



**LIGHTS,
CAMERA,
ACTION!**

In CINAGE theatres today!

The CINAGE training course

During the meeting in Slovenia, Slovenia, last **April 2014**, hosted by Slovenian Third Age University, a plan to produce the contents for the training modules/units was established and a discussion on structure, methodology, strategy and resources for the CINAGE course took place.

The CINAGE course will offer (older) participants an opportunity to reflect upon cinema and films and to experience collaborative activities triggering significant and transformative learning about a more active, healthy and socially engaged living and ageing.

From November 2014 on, in all the partner countries, we will organize and pilot training courses developed according to andragogic principles and process models (Malcom Knowles).

The course is primarily meant for adult educators and older learners. The methods will be: short theoretical input, peer work, group discussion, group reporting, workshop, collaborative learning etc. The participants will reflect upon the concept of active ageing in relation to topics dealt with in recent European films. Further, the learners will be dynamically involved in shooting their own short-films about ageing, identifying possible strategies for a more active, healthy and socially engaged ageing.

The 73-hour course will be composed of the following modules:

- 1) **Introduction:** *Let's Get into the CINAGE Course*
- 2) **Self-assessment:** *My active ageing story...*
- 3) **Active ageing and adult education:** *Did you say old age? Did you say active ageing?*
- 4) **Film screenings and analysis:** *European cinema and active ageing*
- 5) **Filmaking:** *Personal narratives, Screenwriting, Directing, Producing, Editing short-films*
- 6) **Cinema Workshop:** *3 short movies in 30 hours!*

The reflection on the experiences of real life and fiction, reciprocal learning in small groups of peers, constructing new knowledge together, facilitating understanding of how reality is influenced by past experiences, the current perceptions and expectations about the future. When experiences are meaningful, it becomes easier to choose new ways of being and acting! Cinema will help establishing a rapport and significant commitments to the selected aspects of the ageing process.

Get involved!

The CINAGE course is free of charge and it will be piloted with a limited number of participants. If you are an adult educator or you are 65+ years old and you like cinema, or you want to explore more about it, do not lose time and get in contact with the **CINAGE organisation** in your country for more information!

Last winter the CINAGE partners first met in Lisbon for the inauguration of this amazing and interesting project! During the last 8 months, we have been working hard to analyse our national situations on active ageing, as well as to review active ageing topics dealt with in European films.

Based on a **model of competencies for active ageing**, 4 focus groups have been formed in Portugal, Italy, Slovenia and the United Kingdom in order to critically analyse 12 selected European feature films. More than 25 representatives from the project's **target audience** watched the films, they met face-to-face to discuss which of those best represented one or more of the competencies and, finally, agreed on the **six most illustrative ones**:



Before Twilight, 2009,
by Jacek Blawut (Poland)



The Best Exotic Marigold Hotel,
2012, by John Madden
(United Kingdom)



Mid-August Lunch, 2008,
by Gianni Di Gregorio (Italy)



Good to go, 2012,
by Matevž Luzar (Slovenia)



Empties, 2007,
by Jan Sverák (Czech Republic)



Vidange Perdue, 2006,
by Geoffrey Enthoven (Belgium)

For further details please visit:

Facebook CINAGE: <https://www.facebook.com/cinageproject>

YouTube CINAGE: <https://www.youtube.com/cinageproject>

Website CINAGE: <http://cinageproject.eu>



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