

## The CINAGE project as a contribution to an active senior citizenship

Barbara Janicas<sup>1</sup> & Maria Helena Antunes<sup>2</sup>

### Summary:

Currently, the average life expectancy in many countries is more than 80 years. The start of the retirement or of ill health issues are often experienced with withdrawal from community, political and cultural life. This demographic ageing trend poses pressing challenges to the EU members-states which has undertaken a number of initiatives in recent years to combat stereotypes about the older people and promote active ageing, defined according to six major competencies: civic participation and community, health, learning, emotional, financial and technological dimension.

The CINAGE project - European Cinema for Active Ageing, under the Grundtvig/Lifelong Learning Programme, in a partnership between four European organisations, intended precisely to provide new learning opportunities, aiming at a more active ageing.

It is intended that the final package of the project as a result of the research and analysis of European cinematographies since 2000, includes a selection of films to illustrate the six competencies on active ageing as well as the elaboration of a filmmaking course for seniors, culminating in the production of short films developed by them.

This course focuses on the person of the older learner permit, through reflection on experiences of real life and fictional (own and others), new learning and sharing in small groups of peers, understanding of how reality is influenced by past experiences, by current perceptions and expectations about the future. This process, in which the experiences assume meaning of, facilitates the ability to choose new ways of being and acting. The cinema, being a global communication medium, particularly captivating and motivating can be an excellent vehicle for proactive social and cultural practices among older generations, for helping to establish *rapport* and provide a basis for meaningful engagement with aspects of a more active and healthy ageing life.

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<sup>1</sup> Member of the Portuguese team of CINAGE; Degree in Cinema – Specialisation in Screenwriting, ESTC/High School of Theatre and Cinema

<sup>2</sup> Project CINAGE Coordinator; Managing partner of AidLearn, Lda.