

Newsletter 4



November 2024



Final TPM in Leipzig, Germany

The final transnational project meeting took place in Leipzig, marking a significant milestone as the Sun in the Age project nears completion. **Partners reflected on the progress achieved, finalised plans for remaining activities, and discussed key outcomes.**

Topics included:

- Finalizing **workshops with older adults**
- Preparing **digital booklets and videos**
- Addressing quality, evaluation, and sustainability reports.

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"Sun in the Age" Project Outcomes

The "Sun in the Age" project has yielded several key resources, all freely accessible on our **official website**:

- **Good Practices and Case Studies:** A comprehensive manual detailing the application of meditation and mindfulness techniques within the EU, featuring a collection of best practices and significant case studies.
- **Blended Training Course for Educators:** An online course designed to equip educators with REMIND (Relaxation, Meditation, Mindfulness) techniques, aiming to enhance their well-being and effectiveness in working with older adults.
- **Workshop Materials for Older Adults:** Structured materials developed for workshops with older adults, enabling educators to apply REMIND techniques in practical settings.

Looking Ahead

As the Sun in the Age project concludes, it's time to celebrate its impactful journey. From introducing REMIND techniques to developing resources for adult educators, **the project has successfully enhanced the well-being and resilience of older adults across participating countries.**

Even as the project formally concludes, its legacy will persist through the resources and practices shared. Partners are committed to ensuring sustainability and furthering discussions on innovative methods for adult education.

Stay connected via our [Facebook page](#) for updates and future initiatives.

Next Steps

- Workshops with older adults
- Multiplier Events



Keep updated about the project



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