Creative educators of digital arts & culture
(Creative Seniors)
Project number: 2020-1-PL01-KA227-ADU-096365
Funding programme: ERASMUS+ Key Action 2: Strategic Partnership for Adult education.

National report

Greece

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1. Introduction

1.1. Objective and scope of the research

The research developed for this national report includes three main parts: a desktop research, the results of an online survey and the main outcomes of the conduction of two focus group sessions. Its objectives are various but they mainly focus on the identification of the needs of seniors in order to improve their digital and creative skills.

1.2. Methodology

Please, describe shortly how the desk research was done – which sources of information and methods did you use, when and how did you search for information (internet, phone calls, interviews, newspapers?), what type of data was crucial for you etc.

Desk research:

Research was mainly made via internet throughout online articles, bibliography and websites gathering general information about the situation of education system in Greece for seniors.

Online survey:

The survey was divided in two, one for seniors and one for adult educators and both were held online (via Google Forms). Moreover, they were translated in national language (Greek), a task needed, especially for the seniors. The results are collected by 50 seniors and 10 adult educators. In order to collect this number of participants, both questionnaires were shared internally between colleagues as well as with their families, friends and IDEC's contacts .

Focus groups:

2. Desk Research Results

2.1 General situation in seniors' education

Present the results of the desk research that has been done. Make sure you answer the following questions:

Question 1: Law and structure: How is the general situation in seniors' education in your country? Is there an organized system of "third age" education? Which institutions / organizations usually provide seniors' education?

Greece has the second oldest population among European countries, the first being Italy. Studies says that Greek population will grow older as one of three people will aged over 65 in 2050.

Loneliness, rising diseases rates, depression in addition to the weak pension system, are blowing up the quality of life of elder citizens. In Greece the elderly with mental and neurological diseases have multiplied. In 2018 6,6% of 65+ show a full disability because neuropsychiatric disorders and 15% of 65+ suffer from mental illness. The most important to know is that those pathologies have not been diagnosed and live in the shadow of the untreaded, continuing to grow creating a problem in the society. Not to forget the lack of family support being a real need.

Women more specifically who, has a tendency are excluded form research and official statistics. This fact can be the result of the invisible presence of women in the social and political environment in Greece, also not helped by the patriarchal system which lack in the management of women protection.

Information about the living conditions of seniors in Greece is likely to be non-existent. The lack of concrete and serious studies and statistics on the care and needs for elderly people, essential to be able to formulate health policies as well as policies for the care of elderly is problematic.

In Greece senior education does not take part in any institutions specifically, however some programs are available for any age including the third age. Some associations are developing the education for elderly people, compared to other European countries which are developing Universities for third age this sector is poorly developed at a national level.

Question 2: Strategies: Are there any national strategies / official documents or governmental funding for seniors' education?

National strategies and official document are mainly inexistent in Greece, most of the senior's education is developed as a European level for Greece. The funding is often acquired by European projects such as the **Age platform** Europe regrouping many countries including Greece.

Age platform works at a European level to promote order's people right and interest, with European and non-European bodies. The platform develops projects for elder people to reduce inequalities and provide healthy ageing, communicating with age friendly environments and activities.

It also shares the development of **lifelong learning** and its future objectives.

As Greece connects its policies and objectives with the ones of the European Union, lifelong learning is a national policy priority, as its strong connection with employment, economic prosperity and full participation

of the individual in society is clear. Especially in the context of the current economic crisis, lifelong learning is a crucial factor for growth and social cohesion.

With the enactment of law 3879/2010 ("Development of Lifelong Learning and other provisions"), a national holistic strategy on LLL was for the first time created in Greece and the National Network for Lifelong Learning was set up, consisting of all LLL governing bodies and LLL service providers. In particular, the following objectives were set forth:

1. Systematization and co-ordination of investigating the educational and training needs of adults in relation to the needs of labor market and social development.
2. Planning and decentralization of lifelong learning actions, systematic support of the National Network for Lifelong Learning bodies and cooperation between LLL governing bodies and LLL service providers.
3. Promotion of vocational training and general adult education as two equal pillars of lifelong learning.
4. Establishment of standards and tools to develop and improve the quality of lifelong learning.
5. Assurance of accessibility for individuals and especially for members of socially vulnerable groups in all training and general adult education actions.
6. Continuing education and evaluation of adult educators.
7. Creation of a coherent national framework for the evaluation and certification for all forms of training and general adult education, by establishing the National Organisation for the Certification of Qualifications and Vocational Guidance (EOPPEP).
8. Establishment of a single national framework of qualification recognition and certification of knowledge, skills and competences (Hellenic Qualifications Framework).

Another education method named **People behind** which empower 65+, developing and giving access to healthy ageing methods. Three main projects can be retain, provided by the association:

- The **third age universities** initially crated in France in 1970, and then developed in other European countries, is now starting to appear in Greece in 2020. If we can say, thanks to covid-19 an e-learning platform was created giving access to a wider range of people, the platform is now available in Greek language.
- The second project is called **Expression Lab 65+** and helps improve mental and physical health specifically maintaining memory.
- The last one is a 2-year project permitting seniors to be involved in performances, called, Grand voice. This project also provides social media learning.

Second Chance School is a public adult education school of 2 scholar years' duration. Acquiring a certificate equivalent to secondary school diploma if the attendance was successful. The curriculum differs from the normal education, proposing a more flexible schedule and it follows an adapted teaching methodology and assessment of the learners. Secon Chance Schools is a European framework fighting against social exclusion, aiming a positive attitude toward leaning and acquiring basic knowledge and skills and facilitate also facilitate a possible integration into the labor market as the program is open to everyone over 18 years old.

Open care centers for elderly in Greece, with its number 300 centers and mainly situated in big cities, the centers contribute to keep social contact for elderly people in Greece, and provide multiples services such as:

→ Health education

→ Social and recreational facilities
→ Meal distribution
→ Physiotherapy
→ Occupational therapy
→ Social work services
→ Nursing services
→ Home help services
→ Voluntary services

Friendship Clubs, only being efficient in Athens are operating on a neighborhood level offering services to senior citizens. It permit for senior to have a meeting place to exchange and share their on daily basis around recreational activities.

Question 3: Themes and methods: What is the current training / educational programmes and methodology of teaching seniors in your country? What is the place of arts and culture in those educational programmes?

Different programs are available in Greece even if they are not very developed nor extremely popular.

Here are themes and subjects provided by the trainings.

For **Second Chance schools** the courses are:

- Greek Language
- Mathematics
- English Language
- Information Technology
- Social Education
- Environmental Education
- Physical Sciences
- Cultural - Aesthetic Education

People behind uses different methods:

- Life-long learning
- Intergenerational solidarity
- Digital education & inclusion
- Active participation in civil society

Their involvement in third age universities give access to courses like:

- History
- Greek philosophy
- Computers
- English language
- Ancient Tragedy

- Literature

Friendships clubs organises activities such as: occupational therapy, physiotherapy, cultural venue visits, artistic endeavours, day trips and walking tours.

Question 4: City/rural: How does the situation differs in big cities and in the countryside?

2.2 Stakeholders

Please, fill in the table with at least 10 examples of initiatives in teaching seniors. Choose the most interesting ones that can be inspiring for our project

Name of an expert / institution dealing with seniors' education	Contact data (a website address / contact person)	Offering (what can they deliver – trainings? Articles? Applications? Etc.)	Target group(s) – to whom do they focus on?	Other comments / additional information
Age Platform	**https://www.age-platform.eu/**	**Selections of good practices, age involvement in EU projects, age campaigns, age rights**	**Seniors**	
Lifelong learning	**https://www.inedivim.gr/en/tags/lifelong-learning**	**implement programmes of training and general education**	**Adult and Seniors**	
People behind	**https://www.peoplebehind.gr/what-we-do**	**active and healthy aging**	**+65 seniors**	
Expression Lab +65	**https://www.peoplebehind.gr/what-we-do**	**Theatre, music and theatrical movement, practicing creativity, imagination and expression**	**+65 seniors**	

2.3 Conclusion

An overall view and conclusions from the desk research

Even though Greece itself is poorly equipped with senior educations programs, European project are here present to develop and provided some activities and courses. Some structures are taking place

slowly but not enough be significant at a national level. As for culture and arts it is rare to find activities related to these subjects when we focus only on the target.

Ressources:

https://www.age-platform.eu/age-member-news/access-digital-world-project-improves-digital-skills-older-adults-greece

https://www.inedivim.gr/en/programmes-actions/second-chance-schools?page=12

https://eacea.ec.europa.eu/national-policies/eurydice/content/lifelong-learning-strategy-33_en

https://www.cityofathens.gr/en/friendship-clubs-0

https://www.peoplebehind.gr/what-we-do

http://www.greeceindex.com/greece-health/greece_health_elderly_care_open_centers_greece.html

https://www.age-platform.eu/tags/lifelong-learning

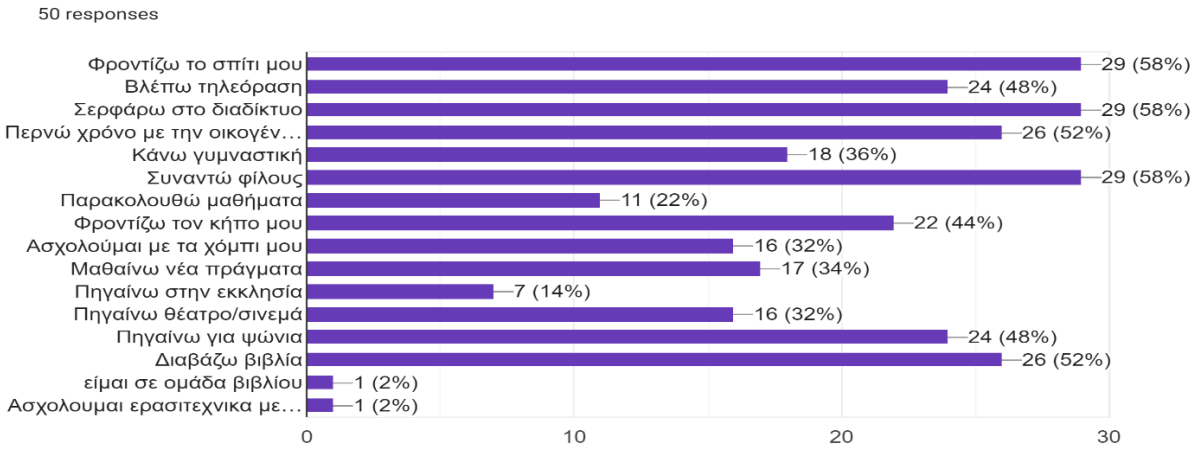
https://www.age-platform.eu/age-projects

https://www.enicbcmed.eu/needs-and-solutions-elderly-population-greece

3. Online survey results

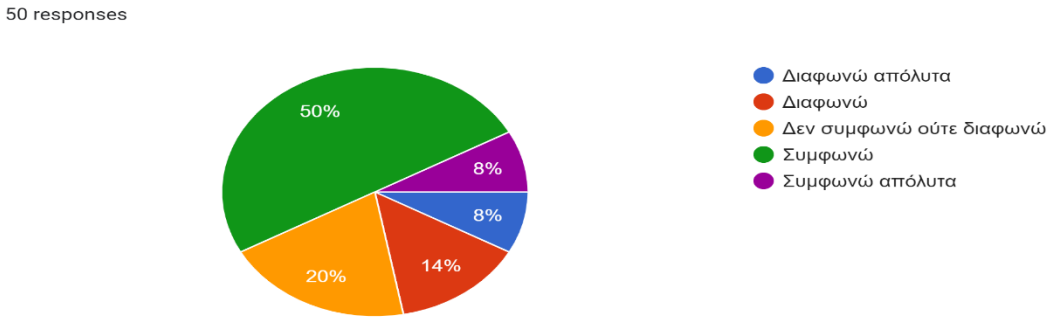
3.1. Survey among senior citizens

1. **How do you usually spend your free time?**



In this first question, participants were able to choose more than one answer. The most chosen questions were about taking care of the house (58%), surfing the Internet (58%) and meeting their friends (58%). A lot of people also indicated that they spend their free time with their families (52%) or read books (52%). Yet in questions like attending a book club or getting involved in viticulture, there was only one answer in each of them.

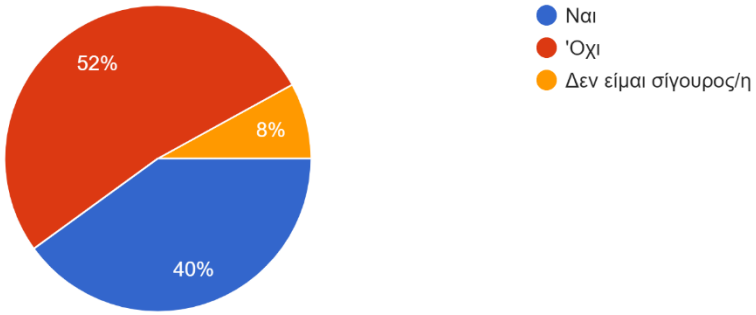
2. **The Covid-19 situation has changed the way you spend your free time?**



50% of the participants agreed that the covid-19 pandemic has changed the way they spend their free time while 20% of them did not agree nor disagree with this statement.

3. **Have you ever participated in activities/classes dedicated especially for seniors?**

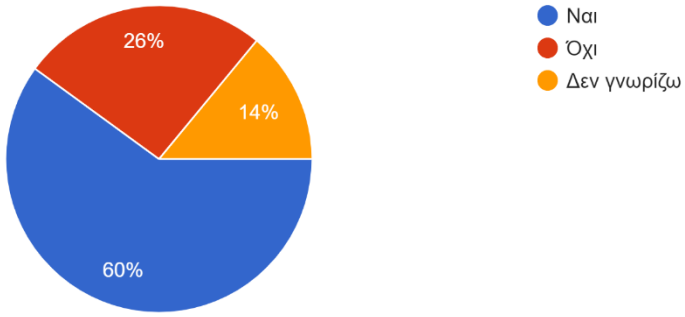
50 responses



In the question on whether they have ever participated in activities dedicated especially for their group, seniors' answers are almost equally divided with 52% of the participants claiming that they did not participated in such activities and 40% claiming that they did.

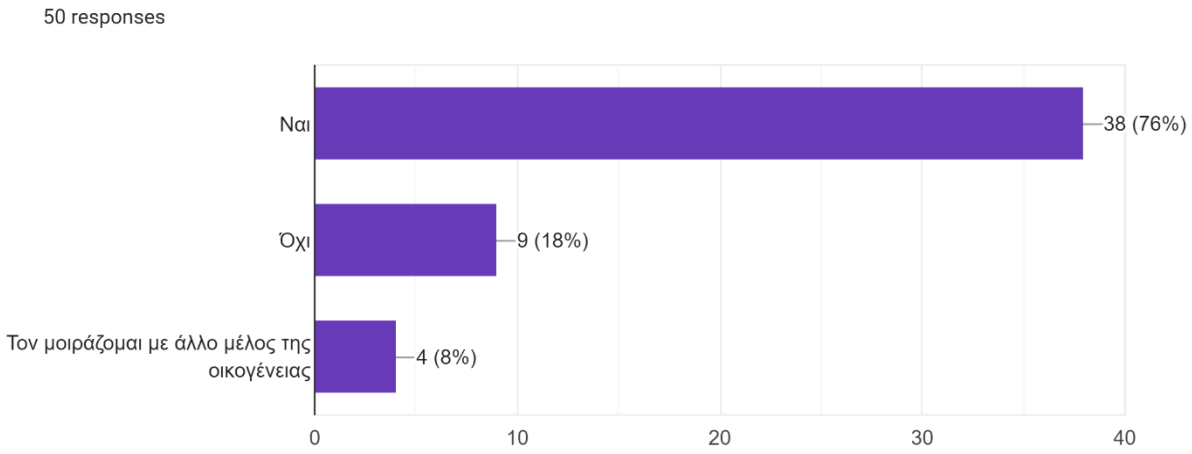
4. **Do you have the possibility to take part in classes dedicated especially for seniors in the place you live in?**

50 responses



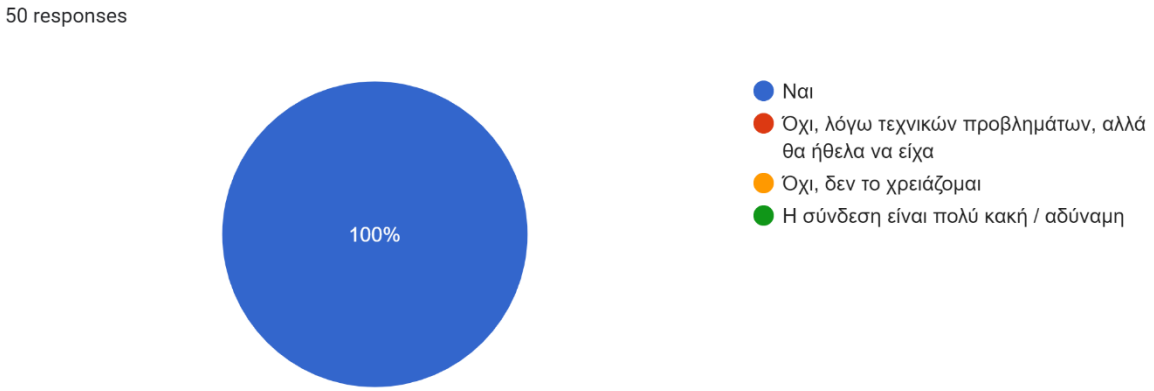
For this question, 60% affirm their access to classes dedicated to seniors, 26% claimed that they do not have this possibility, while 14% of the participants did not know if they could take these classes in the place they live.

5. **Do you have a PC or laptop on your own?**



38 people said that they have a PC or laptop on their own, whereas 4 of them have to share it with another member of their family. Yet, 9 of them do not have a computer at all.

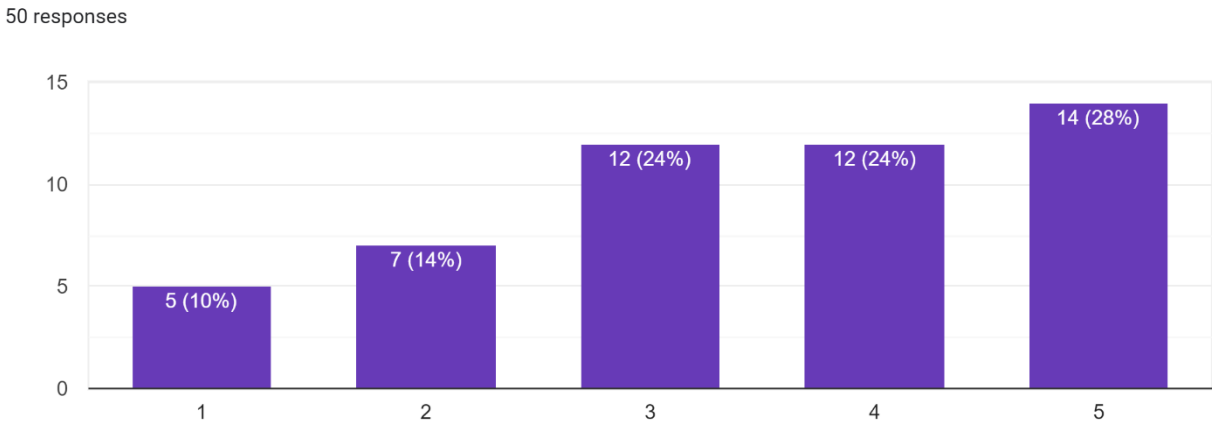
6. **Do you have access to the Internet at your living place?**



All the participants have access to the Internet at their living place.

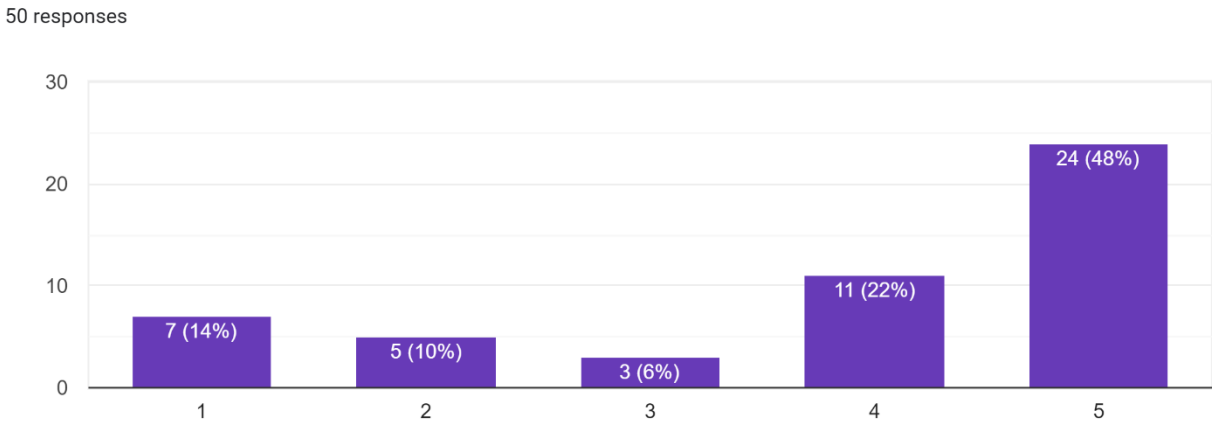
7. **How good are you at: Evaluate your level of competences from 1 to 5, where 1 = can't do it, 5 = very good?**

- Surfing the Internet



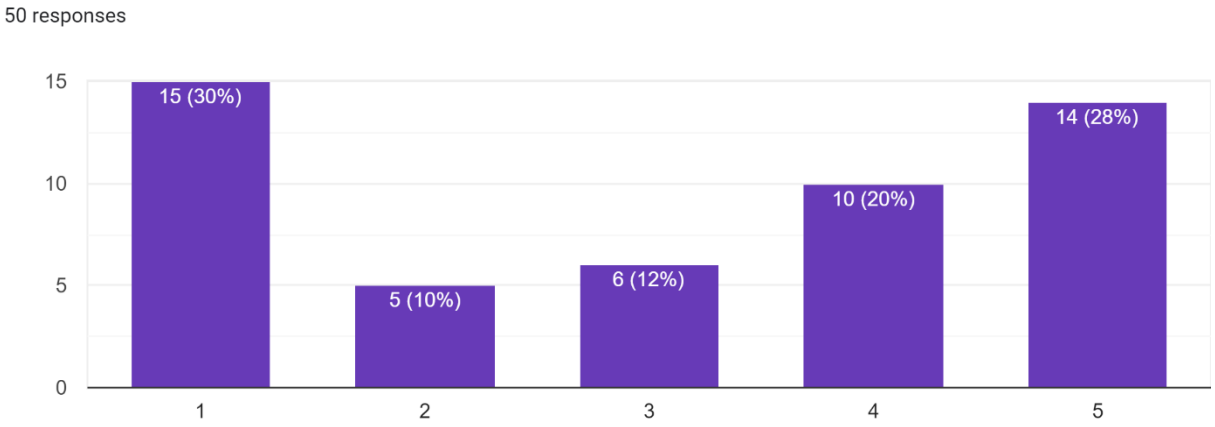
Most of the participants rate highly their competences in surfing the internet.

- Using apps to communicate with friends



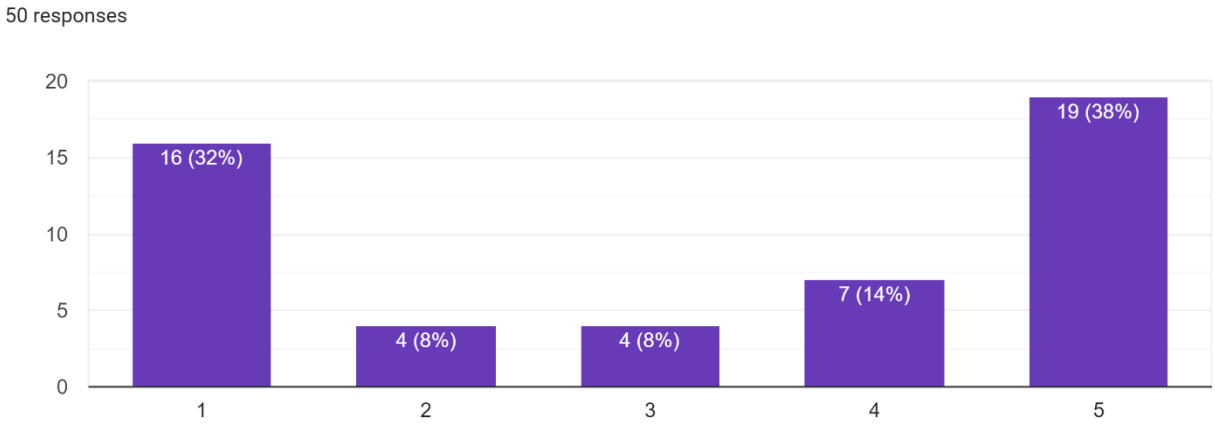
Almost half of the participants are able to communicate adequately with friends via apps.

- Facebook (posting, sending pictures, sharing posts)



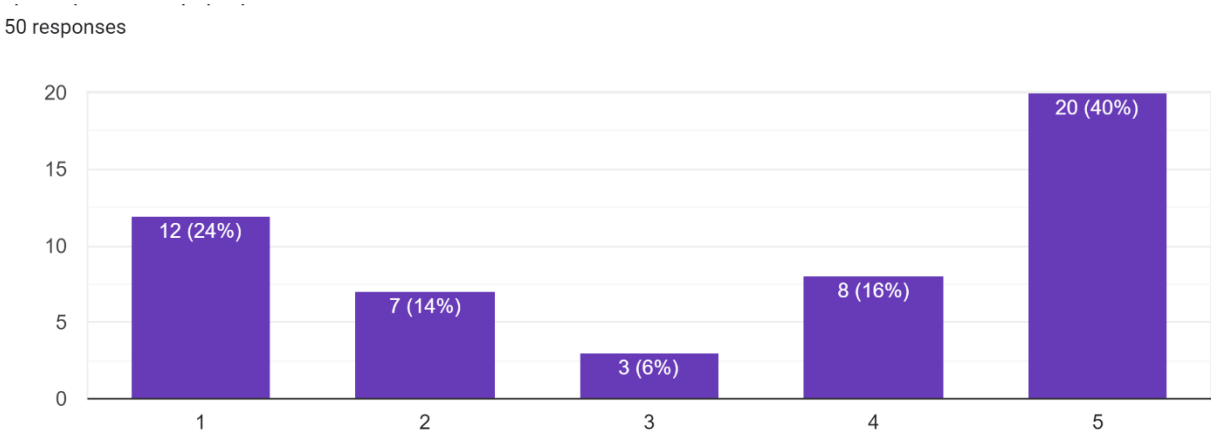
In this question, we had 15 participants who face difficulties in using Facebook, while 14 of them are very familiar with the app.

- Doing online shopping and paying online



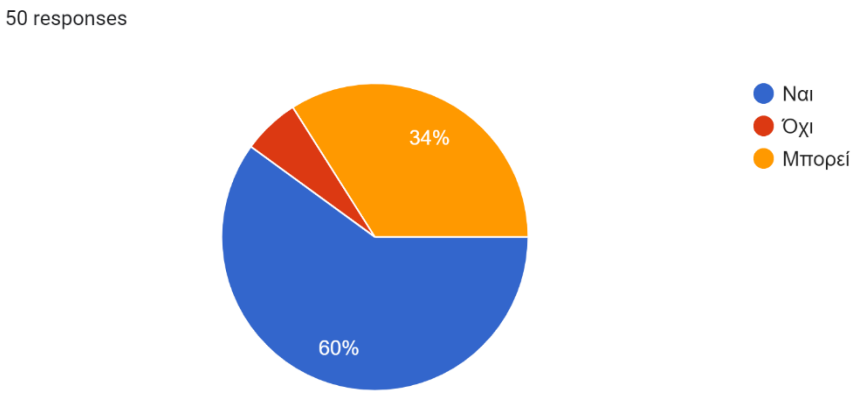
In this question, as the previous one, most of the participants find online shopping either very difficult or very easy.

- Taking care of official matters using internet (taxes, health issues sending applications, sending mails etc.)



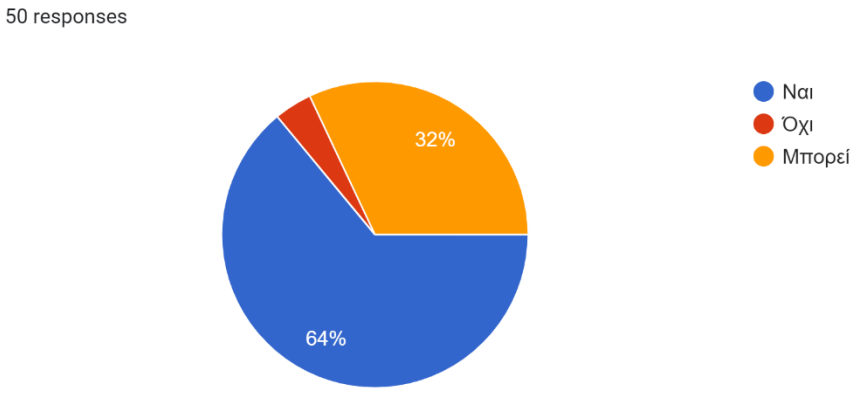
The majority of the respondents are very comfortable at using the Internet for taking care of official matters. Only 12 of them rate low their competences.

8. **Would you be interested in a training course on digital arts and creativity i.e. would you like to discover arts available on the internet and learn how to create your own art with internet tools?**



60% of the seniors are interested in a training course focused on digital arts and creativity, whereas 34% are not sure if they would like to. Only three people would not be interested.

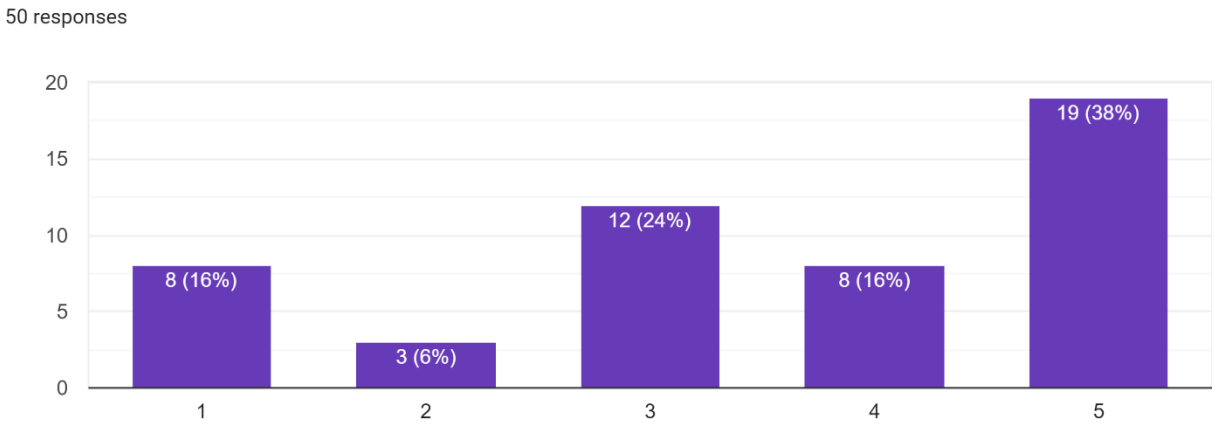
9. **Do you think on-line tools could help you to develop your creativity?**



The majority of the participants (64%) agreed on that statement and only 4% disagreed.

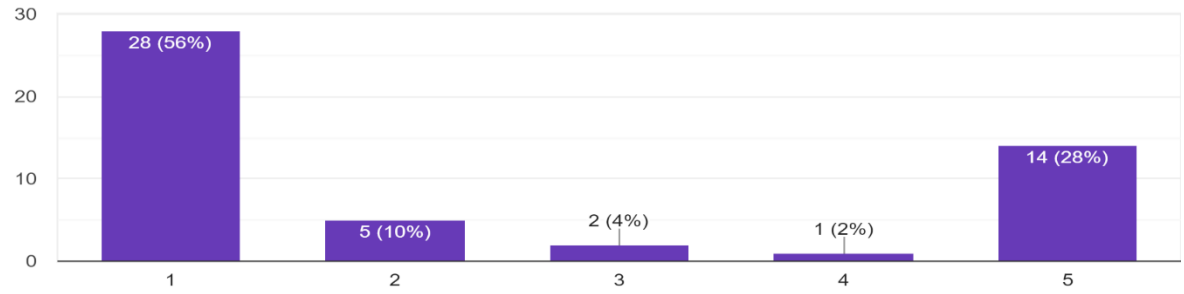
10. **Which kind of topic would you like to deepen during the training course? Evaluate from 1 to 5, where 1 = not at all 5 = very much**

- Computing



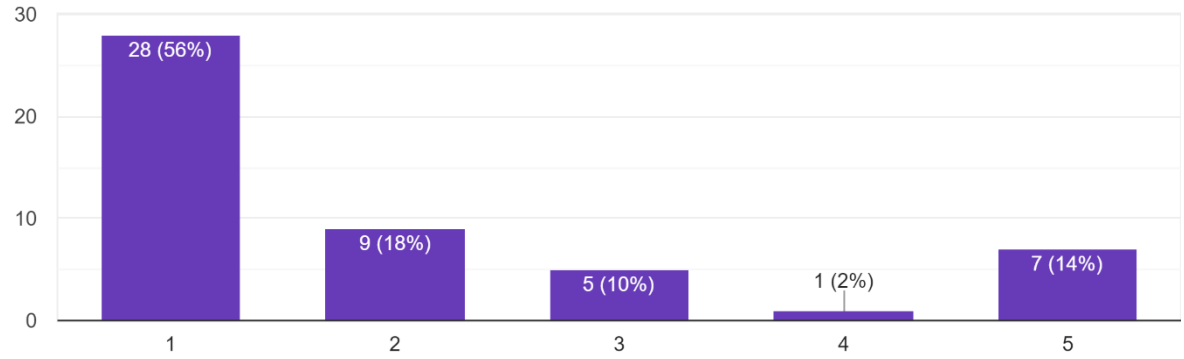
- Handicraft

50 responses



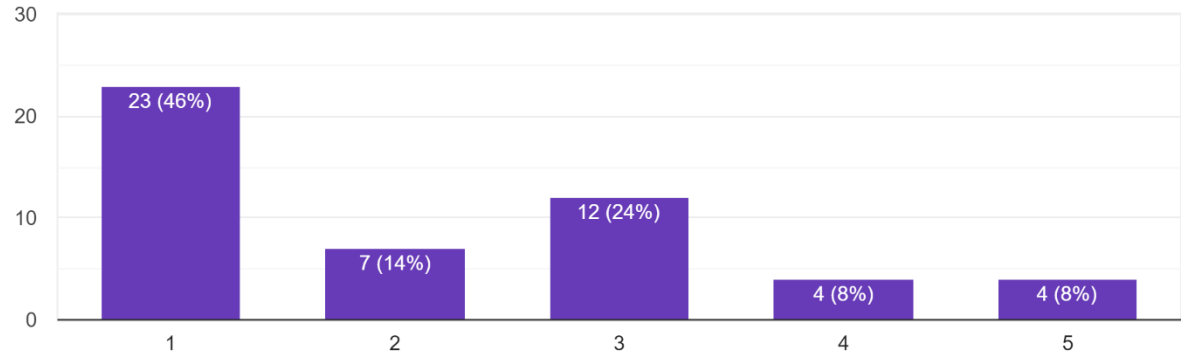
- Painting

50 responses



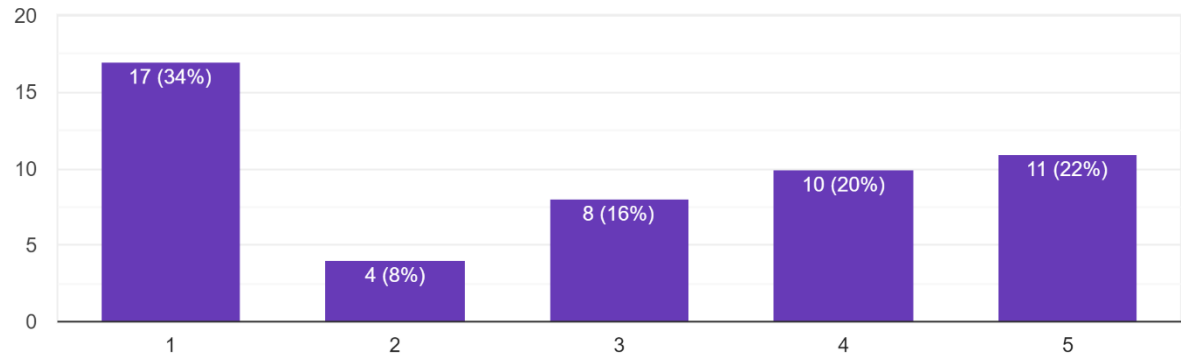
- Music

50 responses



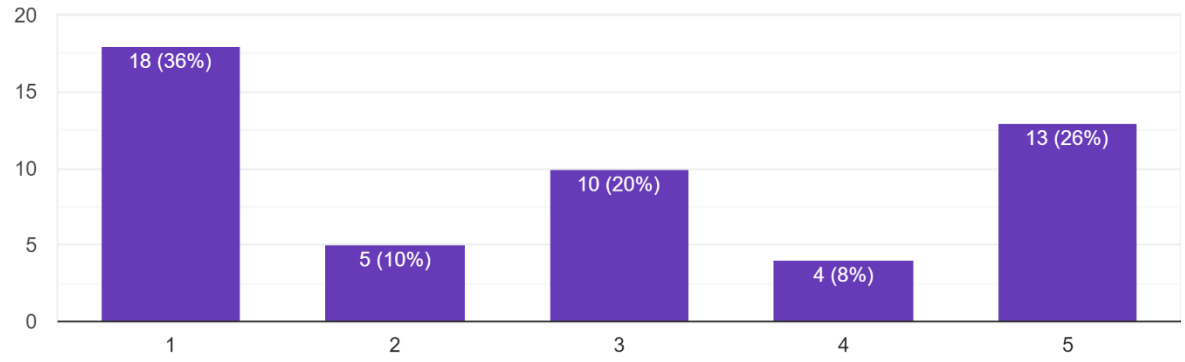
- Photography

50 responses



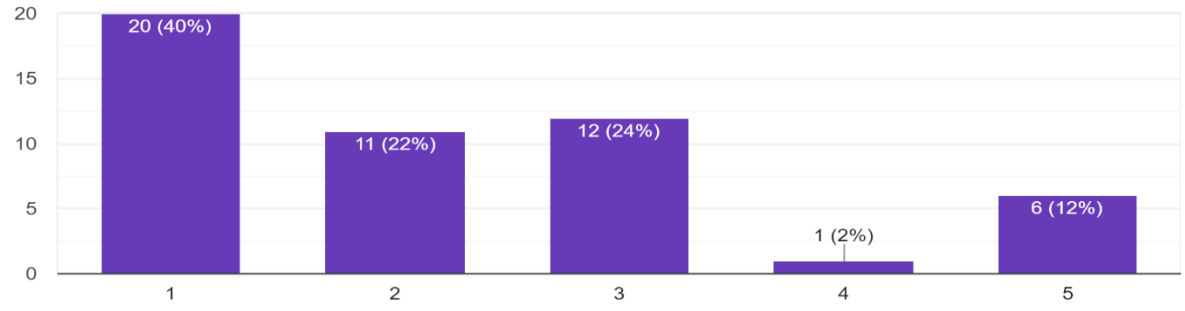
- Cooking

50 responses



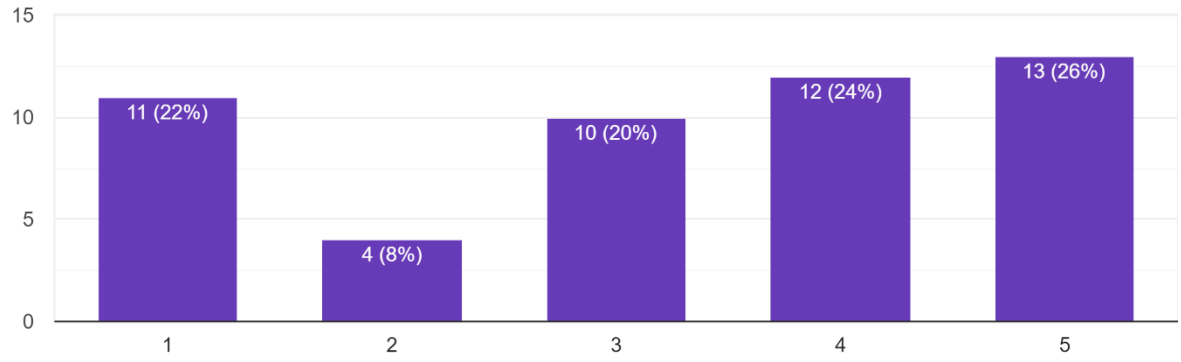
- Literature and poems

50 responses



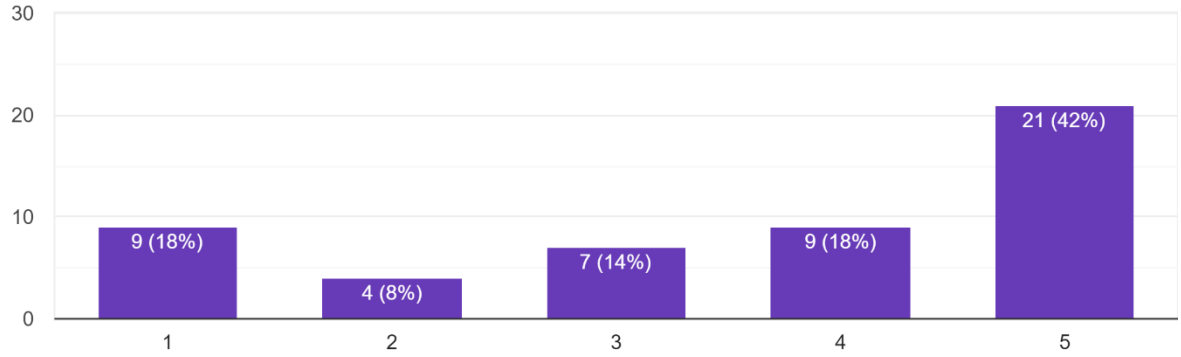
- Creativity in daily life

50 responses



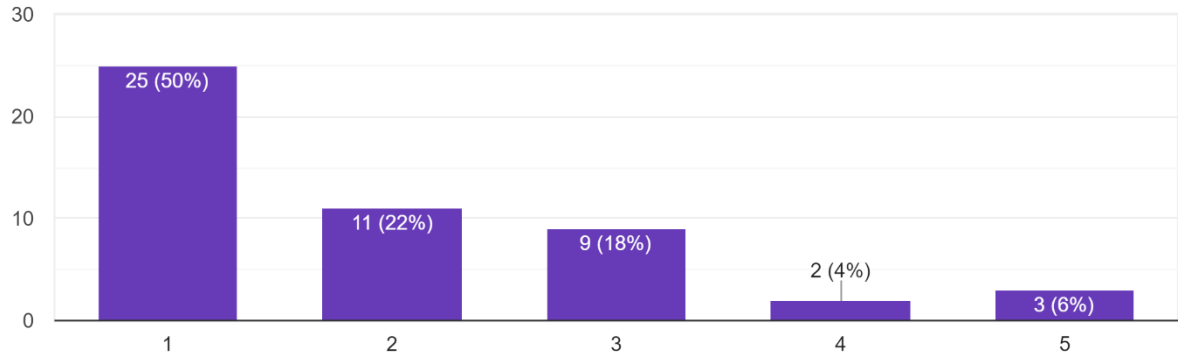
- Brain training

50 responses



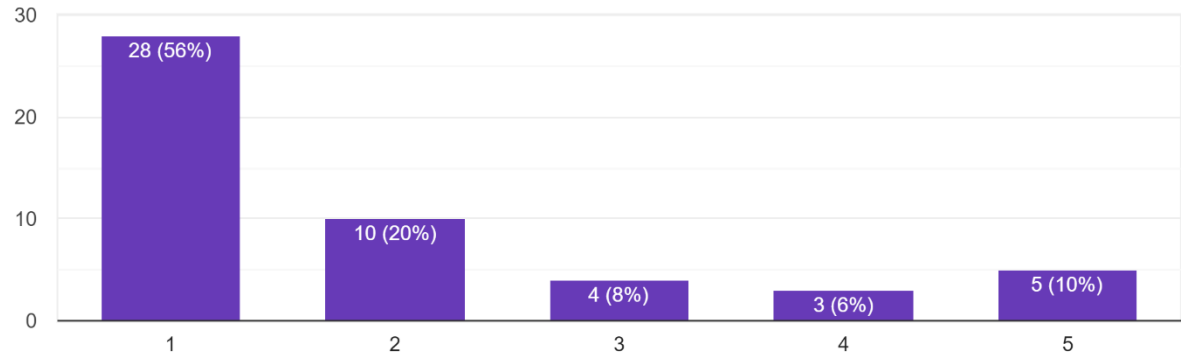
- Sport

50 responses



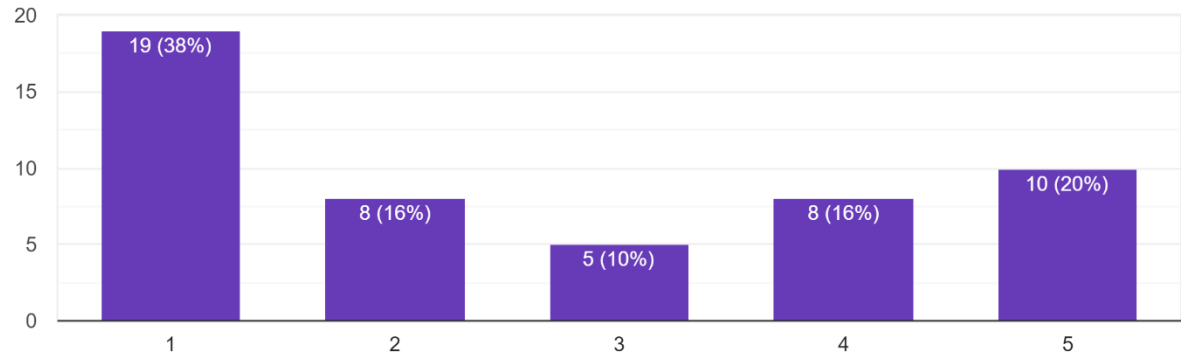
- Dancing

50 responses



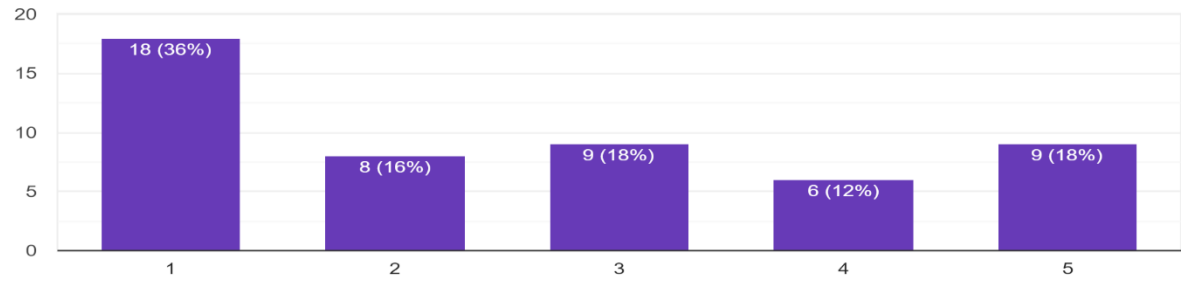
- Art history

50 responses



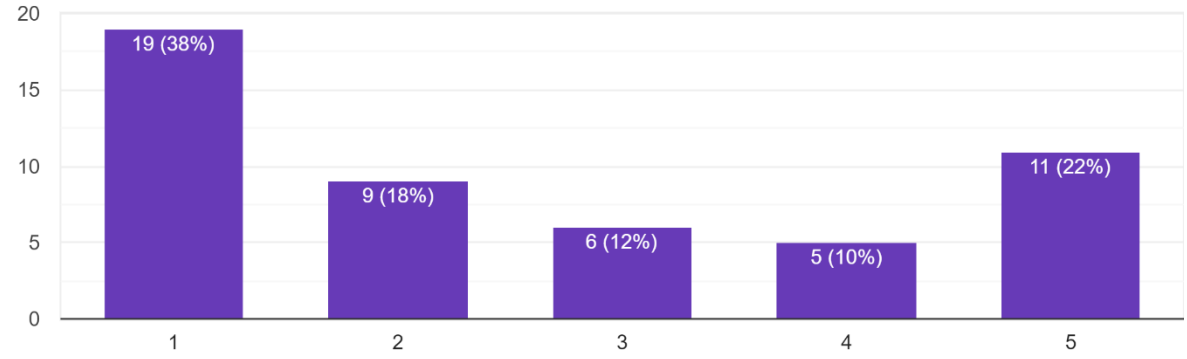
- Theatre

50 responses



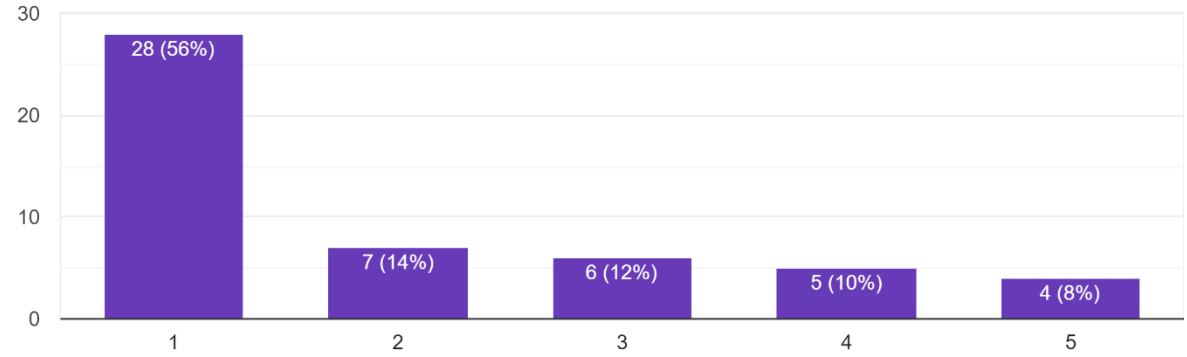
- Storytelling

50 responses



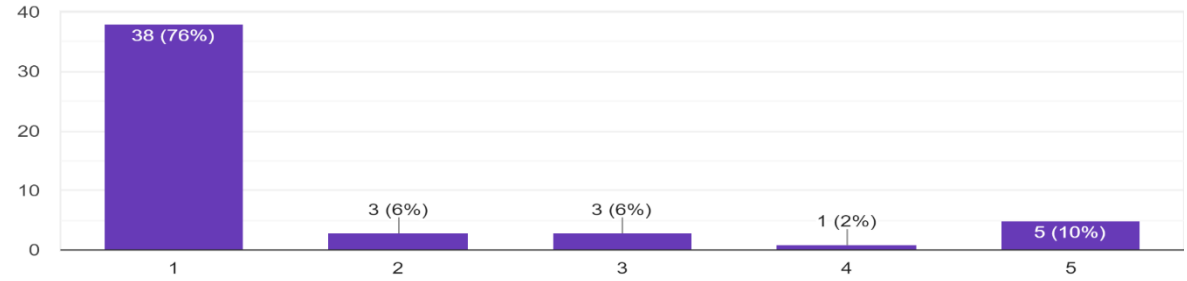
- Singing

50 responses

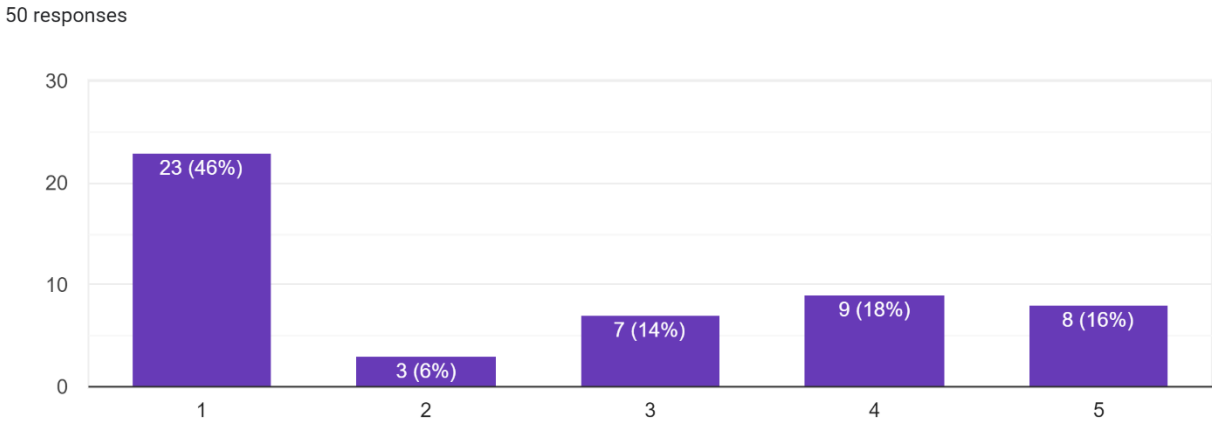


- Sculpture

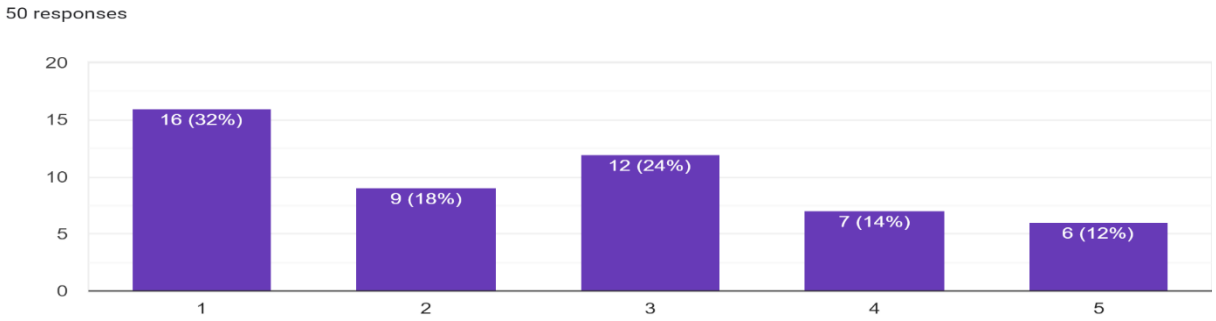
50 responses



- Cinematography



- Soft skills (communication, motivation, self-management….)

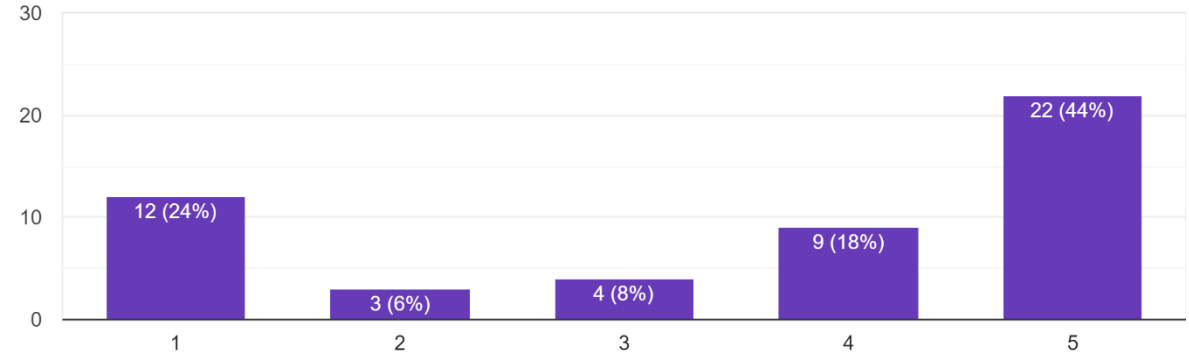


Overall, computing, photography, cooking, creativity in daily life, brain training and art history are highly rated in seniors' interests. On the other hand, sculpture, singing, dancing, sport and music did not receive many votes.

11. **Please, evaluate which of the listed topics would be the most useful for you in a Training programme: Culture & creativity in the digital world? (scale from 1 up to 5 where 1 means very useless and 5 very useful)**

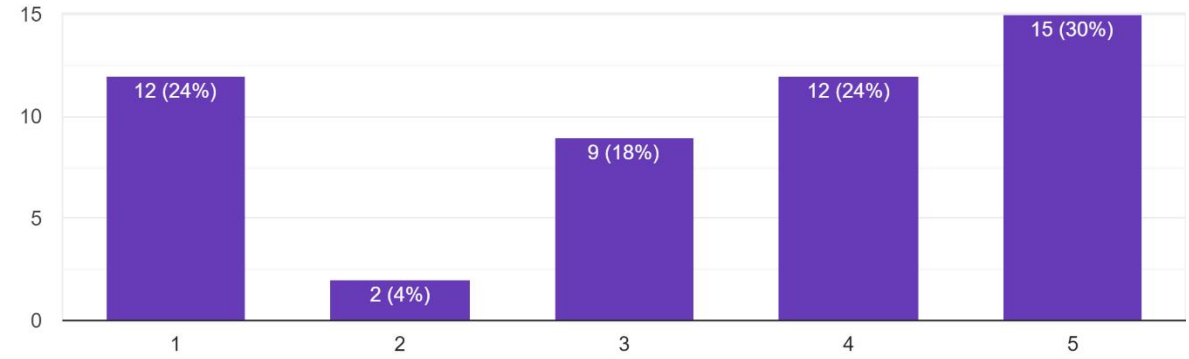
- Communication and collaboration (sending e-mails, running FB, surfing the Internet)

50 responses



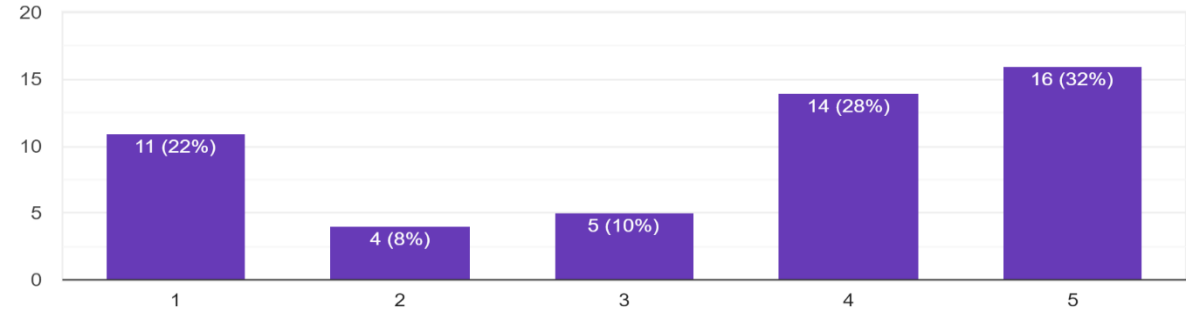
- Useful applications to communicate with other people

50 responses



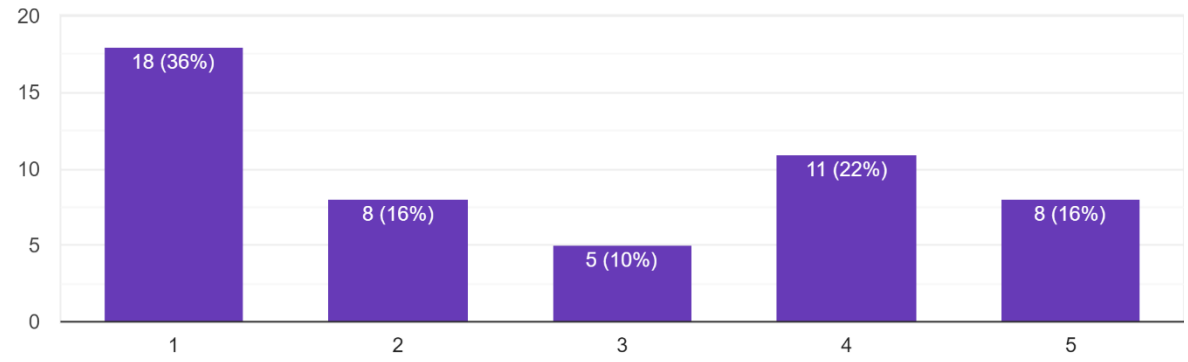
- Applications for a daily use

50 responses



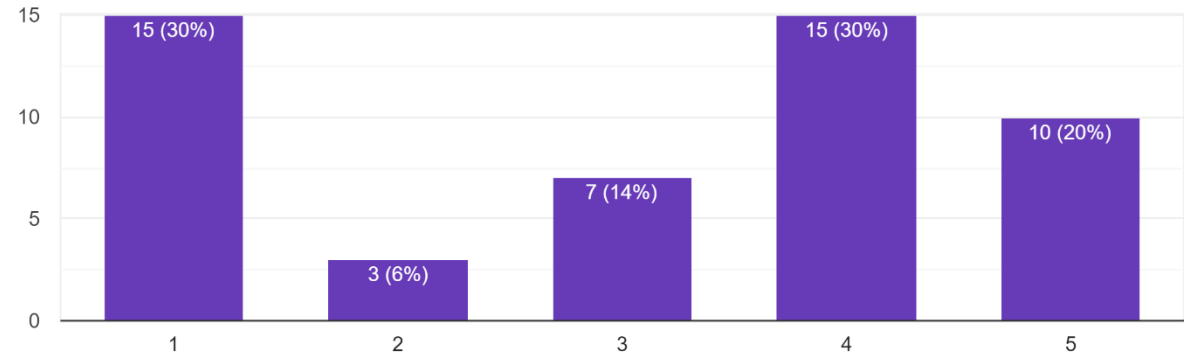
- Sharing experience on-line

50 responses



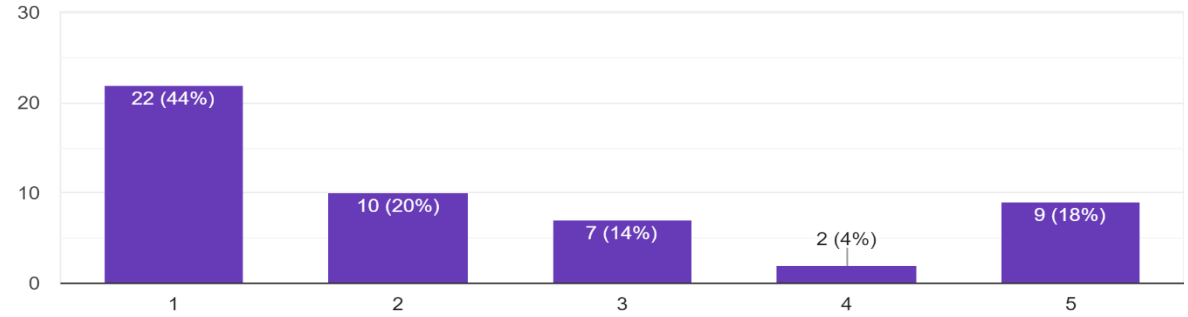
- Creativity in solving problems

50 responses



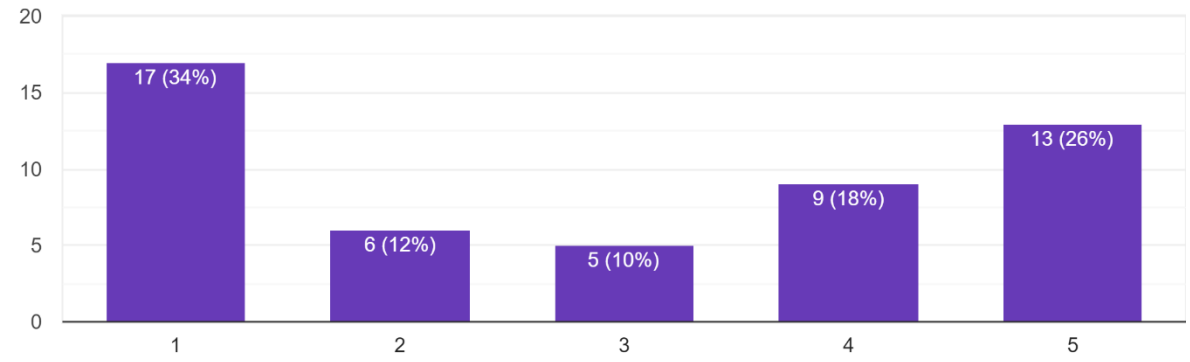
- Digital drawing/ painting

50 responses



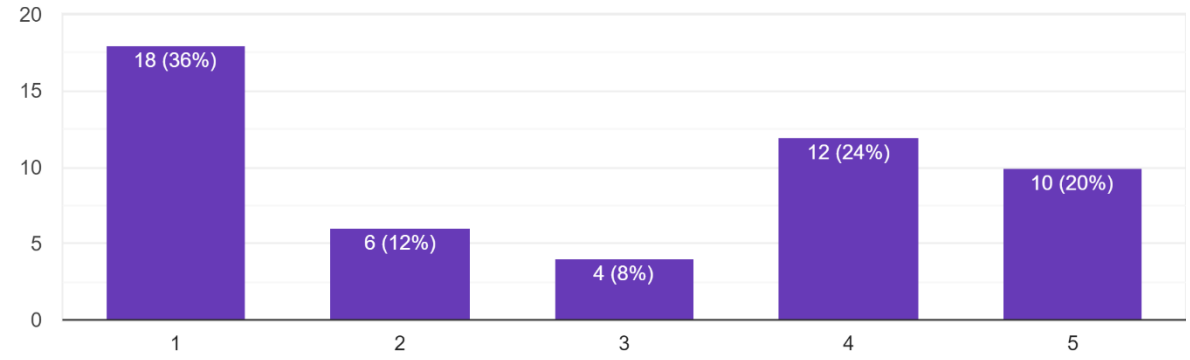
- Photo edition

50 responses



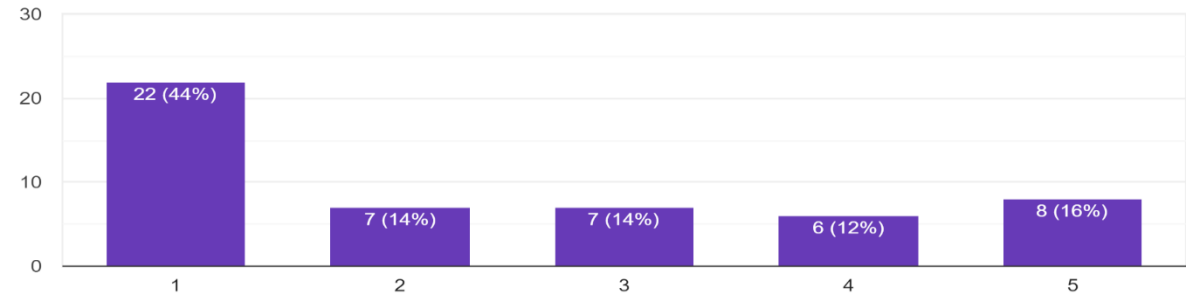
- Sharing opinions and information (citizens´ engagement)

50 responses

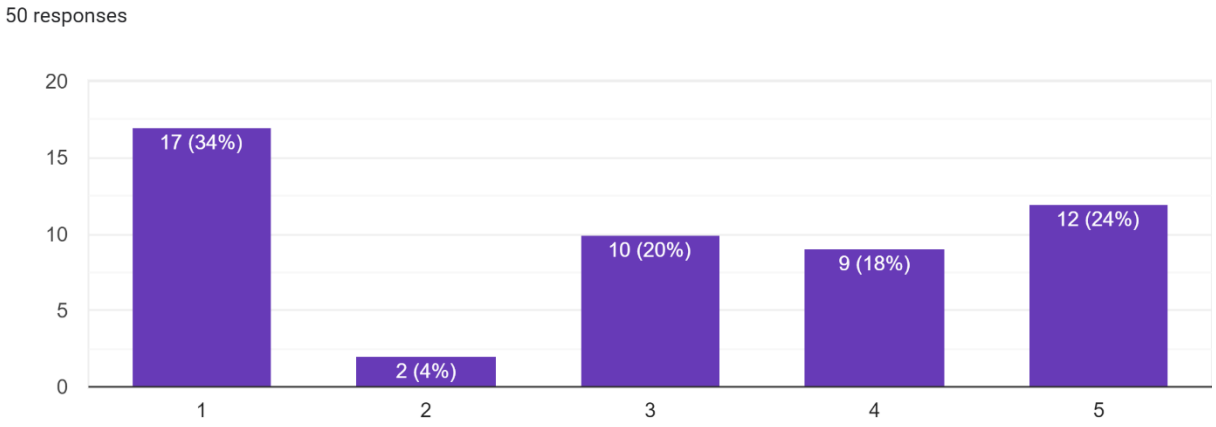


- Amateur production of digital content (prosumers, i.e. consumers of digital culture expressing relationship to it via content of own making)

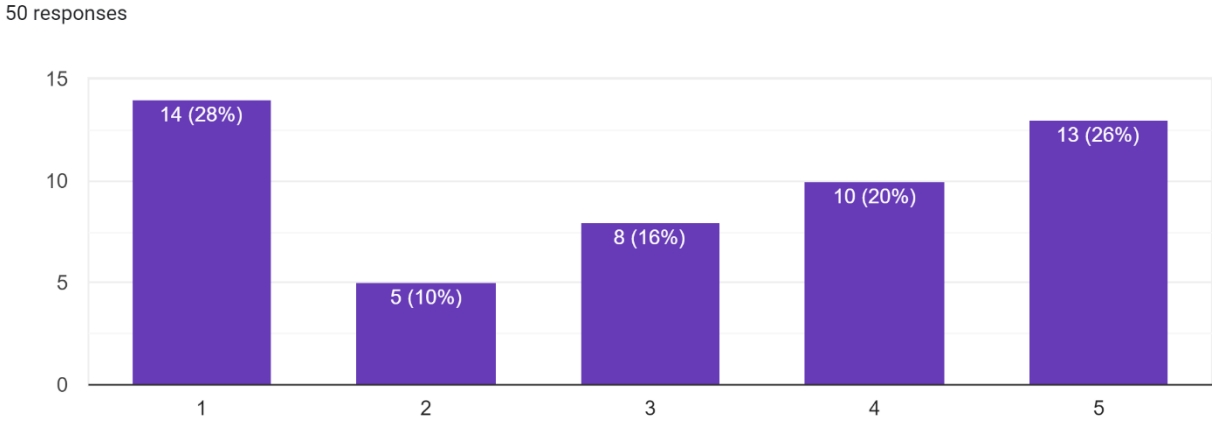
50 responses



- Use of internet for purposes related to cultural heritage

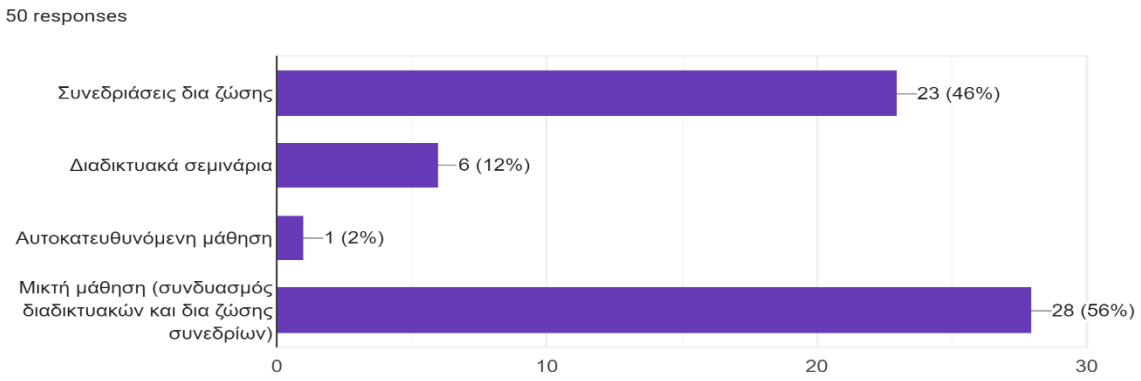


- Soft skills workshop (expressing opinion, Nonviolent communication – NVC, assertiveness etc.)



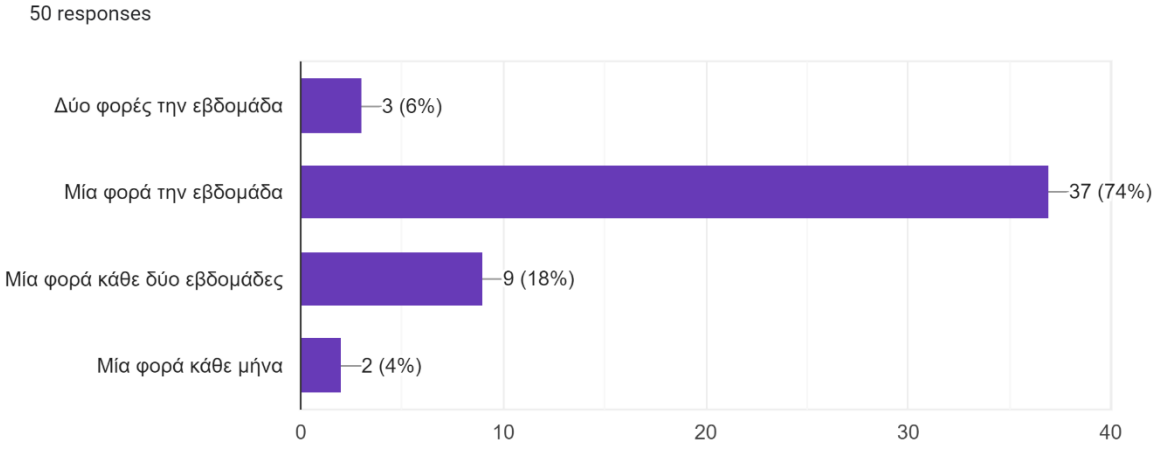
Overall, participants indicated as most useful in a Training programme the communication and collaboration, applications to communicate with other people, applications for daily use and soft skills.

12. **Which method of delivery do you prefer in a training?**



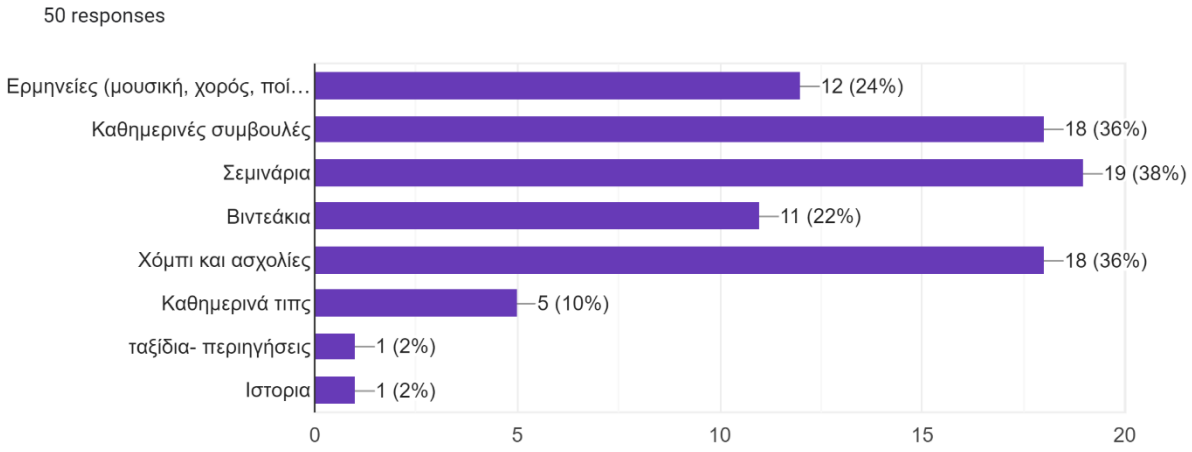
When it comes to education, the most participants prefer a combination of face to face and online seminars. The in-person seminars are following with 23 answers.

13. **If you participate in the training course, how often would you like the sessions to take place?**



The majority of the seniors (74%) indicated that the perfect frequency for a training course is 1 x week or 1 x per two weeks.

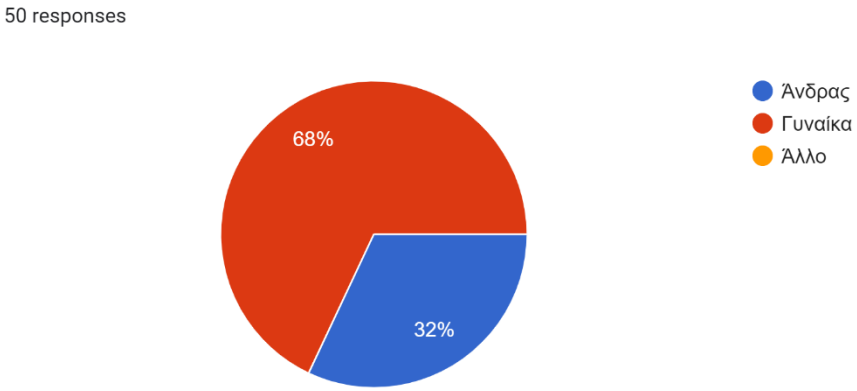
14. **During the project we are going to develop Senior tube – a channel where seniors can share their video recording. What would you like to see there?**



For this question, an answer that stood out, due to the majority of votes, does not exist, since the participants' votes are divided. Most chosen answers are about lifehacks, seminars and hobbies or passions.

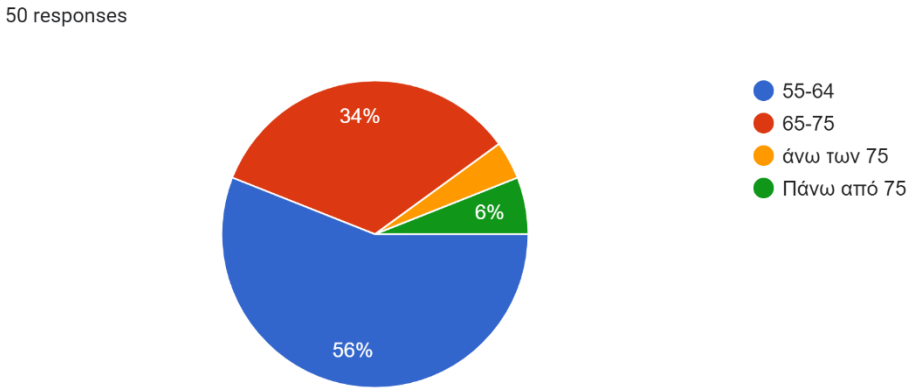
15. **Demographics**

- Gender



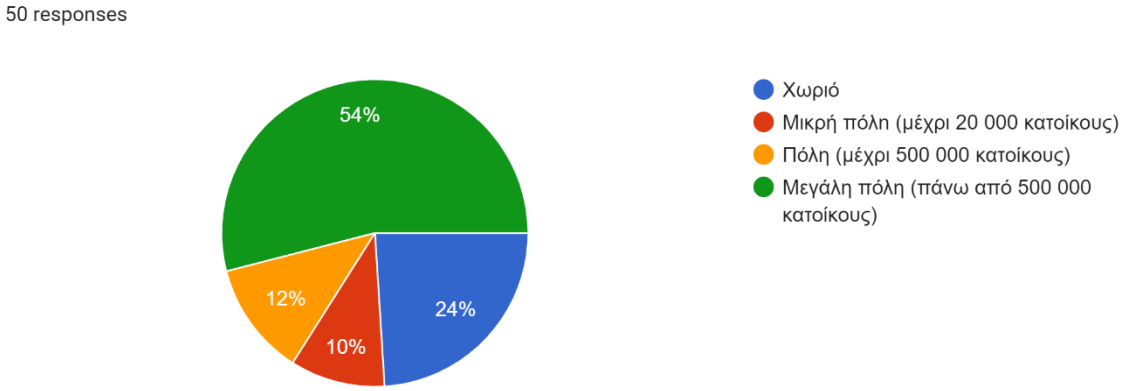
68% of participants were females while 32% males.

- Age



The majority of the seniors were between 55-64 while only the 10% was over 75 years old.

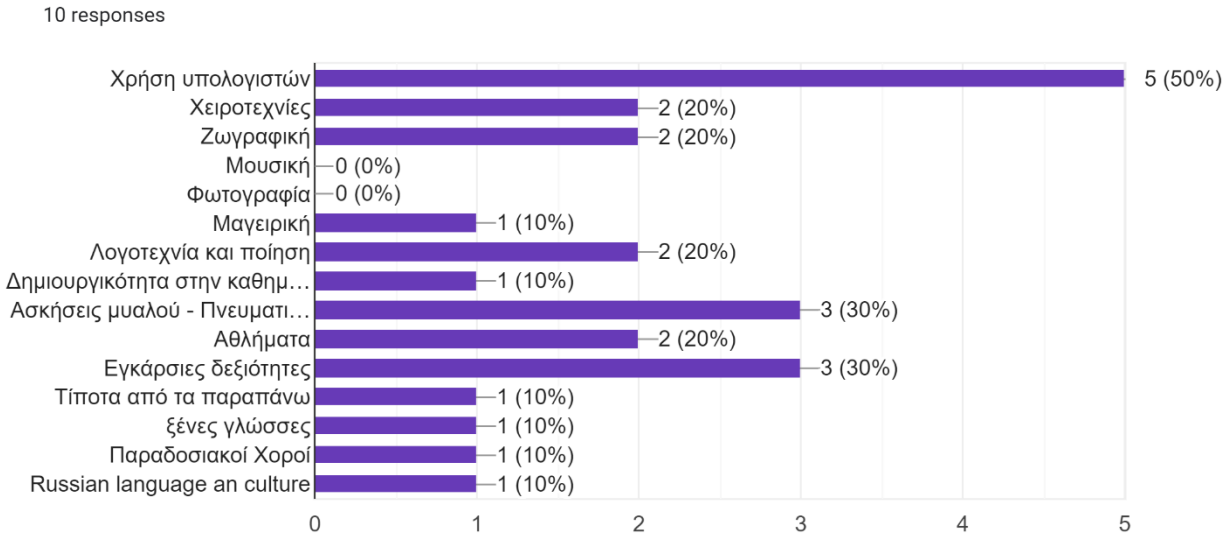
- Living in



The 54% of the participants lives in a big city while the 24% of them lives in a village. 10% of participants lives in a small town and 12% lives in a town.

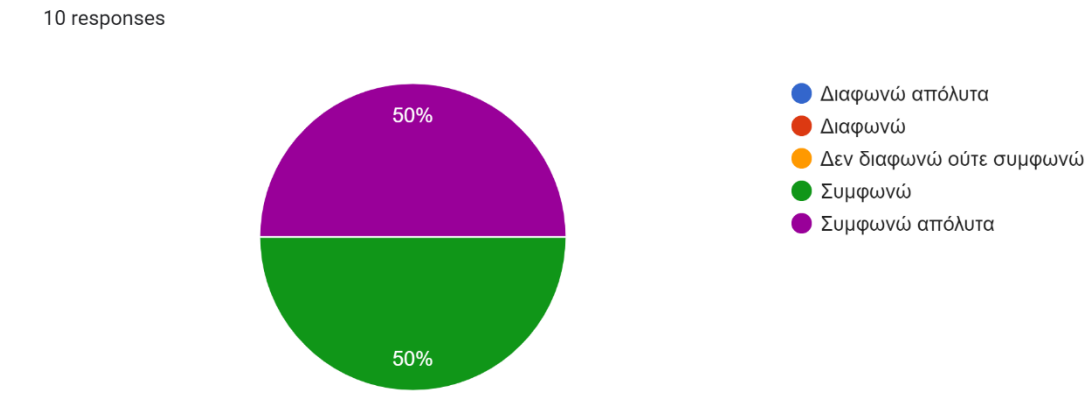
3.2. Survey among trainers / educators of seniors

1. **What activities/ classes does your institution/ NGO offer to seniors?**



In this question, participants were able to choose more than one answer. The most chosen answer was the one about the computing (50%). Brain training and soft skills were following (30%). We need to mention the fact that music and photography did not take any vote.

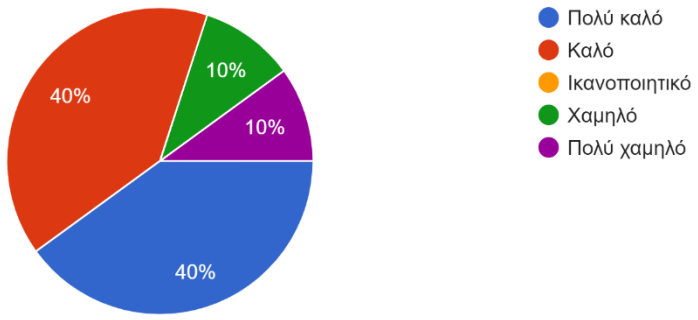
2. **The Covid- 19 situation has changed the way you work**



Every participant agreed or strongly agreed on this statement.

3. **What is your level of competences providing online classes (i.e. using Zoom, GoogleMeet or other tools)?**

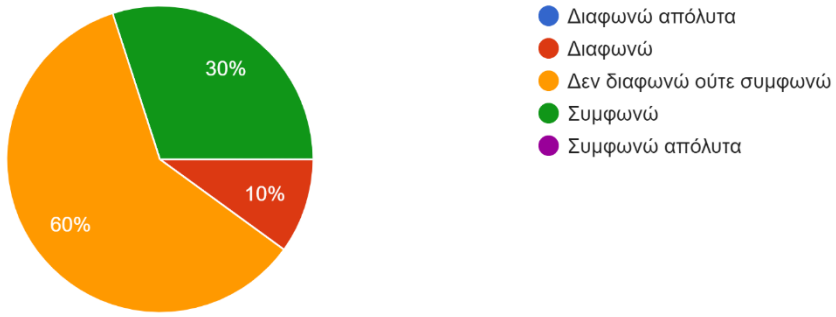
10 responses



In general, 80% indicated that their level of competences is good or very good, while only 20% rated it as weak or very weak.

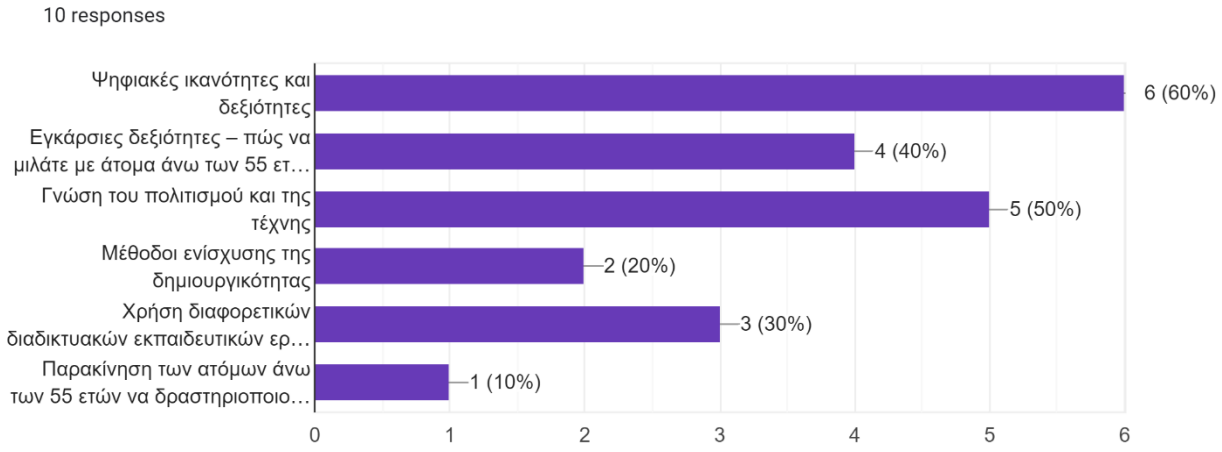
4. **Local seniors are eager to take part in activities offered by our institution/ NGO**

10 responses



60% of the trainers/educators neither agreed nor disagreed on this statement, yet 30% agreed.

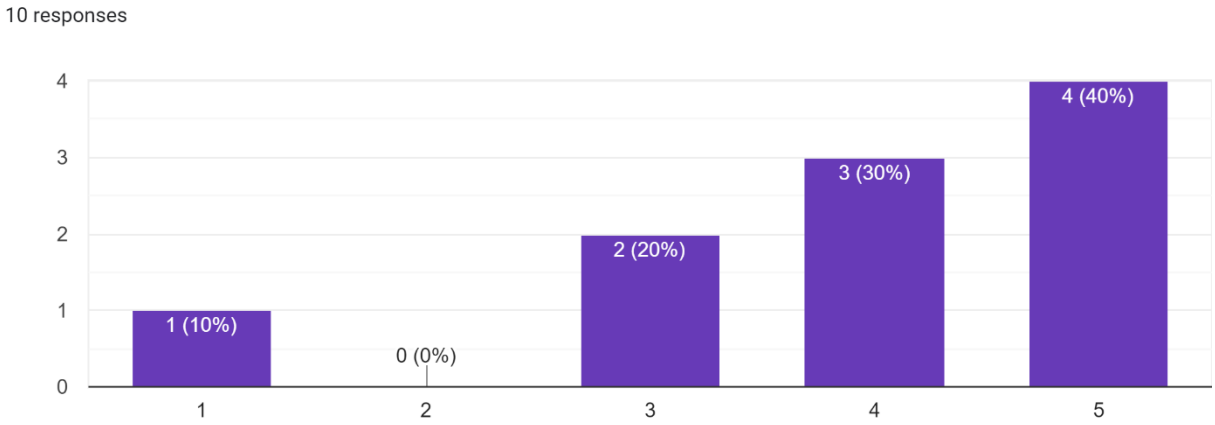
5. **What kind of skills would you like to develop as an educator? Choose 3 the most important answers.**



The most chosen answers are digital competences and skills (60%), knowledge of culture and art(50%) and soft skills (40%).

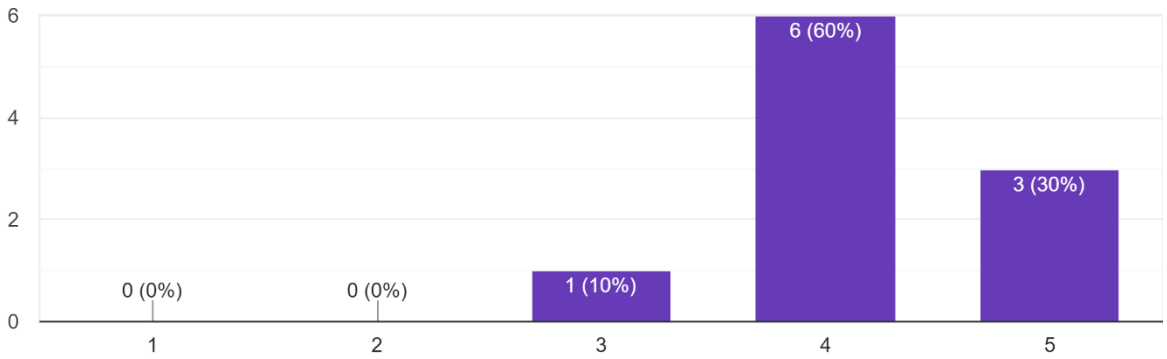
6. **What would be the most useful topic for a lesson targeted to seniors?**

- Communication and collaboration (sending Emails, running FB, surfing the Internet)



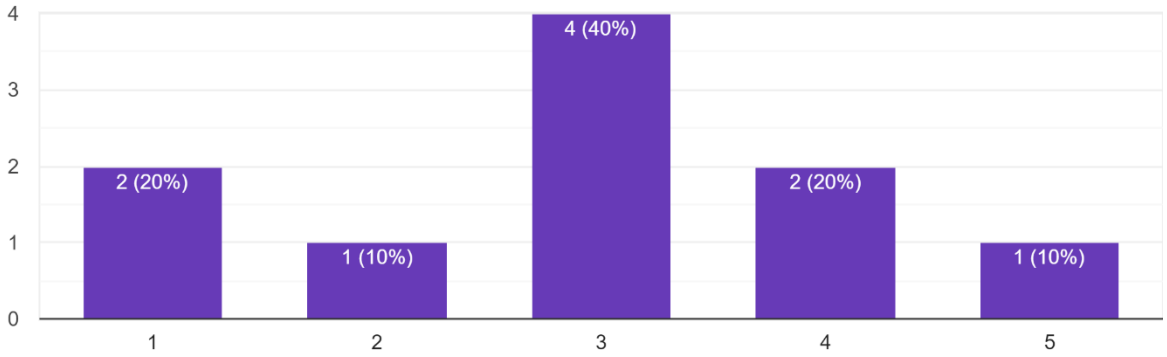
- Useful applications to communicate with other people

10 responses



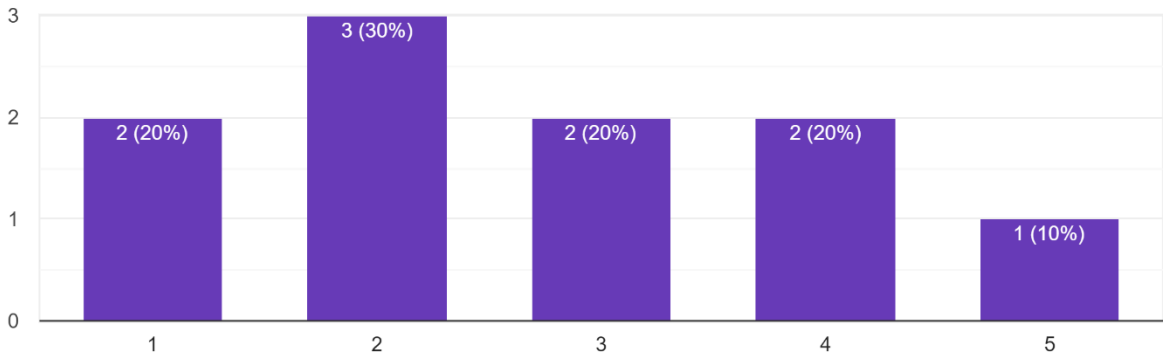
- Application for a daily use

10 responses



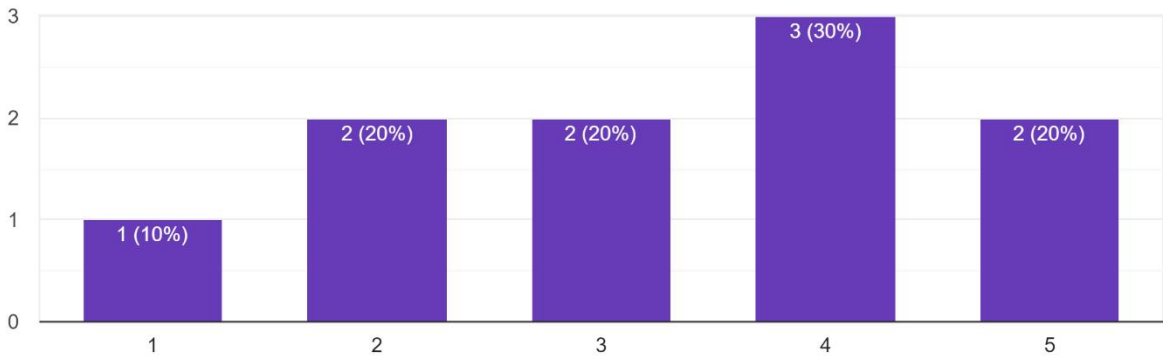
- Sharing experience online

10 responses



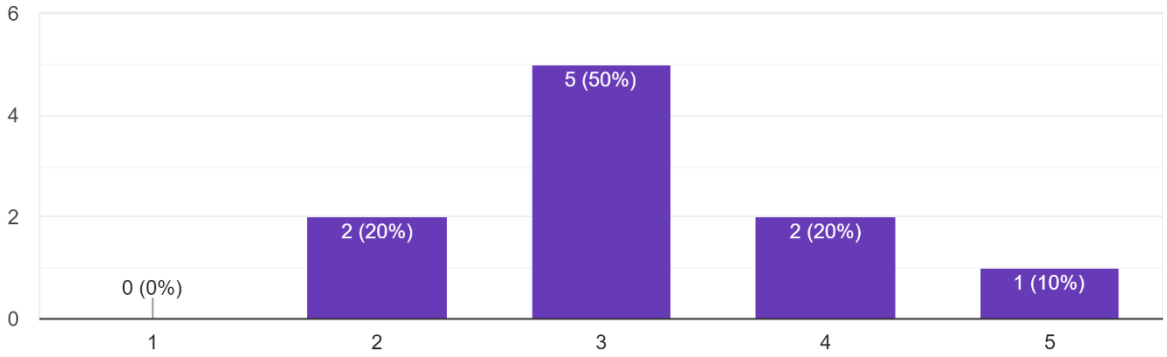
- Creativity in solving problems

10 responses



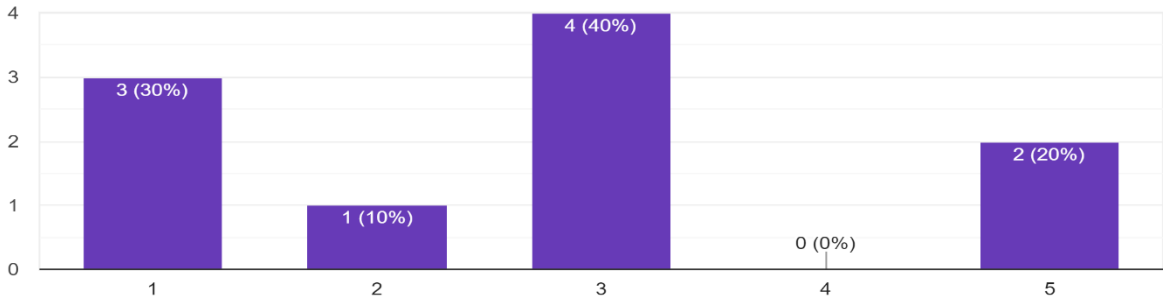
- Digital drawing/ painting

10 responses



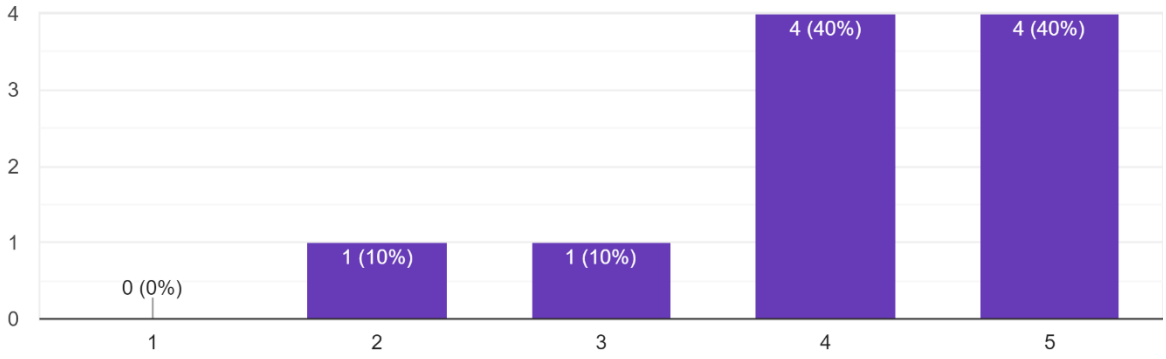
- Photo edition

10 responses



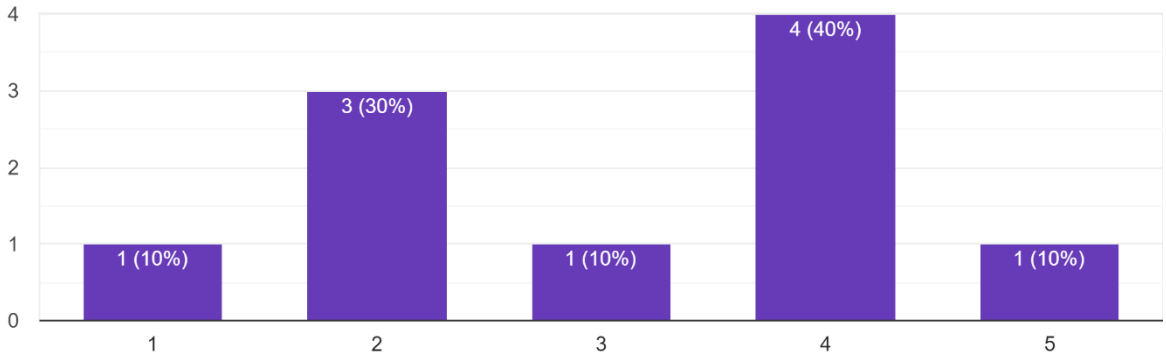
- Sharing opinions and information (citizens' engagement)

10 responses



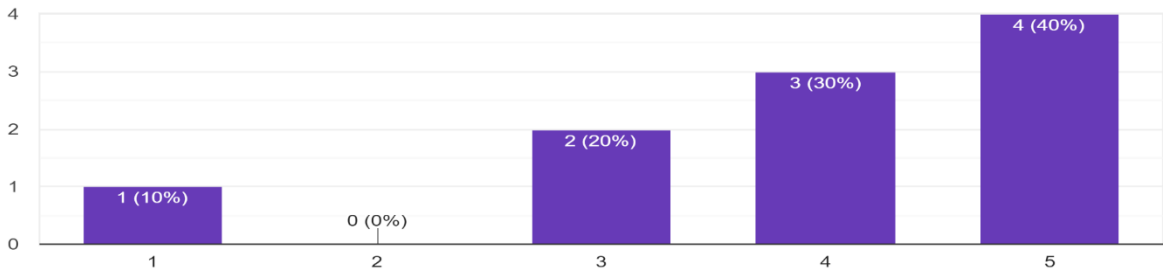
- Amateur production of digital content (prosumers, i.e. consumers of digital culture expressing relationship to it via content of own making)

10 responses

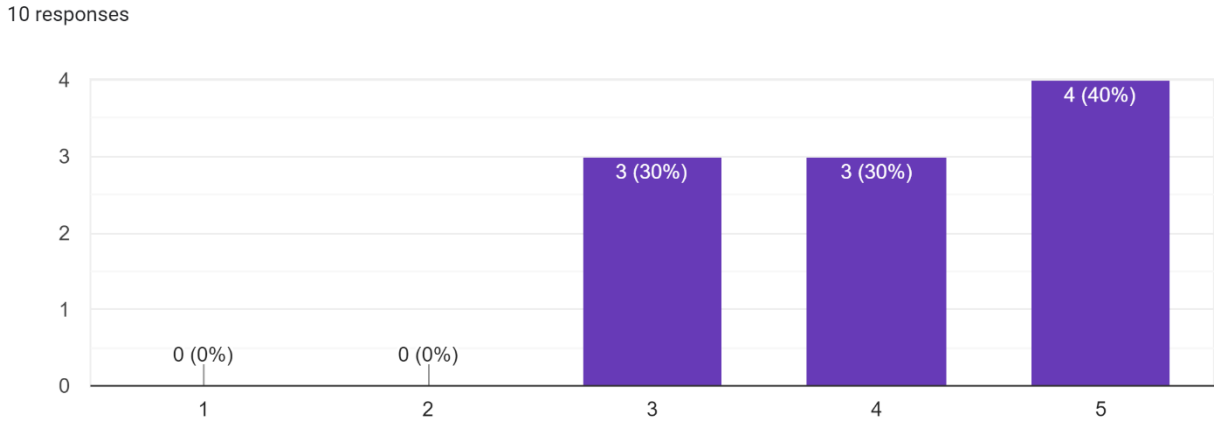


- Use of the Internet for purpose related to cultural heritage

10 responses

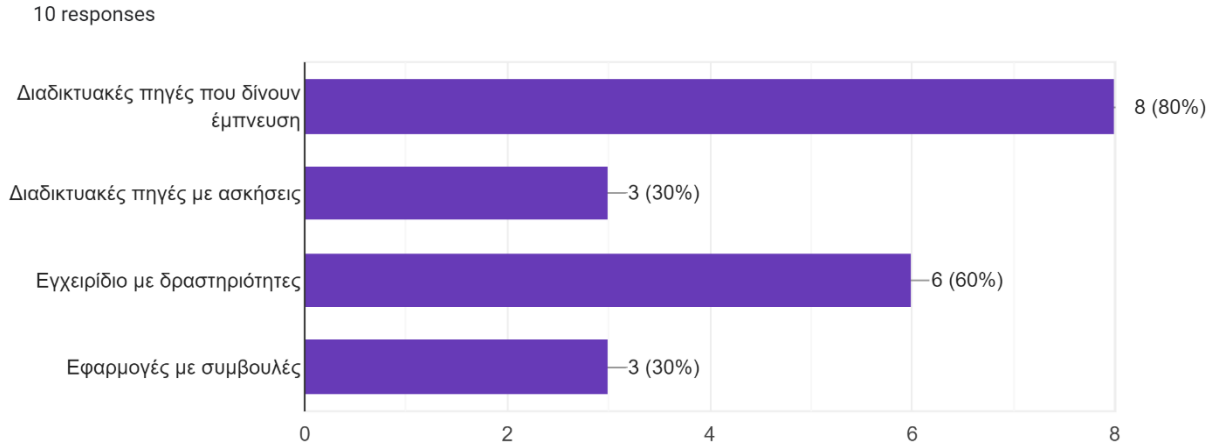


- Soft skills workshop (expressing opinion, nonviolent communication (NVC), assertiveness etc.)



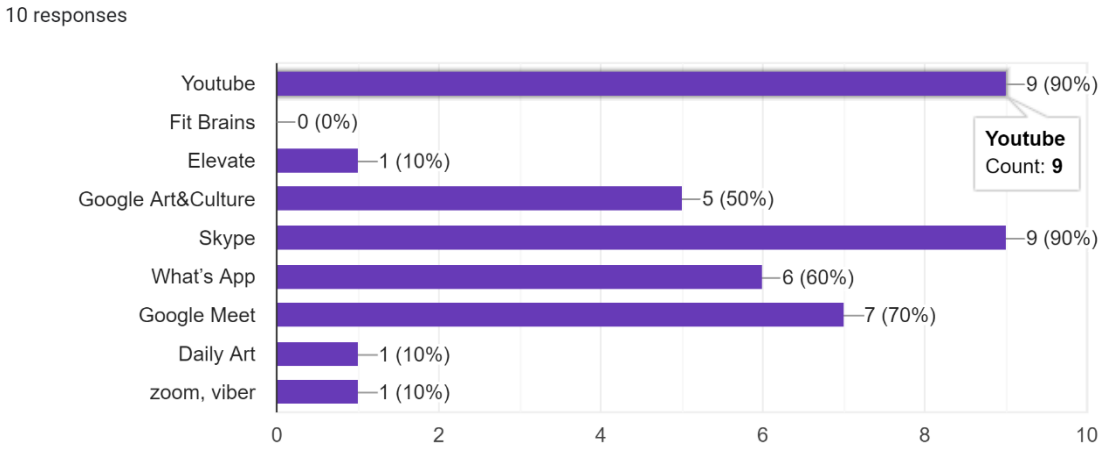
Overall, for trainers/educators communication and collaboration, apps for communication, creativity in solving problems, share opinions and information and soft skills are the most useful topics for a lesson targeted to seniors.

7. **What kind of tools do you need while working with seniors?**



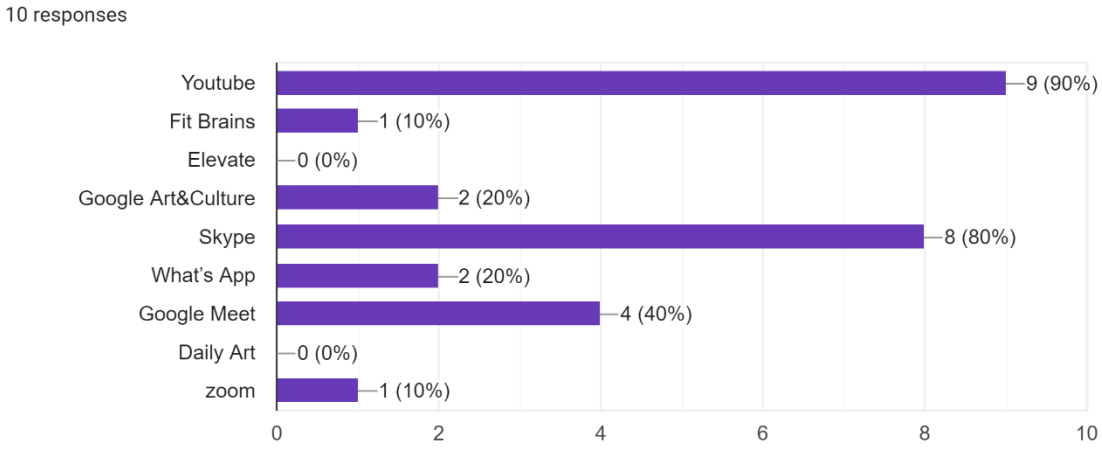
Teachers – educators mostly use internet resources of inspiration (80%) while handbook with activities follows (60%)

8. **What applications/digital tools have you ever heard of?**



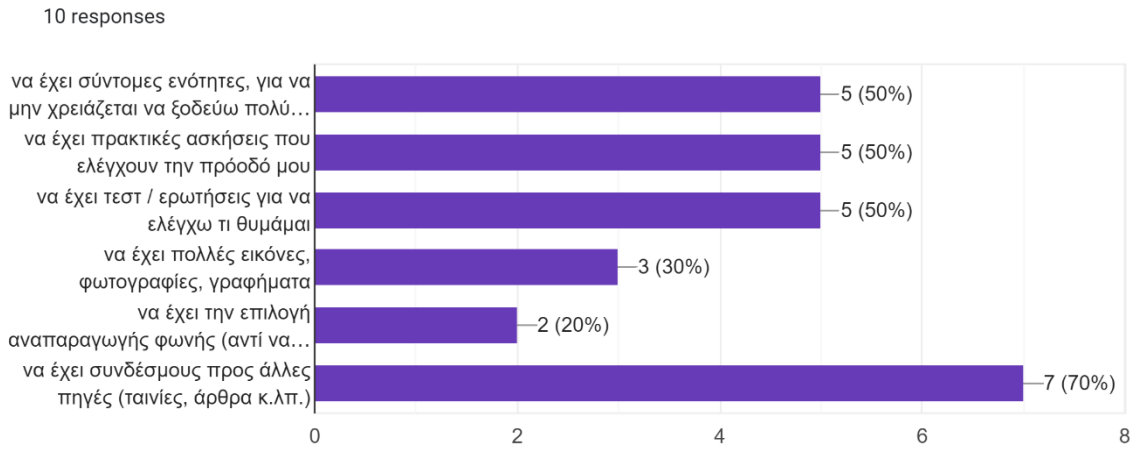
The most known tools are YouTube, Skype and Google Meet.

9. **What applications/tools do you use during running activities?**



The most used tools are YouTube and Skype.

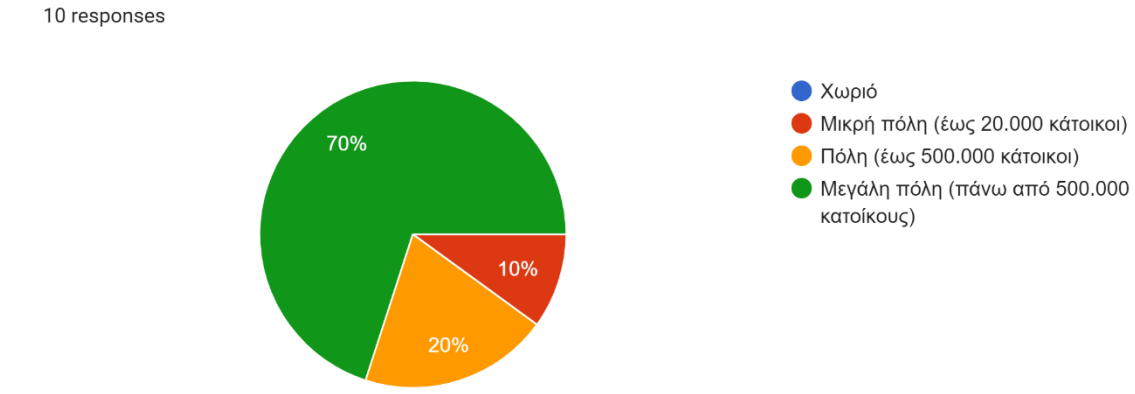
10. **What is important for you when you participate in an e-learning course?**



Participants indicated that an e-learning course is important to have links to sources such as films or articles. Additionally, short learning modules, practical exercises and tests are also important.

11. **Demographics**

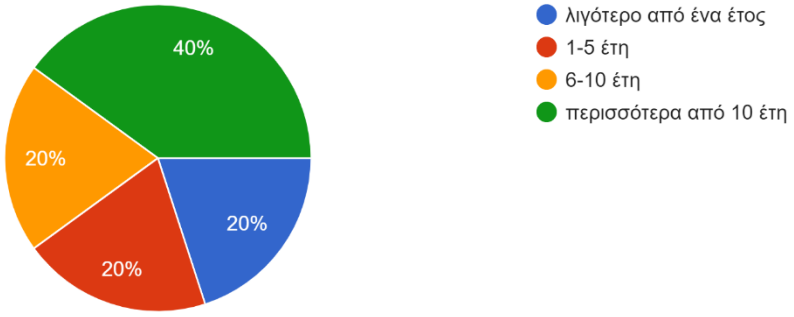
- Working place



70% of the trainers/educators work in a big city.

- How long have you been working with people over 55?

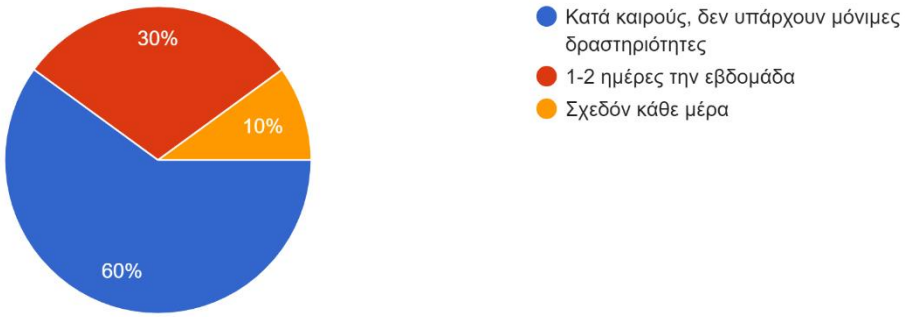
10 responses



40% of the participants has been working with seniors for over than 10 years. The rest were equally divided.

- How often do you work with people over 55?

10 responses



60% of the trainers/educators does not work with seniors on a regular basis while only 10% works with them every day. 30% of the participants works 1-2 days per week.

3.3. Conclusion

50 seniors, 34 women and 16 men, participated in CEDAC questionnaire. 28 of them were aged between 55-64, 17 of them were between 65-75 and 5 of them were over 75 years old. Almost half of them live in large cities while 24% live in villages. Besides these demographic elements, the lack of activities targeted to seniors in Greece is a fact. To this direction, besides the difficulties that occurred due to Covid-19 pandemic, it is important to develop and offer distance learning or directly online courses for older people. This will make a significant contribution to the quality and accessibility of educational activities for older people and will give them the opportunity to improve their skills and their everyday life.

As it occurred from the answers of the participants, seniors in Greece spend their free time on various activities such as taking care of their home, spending time with family or friends, surfing on the internet and reading books. According to activities exclusively organised for this group, we need to mention that whereas 60% admitted the fact that they do have the opportunity to participate in these activities, only the 40% of them has actually joined. Furthermore, since 84% of the participants have their own computer or share one with other member of their family and every one of them has access to the internet, the participation in inline classes becomes accessible for every senior. Most seniors find online tools useful for online payments, taking care of official matters and using apps to communicate. Seniors like cooking, brain training, art history, theatre and enjoy the creativity in daily life. The vast majority prefers blended learning - face-to-face meetings with online elements.

10 respondents took part in the questionnaire survey in Chapter 3.2. These are trainers/educators with many years of experience in the field of education, 40% of them have been working with seniors for 10 years or more, especially in larger cities. Computing lessons, brain training and soft skills are very popular among seniors. Trainers/educators claimed that the most useful for a lesson targeted to seniors would be communication and collaboration, applications for daily use and useful applications to communicate with other people.