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Strategic Partnerships Adult Education N°2020-1-IT02-KA204-079571

## *Biography of a project*



**Grazia Chiarini – Sara Calcini**  
**LUA**



The project My Life in Europe draws inspiration from an experience carried out within the RSA (Health Residence) “G. Meacci” in S. Croce sull’Arno (Pisa) Italy.

Trained operators collected the life stories of the elderly and produced a number of booklets over the years.

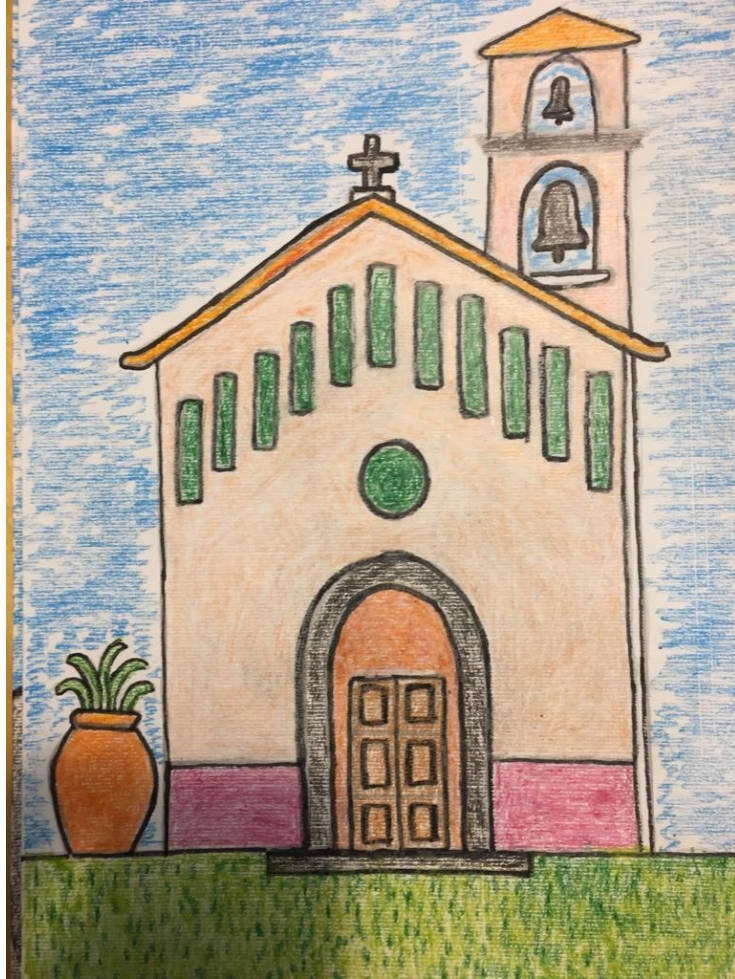


yrs: 2011-2012-2013-2019

The latest title:  
“ Speaking about myself. My  
passion is”



This activity showed how autobiographical writing can stimulate memory, recreate emotional bonds and help socialization.



Drawing by Maurizio A.

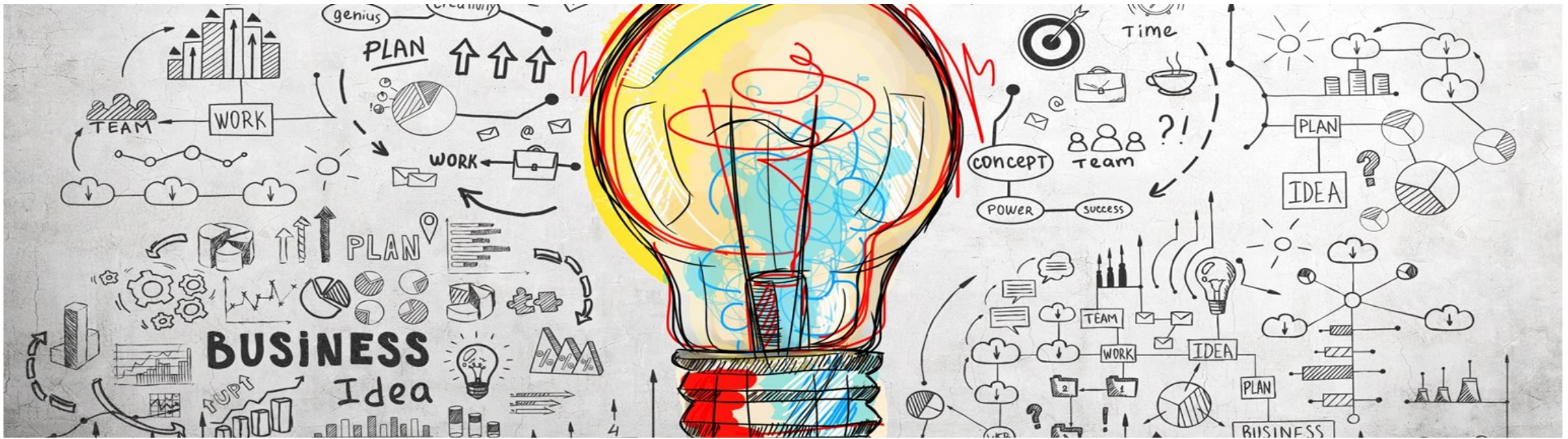
### *The words of an old man*

*From the booklet " Speaking about myself. My passion is"(2019)*

*My life has value, inside I have many things I want to tell!*

*It makes me feel good, and it would be very nice if our children would sit down and read or tell others what we told them, like a book.*

*I feel I'm stronger. I feel that I am me!*



We then shared this experience with partners who had met in Monatione for another European project.

The exchange of experiences gave birth to the idea of a new project in which adult education, sociology, psychology, autobiographical methodology meet with technology to offer educators innovative tools.

The idea was to create a game, easy to use, without the need of specific skills, useful for facilitating autobiographical writing, that could be used individually or in a group setting, in any educational path.



# Project MY LIFE in Europe



Erasmus+ Strategic Partnerships for adult education  
Cooperation for innovation and the exchange of good practice  
Project code: 2020-1-IT02-KA204-079571



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**MY LIFE IN EUROPE**  
A NEW METHODOLOGY TO INSERT YOUR LIFE  
BIOGRAPHY IN THE EUROPE CONTEXT...

## Italy

- Nkey srl
- Libera Università dell'Autobiografia
- Fondazione Asphi onlus

## Poland

- Centrum Edukacji i Badan Spoecznych

## Romania

- Asociatia Pro-Xpert

## Portugal

- Associação Social Recreativa e Cultural Bem Fazer Vai Avante



**MY LIFE in EUROPE brings together 4 nations: Poland, Portugal, Romania and Italy.**

**The project covers 30 months of activity, from October 2020 to end in March 2023, and provides transnational meetings to share experiences, content and outputs.**

**The first meeting was in Romania in July 2021, then in Italy in February, in Portugal in May and finally in Poland in October 2022.**

# What is the project ?



The project *My life in Europe* :

- is part of the Erasmus+ program for innovation and the exchange of good practices.
- responds to the needs to extend the competences of educators and operators who support adult learners.
- provides innovative technological tools

# Technological tools are able to:

- *support lifelong learning and training,*
- *increase awareness of European identity with specific cards.*
- *help the psycho-physical well-being of its citizens,  
especially the weaker groups (Health 2020 European policy  
for health and well-being).*
- *create a product with a “universal value” for partners of  
different cultures and habits.*

# What is the project based on?

The project is based on two scientifically proven aspects:

- autobiography has a therapeutic, social and cultural value; it is a tool capable of stimulating memory in patients with deficits, it has the power of promoting social inclusion, intercultural and intergenerational exchange and mitigating the sense of loneliness and abandonment;
- video games and online activities have beneficial effects on the cognitive functioning of the elderly (Kyriazis-Kiourti 2018).



> Front Med (Lausanne). 2018 Jan 29;5:8. doi: 10.3389/fmed.2018.00008. eCollection 2018.

## Video Games and Other Online Activities May Improve Health in Ageing

Marios Kyriazis<sup>1</sup>, Elisavet Kiourti<sup>2</sup>

Affiliations + expand

PMID: 29435449 PMCID: PMC5796895 DOI: 10.3389/fmed.2018.00008

[Free PMC article](#)

*No abstract available*

**Keywords:** hormesis; information exposure; literacy practices; stress response; video games.

### Similar articles

[Design Effectiveness Analysis of a Media Literacy Intervention to Reduce Violent Video Games Consumption Among Adolescents: The Relevance of Lifestyles Segmentation.](#)

Rivera R, Santos D, Brändle G, Cárdbaba MÁ.

Eval Rev. 2016 Apr;40(2):142-61. doi: 10.1177/0193841X16666196. Epub 2016 Sep 7.

PMID: 27604300

[Digital Game Interventions for Youth Mental Health Services \(Gaming My Way to Recovery\): Protocol for a Scoping Review.](#)

Ferrari M, McIlwaine SV, Reynolds JA, Archie S, Boydell K, Lal S, Shah JL, Henderson J, Alvarez-Jimenez M, Andersson N, Boruff J, Nielsen RKL, Iyer SN.

JMIR Res Protoc. 2020 Jun 24;9(6):e13834. doi: 10.2196/13834.

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[Men's harassment behavior in online video games: Personality traits and game factors.](#)

Di Ssa Grazia Chianini e Di Ssa Sara Calcini

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# Beneficial effects of serious games

the latest generation of digital games designed for adult education.

(Kyriazis, Kiourti, *Video Games and Other Online Activities May Improve Health in Ageing*, 2018).



Reaction time



Memory



Attention Span



Control of cognitive  
functions



Increase of the  
ability to  
multitasking

# Writing is a free space that allows you to:

- Engage in the manual action of writing
- take time for oneself
- Reflect
- Gather introspection and awareness
- Share, interact with others
- Gain empathy
- Feel better





# Writing about yourself can be a care

Always, when you write, you discover something of yourself, something that gives meaning to your life path.

In this sense writing is care, in the way it makes evident the latent meanings present in each individual.

Writing things down can be a powerful release.



# Writing helps to navigate your feelings

When you write, you transfer all your emotions on a piece of paper (or on MyLife, the game). Don't be surprised if you want to cry or laugh while you do it.

What you transmit with your writings helps you manage emotions and learn to live them from another point of view.



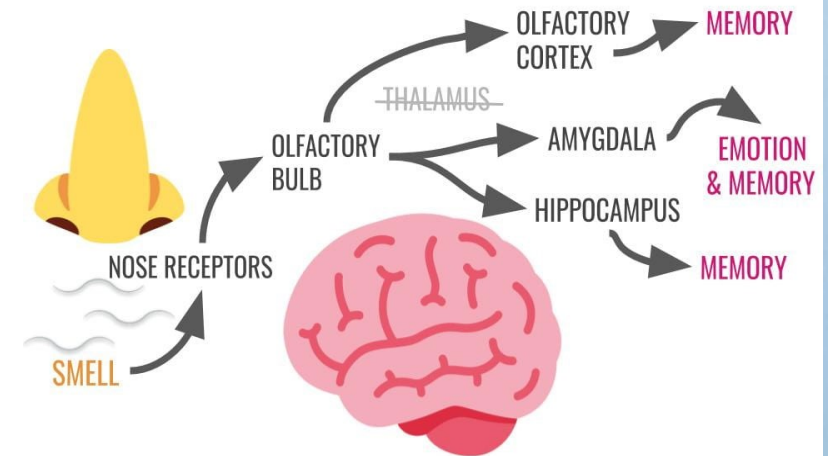
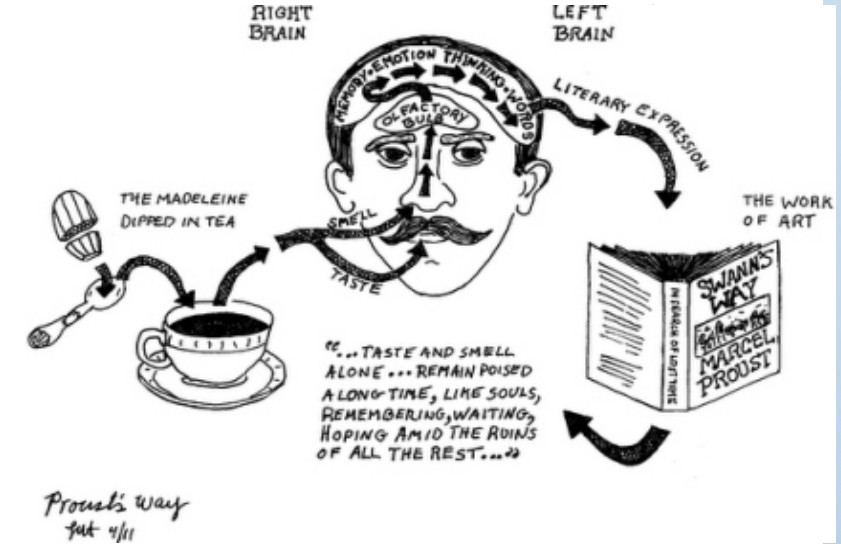
# Memories and emotions are connected

## PROUST'S MADELEINE



A memory related to an emotionally engaging situation is sharper. A smell, a place or an object brings back a memory to our memory, as does his madeleine to Marcel Proust in his book "In Search of Lost Time",

"[...] when the sip mixed with the crumbs of the cake touched my palate, I started, attentive to what was extraordinary happening in me. A delicious pleasure had invaded me, isolated, without the notion of its cause. [...] And all of a sudden the memory appeared to me. This taste was that of the little piece of madeleine that on Sunday mornings at Combray [...] when I went to say hello to her in her room, my aunt Lonie offered it to me after dipping it in her infusion of tea or lime blossom." (Swann's Way)





# The positive effects of writing in older adults.



- The activity allowed to gather a large number of personal experiences from the older adults of the community.
- Their stories open a space for reflection that also helped them rediscover the sense of their choices.
- The positive effect of writing is that it turns thoughts and emotions into words, allowing the person to process them.



## It makes you keep trying: Life review writing for older adults

Julia T Robinson <sup>1</sup>, Amy B Murphy-Nugen <sup>2</sup>

Affiliations + expand

PMID: 29336698 DOI: [10.1080/01634372.2018.1427645](https://doi.org/10.1080/01634372.2018.1427645)

### Abstract

Life review writing produces numerous psychosocial benefits for older adults, who are at risk for isolation and depression. This article shares findings from a study that examined the experiences of older adults participating in a life review writing group. The impact of gender composition on the group dynamic was also explored. Using interpretative phenomenological analysis, this study explored the experiences of six women and one man who participated in a life review writing group. Six unifying themes emerged from the research findings: (1) legacy, (2) connecting with others, (3) reflection, (4) vitality, (5) structure of the group, and (6) gender dynamics. Implications for theory, practice, and research are discussed.

# Writing for older adults

**Life review writing produces numerous psychosocial benefits for older adults, who are at risk for isolation and depression.**

# Examples of self-writing

(for time dedicated not for judgment)

- **Minor Scriptures :**

Drawings, tracks, scribbles, post-it notes

Autobiographical fragments (sms, affective card, postcard, petit onze, MY LIFE game scripts)

- **Major Writings:**

Poetry

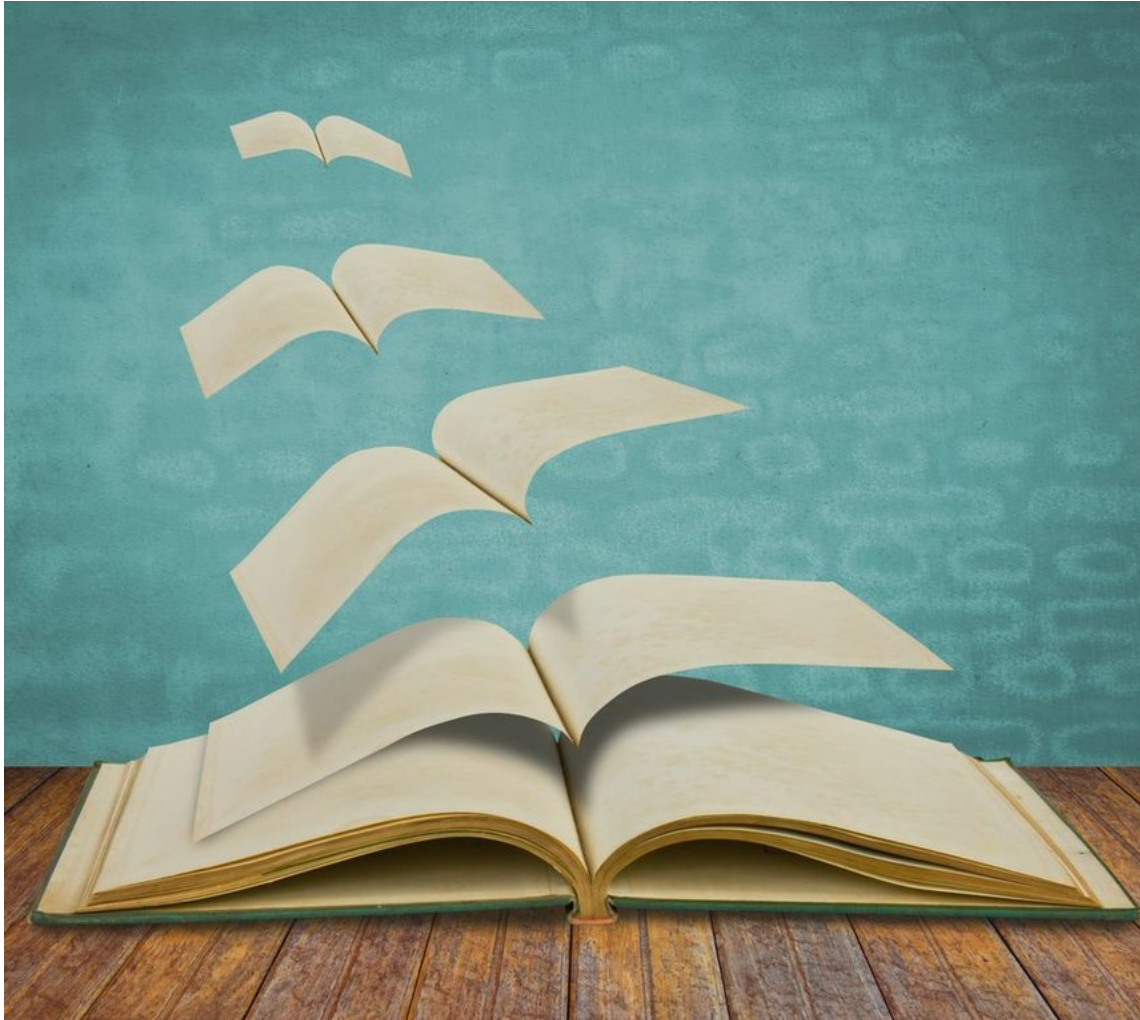
Diary

Autobiography

Letters



# The autobiography can take the form of:



- an educational novel
- an adventure novel
- a mystery novel
- a love novel
- a travel novel
- a philosophical essay
- an intimate novel
- a poetic prose



# Who, What, Where, When, for Whom

19

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## What can you write?

Episodes of life, pain, illness, emotions...

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## In what form?

Diary, autobiography, biography, fragments of writing, letters...

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## Who can write?

Who wants to leave a trace of himself

---

## Where you can write?

Where you want, in a setting suitable for you

---

## When can you write?

When you feel the need, every day, on indication

---

## For whom to write?

For yourself, for others

# Intellectual output of the project My Life in Europe

The Manual

My Life -The game

Technical instructions





# My Life The Game

The game has some features of cognitive games and serious games:

- The game uses cards as prompt to write.
- It has structured activity with a path that allows you to get to the end of the game.
- It has simple instructions.
- It allows you to acquire new skills or consolidate those present (how to play online games).
- It allows to measure the progress achieved. (cards used, written products).
- It favors the valorization and the gratification tied to the task.

# Testing phase of the game



- In this phase of testing the game, we are using at least the first sixteen cards of the 64 deck.
- We are doing a research to evaluate the effects of autobiographical writing on subjective well-being and other dimensions of positive health, with the game: happiness, well-being, satisfaction for life and health, gratitude.
- We are using validated test consisting of five scales, made available by Prof. Sergio Ardis, Medical Director Hospital of Lucca, Founder and National Secretary of GIF and Positive Health.
- Participants, individually or in a group, answer easy questions at the beginning (Test T0) and at the end of the writing path ( Test T1).
- In order to obtain reliable results, it is important that the participants are more than 50 in total. The same number of persons participating in the control tests.

# In practice how to proceed ?

- For each partner country find at least 12 people playing and 12 people not playing (control group)
- The master keeps a list of players and control group
- Administer the T0 test to players and control group
- Players can play individually or in groups (online or in presence)
- After about a month administer the T1 test to players and control group
- The tests completed on paper should be inserted in the online platform in italian.

# My experience as a master in this testing phase

I follow individual players and participants in online groups, including members of associations :

- Association free authors of Livorno (ALA)
- Federation of Business and Professional Women (FIDAPA)
- Free University of Autobiography of Anghiari ( LUA)
- Italian Society of Narrative Medicine (SIMeN)



BPW ITALY





*“It was a simple and pleasant way to remember. Initially I did not think that such stylized images, in black and white, could make me open interior spaces that have been neglected or forgotten for years. It was a nice surprise to feel involved naturally and without fear. I felt the fluidity in the steps and how to cultivate trust in a shared garden. Heartfelt thanks ”*

writes Brigitte, a participant in the individual game.



**A group in attendance, in which we use both manual and online writing at the municipal library of Santa Croce sull'Arno, with the participation also of the Monastery of Santa Cristiana**





# CARTA POESIA Suor Sandra

Caro foglio di carta bianca,  
per chi dipinge e non si stanca.

Ecco un pennello e tanti colori,  
vai fantasia, e narra i tuoi amori.

Amo la pianura sconfinata  
e la montagna incantata.

Amo il mare calmo e impetuoso  
e la collina dove mi riposo.

Amo il cielo blu e capriccioso,  
sento il vento turbinoso.

Amo tutto, tutto del creato,  
ma l'uomo cos'ha combinato?

Voglio girare tutto il mondo  
e colorare a tutto tondo.

Le macchie scolorate  
e le meraviglie dimenticate,  
trascurate e disprezzate.

Comincio col verde brillante  
e lo spruzzo sulle piante.

Oh! Ma che cosa combino?  
Che pazzarella di buon mattino!





# Poetry Card by Sister Sandra

Dear sheet of white paper,  
For those who paint and do not get tired.

Here is a brush and many colors,  
Go fantasy, and tell your loves.

I love the boundless plain  
and the enchanted mountain.

I love the calm and impetuous sea  
and the hill where I rest.

I love the blue and capricious sky,  
I feel the wind swirling.

I love everything, everything of creation,  
What did the man do?

I want to go all over the world  
and color in the round.

The discoloured spots  
and the forgotten wonders,  
neglected and despised.

I start with the bright green  
and spray it on the plants.

Oh! What am I doing?  
What a crazy morning!



# Two groups at two Residential Health Care for the elderly

VILLA SERENA  
MONTAIONE



RSA MEACCI  
SANTA CROCE SULL'ARNO





# Thanks for your attention

