

NEWSLETTER

GBS - Empowering Senior citizens' self-employment in Green Business

3-Day Training for Adult Educators
Successfully Held in Almada, Portugal

"How to Facilitate the e-Studio: Green
Business – a Way for Senior Citizens'
Self-Employment"

From 6 to 8 May 2025, partners from the Green Business for Seniors (GBS) project gathered in Almada, Portugal, for a dynamic 3-day training organized by StoryTellme. The event brought together adult educators from across Europe to strengthen their knowledge and facilitation skills in delivering the e-Studio experience to senior learners.

📍 Hosted at NOVALMADA VELHA, the training combined expert contributions, collaborative workshops, and cultural exchanges. A highlight of Day 1 was the inspiring keynote session by Rita Pelica, founder of ONYOU, who shared practical insights into creativity, leadership, and entrepreneurship for adult learning.



The Vision of GBS

Empowering silver citizens to pursue self-employment in the green economy by equipping them with the skills, knowledge, and tools needed to enhance their inclusion, independence, and overall well-being.



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The agenda included:

- In-depth presentations of the Open Educational Resources (OERs) developed under WP2 and WP3.
- Collaborative sessions on pedagogical approaches, mentoring strategies, and the digital e-Studio platform.
- A hands-on simulation of an e-Studio session, equipping participants to implement digitally-supported mentoring for senior citizens starting green businesses.
- Opportunities to reflect, share ideas, and connect during social moments—including a cultural dinner in Lisbon.

The training concluded with an evaluation session and the awarding of certificates. This event marks an important step in preparing for the upcoming pilot implementation of WP3 in each partner country.

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In response to the evaluation question *"What did you learn from the training session? Please describe the main lessons you have taken away from the session,"* participants shared valuable reflections. They highlighted a deeper understanding of the **Growth Mindset**, its importance in **fostering resilience, continuous learning, and adaptability**, and how to apply it when mentoring others. Many noted they had learned how to **effectively use the project's digital platform and e-learning resources**, and how to deliver mentoring in a way that supports silver entrepreneurs. The session also helped clarify the mentoring process, aligning interpretations among partners.

Rita Pelica's workshop was frequently mentioned as a source of meaningful insights and **practical tools for motivation and development**. Additionally, discussions about piloting and participant recruitment generated new ideas and strengthened collaboration among partners with different backgrounds and needs.

As part of the training, some participants also shared **testimonials**. As **Marina Larios from Inova Aspire** reflected: *"The training was a valuable experience in learning how to deliver sessions to silver entrepreneurs across diverse international contexts, thanks to the trainers' varied cultural backgrounds. We especially enjoyed exploring a range of positive psychology tools and exchanging ideas on creative ways to present techniques and icebreakers. Can't wait to deliver the pilot in the Netherlands!"*

MEET THE PROJECT PARTNERS!

GBS is a KA2 Strategic Partnership co-funded by the Erasmus+ Programme of the European Union. The project is led by **Europiniu Inovaciju Centras** in Lithuania and includes partners from Italy (**CESIE**), the Netherlands (**Inova Aspire B.V.**), Germany (**Blended Learning Institutions Cooperatives**) and Portugal (**Storytellme**).

