

### In this issue:

- 1 Innovative Methodological Guide - Heritage in Motion
- 2 Reflections of teams' members
- 3 Research on Routes
- 4 Conclusions
- 5 Partners



*"Heritage in Motion" aims to promote the knowledge of heritage at a local and European level for the purpose of encouraging the values inherent to cultural heritage –which make it a fundamental part of European society's development.*

### Innovative Methodological Guide

The e-guide "Heritage in motion" presents the methodology developed by the partners at the Erasmus+ Programme "Heritage in Motion" (HeiM) in order to promote the knowledge of heritage at a local and European level—and thus encourage the values inherent to cultural heritage, a key element in the development of European society—amongst citizens.

The innovative methods proposed and implemented for the teaching of older adults not only value this group's experience and skills but also include both constructive and cognitive methodologies, such as learning in context, project-based learning and ICT use, since we believe that open education as well as the innovative practices that characterise the digital era must play a paramount role in today's society.

Through the suggestions explained in this Methodological Guide, we would like to give older adults the opportunity to continue training throughout their lives within innovative practices, enabling them to become an active part of society so that their exclusion can be prevented and intergenerational cohesion favoured.

This e-guide is aimed not only at educational institutions but also at professional trainers and educators involved in older adult teaching who are willing to promote both active ageing and older adults' interest in cultural heritage through the application of innovative and teamwork research methodologies. As an exploitation and dissemination tool, it can also be transferred to non-educational entities related to heritage promotion, including volunteer organisations. The guide can be downloaded from the project website:

<https://www.heimheritage.eu/basic-page/project/results>




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*It is very difficult to minimise the negative effects of retirement and ageing without a previous preparation that permits to have such an active, healthy and socially-committed life.*

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*The active routes created are expected to boost older adults' activity while simultaneously increasing their interest in visiting and exploring European heritage*

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### **This guide consists of the following sections:**

- Innovative methodologies for older adult training
- European cultural heritage and its importance for older adults
- Shared heritage: older adults as interpreters of heritage
- Active and healthy routes on European heritage
- Recommendations

The implementation of the actions described in the guide will not only help the older adults involved but also provide a peer-to-peer, intergenerational benefit to them, since the active routes created are expected to boost older adults' activity while simultaneously increasing their interest in exploring and enjoying European heritage.

Carrying out the actions foreseen in the guide will likewise encourage older adults to share their stories, their knowledge and experience with society through the design of active routes.

### **Reflections of teams' members**

*„The HeiM project was very important for me because, in these very strange times, it gave an opportunity to think about something else but corona and earthquake. I would sit on my bike and ride through Zagreb, and take photos. Later at home I would research the sites I took photos of, and write stories about places that marked my growing-up and adult life in Zagreb. For me, this project was a small window that reminded me of happier times” (Višnja Vidmar, 73 years old, Zagreb)*

*“I am very happy to have participated in the HeiM project because I not only worked with very competent and enjoyable people but also checked that the mission of the project proved to be right. We who are over 50 years old can learn and adapt to new smart technology and use it to make routes about our heritage and thereby become competent interpreters of it for others to enjoy themselves. It also opens up a whole new world of possibilities for the future in teaching our peers to do the same. If we can, so can you”. (Ingibjörg Rannveig Guðlaugsdóttir, 81 years old from Reykjavik)*

"One of the teams in the HeiM project chose to learn how to use Wikiloc by following a path taken at the summer solstice in Viðey. It did not matter that the group did this during the winter in a good weather. The route was almost five kilometres long. From time to time we stopped and took photos which were then saved along with information on the correct waypoints along the hiking trail on the map. With the good help of a mentor, this went very well and the participants trust themselves to teach others how to use Wikiloc". (Þór Jakobsson, 84 years old from Reykjavik)

"We were a group of three people who made a route between statues in the centre of Reykjavík which connect our history from the beginning of the settlement until the present time. We visited 20 statues, starting with the statue of Ingólfur Arnarson —the settler of Reykjavik— and finishing with the statue of Tómas Guðmundsson — known as the poet of Reykjavik. We posted comments on Wikiloc both about the statues and about the sculptors. The route is just over 3 kilometres long and easy to navigate in all seasons. We had the loyal help of our mentor, Einar Skúlason, in solving the task as our knowledge was initially scarce. After this fun and educational experience, we are ready for the next project and trust ourselves to help others". (Birna Halldórsdóttir, 71 years old from Reykjavik)

"Thanks to this project, I got to know the tools that help me to show places which are important to me, along with my cultural identity, and to save it all from oblivion. When visiting new countries, I will walk along the cultural paths set by my peers; I will visit the places they feel close to". (Małgorzata, 58 years old, from Warsaw, Poland)

"Thanks to the HeiM project, we have improved the knowledge of our heritage and it fills me with joy to share it with all of you. Enjoy it with us!!!" (Rafael Arenillas, 68 years old, from Alicante, Spain)

"It was a real pleasure to work with our colleagues from Croatia, Iceland and Poland and to collaborate with them throughout this time. What a great team!" (Isabel Capitán, 64 years old, from Alicante, Spain)

"For us, people over fifty, it was a wonderful project; not only because we have learned about other European countries but also because we have shared the knowledge related to our own country. A fantastic experience". (Isabel Capitán, 64 years old, from Alicante, Spain)



## Research on Routes

Five routes were designed by each partner, except for the Spanish team, which produced six. The routes were chosen bearing in mind the proposals made by the committee of experts as well as the suggestions and interests of the older adults involved in the project.

Some of the routes include the relationship between nature and man and try to foster relevant aspects for European visitors.



### CROATIA

- ✚ Theatre, music and architecture
- ✚ Following the footsteps of famous Zagrebians
- ✚ Zagreb and modernism
- ✚ Gornji grad and Kaptol - history and culture
- ✚ Nature in the heart of Zagreb



### ICELAND

- ✚ Nature Hiking Trail in Ellidaar Valley
- ✚ Heritage in Laugarnes and Kirkjusandur
- ✚ Summer Solstice Walk
- ✚ Cultural and artistic heritage of Hólavallagarður cemetery
- ✚ Reykjavik historical statues



### POLAND

- ✚ Maria Skłodowska - Curie's Warsaw
- ✚ Bielański Forest - Forest in the city centre
- ✚ Sweet Warsaw. In the footsteps of Warsaw's confectioners
- ✚ Fryderyk Chopin's Warsaw. The virtuoso's legacy
- ✚ Świdermajers – the wooden villas of Otwock



### SPAIN

- ✚ Insights into Alicante
- ✚ Alcoy: Nature, Industry and jewel of Art Nouveau
- ✚ La Vila Joiosa, a sea for encounters
- ✚ Fontilles, a model of colony and sanitary architecture
- ✚ Serra Gelada and the Roman Villa of l'Albir
- ✚ Xàbia, tuff stone and dry stone



All routes can be found on:  
<https://www.heimheritage.eu/>



## Conclusions



The Research on Routes phase of the HeiM project provided highly valuable experience on how to train and acquire skills and knowledge about utilising modern ICT technology, with a specific emphasis on the needs, interests and abilities of this project's target group: people over 50. The interest and success of the teams who worked on the different routes was remarkable in a wide variety of ways; for example, many of their members gained enough confidence to be able to define a route by themselves and to teach their peers to do the same. The teams especially praised the valuable training and guidance they received throughout the process.

The work carried out along with the results of route design and research have clearly shown that people in their third age are the perfect carriers of cultural history, a heritage that they can share with their peers and with future generations too. They are good interpreters of cultural heritage, an important factor of life and activity for every human being, and an essential aspect of their own life experience. Older adults may, therefore, play not only the role of researchers-explorers but also that of witnesses and creators. An emotional factor becomes significant as well in stimulating older adults' activity when recognising cultural heritage.

Discovering cultural heritage represents, especially for older adults, an opportunity to learn on the one hand; and on the other hand, it allows them to take advantage of their knowledge and experience as a way to cultivate their interests and passions. The HeiM project has clearly shown the value of combining new teaching and training methods aimed to meet the needs of older people when acquiring new knowledge and skills that can enable them to design their own routes about cultural heritage using smart technology. The methodology described in this Guide is thus highly recommended.

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