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# In-Cult



**Educational Methods**  
**PERIPATETICS' WALK: REFLECTING,**  
**WALKING AND DISCUSSING**  
**Permanent University**  
**University of Alicante, Spain**

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## Method structure description:

**Name of the method:** Peripatetics' Walk: Reflecting, Walking and Discussing

**Name/institution of the contributor:** Universidad Permanente, Spain

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<https://web.ua.es/en/upua/initiatives/peripateticos/peripatetics-walking-and-reflecting.html>

## Photos



**Author:** Marian Alesón, aleson@ua.es

## Short info:

**Organiser:** Group of seniors, civil society, training programmes for seniors, senior centres, senior clubs.

**Target Group:** seniors (over 50)

**Time required for preparation:** 1 hour

**Time required for implementation:** 2-4 hours depending on the length of each route.

**Venue/place (inside, outside):** outdoors, following a pre-defined route.

**Suitable time:** any time

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**Possibility to implement online:** The utilisation of email, instant messaging or social networks also becomes essential to implement a blended learning methodology in this activity; hence its key importance throughout the preparation and follow-up actions. Should any circumstances prevent the route from being carried out, the programme can be conducted through an informal online discussion meeting, even though one of the main objectives sought with this activity would not be fulfilled, namely: physical exercise. Another option consists in using Facebook, or any other social network, where discussions can be initiated or continued.

**Short description of the method (max. 100 words):**

This method is inspired by the Aristotelian school of philosophy whose members took part in informal philosophical and scientific discussions while walking along the *peripatoi* of the Atenean Lyceum. The Peripatetics' activity proposes a learning method that, in addition to fostering healthy walks for seniors, boosts cognitive and mental development by suggesting discussion topics. From this philosophical inspiration, the Peripatetics' walks promote:

- physically cardio-healthy activities;
- mentally stimulating learning environments;
- socially and culturally enriching gatherings;
- multi-modal flexible and adaptable participation (as a walker, online commentator, listener or active discussant); and
- interactive participatory empowering platforms

**Implementation of the method within the project (max. 100 words):**

The Peripatetics suggest a different topic of discussion each week. In this particular case, they were encouraged to reflect on the value of immaterial cultural heritage in Europe. Group members were sent the link to the In-Cult Project website and the flyer, so that they could check the knowledge section and debate on the treasures and their value during the route proposed.

**Step-by-step description of the method (max. 200 words):**

① Prepare some material for discussion, especially controversial philosophical or scientific current topics. It is advisable to provide some reading material and complementary links for participants interested in having a deeper insight into the issues proposed. The coordinator may also prepare some questions or ideas to start the debate during the route.

② Prepare a route for the activity. This route should comply with the following conditions:

- Duration between 2 and 4 hours (one morning from 10 am to 2 pm, maximum).
- Passing through quiet places, with little road traffic to facilitate discussion.
- Access to the departure point by public transport.
- Enabling places to rest, as well as the possibility of returning home from intermediate points along the journey.

- ③ Send the reading material to participants 4-5 days before the activity, thus giving them enough time to go through the documents. The use of email, instant-messaging or social networks is recommendable, as it fosters a familiarisation with technology too.
- ④ The previous message has to include all the details about the route (a map with the points of interest), the meeting point and the exact departure time.
- ⑤ Coordinators must remember that this activity should be flexible, nobody being consequently forced to participate in the debate. However, they also need to bear in mind that it is important to propose questions or ideas as a means to encourage discussion.
- ⑥ After the activity, some photos and images should be uploaded to social media for the purpose of favouring further interaction online.

**Teaching and Learning (max. 100 words):**

This method encourages seniors to conduct a physically, mentally and socially active life. The success of the Peripatetics' walks depends on these older adults feeling free to join the group even if they do not actively take part in the debates (passive participants can at least profit from the knowledge shared). Therefore, this openness fosters socialisation, alongside knowledge transmission and a healthy lifestyle. All in all, joining a walking group can largely improve the well-being of a community by enhancing participants' physical condition and helping them to stay aware of the current issues defining the society they live in.

**5 Keywords:**

Physical activity, Cognitive activity, Discussion, Blended learning, Active Ageing.

**Possible training tools, material, resources to use (e.g. flyer, roll-up etc.):**

Social networks, web pages, videos, flyer.

**Method dissemination possibilities:**

Facebook community, social media, e-mail, the Internet.