



The results of the Erasmus+ GeCo project will be incorporated into the design of this course. The knowledge gained by the partners during their joint work is to be shared with other interested parties. The project partners are represented in the team of speakers so that all aspects can be communicated effectively. We look forward to welcoming interested participants!

**Location:** The course takes place in Paderborn (DE) and Liepaja (LV).

**Duration:** Three days + 2 days for arrival and departure

**Costs:** 350,--€ course fee (incl. material and lunch)

**Accommodation:** We will be happy to help you find accommodation

**Enrolment:** The dates are shown in the registration form / the program

**Working language:** German and English

**Content:** The course addresses the problems of social isolation. This is done both with reference to experiences during the COVID pandemic and with regard to social distancing in everyday life.

**Objective:** To expand knowledge on the topic of social isolation:

- on the background to isolation,
- mutual dependence,
- the importance of resilience,
- the question of inner balance

Aspects of resilience will be focussed on;  
Exercises on resilience are offered;  
Exchange with the participants about their experiences

**Programme:** see attachment (A1)

**Speakers:** All speakers come from the partner group of the project.  
The course will be organised by:

Dr Ulrike Kurth (DE)  
Prof. Dr Maija Rocane (LV)  
Santa Striguna (LV)  
Dr Darina Vybohova (SK)  
Dr Zuzana Spodniakova (SK)  
Dr Gintare Gelunaite-Malinauskiene (LT)

**Registration form:** The registration form can also be found in the appendix (A2)

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