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## 1 Introduction

The ECOAGE initiative seeks to involve senior citizens as mentors and environmental advocates for children and youth by organizing intergenerational activities. One of the project's key objectives was to enhance the participants' mentorship skills, both hard and soft skills, thereby boosting their confidence, societal engagement, and sense of purpose. Additionally, the project aimed to revive and promote the adoption of age-old environmentally friendly practices.

To achieve these goals, a series of workshops were conducted for both communities. The initiative commenced with soft skills workshops held independently for participants from both T/C and G/C communities. Subsequently, an environmental workshop was conducted, bringing together participants from both communities, culminating in a field trip.

Participants in the training program were provided with a baseline evaluation form to gauge their knowledge and experiences related to environmental issues and their perceived importance. An evaluation questionnaire was administered at the project's beginning and end, allowing for a comparison of results and enabling conclusions to be drawn regarding the program's impact on the older adults' well-being and environmental awareness.

This report will encompass an evaluation of the participants' experiences in the program, a comparison of their initial perceptions of environmental issues before and after the training, an examination of the program's limitations and challenges, and recommendations for its improvement.

### 1.1 Participant inclusion/exclusion criteria

Recruits were chosen based on specific criteria: they had to be aged 60 years old or above, residing in Cyprus, and proficient in either Greek, Turkish, or English. Physically and cognitively capable participants, who could comprehend and sign the informed consent form (see Annex 1) and were willing to take part in the training program.

## 2 Methodology

In both the G/C and T/C communities, senior citizens actively participated in the ECOAGE training program, which included workshops and one bicomunal field trip.. The recruitment of participants from the G/C community was managed by the IEEN, while the recruitment of participants from the T/C community was overseen by the ERMH. Before the program commenced, participants underwent a pre-assessment evaluating their overall well-being, level of loneliness, knowledge about environmental issues, and perspectives. Throughout the program, workshops were open to the general public, allowing additional older adults to join any workshop or to the field trip. As a result, seniors from both communities attended at least one workshop or event within the project.

### 2.1 Pre-evaluation questionnaire

The pre-evaluation questionnaire was divided into three sections. The first section included questions about participants' education level, whether they held certifications in environment and sustainability, or if they had undergone training in sustainable practices before joining ECOAGE. The second section comprised 14 Likert-scale questions covering various aspects of their quality of life, health, and other areas, along with inquiries about their willingness to volunteer and their ability to share knowledge about environmentally friendly practices with children and/or young adults. The final section featured the Older People's Quality of Life questionnaire (OPQOL-brief), an international survey consisting of 13 items that participants responded to based on their level of agreement or disagreement with each statement. The pre-evaluation form used is attached on the Annexes section below (Annex 2).

### 2.2 Post evaluation questionnaire

The post-evaluation questionnaire was also divided into three sections. The first two sections mirrored parts 2 and 3 of the pre-evaluation questionnaire. Additionally, there was a third section comprising 10 questions. These questions explored participants' involvement in creating eco-friendly products, their interest in selling these products, their willingness to engage in volunteerism, and other inquiries aimed at actively supporting one of the project's objectives. This objective is to establish a comprehensive database that promotes eco-friendly products crafted by older adult entrepreneurs and another database listing local Civil Society Organizations (CSOs) or Non-profit/Governmental Organizations (NGOs) interested in recruiting volunteers of all ages. The post-evaluation form used is attached on the Annexes section below (Annex 3).

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## 3 Results

A number of participants who engaged actively in the ECOAGE workshops filled out pre- and post-evaluation questionnaires. These questionnaires were designed to count and analyse the degree to which the workshops influenced and shaped various aspects of their daily lives mainly regarding their quality of life and adoption of eco-friendly practices.

### 3.1 Greek Cypriot community

Thirty-five participants from the G/C group who participated in at least one activity of the ECOAGE project proceeded to complete the evaluation questionnaires. Among them, 23 individuals responded to both the pre and post questionnaires as required. However, we were unable to reach 9 participants for the post-evaluation, and 3 participants only completed the post-evaluation questionnaire. Participants who responded to either questionnaire were excluded from the comparison analysis.

The age of the participants ranged from 62 to 93, with a mean age of 78.2 years, and 89% of the participants were females.

It's noteworthy to highlight that among the attendees of this community, only one individual possesses a certification in environment and sustainability. Additionally, this participant underwent brief training in sustainable practices before participating in the ECOAGE project.

### 3.2 Turkish Cypriot community

Sixty-four participants from the T/C group, who engaged in at least one activity of the ECOAGE project, completed the evaluation questionnaires. Among them, 17 individuals completed both the pre and post questionnaires as mandated. However, 36 participants completed only the pre-evaluations, and 11 participants completed only the post-evaluation. The latter were excluded from the comparative analysis.

The age range of participants in this community varies from 60 to 85, with an average age of 69.9 years, and 85.7% of the participants were female.

Among the participants who completed the pre-evaluation, six individuals obtained a certificate in environment and sustainability. Prior to their involvement in the ECOAGE project, they underwent training in sustainable practices. This training varied in duration, with some participants engaging in brief sessions lasting a few hours or days, while others committed to more extensive training programs spanning 3 to 4 years.

## 3.3 Findings

### 3.3.1 Compare Greek Cypriots' evaluations

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Analysing the means of the questions reveals a predominantly positive impact of ECOAGE workshops. More specifically, participants indicated a heightened sense of life satisfaction post-workshop. Furthermore, they expressed a newfound perception that their lives held greater meaning, coupled with an increased sense of utility within their communities.

Upon completing the workshops, participants indicated a notable increase in their confidence levels to impart environmentally friendly practices to children and young adults, assuming a mentorship role in the process. Additionally, they reported a newfound sense of assurance in volunteering for environmental non-governmental organisations (NGOs).

Last but not least, it is noteworthy that the workshops have effectively heightened participants' awareness of environmentally friendly practices. This heightened awareness generates a greater sense of confidence in participants, assuring them that they can successfully incorporate these practices into their daily lives.

### **3.3.1.1 Future opportunities for Greek Cypriot participants**

Approximately 48% of our participants involved in ECOAGE project activities indicated that they currently produce environmentally friendly items in their daily lives. These products include marmalades, lemonades, halloumi, herbal teas, repurposed clothing, and various other eco-friendly creations. Among those who reported not engaging in such activities, 67% expressed a desire to incorporate these practices into their lives.

In addition to that, nearly 47% of our participants said that they know individuals who actively engaged in producing environmentally friendly products. Some of them generously share the contact information of those connections, expressing a willingness to integrate them into our entrepreneurs' database—a prospect that resonates with 30% of our ECOAGE participants already crafting eco-friendly items. However, it's noteworthy that over half of them (52%) express a need for technical support to navigate the process of establishing their profiles on the database.

The surge in confidence as mentioned above is evident in the responses, with 45% expressing interest in volunteering, particularly in activities related to producing organic products—something that in old ages they were involved in. Many are keen on educating others about the potential impact of certain products, such as oils, on their health. Conversely, some individuals aspire to craft practical and beneficial items.

Due to their age though, most individuals stress their hesitance to participate in activities that might lead to fatigue.

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### **3.3.1.2 Impact of activities as perceived by Greek Cypriot participants**

Regarding the impact of the workshops, many participants expressed a positive experience, noting that they gained valuable knowledge and skills. They described the workshops as pleasant, providing an opportunity for communication and knowledge-sharing among participants. One participant emphasized that it was thought-provoking, sparking discussions about the feasibility of bringing together different generations.

A significant observation was the interest shown by young people and researchers in traditional practices. The appreciation for the skills and knowledge of the older generation made them feel valued. Participants highlighted the importance of bridging the generation gap and fostering connections between different age groups.

Moreover, participants commended the ECOAGE activities, finding them extremely interesting. Many expressed the hope for more such activities to be organized, emphasizing their positive impact on keeping older adults mentally alert. Some participants considered this initiative as a refreshing change from the prevalent factory-made culture, hoping it would contribute to making our lives a bit more reminiscent of how they used to be.

One participant specifically acknowledged the potential impact of this initiative in a world dominated by mass production. Despite expressing interest, some participants mentioned that their age limited their direct involvement. However, they expressed a willingness to contribute by sharing their knowledge and cooking recipes with the younger generation.

In summary, the workshops and ECOAGE activities were praised for their positive impact, fostering connections between generations, and providing a platform for eco-friendly products, even though the participants prefer a more interpersonal way to sell products like in a market and not online. Participants expressed optimism about the potential of such initiatives to make a meaningful impact, preserving traditional practices and creating a sense of bringing the two communities together reminiscent of the peaceful days on the island.

### **3.3.2 Compare Turkish Cypriots' evaluations**

Besides experiencing a reduction in feelings of loneliness on a daily basis, participants in the workshop also discovered more opportunities to engage in volunteer activities within their communities. However, when examining other aspects of the comparison questions before and after the workshops, the overall average levels remained relatively consistent or lower in the total means.

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### 3.3.2.1 Future opportunities for Turkish Cypriot participants

Within the framework of the ECOAGE project, a noteworthy 84% of our participants actively integrate environmentally friendly practices into their daily routines. This involves the production of various items, including marmalades, lemonades, halloumi, herbal teas, repurposed clothing, and other eco-friendly creations. Among those not presently involved in such practices, 80% express a keen interest in adopting these environmentally friendly habits.

Furthermore, nearly 60% of participants acknowledge individuals in their social circles actively engaged in producing eco-friendly products. A considerable portion willingly shares the contact information of these connections, demonstrating a willingness to incorporate them into our entrepreneurs' database—a sentiment echoed by 60% of ECOAGE participants already immersed in crafting eco-friendly items. However, it is crucial to highlight that 58% of these individuals express a need for technical support in setting up their profiles on the database.

The heightened confidence among participants is apparent in their evaluations, with 82% expressing a willingness to volunteer, particularly in activities related to producing ecological products—a practice reminiscent of their earlier years. Many are eager about preparing homemade food and drinks, especially traditional Cypriot recipes. Conversely, some aspire to engage in activities such as painting pictures or crafting woodwork. Others convey a desire to sell or donate second-hand items or hand-knit goods.

Conversely, some participants are open to any form of volunteer work mostly related to the environment, that aligns with their health limitations.

### 3.3.2.2 Impact of activities as perceived by Turkish Cypriot participants

Regarding the workshop's impact, it appears to be overwhelmingly positive and uplifting, providing participants with a sense of spiritual satisfaction, as expressed by some attendees. Notably, there is a shared realisation that elderly individuals can remain socially active and come to appreciate their own value to society, as highlighted by other participants.

Furthermore, additional feedback underscores the transformative nature of the workshop, with some participants gaining new perspectives and recognizing the importance of embracing environmentally friendly practices for the greater benefit of the community.

A significant majority of the participants express their desire for the continuation of this project's activities in the future. Their enthusiastic support is evident through

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congratulations and applause to the project. This collective endorsement underscores the workshop's meaningful impact and the hope for its sustained positive influence on the community.

## 4 Conclusions

In conclusion, the ECOAGE initiative has proven to be a transformative and impactful program, successfully engaging senior citizens from both the Greek Cypriot and Turkish Cypriot communities in intergenerational activities focused on environmental advocacy and mentorship. The project's objectives, aimed at enhancing mentorship skills, boosting confidence, and promoting environmentally friendly practices, have yielded positive results as evidenced by the pre- and post-evaluation questionnaires.

The findings from the Greek Cypriot community showcase a predominantly positive impact on participants' lives, with increased life satisfaction, a sense of purpose, and heightened confidence in imparting environmentally friendly practices. The participants' active involvement in producing eco-friendly items and their willingness to volunteer reflect a newfound enthusiasm for sustainable living. The positive impact extends beyond personal benefits, fostering connections between generations and creating a platform for eco-friendly products that preserves traditional practices.

Similarly, Turkish Cypriot participants experienced a reduction in daily loneliness, discovering more opportunities for volunteer activities within their communities. The majority actively integrate environmentally friendly practices into their daily routines, demonstrating a significant interest in adopting eco-friendly habits. The positive impact of the workshops is evident in participants' heightened confidence, expressed through their willingness to volunteer in activities related to producing ecological products and their overall endorsement of the project's continuation.

Nevertheless, a more comprehensive understanding of our findings would be attainable if all participants completed the evaluations, including those who responded to only one evaluation. Unfortunately, this arose due to the fact that some participants did not engage in the entire sequence of our activities, making our analysis more challenging. A noteworthy similarity between the two communities that can be considered a limitation is the high proportion of female participants (89% for G/C community and 86% for T/C community).

Additionally, a notable distinction between the two communities lies in the degree to which they incorporate environmentally sustainable habits into their everyday routines. To be more specific, 84% of T/C participants and 48% of G/C participants actively participate in such practices. This variance warrants further investigation to uncover the underlying reasons. Despite residing in the same country and sharing a common culture, these communities may diverge significantly in their lifestyles.

In summary, the ECOAGE initiative has not only achieved its objectives of enhancing mentorship skills and promoting environmentally friendly practices among senior citizens but has also contributed to a sense of community, intergenerational connection, and a shared commitment to a more sustainable future. The valuable insights gained from this [<D2.4 Results report from training programme>](#)

evaluation provide a foundation for further refinement and expansion of the program, ensuring its continued positive impact on the well-being of senior citizens and the promotion of environmental awareness in Cyprus.

## 5 Annexes

### Annex 1 Consent Form

#### For Greek Cypriots:

ΕΝΤΥΠΟ ΣΥΓΚΑΤΑΘΕΣΗΣ
<b>Τίτλος ερευνητικής πρότασης</b>
ECOAGE: Διαγενεακή αλληλεγγύη για μια οικολογική ζωή στην Κύπρο
<b>Επιστημονικός υπεύθυνος της ερευνητικής πρότασης στο οποίο καλείστε να συμμετάσχετε</b>
Μαρίνα Πολυκάρπου
<b>Χρονική διάρκεια της ερευνητικής πρότασης:</b>
18 μήνες
<b>Σύντομη περιγραφή της ερευνητικής πρότασης (διαδικασίες και σκοπός)</b>
<p>Σας προσκαλούμε να πάρετε μέρος σε αυτή την Ευρωπαϊκή μελέτη που στοχεύει να εκπαιδεύσει τους ηλικιωμένους ως μέντορες και πρεσβευτές του περιβάλλοντος για παιδιά και νέους μέσω διαγενεακών δραστηριοτήτων.</p> <p>Οι κύριοι στόχοι του έργου μας είναι α) να ενδυναμώσουμε τα άτομα της τρίτης ηλικίας ώστε να είναι κοινωνικά ενεργοί και να μοιράζονται φιλικές προς το περιβάλλον πρακτικές με παιδιά και νεαρούς ενήλικες, μειώνοντας έτσι την κοινωνική απομόνωση και τη μοναξιά, β) να ενισχύσουμε τις κάθετες και οριζόντιες δεξιότητές τους στη διδασκαλία και την μετάδοση γνώσεων, αυξάνοντας έτσι την αυτοπεποίθησή τους, τη συμμετοχή στα κοινά και την αίσθηση της χρησιμότητας και γ) να αναβιώσουμε και να προωθήσουμε την υιοθέτηση παλαιών και φιλικών προς το περιβάλλον πρακτικών στις νεότερες γενιές και δ) να ενδυναμώσουμε και να προωθήσουμε τις επιχειρηματικές δραστηριότητες στην τρίτη ηλικία.</p> <p>Το εκπαιδευτικό πρόγραμμα που θα αναπτυχθεί στο έργο αυτό περιλαμβάνει ένα συνδυασμό ευχάριστων δραστηριοτήτων όπως εργαστήρι για βελτίωση επικοινωνιακών και επιχειρησιακών δεξιοτήτων, περιβαλλοντικά σεμινάρια, εκδρομές στην Ελληνοκυπριακή (Ε/Κ)</p>

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και Τουρκοκυπριακή (Τ/Κ) κοινότητα, διαδραστικές δραστηριότητες με παιδιά και νέους. Οι συμμετέχοντες θα αξιολογήσουν το εκπαιδευτικό υλικό και πρόγραμμα μέσω ερωτηματολογίων πριν και μετά την ολοκλήρωση του προγράμματος. Σε κάθε ενότητα του εκπαιδευτικού προγράμματος οι συμμετέχοντες θα ενημερώνονται προφορικά και γραπτώς για την δραστηριότητα που θα ακολουθήσει όπως και την αναμενόμενη συμβολή τους π.χ τι είδος ερωτηματολογίων θα χρειαστεί να απαντήσουν κτλ.

Λεπτομέρειες οποιονδήποτε κινδύνων που πιθανόν να υπάρξουν ή ταλαιπωρία που τυχόν θα υποστούν οι συμμετέχοντες στο πρόγραμμα

Κατά τη συμμετοχή σας στη μελέτη δεν προβλέπεται να υπάρξει άμεσος ή έμμεσος κίνδυνος για την υγεία σας. Επιπλέον δεν θα γίνει καμία αλλαγή στις ιατρικές οδηγίες που έχετε λάβει και δεν θα επηρεαστεί, σε καμία περίπτωση, η φαρμακευτική σας αγωγή. Αξίζει να σημειωθεί ότι τα δεδομένα σας θα αναλυθούν ανώνυμα για να ανατροφοδοτήσουν το έργο ώστε να βελτιωθεί. Παρά το ότι δεν αναμένεται να υπάρξει έμμεσος ή άμεσος κίνδυνος για την υγεία σας από τη συμμετοχή σας στο πρόγραμμα αυτό, αν αισθανθείτε ότι η ερευνητική διαδικασία είναι βαρετή ή σας κουράζει μπορείτε να αποσυρθείτε οποιαδήποτε στιγμή, χωρίς να δώσετε εξηγήσεις και χωρίς συνέπειες.

Λεπτομέρειες για το ποιες πληροφορίες θα συλλεγούν στα πλαίσια της ερευνητικής πρότασης, ποιος/ποιοι θα έχουν πρόσβαση σε αυτά και για πόσο χρονικό διάστημα

Τα δεδομένα που θα συλλεχθούν κατά τη διάρκεια του προγράμματος αφορούν σε δημογραφικές πληροφορίες (όπως φύλο, ηλικία), την ικανοποίησή σας πριν και μετά το πρόγραμμα, τις περιβαλλοντικές γνώσεις σας πριν και μετά το πρόγραμμα. Οι πληροφορίες που θα μας παρέχετε κατά τη διάρκεια της συμμετοχής σας στη μελέτη θα είναι ανώνυμες και μόνο τα απολύτως απαραίτητα και σχετικά με τη μελέτη δεδομένα θα συλλεχθούν. Εάν δε νιώθετε άνετα με κάποια ερώτηση έχετε το δικαίωμα να αρνηθείτε να απαντήσετε.

Αναμένεται ότι προσωπικές πληροφορίες όπως όνομα και τηλέφωνο θα είναι γνωστές από τους ερευνητές που συμμετέχουν στις εκπαιδευτικές δραστηριότητες του έργου και έχουν άμεση επαφή μαζί σας. Ωστόσο, διασφαλίζεται αυστηρά ότι οι πληροφορίες αυτές δε θα γνωστοποιηθούν σε τρίτους και ούτε στα υπόλοιπα μέλη της κοινοπραξίας (με εξαίρεση εάν δώσετε τη γραπτή σας συγκατάθεση) και δε θα υπάρξει δυνατότητα ταυτοποίησής τους με τα υπόλοιπα ανώνυμα δεδομένα που θα συλλεχθούν στο πλαίσιο της μελέτης και θα μοιραστούν με την κοινοπραξία. Κατά τη συμμετοχή σας, θα δοθεί ένας μοναδικός κωδικός σε όσα δεδομένα συλλέγονται από εσάς, διατηρώντας έτσι την ανωνυμία σας και προστατεύοντας τα προσωπικά σας δεδομένα.

Πρόσβαση σε δεδομένα που αφορούν τους συμμετέχοντες στην Κύπρο έχει μόνο η ερευνητική ομάδα του έργου στην Κύπρο και τα άτομα που συμμετέχουν σε αυτή. Όλοι οι ερευνητές θα

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ελέγχονται και θα αξιολογούνται για την εργασιακή τους ηθική και την τήρηση των δεοντολογικών κανονισμών σε τακτά διαστήματα από το φορέα του έργου. Όλα τα πρωτόκολλα συλλογής δεδομένων, παρά την ανωνυμοποίησή τους, θα διατηρούνται σε κλειδωμένο χώρο στον οποίο θα έχει πρόσβαση μόνο η ομάδα έργου. Τα δεδομένα που συλλέγονται στα πλαίσια της έρευνας θα διατηρηθούν έως και 5 χρόνια μετά το τέλος της μελέτης και για την καταστροφή τους θα ακολουθηθούν συγκεκριμένες διαδικασίες καταστροφής εγγράφων ώστε να διασφαλιστεί η ανωνυμία των συμμετεχόντων και η προστασία των δεδομένων τους. Επιπλέον, η πρόσβαση στα δεδομένα θα διακόπτεται για όποιους ερευνητές αποσυρθούν από τη μελέτη.

#### Αναμενόμενο όφελος για τους συμμετέχοντες

Η συμμετοχή σας στο πρόγραμμα ECOAGE θα είναι εθελοντική. Δεν θα έχετε οικονομικό όφελος ή υλικό όφελος από τη συμμετοχή σας στη μελέτη, και δεν θα σας επιβαρύνει με κανένα χρηματικό κόστος. Η συμμετοχή σας θα σας βοηθήσει όμως να αποκτήσετε νέες γνώσεις, λ.χ. επιχειρησιακές, θα σας βοηθήσει να είστε πιο ενεργός/ή και κινητοποιημένος/η. Επίσης, θα συνεισφέρετε σημαντικά στη βελτίωση της ποιότητας ζωής των νέων και στην οικολογική εξέλιξη της κυπριακής κοινότητας.

#### Αναμενόμενο όφελος για ερευνητές ή/και χρηματοδότες

Η κοινοπραξία του ECOAGE δεν θα έχει κάποιο χρηματικό όφελος μετά την ολοκλήρωση του προγράμματος εκτός από την χρηματοδότηση που έχει πάρει από την Ευρωπαϊκή Ένωση. Αναμένονται οφέλη σε επιστημονική δραστηριότητα, εμπειρία και γνώση που θα προκύψουν σωρευτικά από την εμπλοκή των εταίρων στις ερευνητικές δραστηριότητες.

#### Χώρος και χρονική διάρκεια φύλαξης δεδομένων που θα ληφθούν στο πλαίσιο της ερευνητικής πρότασης

Οι οποιεσδήποτε πληροφορίες έντυπης μορφής που συλλέγονται φυλάσσονται στο γραφείο της Υπεύθυνης του Έργου και στο οποίο πρόσβαση έχει μόνο η ομάδα έργου της Κύπρου. Ο χώρος διαθέτει ειδικά ερμάρια που κλειδώνουν για τη φύλαξη των δεδομένων του έργου στα οποία δεν έχει πρόσβαση οποιοδήποτε τρίτο άτομο.

#### Περιγραφή διαδικασιών χειρισμού δεδομένων των συμμετεχόντων που θα αποσυρθούν από τη μελέτη πριν την ολοκλήρωση της

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Έχετε το δικαίωμα να αποσυρθείτε οποιαδήποτε στιγμή το επιθυμείτε από τη μελέτη χωρίς να χρειαστεί να αιτιολογήσετε την επιλογή σας αυτή. Επίσης, οποιαδήποτε στιγμή, έχετε το δικαίωμα να ζητήσετε την προβολή, τροποποίηση, τη μη χρήση ή την μερική ή πλήρη διαγραφή των ανώνυμων δεδομένων που συλλέχθηκαν από εσάς κατά τη διάρκεια της μελέτης. Εάν επιλέξετε να αποσυρθείτε από τη μελέτη αλλά δεν επιθυμείτε διαγραφή των δεδομένων σας, τότε, για σκοπούς έρευνας τα ανώνυμα δεδομένα σας θα χρησιμοποιηθούν για το σύνολο των αναλύσεων χωρίς να απαιτείται οποιαδήποτε άλλη ενέργεια από εσάς.

Πλήρη στοιχεία επικοινωνίας και θέση ατόμου στο οποίο οι συμμετέχοντες μπορούν να υποβάλλουν παράπονα ή καταγγελίες που αφορούν το πρόγραμμα στο οποίο συμμετέχουν

Υπεύθυνος Παραπόνων - Δρ. Μάριος Γεωργίου  
Γραμματέας Κυπριακού Συμβουλίου Αναζωογόνησης (ΚΥ.Σ.ΑΝ.)  
Διευθυντής Νοσηλευτικών Υπηρεσιών του American Medical Center/American Heart Institute  
Fellow of the European Resuscitation Council (FERC) (Ευρωπαϊκό Συμβούλιο Αναζωογόνησης)  
Ονούφριου Κληρίδη 1Α, Λατσία 2224, Λευκωσία  
Διεύθυνση ηλεκτρονικού ταχυδρομείου: [healthcaretraining@primehome.com](mailto:healthcaretraining@primehome.com)  
Τηλέφωνο επικοινωνίας: 70 009903

Πλήρη στοιχεία επικοινωνίας και θέση ατόμου στο οποίο οι συμμετέχοντες μπορούν να απευθυνθούν για περισσότερες πληροφορίες ή διευκρινήσεις για το ερευνητικό πρόγραμμα

Υπεύθυνη Έργου – Αντρία Χατζηκώστα  
Ηρακλέους 8, Στρόβολος, 2040, Λευκωσία  
Τηλέφωνα: 22573577  
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Επίθετο:	.....	Όνομα:	.....
Υπογραφή:		Ημερομηνία:	



## For Turkish Cypriot:

## Annex 2 Pre-evaluation questionnaire

### ECOAGE

### ANNEX 8 -PRE-PILOT QUESTIONNAIRE FOR THE PARTICIPANTS

<b>OFFICE USE ONLY</b>
<b>ID:</b>

#### ABOUT YOU

Before we start the training programme we would like to ask you to answer a few general questions about yourself: by circling the correct answer or by filling in the space provided.'

**Full Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

#### A. ABOUT YOUR EDUCATION

##### 1) What is the highest education you received?

<b>Level of education</b> Please mark 'X' as appropriate	No formal education		University I (Bachelor)	
	Primary school		University II (Master)	
	Junior high school		Post graduate	
	Senior high school		PHD	

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**2) Have you got any certification in environment and sustainability?**

No	0
Yes	1

**3) Have you ever attended training in sustainable practices before ECOAGE?**

No	0
Yes	1

**4) If yes, how many months/hours did it last?**

\_\_\_\_\_

**5) If yes, when did you attend the training? Please, write the year (and if you remember the months) when you attended the training (for example: January-March 2019):** \_\_\_\_\_

**6) Who organised the training?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **B. STATUS**

### **Instructions**

This assessment asks how you feel about your quality of life, health, or other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.

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Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **in the last two weeks**. For example, thinking about the last two weeks, a question might ask:

		Not at all	Not much	Moderately	A great deal	Completely
0	<b>Do you get the kind of support from others that you need?</b>	1	2	3	4	5

You should circle the number that best fits how much support you got from others over the last two weeks. So you would circle the number 4 if you got a great deal of support from others. You would circle number 1 if you did not get any of the support that you needed from others in the last two weeks.

Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.

		Poor	Fair	Good,	Very good	Excellent
1	How would you rate your quality of life?	1	2	3	4	5
2	In general, would you say your physical health is poor, fair, good, very good or excellent?	1	2	3	4	5
3	In general, would you say your mental health is poor, fair, good, very good or excellent?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
4	How satisfied are you with your life?	1	2	3	4	5

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The following questions ask about how much you have experienced certain things in the last two weeks.

		Not at all	A little	A moderate amount	Very much	An extreme amount
5	To what extent do you feel lonely in your daily life?	1	2	3	4	5
6	How confident do you feel to share environmentally-friendly practices with children and/or young adults?	1	2	3	4	5
7	How confident do you feel to mentor children and/or young adults?	1	2	3	4	5
8	To what extent do you feel your life to be meaningful?	1	2	3	4	5
9	How confident do you feel to volunteer to environmental NGOs?	1	2	3	4	5
10	To what extent do you have the opportunity to volunteer in your community/town?	1	2	3	4	5
11	To what extent do you feel you are aware of environmental-friendly practices?	1	2	3	4	5
12	To what extent do you feel you can implement environmental-friendly practices in your daily life?	1	2	3	4	5
13	Please, rate how useful you feel for your community and the society.	1	2	3	4	5
14	How independent are you in your everyday life?	1	2	3	4	5

### OPQOL-Brief

Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.

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	1-Very good	2-Good	3-Alright	4-Bad	5-Very bad
1. I enjoy my life overall					
2. I look forward to things					
3. I am healthy enough to get out and about					
4. My family, friends or neighbours would help me if needed					
5. I have social or leisure activities/ hobbies that I enjoy doing					
6. I try to stay involved with things					
7. I am healthy enough to have my independence					
8. I can please myself what I do					
9. I feel safe where I live					
10. I get pleasure from my home					
11. I take life as it comes and make the best of things					
12. I feel lucky compared to most people					
13. I have enough money to pay for household bills					

**THANK YOU FOR YOUR HELP**

## Annex 3 Post-evaluation questionnaire

ECOAGE

POST-PILOT QUESTIONNAIRE FOR THE PARTICIPANTS

<b>OFFICE USE ONLY</b>
------------------------

<b>ID:</b>
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### ABOUT YOU

**Full Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

### QUALITY OF LIFE

#### Instructions

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***This assessment asks how you feel about your quality of life, health, or other areas of your life. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response.***

***Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life **after you have participated in the ECOAGE project activities**. For example, a question might ask:***

		Not at all	Not much	Moderately	A great deal	Completely
0	<b>Do you get the kind of support from others that you need?</b>	1	2	3	4	5

***You should circle the number that best fits how much support you got from others over the last two weeks. So you would circle the number 4 if you got a great deal of support from others. You would circle number 1 if you did not get any of the support that you needed from others in the last two weeks.***

***Please read each question, assess your feelings, and circle the number on the scale for each question that gives the best answer for you.***

		Poor	Fair	Good	Very good	Excellent
1	How would you rate your quality of life?	1	2	3	4	5
2	In general, would you say your physical health is poor, fair, good, very good or excellent?	1	2	3	4	5
3	In general, would you say your mental health is poor, fair, good, very good or excellent?	1	2	3	4	5

		Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
4	How satisfied are you with your life?	1	2	3	4	5

**The following questions ask about how much you have experienced certain things through the **ECOAGE** project activities.**

		Not at all	A little	A moderate amount	Very much	An extreme amount
5	To what extent do you feel lonely in your daily life?	1	2	3	4	5
6	How confident do you feel to share environmentally-friendly practices with children and/or young adults?	1	2	3	4	5
7	How confident do you feel to mentor children and/or young adults?	1	2	3	4	5
8	To what extent do you feel your life to be meaningful?	1	2	3	4	5
9	How confident do you feel to volunteer to environmental NGOs?	1	2	3	4	5
10	To what extent do you have the opportunity to volunteer in your community/town?	1	2	3	4	5
11	To what extent do you feel you are aware of environmental-friendly practices?	1	2	3	4	5
12	To what extent do you feel you can implement environmental-friendly practices in your daily life?	1	2	3	4	5
13	Please, rate how useful you feel for your community and the society.	1	2	3	4	5

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1 4	How independent are you in your everyday life?	1	2	3	4	5
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**OPQOL-Brief**

***Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.***

	1- Strongly disagree	2- Disagree	3-Neutral	4-Agree	5-Strongly Agree
1. I enjoy my life overall					
2. I look forward to things					
3. I am healthy enough to get out and about					
4. My family, friends or neighbours would help me if needed					
5. I have social or leisure activities/ hobbies that I enjoy doing					
6. I try to stay involved with things					
7. I am healthy enough to have my independence					
8. I can please myself what I do					
9. I feel safe where I live					
10. I get pleasure from my home					
11. I take life as it comes and make the best of things					
12. I feel lucky compared to most people					
13. I have enough money to pay for household bills					

**B. OPPORTUNITIES**

***One of the objectives of the ECOAGE project is to create:***

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- A) one database that promotes the eco-friendly products created by entrepreneurs-older adults and**
- B) one database that will include a list of local Civil Society Organisations (CSOs) or Non-profit/ Governmental Organisations (NGOs) that are interested in recruiting volunteers from all ages.**

**Having the above in mind please answer the following questions:**

1. Do you create eco-friendly products e.g. marmalades, lemonades, halloumi, herbal teas, repurposing clothes into other products etc?  
YES      NO
2. If you answer NO, are you interested to learn and start creating eco-friendly products now?  
YES      NO      MAYBE
3. Are you interested to participate in the Entrepreneurs database and sell your products?  
YES      NO      MAYBE
4. Do you need technical support assistance to create your own profile on a database/social media/platform?  
YES      NO      MAYBE
5. Do you know any people over 60 years old who create eco-friendly products?  
YES      NO
6. If YES, please provide their contact details so we can reach them and inform them about our database:

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**Full name:**

**Telephone number:**

**Email (Optional):**

**Website/ Social media account (Optional):**

7. Are you interested in volunteering in any CSOs or NGOs?

YES      NO      MAYBE

8. If answered YES or MAYBE, what type of volunteering activities will you be interested in?

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9. What impact did the ECOAGE activities have in your life and wellbeing?

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10. Any other comments for the ECOAGE project and activities?

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**THANK YOU FOR YOUR HELP**

