



active retirement - *taking active part in retirement life*

Thursday 28. october

Registration from kl. 9:00.

09:00 Morning hymns and coffie.

10:00 [Mayor Kim Durhuus](#) opens the days.

10:10 [Sveiney Sverrisdottir](#), project manager, on OLE2.

10:30 "Grøn'sa grind". [Áir whale station](#), Helgi Jacobsen on the history. Excursion to Áir, guide Edvard Hermansen.

12:00 Lunch.

13:00 Children from local [kindergarden](#) visit.

13:30 Turid Jacobsen, on Lifestyle redesign.

14:30 Sofaconversations on life as a pensioneer.

Participants: [Henning Bøgesvang](#), Sigvald Kristiansen, Kjartan Kristiansen and [Ingigerð á Trøðni](#).

15:30 Excursion to [Saksun](#).

17:30 Free time.

18:00 Dinner.

19:00 Doctor Knud Jacobsen, reflections on pensioners life quality.

20:00 Entertainment.

Friday 29. october

09:00 Morning hymns and coffie.

10:00 Workshops:

With this activity, participants will hear a lecture on each subject and then participate in discussions or small practical exercises.

- 1) Life stories, [Rakel Helmsdal](#), author
- 2) Electronic photo albums Hanna Hansen, enthusiast
- 3) Family trees, [Sofus D. Johannesen](#), enthusiast
- 4) The Faroese costume, [Pouлина Joanesardottir](#), weaver
- 5) Nintendo og card games.

12:00 Lunch.

13:00 The National Pharmacy on safe medication, [Ólof Briem](#) pharmacist.

13:30 [Nærverkið](#) (Primary Care Services) on benefits from physical training.

14:00 Information on diabetes.

14:30 Excursion to [Gjogv](#) and [Gjaargard](#).

17:00 Free time, Shopping at Oyrabakka.

18:00 Dinner.

19:00 Entertainment at [Eydnan](#).

22:00 End.

Free entrance to activities

Food coupons can be bought for:
1 day: DKK 120,00, 2 days: DKK 220,00.

Accommodation can be purchased for
DKK 180,00 pr person.

active retirement
is for citizens in
Vagar, Porkeris and Sunda municipalities.

Tilmeldingarfreist
26. októbur kl. 16:00 hjá

Sunda kommuna,
Brynjálvur Borðoy
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Vága og Sørvágs kommunur,
Hans Jørgensen
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OLE2 IS A PROJECT for implementation of transnational findings from citizen dialogues in Our Life as Elderly, part 1. OLE II is set among eight municipalities in five different countries and The City of Luleå in Sweden is lead partner. The project works in close co-operation with staff, citizens, management and political levels in each region. The goal is to fulfil the future requirements, needs and wishes of our elderly.

OLE2 Networks



To have friends and to be a part of a social context is important for our quality of life. Our societies need to further develop meeting places where elderly people can meet without a formal invitation and where they can participate in activities of chosen interest.

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➤ *taking active part
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*Leguhúsið í Nesvík
28–29 october*



Innovatively investing
in Europe's Northern
Periphery for a sustainable
and prosperous future

