the development of skills and aptitudes and to educate to know how to act in present times.
- To create a knowledge network.
- To be a place where to create new friendships to share our time with



ACTIVITIES

- Lessons from October to May, from Monday to Friday, following the academic calendar.
- Activities divided in four areas: cultural, occupational, health and leisure.
- An average of 50 hours of lessons in 18 different workshops.
- Formation in new technologies and their use in daily life.
- Intergenerational activities.
- Seminars on current issues and social innovation and technology.

CULTURAL AREA



**Literature
(Spanish and Galician)
History of Art
History of Galicia
Geography
Languages
(English, French)**

HEALTH AREA



**Yoga
Pilates
Fitness maintenance
Tai Chi
Memory training
Social skills
Dance and music therapy**

OCCUPATIONAL AREA



Drawing and oil painting
Fabric painting
Crafts
Music
Rondalla
Drama
Computer Skills
Smartphones

LEISURE AREA



**Celebration at Christmas,
carnival.**
**Cultural visits to museums
and exhibitions.**
**Participation in meetings and
congresses.**
Travels.
End of course trip.











INTERGENERATIONAL ACTIVITIES



PROJECTS

SMART ATEGAL AGEING ON WAY

- In collaboration with **Fundación Vodafone España** (Vodafone Foundation Spain).
- Formation in the use of smartphones and tablets to **800** Galician seniors.
- To facilitate the access to the benefits of ICT (Information and Communication Technologies) to their lives as well as their free time and to enhance active ageing.
- Centres for elderly people (dependent on the Xunta de Galicia), classrooms CEMIT, rural women's associations, neighbourhood associations.

**Fundación
Vodafone
España**





ACTIVE POST-WORKING LIFE

- I Prize Edad&Vida to “Innovative projects in the area of active and healthy ageing”.
- Train and inform people over 50 years, close to their retirement, of the available options and resources for their new stage in their lives.
- We wonder if we know how to age, how we should do it and how to face this new stage.



NEURON_UP

- On-line tool for cognitive stimulation.
- Activities with high ecological value developed by neuropsychologists and occupational therapists, aimed to work with brain damage, mental illness, healthy aging and neurodegenerative diseases such as multiple sclerosis, Parkinson's or Alzheimer's disease.
- Activities to work on: memory, attention, language, orientation, social cognition, praxis, visuospatial skills.

Está usted en: [Home](#) / [Actividades](#)

🔍 Criterios de búsqueda Recursos extra 📷 🔊 🖨️ 🔧 🗑️

Búsqueda rápida 🔍 🔍 **Buscar**

Áreas de intervención

- Funciones cognitivas**
 - Orientación
 - Atención
 - Memoria
 - Lenguaje
 - Funciones ejecutivas
 - Gnosias
 - Praxias
 - Habilidades visoespaciales
 - Cognición social
- Áreas de ocupación**
 - AVD's básicas
 - AVD's instrumentales
 - Educación
 - Trabajo

Actividades digitales | Actividades en papel

<p>M.trabajo</p> <p>Chapas</p>	<p>V.procesamiento</p> <p>Busca el doble</p>	<p>A.selectiva</p> <p>Letras ocultas</p>	<p>M.semántica</p> <p>Convertir números...</p>
<p>M.semántica</p>	<p>A.sostenida</p>	<p>M.trabajo</p>	<p>A.sostenida</p>



SIMPATICO Project

- To improve the experience of citizens and companies with the public administration by delivery of e-services based on advanced technologies.
- In collaboration with Xunta de Galicia.
- Our members from Padrón will test the application form for health resorts.
- Other Galician entities in the project:
FEGAUS and COGAMI.





THANK YOU VERY MUCH

www.ategal.com

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#smartseniors

#givemorelifetolife

 **Ategal. Aulas de Tercera Edad de Galicia**