

**ELMO LTT in Madrid, 05.-07.11.2019**

**Protocol**

From 05.11.2019 to 07.11.2019 the second Learning-Teaching-Training Activity within the ELMO project took place at the Marcos Ana Library, one of the institutions that cooperate with the Popular University of San Sebastián de los Reyes, in Madrid. The Spanish Federation of Popular Universities (FEUP) was the host organization for the event. The participating partner countries were Germany (Project Coordinator), Estonia, Lithuania, Bulgaria, Turkey and Spain. Following the trend set by the previous LTT Activity hold in Hannover, the focus of this LTT activity was on social learning. The present protocol describes the LTT Activity carried out.

Participants:

**04.11.2019**

Day of arrival

**05.11.2019**

At 09:00 the participants were welcomed by Isabel Esteban and Montserrat Morales on behalf of the Popular University of San Sebastián de los Reyes and FEUP. All the partners were given a folder including the agenda and all the necessary information for the event. Then, the participants introduced themselves, and provided some information about their involvement in the field of adult education. After the initial greetings and pertinent introductions, the set of presentations programmed for the event began at 10:00.



Emilio Jurado was the first speaker. In his presentation 'The Dark Side of ELMO', he contrasted the educational model described in ELMO against the on-line learning model in order to identify their strengths and weaknesses. The idea was observing the flaws found in on-line learning (isolation, lack of interaction and, therefore, lack of motivation) and how the ELMO learning model covers those needs with its approach to enhance learning motivation.



After the presentation, there was some time for discussion, in which the participants provided their perspective on learning motivation and the role of e-learning systems in adult education.

There was a coffee break between 10:30 and 10:50.

The second presentation was delivered by Concha Lobejón, educator and coordinator of the Women Area of the Popular University of Palencia (PUP). In her presentation 'Women's Testimony: Dreams, hopes and memory', she talked about two courses developed at the UPP: *Women's Classroom* and *Women's History*. She explained the programmes designed for the courses, the products developed through the courses, the methodology, the different activities that take place within the courses, and how they enhance motivation for the participants.

The discussion that followed the presentation focussed on women as a learning collective and courses that focus on their needs and visibility. The role of women as the main participants in adult education was brought to the table as well. The matter of how to include and encourage men to participate in these processes was also discussed.

After the discussion, there was a lunch break from 13:00 to 14:30. The participants had lunch together at a restaurant arranged by the host organization that was close to the location of the event.



After lunch, there was a welcome address by the local institutions of San Sebastián de los Reyes (SSR). The attendants were Juan Andrés Tovar Mena, vice president of FEUP; Narciso Romero, Mayor of SSR; Miguel A. Martín, Deputy Mayor of SSR; and Tatiana Jiménez, Deputy Town Councillor for the Department of Culture of SSR. In their speeches, they talked about the Popular Universities, their history and the institutional commitment they have in supporting them and their work for the benefit of the citizens. The local press came to the facilities to cover the event, and it was on the local news. It was agreed that FEUP would pass the video on to the rest of the partners once it had been translated into English for further dissemination.

After the welcome address by the institutions, the partners decided to end the first day of the seminar at 15:30.



**06.11.2019**

On the second day of the event, all the participants met at Marcos Ana Library at 9:00 once again. The morning started with a workshop on group dynamics. Isabel managed the workshop. She wanted to recreate one of the activities she carries out in the courses she teaches.

Each participant was given a piece of paper and they were asked to write 3 words that described what adult education means to them. After they were all finished, Isabel took the cards and swapped them so that each participant would get a different one. The task for the participants was describing what adult education is using the words written by the other participant and expressing those ideas as if they were theirs. Afterwards, they had to reveal whether they actually agreed with those ideas and, if so, to what extent.

The concept behind this activity is to enhance empathy within the group, which is a key element for motivation. When this activity is performed in the courses at the Popular University, they usually choose a controversial matter as a topic, because it is likely that the participants would have different opinions that way. By trying to defend an opinion that is different to your own, you try to step into someone else's shoes, and it might help you understand their perspective and create group harmony.

In the activity performed with the partners of the project, there were not high levels of disagreement because everyone had a strong relationship with the field of adult education, but some interesting ideas were brought to the table through the activities. Isabel promised to put all the cards together and make a collage with them, gathering all their participants' perceptions regarding adult education as a product of the workshop.

On the second day, the presentations were delivered by Martina Pérez and Ana de las Heras, educators at the Popular University of Logroño (PUL). At 10:30, the first presentation of the day started. Martina told the participants about the Parenting Area developed by PUL, which is a whole programme of courses created to support parents, and especially women, during the pregnancy and the first years of parenting. Martina talked about her own experiences as a mother and how that sparked the idea to create those courses and build up a community around them. She also talked about the importance of emotions and emotional support for the mothers, and how it is a key element for them to learn to understand their own emotions and why they feel the way they do. That way, they have managed to create a collective learning experience that enhance motivation.

There was a coffee break from 11:10 to 11:30.

After the break, Ana presented the Spirituality Area developed by PUL to the partners. The contents of that area have nothing to do with religious belief, but about finding the underlying dimension of a person's consciousness and connecting with it. To that end, the PUL provides courses and on meditation, mindfulness, yoga, relaxation and other aspects related to that journey through spirituality. There is also an annual international forum, which has experienced a remarkable increase in the number of participants.

To give the participants a glimpse of that journey, Ana conducted an activity with the participants. First, they had to simply listen to a recording of sound that she played and keep



on listening until the sound faded. The second time, they had to listen to the same sound and raise their hand when they could not hear it anymore. The third time, they had to do the same but with their eyes closed. After each time, the participants discussed their feelings regarding the experience: calm, anxiousness, consciousness, attention, etc.

After this exercise, Ana asked them to spend one minute in silence, just listening to the sounds around them and paying attention to them as if those sounds were completely new to them, as if they had never felt anything like that before. She encouraged them to let their mind and feelings wander and acknowledge those changes without trying to control them. At the end of this short activity, some participants stated that they had been able to contact that underlying dimension within their consciousness. A brief discussion followed regarding the role of spirituality in modern society and why it is important for people to be trained in such matters and how it is crucial in order to acknowledge and manage our emotions.

After this presentation, there was a lunch break from 13:00 to 14:30 at the same restaurant. After lunch, there was a scheduled visit to Sala Martín Chirino in order to see a photography exhibition developed by Agrupación Fotográfica S.S.R., an association comprised by previous students of the Popular University in SSR. The chairperson of the association welcomed the participants to the exhibition and provided some information regarding the history of the association, their activities and the work they were going to see at the exhibition.

After the visit, the seminar day ended at 15:30.



#### **07.11.2019**

For the last day of workshops, Isabel provided some more information regarding the history of the photography association responsible for the exhibition visited the previous day. After that, she moved on to give some insight to the history of the Popular University of SSR and the different courses, activities and facilities they provide for the participants. After that, there was a discussion regarding the way adult education is approached in the participating countries of ELMO. The partners explained how the field is structured in their countries, for instance, regarding funding. This gave the participants a better idea of the work each partner of the project performs in the field of adult education and life-long learning.

A coffee break followed.

At around 10:30, Isabel proceeded to talk about a specific program developed by the Popular University of SSR called *Active Spaces*.



For this programme, they have created three different cultural areas. There is a different cultural activity pertaining these areas in SSR every week. Isabel explained that the participants of this programme get to attend a course in which they learn about the cultural activity and get some theoretical background, then they attend the cultural activity, and, afterwards, they receive further information and relevant sources in case they want to keep on learning about that specific subject. Isabel expressed that this engaging way of approaching culture has been very beneficial for the motivation of the participants and they always have a high turnout.

After the presentation, there was a round of questions that the participants used to obtain more information regarding the structure of the programme. Isabel proposed that this model could be implemented in other communities and countries.

Since there was still some time before lunch, the partners agreed to proceed to the evaluation section of the event. They filled in the evaluation questionnaires prepared by the Turkish partner.

The session was paused for lunch break at 13:30. Lunch was served at the same restaurant.

At 15:00, the participants returned to the facilities for the summary and closing remarks of the event. The closing statement was performed by Isabel Esteban and Montserrat Morales, who conducted an evaluation session as a conclusion for the event. The participants were asked to say something they enjoyed and something they thought could be improved regarding the seminar, so that it could all be considered for the following international meeting in Bulgaria. Overall, the participants agreed that they would have liked a more interactive approach to the sessions to enhance participation, and that both the organisation and their experience had been positive. To conclude, all partners agreed on the dates for the meeting in Bulgaria, which will be held from March 31<sup>st</sup> to April 2<sup>nd</sup>.

