
GETTING OLD WITH JOY ...

AN EXPERIENCE OF LIFE

FACE YOUR FEARS

LIVE YOUR DREAMS...

PAIN IS TEMPORARY

VICTORY IS FOREVER

OLD PORTO – WORLD HERITAGE BY UNESCO - 1996





ACTIVITIES

JAN/2000	RETIRED
	PORTO EUROPEAN CAPITAL OF CULTURE
2001	(FORMAÇÃO PROF.TEIXEIRA LOPES)
	UNIV.SÉNIOR ANTAS (PORTO DE CRIANÇAS)
2001	VOLUNTEER – PORTO EUROPEAN CAPITAL
2001....	PORTO DE CRIANÇAS
1990....	LIONS CLUBE DA TROFA
2003/04	MUSEU NAC. SOARES DOS REIS
2004/10	FUNDAÇÃO DR.ANTÓNIO CUPERTINO MIRANDA
2011....	ODPS - OBRA DIOCESANA PROMOÇÃO SOCIAL
2006/12	INTERNATIONAL VOLUNTEER

WHO AM I?









WHAT I LIKE TO DO



2005 6 27







09/06/2008 12:37



06/06/2008 11:54









LIONS CLUBS DA TROFA









DECEMBER 2004

**INVITATION TO BE MEMBER OF THE
EDUCATIONAL SERVICE OF THE PAPER
MONEY MUSEUM**



CREACTION OF A SENIOR VISIT

Conception of a Type Visit

Responsible for the visit



WHAT I AM DOING NOW...







Intercâmbio Geracional

Objetivos

- Promover o diálogo entre jovens, adultos e idosos
- Valorizar a experiência dos idosos

Centro de Dia

Universidade Sénior da Paz

Júlia Couto

2005 6 21



1 de Junho

Dia Mundial da Criança



Programa

- *Porque não respeitamos a Natureza?
- *Pintura mural exterior alusiva ao Dia do Ambiente (5 de Junho)
- *Jogos Tradicionais

Horário da manhã: das 10h30 às 12h30

Horário da tarde: das 14h30 às 16h30

Público alvo: 3º, 4º e 5º Ano do Ensino Básico, ATL's

Duração: 2h

Atividade GRATUITA.

Todas as Actividades estão sujeitas a marcação e confirmação prévia



Casa-Museu Abel Salazar | Rua Dr. Abel Salazar, s/n | 4465-012 S. Mamede de Infesta
Telf. 229039826 | e-mail: cmuseu@reit.up.pt | www.cmas.up.pt



VERY IMPORTANT

To meet the right persons

News opportunities

Participation in Projects of Association VIDA

TRAVEL AGENTS - Traveling, Volunteering and Learning Activities
Generating Employment for the over 55s - Financed under ENEA
Programme. (2006-2007)

InCReaSe - INtercultural CREAtivity of Seniors (2008/10)
Participation in the Portuguese meeting 6 - 9 October, 2009

Stories of a Possible Europe (2009/10) – participation at the
European competition of stories about migration

Senior Volunteering: The Voice Of European Seniors (2009/11)

**Workshop “DIAL-UP: develop intergenerational activities locally
unchain your potential”**. 6 a 15 of September, 2009

**Conference “*Mobility of the Elderly in Europe* - Working with Elderly
Volunteers in European Exchange Projects”** Dusseldorf, 28th to 30th
October 2009

Participation in Projects of Association VIDA



“Stories of a Possible Europe Project” – European Memories – Rome 22/24 January 2010 – Final Event – Awards

“ACTIVE-Active Training Initiative for Volunteers in Europe” – A Grundtvig Programme – Rome 25th to 29th January 2010

“L’Entre - Deux” – Atelier Artistique de l’Association Les Têtes de L’Art – A Grundtvig Atelier – Marseille du 21 Février au 5 Mars 2010

« Stories of a Possible Europe Project » - European Memories – Porto 26/27 March 2010

« GIVE » - The Voice of European Seniors – Volunteering exchange between Porto (Portugal) and Craiova (Rumania) – September 2011 – 3 weeks of volunteer work in Craiova

Participation in Projects of Association VIDA



“PALADIN” Conference 16/11/2011 in the European Parliament

Paladin – The European Framework for Competences – Brussels – Meeting 17th November 2011

“Dancing with Memories” – Workshop in Kolobrzeg-Poland – 20th to 24th February 2012



Rede
55+

sem fronteiras

over 55s without frontiers

**"A journey
is a person
in itself.
No two
are alike."
John Steinbeck**



Projecto co-financiado
pela Comissão Europeia

























develop **i**ntergenerational **a**ctivities **l**ocally: **u**nchain your **p**otential
Matosinhos – From 6th to 15th September 2009





Lousada, Portugal

7th, 8th, 9th October 2009

GRUNDTVIG-Learning-Partnership

„INCREASE: Increase – Stimulating
INtercultural CREativity of SENiors“











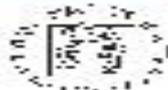
Arbeit und Leben
DGB/VHS NW



Conference:

**Mobility of Elderly People in Europe – Working with
Elderly Volunteers in European Exchange Projects**

28. – 30.10.2009 in Düsseldorf













Grundtvig Training Course for organizers of senior transnational exchanges

**Active Citizenship Training Initiative for Volunteers in Europe!
Roma (Italy) 25-29 January 2010**







“L’entre-deux”

Ateliers de recherche
sur l’ensemble des espaces de rencontres
entre les cultures et les langages
par la pratique artistique
(conte et arts visuels)

Marseille – FRANCE

Du 22/02 au 4/03 2010





European Memories

Fourth transnational meeting - Porto, 26- 27 of March 2010





THE VOICE OF EUROPEAN SENIORS

WELCOME CRAIOVA 1ST TO 22ND SEPTEMBER





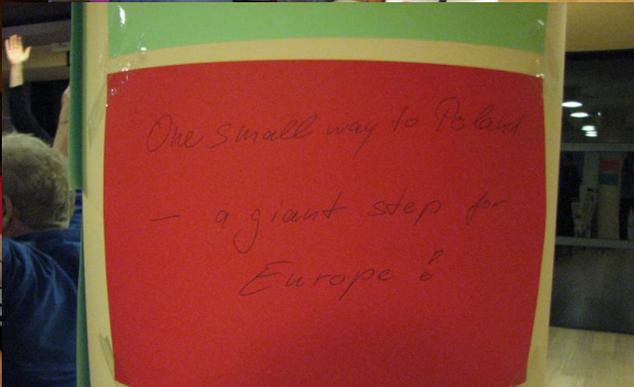
“DANCING WITH MEMORIES”

Kolobrzeg – Poland

Visit the seaside of Poland in February 2012 -20th to 24th, learn about the best moments in lives of European citizens across the history and pay with just your readiness to dance!







JANUARY 2011



- **Invitation to be member of the board of ODPS – Obra Diocesana de Promoção Social**
 - This is an Institution with 12 centers (kindergarten and day center for old people) in the most critical and poor districts of Porto. We help more than 3 000 disadvantage persons.
 - **All the members of the Council are volunteers...**
-





CONCLUSION

Volunteer is someone who feels happy for being useful to the Community and gives all of him without expect any reward...

**Well, I think I was lying all the time to you,
because, in fact, I always want a reward...
The LOVE and the HAPPINESS I receive of all
this people is the BEST REWARD.**









A experiência da vida é sábia

PORTO MY HOME TOWN



