

MACU

MAKING CULTURE A POWERFUL TOOL OF INVOLVING SENIORS INTO DEMOCRATIC LIFE
2025-1-PL01-KA210-ADU-000354847 ERASMUS+



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MACU Project Newsletter

The MACU Project Has Officially Launched in Košice



We are pleased to share the latest updates from the international Erasmus+ project MACU – Making Culture a Powerful Tool of Involving Seniors into Democratic Life, which connects Slovakia, Poland and Romania and brings a new perspective on engaging seniors in democratic and community life through culture.

Culture as a Tool of Democracy

The MACU project responds to the need for social inclusion of seniors, the support of intergenerational dialogue, and the strengthening of shared European values — which is particularly important in post-socialist countries, where seniors often find themselves on the margins of public and civic life.

Three strong organisations are involved in the project:

- CEREHIS – Slovakia
- Torun University of the Third Age – Poland
- Asociația „Liga Scriitorilor” Filiala Timisoara Banat – Romania

Each partner brings valuable experience in the fields of culture, adult education, and community work.



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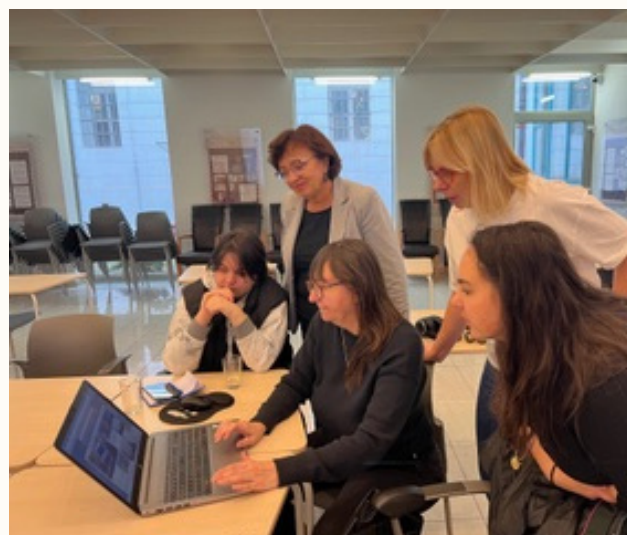


First Project Phase: Košice

Initial Project Meeting in Košice

The initial project meeting took place in Košice and included:

- *the official kick-off meeting of the partners,*
- *the development of the project methodology,*
- *the preparation of concrete activities for seniors,*
- *and the planning of the next project phases in Poland and Romania.*



The methodology was designed to:

- ✓ *respect the needs of seniors,*
- ✓ *support their active participation in social and community life,*
- ✓ *develop democratic attitudes and critical thinking,*
- ✓ *and create a safe, supportive and inclusive environment.*

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Journey of Discovery — Culture, Memory and Remembrance

As part of the programme, a cultural-educational activity called “Journey of Discovery” was organised, during which participants visited Štós Spa and the Premonstratensian Monastery in Jasov. During the trip, they discussed life during the socialist period, the social changes after 1989, as well as their personal memories and experiences.



These conversations naturally opened up themes such as freedom, democracy, civic engagement and European values. In this way, the seniors were not only passive listeners, but became active participants in a dialogue about both the past and the present.





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Meeting Conclusion: New Partnerships and Strong Motivation

The final day of the meeting was dedicated to completing the project methodology and planning the next steps. However, in addition to the working outcomes, it also brought something equally important – new friendships were formed, mutual trust was strengthened, and a shared motivation to continue the project was deepened. In this way, the MACU project gives seniors a voice and the opportunity to be a full part of democratic society.



What's Next?

In the coming months, we will be organising intergenerational creative and artistic workshops, literary and poetic activities, as well as the international performance "Driven by Democracy". The project will also include the creation of a digital platform and an e-book of good practice. These activities will support dialogue, mutual understanding and the active participation of seniors in society. The MACU project shows that culture, memory and personal stories are powerful tools for strengthening democracy in everyday life. Seniors have experiences that are valuable for the whole society, and the project helps ensure that their voices are heard. We would be delighted if you continue to follow our activities and support the idea that culture connects generations and strengthens democracy.