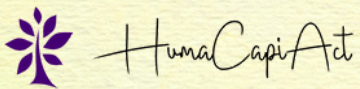


PARTNER ORGANISATIONS



Training-Education-Research-Counselling
Lomaličevy Kongresny Učivo Logbookum



Sofinancira program
Evropske unije
Erasmus+



VISION

Developing adult learning concepts and methods based on bringing back smiles in these uncertain times.

PURPOSE

To develop innovative concepts and methods of education specifically tailored to adults. The focus will be on developing a socio-emotional curriculum to make adult learners feel more satisfied with themselves in general! This will be achieved by training the educators working with the target group on how to approach their work in order to create the conditions for a quality delivery of both the educational content and the wider well-being of adults.

DURATION

December 2022-December 2024



ESCAPE TO HAPPINESS



Why Escape to Happiness?

The COVID-19 pandemic, armed conflicts on European soil and a rapidly changing society have further exacerbated people's mental health needs. People of all ages, who were already experiencing some problems before the pandemic, were particularly vulnerable. The target audience for adult education programmes includes individuals facing changes in various circumstances such as family, career and social circumstances. People between the ages of 40 and 60 find it particularly difficult to adapt to change. Poor adjustment can lead to self-doubt, which can affect participation in various adult education programmes, including dropping out.

Even after the pandemic, adult learning organisations continue to face challenges such as unmotivated participants, poorer outcomes for participants, early departure of participants and stress for trainers who find it difficult to achieve their objectives.



PROJECT GOALS

With Escape to Happiness project we will:

- Increase the motivation of adults to participate in formal and non-formal adult education programmes,
- increase social interaction between adults,
- increase the impact of educational programmes on learners; and
- train (adult) educators to work in this field.

PROJECT RESULTS

The project will develop:

1. A booklet with 30 best practices in the field of promoting happiness in adults.
2. Skills Matrix
3. Escape Room: Run to Happiness
4. Teacher training content
5. E-learning platform

