

The first Euro-Ageism ITN-project Training School including the The Mid-Term Check

Dates: February 12th - 16th 2019

Venue: Tampere University, Finland

Street address: Kalevantie 4, Tampere

<http://www.uta.fi/en> (starting 1st of Jan <https://www.tuni.fi/en>)

Summary

The first Euro-Ageism -Training School provides partners, beneficiaries and ESRs with chances to foster dialogue in a multi-disciplinary, multi-sectorial research environment. Topics discussed and the variety of activities during the training:

- 1) support academic interdisciplinary understanding of the phenomenon of ageism,
- 2) provide chances for partners, beneficiaries and supervisors to exchange views and targets, and
- 3) provide key academic and transferable skills to all 15 ESRs.

The joint seminar: '*Ageism in society: practices, policies and interventions*' introduces participants to

- i) Theoretical and empirical accounts concerning multi-disciplinary settings and contexts in which ageism occurs (e.g., workforce, health care, long-term care, social care, media); and
- ii) Policies and practices related to ageism and older adults at the international, national, and municipal levels.

The training seeks to help the ESRs to reflect upon the dilemmas and challenges of their research plans and to make informed decisions concerning the next steps of their research. The first Training School includes a wide range of transferable skills, such as academic writing and publishing, research management and communication & poster making skills. Discussions of ethical challenges are a further red thread running across the sessions.

The training week aims to ensure that all ESRs will have a strong, shared and comparable base in the field of ageism so that they can continue the collaboration with each other and the project supervisors and beneficiaries, using digital and non-digital technology. In all, the training week provides a solid basis on which to build further training sessions.

Agenda:

Time	Item
Monday 11.2.2019	Participants arrive 'How to travel to Tampere?', see https://visittampere.fi/en/info/visitors-guide/ , see also the end of the message for more information
Tuesday 12.2.2019	The Mid-Term Check for the beneficiaries and partners of the project <i>The main building, Kalevantie 4, Kahveri -room</i>
8:55	Meeting point: Main entrance/lobby of the University main building
	<i>Coffee available</i>
9:00 - 9:05	Opening Liat Ayalon , Coordinator of the EuroAgeism project
9:05 - 9:15	Introductions to the day REA Project Officer and the Project Coordinator
9:15 - 9:35	Tour de table presentation by the EuroAgeism consortium (2min per partner)
9:35 - 10:00	REA Project officer Nina Poumpalova's presentation
10:00 - 10:30	Coordinator's report: Presentation of the Network and the progress
10:30 - 12:00	ESRs' individual presentation
12:00 - 13:15	Restricted session between the PO and ESRs <u>NOTE:</u> Parallel meeting between beneficiaries and partners on future plans
13:15 - 13:30	<i>Short break</i> <i>Coffee & sandwiches available</i>
13:30 - 13:45	Restricted session: Meeting between coordinator and Project Officer to discuss any issue
13:45 - 14:30	Feedback and open discussion Closing the Mid-Term Check
14:30 - 15:00	<i>Salad & fruit delivered into the room</i>
15:00 - 17:00	Supervisory Board meeting for the supervisors and ESRs
18:30	Meeting in hotel lobby(s) and guided walk to restaurant
19:00	Dinner at the Restaurant <i>Four Seasons</i>, Hämeenkatu 19 (Tampere Indoor Market) https://www.facebook.com/4Vuodenaikaa

Wednesday 13.2.2019	SEMINAR on Ageism in Society: Practices, Policies and Interventions <i>PinniA Building on the main campus, Paavo Koli –lecture hall</i>
10:00	Opening words Pirjo Nikander, Research Director, Tampere University http://uta-fi.academia.edu/PirjoNikander Words of welcome Juho Saari, Dean of the Faculty of Social Sciences, Tampere University
10:15-10:30	EuroAgeism as a means of putting Ageism onto the map of policy making Liat Ayalon, Coordinator of the EuroAgeism project https://social-work.biu.ac.il/en/Ayalon_Liat_En
10:30-11:00	Research excellence in the Gerontology Research Center Marja Jylhä, Tampere University http://www.uta.fi/hes/en/contact/jylha/index.html
11:00-11:30	Combating ageism by extending the integrated life-course perspective Kai Leichsenring: Executive Director at the European Centre for Social Welfare Policy and Research, Vienna https://www.euro.centre.org/persons/detail/2
11:30-12:00	Employer's Role in their older employees' work exit and retirement in Finland Noora Järnefelt, Finnish Centre for Pensions https://www.etk.fi/en/henkilokortti/noora-jarnefelt/
12:15-13:15	Lunch (Technopolis building, Kalevantie 2)
13:15-13:45	Leaving no one behind: Seizing an opportunity to combat ageism Vitalija Gaucaite Wittich UNECE, United Nations Economic Commission for Europe https://www.unece.org/pau/about_us.html http://www.isfol.it/Istituto/amministrazione-trasparente/consulenti-e-collaboratori/curriculum-2012/gaucaite-cv
13:45-14:15	Human rights do not diminish with age – challenges to combat ageism Maciej Kucharczyk, Age Platform Europe https://www.age-platform.eu/secretariat/maciej-kucharczyk
14:15-14:45	Coffee break
14:45-16:00	How to communicate with policy makers and politicians? Dissemination and the broader impact of ageing/ageism research. Member of Parliament Heli Järvinen, Finnish Parliament Age Network https://www.eduskunta.fi/EN/kansanedustajat/Pages/930.aspx Joint discussion led by discussant Jolanta Perek-Białas,

	Jagiellonian University, Poland https://sociologia.uj.edu.pl/en/instytut/pracownicy/jolantaperekbiaslas
16:00	Closing of the seminar
16:30	ESRs transport to Varala Sport Institute by joint minibuss & Dinner for ERSs at Varala
18:00	Meeting with partners, beneficiaries and supervisors in town
Thursday 14.2.2019	Research topics, ongoing work of ESR's Varala Sport Institute
9:00-11:00	ESRs research presentations and discussion • ESRs get to know each other's ongoing PhD research topics, methods, data collection, ethics etc. Posters prepared and presented of each ESR research (See separate instructions). Dr. Kirsi Lumme-Sandt , Tampere University
11:00-12:15	Walk & Coffee in Pyynikki tour (in proper shoes)
12:15 13:15	Planning, Managing and Completing your PhD (see separate instructions for pre-assignment) Research Director Pirjo Nikander Tampere University
13:15-14:15	Lunch break
14:15-18:00	Planning, Managing and Completing your PhD - continues
18:30	Dinner & social programme, walk & sauna + winter swimming possibility (bring your swimsuits in case you wish to go to the Sauna)
Friday 15.2.2019	Academic Writing in English, Part I Lecturer Kate Moore , Tampere University Varala Sport Institute
9:00-9:45	Online sources: Scientific, clear, transparent
9:45-11:00	Drafting, Differences between Anglo-American and European traditions
11:00-11:30	Components of a Scientific Article, The Sequence of Writing
11:30-12:15	Lunch
12:15-14:00	Problems, Transitions, Tenses
14:00-14:15	Coffee break
14:15-15:30	Old Information and New Information, Nouns and Verbs for Academic Writing
15:30-16:00	Self-editing
17:00	Dinner
Saturday 16.2.2019	Academic Writing in English, Part II Lecturer Kate Moore Varala Sport Institute
9:00-10:30	Introduction to editing. Practice of editing on the "ideal" article in your field
10:30-10:40	Coffee break
10:40-11:30	Editing
11:30-12:30	Lunch
12:30-14:00	break for outdoor activities
14:00-14:15	Coffee break
14:15-17:00	Editing groups & Course Discussions (Questions and Answers)

17:00-17:30	Closing of the training session and next steps in the project Pirjo Nikander
17:30	Dinner
	See more about Tampere https://visittampere.fi/en/
	Departure on Saturday evening or on Sunday the 17th

Poster Session & ESRs topics 14th Feb. By Kirsi Lumme-Sandt:

See separate guidelines on how to prepare a poster. Deadline 31.1.2019, Kirsi.Lumme-Sandt@uta.fi

Planning, Managing and Completing your PhD/ Pirjo Nikander

Planning makes perfect they say, and this holds true also when it comes to academic work. Do you wish to stop and think ahead how to make best use of your time, and to develop both your academic and transferable skills as an early stage researcher? This concise course provides practical tools and support for the management of the 3-year doctoral thesis project. **Separate instructions on pre-assignments have been provided to all ESRs. Deadline for pre-assignments 31.1.2019.**

Pirjo.Nikander@uta.fi

Learning outcomes:

- Guides participants to identify and use the various tools already at their disposal
- Discusses forms of supervision and the supervisor- supervisee relationship
- Provides concrete tools for planning & managing the writing process
- Encourages doctoral researchers to better their media skills and digital research profiles
- Discusses how to use academic conferences and ITN the secondments.
- Encourages ESRs to share their views, experiences and expertise

Academic Writing in English –session/ Kate Moore

Learning outcomes: This course provides you with practical tips and strategies for writing scientific articles in English. Designed as a two-day workshop, the main objective of this course is to learn to identify and produce the most important elements in English academic writing. The first day offers a series of exercises and points to ponder, whereas the second day offers the students an opportunity to apply these tips and strategies in an "Editing Clinic". During the second day, the students learn a ten-step editing process that they apply to texts in class.

All ESRs select a scientific text from their field and also bring in two to three pages of their own writing (5 copies of these pages). These texts will be evaluated in class.

How to travel to Tampere? <https://visittampere.fi/en/info/transportation/>

Tampere is located in Southern Finland some 170 km north-west of Helsinki, capital of the country. Both domestic and international travel connections to Tampere are excellent. The city is within easy reach by air and by land.

Scandinavian Airlines (SAS), Finnair and airBaltic are operating flights to Tampere all year-round from Stockholm, Arlanda, Helsinki-Vantaa and Riga, Latvia. Seasonal flight connections from Bremen, Germany and all-year-round flights from Budapest, Hungary are offered by low cost airline Ryanair. Additionally there are several charter flights operated by different carriers.

Tampere-Pirkkala Airport is located 17 kilometres from the city centre. The city bus line number 1A operates between Terminal 1 and the city centre. The route goes past the Railway station, the east end of Hämeenkatu, Koskipuisto and the bus station.

Taxi to or from the airport

At the airport, there is a taxi rank in front of Terminal 1 and a free phone for calling a taxi in case there are no taxis available. The trip to/from the centre costs approximately 30 euros, somewhat more on weekends and at night.

You can also fly to Helsinki and take the train to Tampere. You can catch the train from Helsinki airport to Tampere via Tikkurila station (Airport-Tikkurila 10 mins, three stops), & a smooth change for trains to Tampere in Tikkurila station (trip lasting 1,5 hours).

Accommodation: Please, be free to book your accommodation in any hotel in Tampere.

<https://visittampere.fi/en/accommodation/hotels/>

We have reserved from– Lapland hotels Tampere -, some rooms for the Euroageism meetings and seminar (11.-14.2.2019). The hotel is just 10 minutes walk from the university. To book your room in this hotel, please do it by using the email address tampere@laplandhotels.com and mention the name of the project, **Euroageism**. The deadline for booking is 28th January 2019. The prize for one night is 105 euros (single room) and 120 euros (double room).

Lapland Hotels Tampere

<https://www.laplandhotels.com/EN/>

Yliopistonkatu 44

33100 Tampere – Finland

email: sales.tampere@laplandhotels.com

Phone: +358 3 383 0100

Another good hotel (a bit more expensive) near the University is the Solo Sokos Hotel Torni.
Room prize about a145€.

Solo Sokos Hotel Torni

<https://www.sokoshotels.fi/fi/tampere/solo-sokos-hotel-torni-tampere>

Address: Ratapihankatu 43

33100, Tampere

torni.tampere@sokoshotels.fi

Phone: +358 20 1234 634

If you wish more inexpensive accommodation, please check the following. All very near the university.

Dream Hostel and Hotel

www.dreamhostel.fi

Address: Åkerlundinkatu 2

33100 Tampere, Finland

Phone: +358452360517

Email: info@dreamhostel.fi

Obs: Check-in: 2 p.m. -10 p.m.

Chech-out: 11 a.m.

Omena Hotel Tampere

<https://www.omenahotels.com/en/hotels/tampere-en/>

Address: Hämeenkatu 7, 33100 Tampere

Phone: 0600 555222

FOR ESRs only! Accommodation and training for ESRs from Wednesday 13th to Sunday 17th, in the Varala Sport Institute.

On Wednesday afternoon, after the seminar you will have the dinner at Varala Sport Institute (transportation by small bus), the place where you will have also the accommodation until Saturday/Sunday. So you can decide yourself whether to leave on Sat 16th or stay the extra night until the 17th. The single room prize is 84€ including breakfast. The training sessions on Thursday, Friday and Saturday will take place at this Institute, which is by the lake Pyhäjärvi, but only 20 minutes bus drive from the Tampere city center. The rooms are booked already, and you can pay them when checking out. For details see: <https://varala.fi/en/#>