

**Innovative approaches for participation and inclusion of migrant and senior women**

*Training resource*

**ANNEX 3**

# Certificate of Attendance

**(Name/Surname)**

In



ALCE is an innovative and participative project that brought together native senior women and young migrant women from various social, cultural and ethnic backgrounds as well as two different age groups. Through a series of group activities that addressed knowledge acquisition, capacity training, and intercultural and intergenerational exchange, the project aimed to develop learners' skills, build durable networks and promote dialogue between the various groups that make up contemporary society. ALCE is a two - year Grundtvig Multilateral project under the Lifelong Learning Programme that took place from the 1<sup>st</sup> November 2012 to the 31<sup>st</sup> October 2014.

## Partners

*Centro Studi ed Iniziative Europeo - CESIE (Italy),*

*Merseyside Expanding Horizons - MEH (United Kingdom),*

*Verein Multikulturell - VM (Austria),*

*Elan Interculturell (France),*

*Seniors Initiative Center - SIC (Lithuania).*

**DESCRIPTION OF ALTC:** ALTC is an Active Learning Training Course developed in the framework of ALCE project, which promotes the transmission and the safeguarding of culinary traditions and natural curative methods, providing a context that allows two age groups from different cultural backgrounds to communicate and exchange. ALTC is structured into 7 learning modules (total number hours) which aim to develop transversal skills in a non-formal learning environment (local ALTC, European ALTC and Learning Mobilities) and to put them in practice through the creation of a recipe book and a European Roadmap of events.

### MODULES

Name/surname took part in the following learning modules:

- I. Community mapping and intercultural learning (n. of hours)
- II. Learning & cooking workshop: Learning about culinary traditions & natural curative methods (n. of hours)
- III. Knowledge transmission & Creating new multicultural recipes (n. of hours)
- IV. Ideation of the book (n. of hours)
- V. How to make a cultural event (n. of hours)
- VI. Practical workshop: Creating a cultural event about culinary traditions and natural c methods open to the local community (n. of hours)
- VII. Evaluation of learning process of ALTC (n. of hours)

### MOBILITIES

Mobility n.1 EU ALTC Innsbruck – dates.....

Mobility n.2 ROAD MAP OF EVENTS in ... Dates....

### ADDITIONAL ACTIVITIES:

Date, Place

*Trainer*

*The project coordinator*

# Recognition of Competences

Key Competences	Low	Average	High	Very high
Communication in mother tongue/foreign language				
Mathematical competencies				
Digital competencies				
Learning to learn				
Interpersonal and civic competencies				
Cultural expression				
Entrepreneurship				

Other skills	Low	Average	High	Very high
Awareness of different local realities				
Presentation skills				
Knowledge of culinary traditions and natural remedies				
Creativity				
Sense of Initiative				
Problem solving				
Group work				
Management of events				
Internal and external communication				
Self-reflection				

ALCE acknowledges that *name/surname*

- achieved the learning outcomes (key competences and other skills) mentioned in the table;
- took an active part in the training course contributing with their experience, knowledge and ideas to an interactive learning process based on non-formal education methodologies. Within the process she acquired the following learning outcomes relevant to **LEVEL 3** recognized by EQF (European Qualification Network<sup>1</sup>):

<sup>1</sup> <http://eur-x.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:C:2008:111:0001:0007:EN:PDF>



#### KNOWLEDGE

- knowledge of facts, principles, processes and general concepts, in a field of work or study

#### SKILLS

- a range of cognitive and practical skills required to accomplish tasks and solve problems  
selecting and applying basic methods, tools, materials and information

#### COMPETENCE

- taking responsibility for completion of tasks in work or study
- adapting own behaviour to circumstances in solving problems

Date, Place,

*Trainer*

*The project coordinator*