

**EURAG** European Federation of the Elderly  
Fédération Européenne des Personnes Agées  
Federazione Europea delle Persone Anziane  
Bund der älteren Generation Europas

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**EURAG MEMORY TRAINING CENTER and  
Czech Society for Memory Training and Brain Jogging**

jointly organize under **EURAG PROJECT:  
EMPOWERING SENIORS FOR INDEPENDENT LIVING**

Working language: English  
**COURSE FOR MEMORY TRAINERS –  
GROUND LEVEL /40 hour course/**

The seminar will be held from Thursday **May 19th, 2016** till Monday **May 23rd, 2016** at the ORCO building, Bubenska 1, 170 00 Prague 7, 4th floor (metro line C, Vltavska station) under the guidance of:

Ing. Dana Steinova: Strategy and motivation, mnemonics – perfect compensation of imperfection of human brain, training of different cognitive skills such as language, concentration, encoding and decoding of information, how to build reserve brain capacity;  
Professor Pavel Kalvach, M. D.: Brain and its functions

It is assumed that the proceedings will take place from 9.00 am to 1.00 pm and from 2.00 to 6.00 pm every day except Monday May 23rd, 2016 when it ends at 1.00 pm and a concert and sightseeings follow

This training course is intended for seniors representing senior organisations which are in need of a memory training instructor or professionals who intend to expand their professional skills. The course participants will **obtain the memory trainer's certificate** if they pass the final written and oral exam. The new memory trainers are expected to use their new skills in order to help to re-discover the potential and increase self-confidence, self-esteem and the quality of life of their peers, not only from their own organisation, but also offer memory training classes for public over 50. Training is intended for healthy senior population and can be modified as a form of cognitive rehabilitation for other target groups including people suffering from dementia.

The seminar registration fee 10.000 CZK /approx.400 EUR/, payable on the spot, includes lunches, suppers and refreshments during breaks and teaching material for memory trainers and CD with demonstration of physical exercise.

The accommodation will be booked at Kolej Volha, K Verneraku 950, 148 00 Praha 4 for approx. 20 EUR per night in a single room. Representatives of EURAG member organisations are getting priority.

**There is a requirement of minimum of 6 participants in the course in order to take place. Deadline for applications March 31st 2016. Please, notice, after March 31st we are not able to book any more university accommodation.**

Send your application by e-mail to the seminar co-ordinator : [dana\\_stein@volny.cz](mailto:dana_stein@volny.cz) or by mail to her postal address: Ing. Dana Steinova, Leckova 1520, 149 00 Praha 4, Czech Republic, mobil phone 00420 608 552 113, fax 00420 272931248, [www.memorytraining.info](http://www.memorytraining.info)

**Application form Seminar for Memory Trainers in Prague from May 19-23, 2016**

Name: .....  
Address.....  
Organisation .....  
e-mail: .....tel.....

