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**PATH – LTTA Madeira**  
**24, 25 and 26 November, 2025**  
**Colégio dos Jesuítas, Funchal**  
**University of Madeira**

**24 November 2025 – Meeting Room: Auditorium**

**Meeting the Partners and Sharing Best Practices**

**Morning**

9:00 – 9:30 – Reception – Cultural Activity

9:30 – 9:45 – Opening Session (**Élvio Rúbio Gouveia – UMa; Paula Margarido – Regional Secretary for Inclusion, Labour and Youth – Madeira Island Government; José Câmara - Vice-Rector – UMa**)

9:45- 10:30 - Project Presentation (**Kun Zsuzsa - Cogito**)

10:30 -11:00 - Coffee break

11:00-12:00 Showing relevance of promoting an Active and Healthy Ageing (**Kinga Vajda – Cogito\*; Michail Karafyllis– E-seniors ´**)

- Health preparation\*
- Psychological preparation\*
- Financial preparation\*
- Housing ´
- Social preparation ´
- Active leisure ´

12:30-14:30 Lunch





## Afternoon

14:30 -15:30 Promoting Resilience in Older People

- Motivation, Resilience, and Executive Functions (**Katalin Malkov; Éva Bódy – Cogito**)
- Case Studies: Mental Health Issues in Older Adults (**Váradi Enikő - Cogito**)
- Interventions (**Katalin Malkov; Éva Bódy – Cogito**)
- Digital interventions on active and healthy aging (**Michail Karafyllis – E-seniors**)

15:30 -16:30 *Round Table* on how to Promote and an Active Ageing.

Thoughts on the Portuguese Context (**Moderator: Paulo Nascimento – ITI-UMa; Participants: Glória Côrte – UMa; Maria João Beja – UMa**).

19:30 Social Dinner

<b>25 November 2025 – Meeting Room: Auditorium</b>
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## Target Groups

### Morning

9:30- 9:45 How we can engage 55+ employees – Involvement, motivation and activation of older People (**Michail Karafyllis – E-seniors**)

9:45 – 10:30 *Discussion* – Plans on engaging 55+ employees (**Michail Karafyllis – E-seniors**)



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10:30 – 11:00 Coffee break

11:15 – 11:30 - How the 55+ learn - Microlearning **(Stelios Stylianou-Emphasys)**

11:30 – 12:15 *Discussion* – Tips and best practices on how 55+ employees can learn **(Stelios Stylianou – Emphasys)**

12:15-14:30 Lunch

## Afternoon

14:30 – 14:45 The relevance of an employer work with 55+ people and keep them **(Kinga Vajda - Cogito)**

14:45 – 15:30 *Discussion* – Benefits for employers in promoting a healthy aging of their employees **(Kinga Vajda – Cogito)**

15:30 – 15:45 How the employers can participate **(Guro Oydgard - Nord University)**

15:45 – 16:30 *Discussion* – What can employers do in their work environments to promote an active and healthy ageing **(Guro Oydgard – Nord University)**

16:30 - Coffee break

19:00 Social dinner



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**26 November 2025 - Meeting Room: Pátio II**

## **Practical Implications**

### **Morning**

09:30 – 10:00 - Senior Network – Digital knowledge and Skills **(Guro Oydgard - Nord University)**

10:00-10:30 – Online safety **(Stelios Stylianou - Emphasys)**

10:30-11:00 – Coffee break

11:00 – 11:30 - Credit card simulation **(Michail Karafyllis – E- seniors)**

11:30 – 12:00 How Older People Learn? **(Kun Zsuzsa – Cogito)**

12:00 – 12:30 Physical Education, Digital Interventions and Active and Healthy Aging **(Élvio Rúbio Gouveia - UMa)**

12:30 – 12:45 Final considerations **(Kun Zsuzsa - Cogito)**

13:00 –Final lunch