



**COST Action CA22167  
PARTICIPATORY APPROACHES WITH OLDER ADULTS (PAAR-net)**

**Training School on Participatory Co-creation Methods**

**March 31<sup>st</sup> – April 2<sup>nd</sup>, 2025**

**Vilnius (Lithuania)**

**Call for Applications**

**Training School on Participatory Co-creation Methods**

We are pleased to announce the second PAAR-net Training School for Young Researchers and Innovators, which will take place from **March 31 – April 2, 2025 at Mykolas Romeris University, Vilnius, Lithuania.**

The topic of our Training School is **Participatory Co-creation Methods**. Training School 2 of PAAR-net will discuss approaches for exploring how participatory co-creation processes are developed and implemented. "Participatory co-creation" refers to involving older adults in creating research, projects, policies, or products, ensuring their voices and perspectives are included and are acted upon.

The training will introduce tools, techniques and frameworks, which can involve research techniques, case studies, or practical exercises. Overall, the goal is to enhance skills in facilitating collaboration and understanding how to engage diverse older adult participants effectively.

## **COST-Action Participatory Approaches with Older Adults**

This Training School is part of the COST Action PAAR-net (<https://paarnet.eu>) which aims to further develop participatory approaches with older adults as a means of driving inclusive social innovation across research, policy, and practice, for heterogenous and fair ageing societies.

PAAR-net aims to gather, exchange and advance knowledge on participatory approaches with older adults (including those at risk of social exclusion) by asking the following questions:

- 1) How can diverse groups of older adults be meaningfully involved to contribute their perspectives and experience (including those at risk of social exclusion) in participatory approaches to research, policy and practice development?
- 2) How do participatory approaches with diverse older adults (including those at risk of social exclusion) impact research process and the quality of data gathered?
- 3) How do participatory approaches impact those (academics and non-academics) involved in research (e.g., wellbeing, reciprocal learning, emancipation)?

### **Preliminary Programme of the Training School**

<b>Monday 31.03.2025 – Introduction and practices</b>		
<b>Time</b>	<b>Content</b>	<b>Organiser/Speaker</b>
9:15-10:00	Registration	
10:00-11:00	Introduction to participatory approaches: what and why to use them?	Dr hab. Anna Urbaniak, Chair of PAAR-net, Jagiellonian University, Kraków, Poland
11:00-11:30	Harnessing generational wisdom for climate change solutions: Sharing practices from cocreation and participatory social research	Dr Audronė Telešienė, Kaunas University of Technology, Lithuania
11:30-12:00	Citizen Science: Ecosystem perspective	Dr Eglė Butkevičienė, Kaunas University of Technology, Lithuania
12:00-12:45	Co-Design for Cognitive Health: Engaging older adults in the co-creation of assistive technology for maintaining brain health as we age	Dr Dympna O'Sullivan, Technological University Dublin, Ireland
12:45-14:15	Lunch break	
14:15-15:00	Introduction to participatory approaches with older adults in mental health policy	

15:00-16:00	Exercise in groups. 3 themes: participatory approaches in public health, climate change and technology <ul style="list-style-type: none"> <li>- Task: prepare a participatory approach session with older adults on one of the four themes</li> <li>- Plenary reports</li> </ul>	
16:00-16:30	Coffee break	
16:30-17:30	Introduction and interactive exercises in applying participatory approaches in developing self-learning materials with older adults: AFECO – Empowering older adults to apply affordable age- and eco-friendly solutions to age-in-place	Willeke van Staalduinen, AFEdemy, The Netherlands
19:00	Social dinner	

<b>Day 2 01.04.2025 – Participatory approaches in depth</b>		
<b>Time</b>	<b>Content</b>	<b>Organiser/speaker</b>
9:30-10:00	Registration (day 2)	
10:00-10:45	What motivates older adults to engage in participatory approaches and stay involved over time?	Dr. Krzysztof Klincewicz, University of Warsaw, Poland
10:45 –11:30	Ethical aspects when applying participatory approach with older adults	Dr. Inga Gaižauskaitė, Lithuanian Centre for Social Sciences, Lithuania
11:30- 12:00	[Research carried out during STSM]	
12:00-12:30	Enhancing the digital literacy and participation of older adults: DigitalScouts	Jana Eckert, ISIS, Germany
12:30-14:00	Lunch break	
14:00-15:00	Interactive introduction and exercises of participatory approaches with informal caregivers – YoungCare Erasmus+	Ines Saavedra, SHINE 2Europe, Portugal
15:00-16:30	Exercise in groups on working with older adults in participatory approaches <ul style="list-style-type: none"> <li>- Finding them, involving vulnerable groups, introductions, explanations, settings, follow-up with the results, information</li> </ul>	

<b>Day 3 02.04.2025 – PAAR-net experience</b>		
<b>Time</b>	<b>Content</b>	<b>Organiser/speaker</b>
9:30-10:00	Registration (day 2)	
10:00-12:00	Working Group meetings – learning what PAAR-net is currently working on in domains of: health, care & support, community & place, technology & innovation, knowledge synthesis	Teraza Mensikova WG1 Marion SCHEIDER-YILMAZ WG2 Rogerio Ribeiro WG3 Davide Lucatoni WG4
12.00-13.30	Lunch break	
13.30 – 15.30	World Café session: “Research beyond boundaries: Technology and Innovation in multidisciplinary and intergenerational contexts across 5 focus areas”	Teraza Mensikova WG1 Marion SCHEIDER-YILMAZ WG2 Rogerio Ribeiro WG3 Davide Lucatoni WG4
15.30 – 16.00	Coffee break	
16.00 – 17.30	Young Researchers and Innovators’ Forum – Experiences from PAAR-net	Barbora Čakovská Katrin Lehner
17:30-18.00	Wrap-up and evaluation	

## **Application Guidelines**

### **Who can apply?**

- Training Schools are mainly aimed at PhD students or post-doctoral researchers, employed by or officially affiliated to an institution or legal entity (public or private, as Home Institution);
- In accordance with COST strategy, PAAR-net supports Young Researchers and Innovators (YRI, under the age of 40) affiliated in a legal entity in Inclusiveness Target Countries/ Near Neighbour Countries (ITC/NNC). Nevertheless, more senior academics, researchers and policy-makers may also apply. Priority will be given to YRIs. See the COST Annotated Rules for details: <https://www.cost.eu/uploads/2024/11/COST-094-21-V2.0-Annotated-Rules-for-COST-Actions-Level-C.pdf>

### **Eligibility for financial support:**

1. Trainees from COST member countries;
2. Trainees from approved NNC (near neighbour countries) institutions;
3. Trainees from approved European RTD Organisations.

### Financial support for trainees

Successful applicants may be eligible to apply for financial support through the COST Action. There are 20 grants available for trainees. Grants will be awarded according to COST Annotated Rules, not exceeding 1200 Euros per person. This amount includes travel reimbursement and a daily allowance for maximum four days.

**Please note** that trainee grants do not necessarily cover all expenses related to attending the Training School. The Trainee Grant is a contribution to the overall travel, accommodation and meal expenses of the Grantee.

Trainees who are self-funded are also welcome to apply to attend the Training School. Prior to the Training School, all Trainees must [register on e-COST](#).

### Language skills

Unless otherwise indicated, all the modules will take place in English. The ability to speak, read and write fluently in this language is a requirement for participation.

### How to apply

You are kindly invited to complete the following application form and to provide the requested documents and arguments in favour of your application.

[https://docs.google.com/forms/d/1UqeFrzeS\\_KSA4Wt2kYvFZXrxk0\\_9T5FtNifNtqneblU/edit?ts=67568b59](https://docs.google.com/forms/d/1UqeFrzeS_KSA4Wt2kYvFZXrxk0_9T5FtNifNtqneblU/edit?ts=67568b59)

**Please note:** At the end of the form, you will be asked to attach separate documents: your CV including publications, a 1-page synopsis of your research topic and a 1-page description of the motivations in relation to the PAAR-net COST Action Training School including your expected learning outcome that is relevant for the further research.

Participation in all COST Training schools is subject to a selective application process. Selection is based on those applications that most clearly correspond to the overall objectives of COST Action CA22167 and to the content of this Training School.

**Submission Deadline: 20.01.2025 (midnight GMT).**

**Grant Awarding Coordinator and local organizer** – Dr. Gražina Rapolienė, Lithuanian Centre for Social Sciences, **email:** [g.rapoliene@gmail.com](mailto:g.rapoliene@gmail.com).

Notification of the results will be sent by **31.01.2025**.

Successful applicants will receive information on workshop details and local arrangements including accommodation.



Photo: Edgaras Kurauskas