



# COMMON CULTURAL HERITAGE

**Blended mobility of Seniors**



**„Common cultural heritage” – CCH**  
2018-1-PL01-KA204-050912  
13-17.05.2019 • 27-31.01.2020

Project coordinator:  
FUNDACJA „AKTYWNI XXI”, Poland



Project partners:  
LIBERA UNIVERSITÀ PER LA TERZA ETÀ AUSER INSIEME  
Milazzo, Italy



UNIVERSIDAD DE CASTILLA – LA MANCHA,  
Spain



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# „Music soothes the savage breast“

13-17.05.2019

## PARTICIPANS

### GUESTS

#### LUTE Milazzo

Elvira Valentina Resta  
Rosaria D'Arrigo  
Alberto Caglio  
Domenico Mascali

#### UCLM Cuenca

Manuela Bermúdez Romero  
M<sup>a</sup> Francisca Rodriguez Ramos  
José M<sup>a</sup> Jiménez Del Olmo  
Joaquín Soler Lladó

### HOSTS

Seniors from the Foundation „Aktywni XXI“

## PROGRAMM OF THE WORKSHOPS „Music soothes the savage breast“

- 1 **day / Sunday 12.05.2019 / – Arrival in Jelenia Góra, accommodation, unofficial meeting at the hotel**
- 2 **day / Monday 13.05.2019 / – Team building:**
  - Presentations of seniors about their organizations and places of residence
  - Getting to know the other participants of the workshops (Książnica Karonoska)
  - English language lesson common to all participants
- 3 **day / Tuesday 14.05.2019 / – Exchange of information about the music of three nations**
  - Presentations of participants about their own country music (selected genre of music)
  - Meeting with listeners of the Jelenia Góra Academy of the Third Age.
  - Walking tour of Jelenia Góra – Cieplice
  - English language lesson common to all participants
- 4 **day / Wednesday 15.05.2019 / – Folk music and learning Polish, Italian and Spanish Dance**
  - Introduction to the topic – common features and differences
  - Dance workshop
  - Meeting with representatives of the local music community. Concert performed by young people.
  - English language lesson common to all participants
- 5 **day / Thursday 16.05.2019 / – Popular music**
  - Presentation of common and separate features in popular music of Spain, Italy and Poland
  - Commonsinging of popular songs (in English and original)
  - English language lesson common to all participants
  - Guided tour around Jelenia Góra
- 6 **day / Friday 17.05.2019 / – Music over the mountains**
  - Preparation of a joint presentation / film from the workshops, using TI tools
  - Summary of differences and common features in the music of partner countries
  - Reconciliation of the program of the next international workshops
  - English language lesson common to all participants
  - Concert
- 7 **day / Saturday 18.05.2019 / – Departure of workshop participants.**



## LEARNING

All participants had very well prepared presentations about music, their organisations, towns, countries and passions. They also took part in the presentations of cultural facilities of Jelenia Góra – Książnica Karkonoska (a public library), Nature Museum and JCK (a cultural centre).

Every day they learnt English and compared their own languages.

The English class  
- Exhibition of tree countries.  
- Opera of Iloty.  
The visit of museum

Tuesday




- ENGLISH LANGUAGE LESSONS  
- PREPARATION OF JOINT PRESENTATION  
- FAREWELL DINNER

Friday





Hoy he terminado un  
poco cansado, pero el día  
ha sido muy completo. El  
Concierto y la clase de baile  
miércoles ha sido  
fantástico!



## SINGING

Seniors sang songs, which are very well-known for everybody e.g. „Panie Janie” „Brother John” „Fra Martino” or „Fray Santiago”. It is a canon which sounded uniquely sung in four different languages at the same time. They were encouraged to sing with a music band from the III LO (a high school from Jelenia Góra). Participants listened to opera arias sung by the students of music school and learnt popular songs in partners’ mother tongue. The final touch was the concert of Elwira Kozak in the concert hall in the Nature Museum.



## DANCING

On the first day of the workshops seniors watched oriental and Spanish dance show of the Hayat band from Jelenia Góra. It was just the beginning because the workshop of folk dances and the common performance of polonaise encouraged the Spanish couple to present a vivid Andalusian dance.



Ideal English lesson.  
Dance workshop - move please



środa






## SIGHTSEEING, LEARNING, TASTING

People don't only live with work, especially when they are retired. The workshop participants tried the taste of some Polish dishes

It's a pity that is the last day, a summary of the workshops and a joint farewell supper and we have not done a lot of other great things I'm so said.


Friday



XXXI FINLANDIA



I LIKED VERY MUCH THE MUSEUM, AND THE MEAT WE EAT IN THE LUNCH BREAK



Tuesday





Uważam że całe  
spotkanie było bardzo  
dopracowane i oprócz  
pogody wszystko było  
ok.



piątek

(pierogi, pork chop, sourkraut and pickles). The guests brought some Sicilian and Castilian specialties. They tried the simple dishes as well as some more sophisticated during the trip over the Valley of Gardens and Palaces. Obligatory part of visiting Cieplice was bathing in hot mineral springs and the walk in the park.



# „Art has no borders“

27-31.01.2020

## PARTICIPANS

### GUESTS



#### „AKTYWNI XXI“

Elżbieta Bielecka  
Teresa Golec  
Krystyna Marchiel  
Lucyna Marzec  
Alicja Mnich  
Halina  
Wojtowicz-Moszyńska



#### UCLM Cuenca

Mercedes González  
González  
María Collado Del Pozo  
Manuel Aparicio López  
Antonio Malavia Saiz

### HOSTS

Seniors from LUTE

# PROGRAMM OF THE WORKSHOPS

## „Art has no borders“

27-31.01.2020

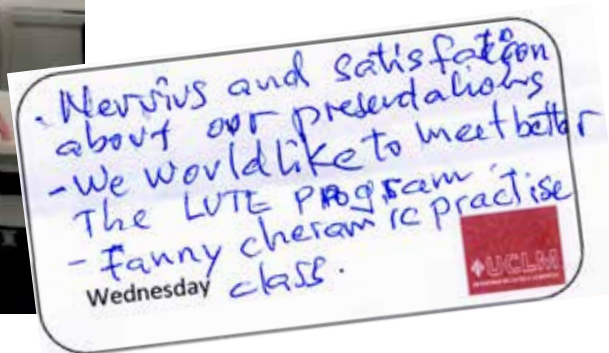
- 1 Day / Sunday 26.01.2020 / – Arrival in Milazzo, accommodation, unofficial meeting at the hotel**
- 2 Day / Monday 27.01.2020/ – Team building:**
  - Getting to know each other: let's take photos
  - Cultural walk around the Old Town
  - Window Shopping
  - English language lesson common to all participants
- 3 Day / Tuesday 28.01.2020/ – Exchange of information about Art and crafts of three nations**
  - English language lesson common to all participants
  - Tasting national delicacies prepared by workshop participants.
  - Presentation of the topic of their choice by Italian seniors
  - Presentation of the topic of their choice by Polish seniors
  - A visit around the Walled Town
- 4 Day / Wednesday 29.01.2020/ – Italian arts and crafts: ceramics**
  - English language lesson common to all participants
  - Presentation of the Spanish topic.
  - Ceramic workshop– learning how to make and paint tiles
- 5 Day / Thursday 30.01.2020/ – Arts and crafts in flower designs**
  - English language lesson common to all participants
  - Presentation by seniors of their organizations and home town
  - Artistic floral composition.
- 6 Day / Friday 31.01.2020/ – arts and crafts: accessorizing**
  - A trip to Fiumara d'Arte (sculptures) and Santo Stefano di Camastra (ceramics)
  - Farewell dinner SANTA LUCIA DEL MELA
- 7 Day / Saturday 01.02.2020/ – Departure of workshop participants.**



## PRESENTATIONS



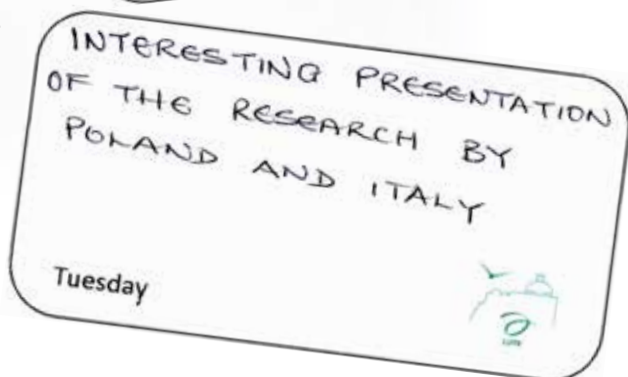
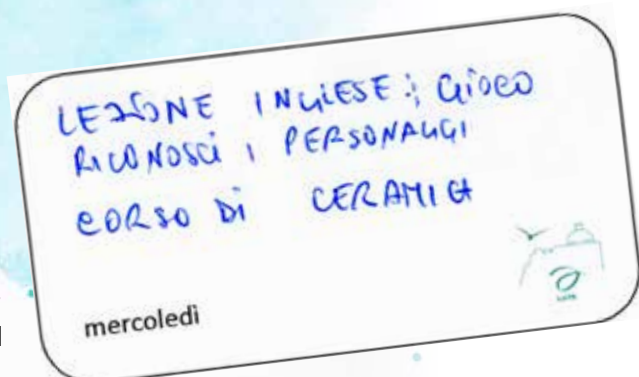
Workshop participants presented their materials in the field of art. They were interesting presentations about architecture ( "Architecture in Spain reflection of history", "Common roots of ancient Poland, Spain and Italy"), monuments ("Cracovia") and futurism ("Presentazione-Arte-Percorsi"). There were also presentations about their organizations and countries.



## ENGLISH LESSONS

All participants attended an English class every day.

They worked in pairs and groups, asking and exchanging personal information (names, occupations, nationalities, families), they conducted a survey to find out information about each other's habits, hobbies, attitudes, talents and interests. They expanded their vocabulary and range of phrases.





LEZIONE DI INGLESE  
 BREAKCOFFEE CON PRODOTTI  
 TIPICI POLACCHI E SPANOLI  
 LABORATORIO CERAMICA  
 mercoledì


## CERAMIC WORKSHOPS

Seniors took part in ceramic workshops where they learnt about various techniques of working with clay. They learnt how to make and paint ceramic tiles.

English lesson with  
 Pina & computer tests.  
 Presentation by seniors  
 of their organizations  
 in Power Point.  
 Wednesday, ~~11~~ Ceramic workshop  
 for souvenirs.



Cielawa belega j. angelobuego -  
ciawenia przy pomocy komputera  
(2w1). Byly byly w ulini ogrodis  
botanicznym i na pokazie florsytyc-  
nym w wykonaniu swatowej sawy  
mistrza florsytyli.


 czwartek



## ARTS AND CRAFTS IN FLOWER DESIGNS

During the floristic workshops seniors admired flower arrangements and learnt some basic techniques on how to arrange flowers, as a part of our cultural heritage.


VISIT TO THE FLORAL  
WORKSHOP.  
LAST ENGLISH LESSON IN  
CLASSROOM.  
EXCURSION TO CAPO  
MILAZZO.



Thursday





A trip to Fiumana d'Arte  
(sculptures) and Sento Sketop  
di Carmastre  
Zriedhomie Hotelu - Museum  
Forewell dinner  
Friday 

## SIGHTSEEING AND LEARNING

After the classes, the participants visited the city and its surroundings (the old town walls, Atelier sul Mare-the Art Ho-





Zielono, stomeznie, ciepło,  
 przyjaźnie, zwieolzone - 1,  
 jestem zachwycony Sycylią  
 wieczorem, owocyste rozdanie  
 centyfikacji. Ostatni obiad  
 2. muzyka, śpiewem i tancami  
 DO KRAJEM! 😊❤️😊❤️

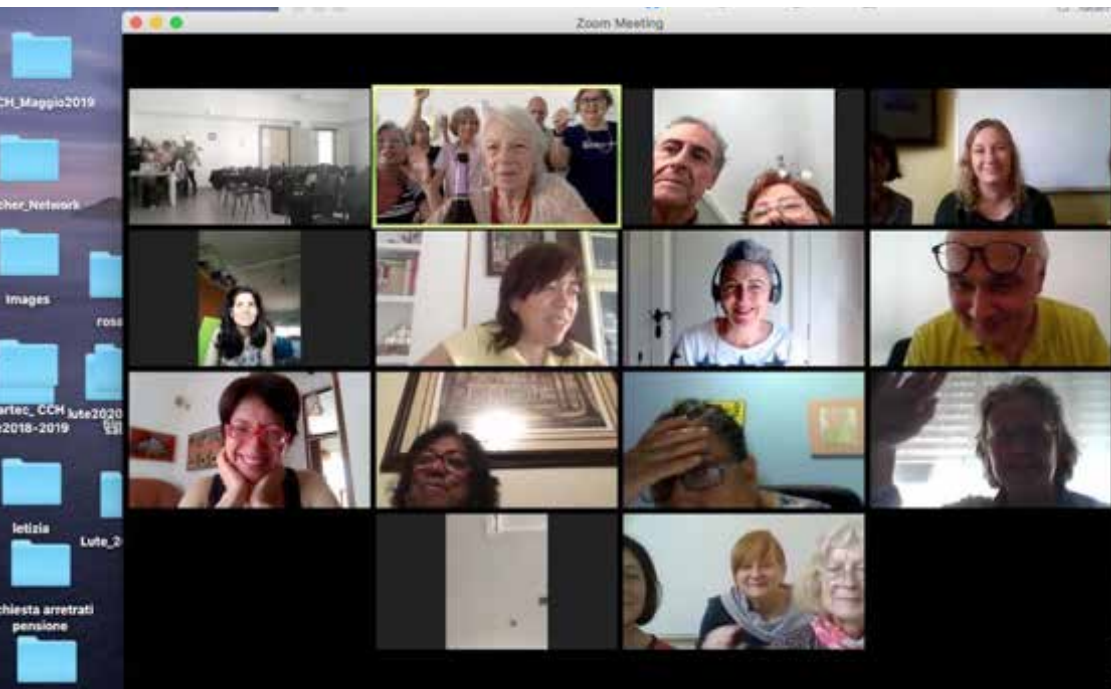
piątek

tel with 20 Art Rooms, a well-known open-air museum of sculptures - at Castel di Tusa) and during meals they could test local delicacies and traditional dishes.



## LAST MEETING

Unfortunately, the pandemic made it impossible to organise in Spain the third international workshops entitled "Common past, common future". However, we did not give up and Seniors met online using Zoom app and all the possibilities provided by the internet. Those meetings were very interesting.



# MY MEMORIES AND REFLECTIONS

SEE YOU IN THE NEXT PROJECT



FOUNDATION „AKTYWNI XXI” IN THE PROJECTS



SMARTPHONE AND THE INTERNET



COMMON CULTURAL  
HERITAGE



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