



## Living Ageing

Better Living: Quality of Life facing degenerative diseases and end-of-life

### Preparatory assignments for the Intensive Programme

#### Preparatory assignment – Research on the Ageing and End-of-life care in your country

##### **Aim**

During the weeks before the intensive programme, we expect all the students to collect some information and data on their home country about 'Ageing', Quality of Life' and 'End-of-life'. The research on these aspects of the health care situation in your home country has to take into account the historical perspective as well as political, socio-economical and other features. The final aim of this assignment is to enable students to share the gathered information of the different countries, to compare, contrast and evaluate the situation on quality of life and ageing in the different countries. It must give the audience an idea on current issues in ageing in your country.

##### **Expected outcome**

We expect you to bring the results of your research by means of a Pecha Kucha presentation during the Intensive Programme, on **Thursday evening 23th of January 2014**.

During the second day of the course, you will get more guidelines on how to prepare a Pecha Kucha presentation.

At the same time you will have the possibility to work in 'country-groups' to share and summarize the gathered information and prepare a Pecha Kucha presentation.

You have, of course, also the possibility to contact your 'colleague-students' already at your home institution to divide the research.

## Pecha Kucha presentation: what?

# ペチャクチャ

**PechaKucha** or **Pecha Kucha** (Japanese: ペチャクチャ, IPA: [pet̚ɕa kɯt̚ɕa], *chit-chat*) is a presentation methodology in which 20 slides are shown for 20 seconds each (six minutes and 40 seconds in total). The format, which keeps presentations concise and fast-paced, powers multiple-speaker events called PechaKuchaNights (PKNs) or Pecha Kucha Nights. PechaKucha Night was devised in February 2003 by Astrid Klein and Mark Dytham of Tokyo's Klein-Dytham Architecture (KDa), as a way to attract people to SuperDeluxe, their experimental event space in Ropponi, and to allow young designers to meet, show their work, and exchange ideas.

### **What must be in your presentation?**

The Pecha Kucha consists out of 20 photo's, drawings or anything that illustrates your story. The format guarantees an inspiring show of up-tempo presentations.

You can be very personal and creative how you bring your information. The time limit of 6 minutes and 40 seconds requires that you have a clear story and a clear message about your project.

### **How to prepare the presentation?**

To make a good Pecha Kucha takes time. It is important that you choose your story and your perspective, collect material, write a script that fits in the time limit. The 20 seconds are really short to summarize the core aspects of your story.

Use Powerpoint or another programme to design the Pecha Kucha. You can select the change of the slides automatically on 20 seconds. The example you get use a 'clock' that gives you the rhythm of the changes.

## **Research '@home'**

We want you to do **preparatory research** on the objectives mentioned below. Please collect and bring as much recent information as possible, such as statistics, tables, illustrations, statements, photos, cartoons, ..., on the following topics:

### **1. Short explanation of your country (maximum 3 slides)**

History, background, social and political system, etc.

### **2. Statistics: (maximum 3 slides)**

#### Population estimates

Total population

Annual population growth rate (%)

Percentage of population aged +60 years,

Percentage of population aged +60 years in 2025

#### Health indicators

Life expectancy at birth (years)

#### Selected national health accounts indicators

Total health expenditure - Total expenditure on health as % of GDP

Estimates of health personnel per 100.000 inhabitants (Physicians, Nurses, Midwives, Pharmacists, Physiotherapists, Dietician, Occupational Therapists, Medical Doctors)

### **3. An explanation about your countries health care system**

Structure, financial, main problems, etc

### **4. Quality of Life: How do you define quality of life in ageing?**

### **5. Issues on Ageing**

What are the most important issues in ageing

What is the role of the informal care and formal care

How is the role of the family in the care for elderly

### **6. End-of-Life Care**

How is the health care delivery in your country related to end-of-life care?

How is palliative care organised in your country?

What are the strengths and the pitfalls?

## Preparation for the Multi-sensorial & Intercultural Evening



We welcome participants from all over Europe and United States: Belgium, Norway, The Netherlands, Portugal, Czech Republic, Estonia, Lithuania, Connecticut, ...

On **Tuesday 21th of January, 20.00h**, we will organize an **Intercultural Evening**. It will be an evening when we can have fun together while discovering things about each other's countries. We invite you to use your imagination.

### 1<sup>st</sup> session: **The Market of Countries**

Each group of representatives from one country will have a table at its disposal in order to personalize it (you can bring flags, posters, flyers etc.) and present its speciality (food, drinks, traditional objects). Video presentations or pictures on laptops are not recommended. There is no possibility for projection or use of internet. You can use a laptop...

When the others pass in front of your stand you will have to tell them aspects about your country, individually.

The Belgian group will have another evening in Dworp to introduce the 'local' culture.

### 2<sup>nd</sup> session: **Let's dance together!**

Each group of national representatives will have to teach the other participants at 2 traditional dances. Please ask your parents/grandparents to teach you some if you don't remember/know any.



**What you could bring:**

- traditional food (sweets, cakes, dry deserts, cheese, traditional salami etc.)
- traditional drinks (alcohol is allowed in moderate quantities);
- traditional music (10-20 songs/country, MP3 format);
- promotional materials (flags, posters, flyers, brochures, pictures etc.)
- small traditional objects (small music instruments, small pottery etc. – whatever you consider representative)
- traditional costumes (and wear them, if possible);

**We don't have access to a kitchen**, so you will have to bring food that is already prepared. **We don't have access to the Internet** in that room, so please prepare the music beforehand and do not count on YouTube clips.

Please prepare seriously for the cultural evening!

Divide the tasks amongst you!

If you might have any questions, don't hesitate to discuss this with your local tutor or to contact the other students!

Any other ideas, comments and suggestions are welcome!



Christine De Bosschere, course leader - [christine.debosschere@arteveldhs.be](mailto:christine.debosschere@arteveldhs.be)

Filip Dejonckheere, course leader - [filip.dejonckheere@arteveldhs.be](mailto:filip.dejonckheere@arteveldhs.be)