

## **COST Action CA19136 - NET4Age-Friendly**

International interdisciplinary network on health and well-being in an age-friendly digital world

### **CALL FOR TRAINEES**

**Ageing in the city.  
Independent living and social participation in age-friendly  
smart places and spaces.**

### **The Training School.**

The **Continuous Education Center at Epoka University**, together with the **Department of Architecture of Epoka University**, in partnership with **SpaRe.Life | IWS** and under the **NET4Age-Friendly COST Action CA19136**, are pleased to launch the **CALL** for the Training School: **Ageing in the City. Independent living and social participation in age-friendly smart places and spaces.**

**10-12 July 2023 Tirana - Albania**

*Venue: EPOKA University Campus, Faculty of Architecture and Engineering, Rruga Tiranë-Rinas, Km 12, Tirana, Albania*



**Apply now !**

COST Action CA19136 - NET4Age-Friendly

**Training school**  
**10-12 July 2023**

**Ageing in the city.**  
**Independent living and social participation**  
**in age-friendly smart places and spaces**

**Tirana, Albania**  
For more info, please visit:  
<https://www.net4age.eu>



The Training school is open to professionals, researchers and Ph.D. students with a professional interest into the topic



**NET4**  
Age-Friendly



**Location:** Epoka University, Tirana, Albania



**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY



Funded by  
the European Union

## Call for Trainees.

The NET4Age-Friendly Training School is a multidisciplinary event open to professionals, researchers, and PhD students with a professional interest in the topic.

Any interested applicant must complete the

**APPLICATION FORM**

## Presentation.

World Health Organization defines Age-Friendly Cities and Communities as follows: ***In an age-friendly community, policies, services, and structures related to the physical and social environment are designed to support and enable older people to “age actively” - that is, to live in security, enjoy good health and continue to participate fully in society.*** <sup>(1)</sup>

The Training School wants to improve all urban actors' level of awareness about the raising of ageing within urban environments and a reflection and its multi-dimensional set of matters. The training theme we will develop from different viewpoints in three days of theoretical/practical activities aims to answer a simple question:

**How can we improve the quality of life of the older people in the current city by guaranteeing independent living and social participation?**

Also following the **2030 UN Agenda for Sustainable Development Goals** and specifically **SDG N.11 - Sustainable Cities and Communities** and its **Related Topics: Sustainable cities and human settlements, National strategies and SDG integration, and Sustainable transport.**



**MAKE CITIES AND HUMAN SETTLEMENTS INCLUSIVE,  
SAFE, RESILIENT AND SUSTAINABLE**

The training program will revolve around the following arguments:

- 1) "Make cities and human settlements inclusive, safe, resilient and sustainable" for the older population. <sup>(2)</sup>
- 2) "Provide access to safe, affordable, accessible and sustainable transport systems for all, improving road safety, ..." and pedestrian pathways. <sup>(2)</sup>
- 3) "Enhance inclusive and sustainable urbanisation and capacity for participatory, integrated and sustainable human settlement planning and management". <sup>(2)</sup>
- 4) "Ambient Assisted Living, Smart Housing, Assisted Living Technologies for Older Adults".

<sup>(1)</sup> WHO, The Global Network for Age-friendly Cities and Communities: looking back over the last decade, looking forward to the next. Geneva, Switzerland, 2018 (WHO/FWC/ALC/18.4). Licence: CC BY-NC-SA 3.0 IGO.

<sup>(2)</sup> <https://sdgs.un.org/topics/sustainable-cities-and-human-settlements>

*“Making tangible improvements in the lives of older people, their families, and their communities is central to WHO’s proposed Decade on Healthy Ageing (2021 – 2030). Age-friendly cities and communities across the world will be key to achieving a healthier, safer, fairer world for everyone, everywhere”.*

Tedros Adhanom Ghebreyesus, 2018  
Director-General World Health Organization

## Subject, aims & goals.

European cities are getting older and older. Low birth rates and higher life expectancy have already deeply affected the shape of the age pyramid in Europe, and Western countries, with consequences for urban life in all small and big cities. The most significant change will likely be the transition towards a much older population structure, a development already well-present in our developed societies. This shift claims for more age-friendly environments within the city and urbanized areas, which might consider a new urban organization made by smaller self-sufficient units, shorter paths to connect relevant spots by 15 minutes, and daily basic services capillary scattered like the neighbourhood is.



Source: The UN Human Rights Office of the High Commissioner. <https://www.ohchr.org/en/countries/japan>.

With the digitisation of human society, new opportunities arise to foster living and working environments that can provide all citizens and city users with a healthy, independent, and community-integrated life. However, digital solutions are not the panacea to all demographic issues and challenges; due to the "digital divide" - mostly affecting the older generations - and because

citizens across different age groups also need physical personal human contacts as well as spatial interactions.

A holistic -transdisciplinary- approach is needed to optimise social, digital, and physical environments, also allowing one to provide better health and social care, promoting more independent living and active participation in society.

The Training School aims to tackle general issues and find new approaches by exploring rooms for social inclusion, ways for independent living and solutions for healthy ageing, in favour of present and future generations interchange.

Three are the specific goals of NET4Age-Friendly COST Action Training School: [Ageing in the City. Independent living and social participation in age-friendly smart places and spaces.](#)

- Improving the individuals' level of awareness about issues and criticalities of ageing within urban environments and open spaces through local and over-local case studies, good practices, and interviews.
- Mapping out those local-based needs, materials and elements distribution for quality life and independent living, within a radius of 15 minutes of walking.
- Tackling those missing supplies and in-the-place findings for inclusive designing of places for social inclusion and intergenerational exchanges, at the neighbourhood scale and in a selected study area in Tirana.

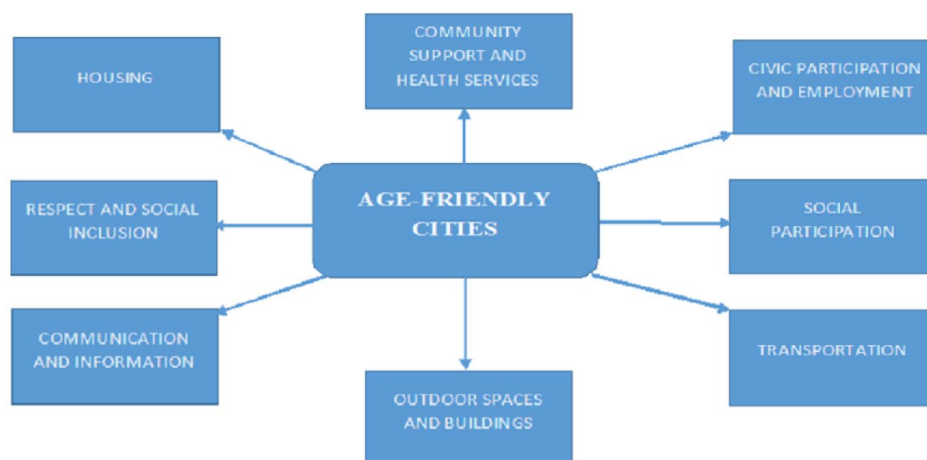


Figure 1: Ideal Characteristics of Age Friendly Cities

Source: Gupta S., 2021. A Review of Age-friendly Cities and Healthy Ageing. Academia Letters, Article 4064. <https://doi.org/10.20935/AL4064>.

## Criteria to apply.

Applicants shall be engaged in an official research program, such as a PhD Student or postdoctoral fellow or can be employed by, or affiliated to, an institution, organisation, or legal entity which has within its remit scientific research.

Trainees eligible for reimbursement are from **COST Full Member Countries** (Albania, Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Republic of Moldova, Montenegro, The Netherlands, The Republic of North

Macedonia, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine, and United Kingdom), **COST Near Neighbour Countries (NNC)** or from **Approved European RTD Organisations**.

**The selected international applicants (trainees) will benefit from a Trainee Grant** to participate in the activities of the Training School in July 2023. This grant is expected to cover long-distance travel expenses (by train, ferry, bus, plane, or car). Furthermore, the international trainees will receive a fixed daily allowance amount of **110 EUR**, which is expected to cover the accommodation in Tirana, meals, and local transportation. Each application will be individually evaluated along with the total grant to be awarded for the 3 days.

The selected applicants (trainees) from Albania will benefit from a Trainee Grant to participate in the activities of the Training School based on the distance to and from Tirana and the accommodation needs. This grant will be individually discussed and agreed.

Selected trainees shall create an e-COST profile at <https://e-services.cost.eu> including bank details before accepting their e-COST invitation. They shall submit via e-COST a completed online travel reimbursement request within 30 calendar days after the end date of the approved activity.

## Trainers

**Fabio Naselli** and **Odeta Durmishi Manahasa** are the Scientific Coordinators and Organizers of NET4Age-Friendly COST Action Training School: **Ageing in the City. Independent living and social participation in age-friendly smart places and spaces** at Epoka University.

Other international Trainers are getting involved in the training process, coming from different fields and viewpoints. The full list will be provided soon.

## Key dates

- Applications opened: **05 May 2023**
- Applications submission deadline: **02 June 2023**
- Confirmation to the selected trainees: **09 June 2023**
- Deadline for e-Cost registration and confirmation: **16 June 2023**
- **Training School: 10-12 July 2023**

## TENTATIVE AGENDA

### DAY 1 (10.07)

- 10.00-11:00 Welcoming remarks
- 11:00-11:15 Coffee break
- 11:15-12:00 lectures
- 12:45-13:30 Lunch break
- 13:45-15:45 From Theory to Practice
- 15:45-16:45 Presenting the work of the day\*

### DAY 2 (11.07)

- 10.00-11:00 Opening remarks
- 11:00-11:15 Coffee break
- 11:15-12:00 lectures
- 12:45-13:30 Lunch break
- 13:45-15:45 From Theory to Practice
- 15:45-16:45 Presenting the work of the day \*

### DAY 3 (12.07)

- 10.00-11:00 Opening remarks
- 11:00-11:15 Coffee break
- 11:15-12:00 lectures
- 12:45-13:30 Lunch break
- 13:45-15:45 From Theory to Practice
- 15:45-16:45 Presenting the work of the day \*

16:45 Final Remarks and Greetings

\* As a kick-off to this new International Training School, we will invite the trainees to discuss and debate for one hour on the work done each day.