



UNIVERSIDAD DE
COSTA RICA

VAS

Vicerrectoría
de Acción Social



PIAM
Programa Institucional
para la persona Adulta
y Adulta Mayor

The educational experience of virtual courses at the PIAM of the University of Costa Rica

Sofía Segura Cano
Coordinator

Costa Rica: an aging country



Located in Central America

Middle income country

4.7 million people

1.7 fertility rate

Life expectancy: female 82.7 yrs

male: 76.3 yrs

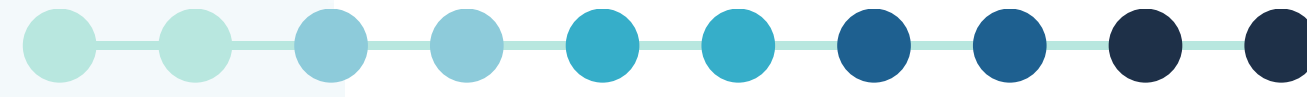
Law 7935*

Law 9394*

Law 9857

2019

8%



2050

21%

Heterogeneity

"Healthy aging is a continuous process of optimizing opportunities to maintain and improve physical and mental health, independence, and quality of life throughout the life course."

1986



Evolution of PIAM on 36 years

2022



Courses of regular students

Specific and regular courses



February 2020- in person



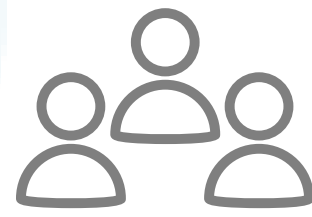
Location



Transportation



Capacity



>2500
people

Specific and regular courses



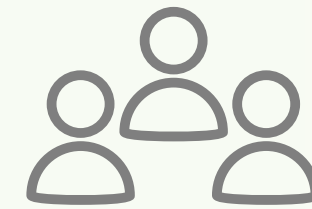
2020-2021



Volunteering



Virtuality



1000
people

Specific and regular courses

Lifelong learning under a non-formal education model in a public university

Growth - Evolution - Advocacy ...

Modalities of PIAM

Regular courses

PIAM students assist with regular students

History

Arts

Architecture

Philosophy

Administration

Sociology

Psychology

Law School

Specific courses

Specific for PIAM students (older than 50 years)

1. Arts and Culture

2. Arts and handicrafts

3. Artistic groups

4. General knowledge

5. Healthy lifestyles

6. Human Movement

7. Foreign languages

8. Information and communication technologies

2020: year of change



1. *Recovery of the experienced process.*
2. *Background reflections*
3. *Arrival points.*

Opportunities, learnings and limitations during the virtual courses in the 2nd cycle 2020, perceived by the PIAM community (facilitators, students and administrative staff)

- Documentary review
- Semi-structured interviews with students (20)
- Group discussion meetings (7)
- Survey (341 forms)

What did we find?

Opportunities

Save money
Accessibility and
inclusion
Mental health self-
care
Social participation
Fight against ageism

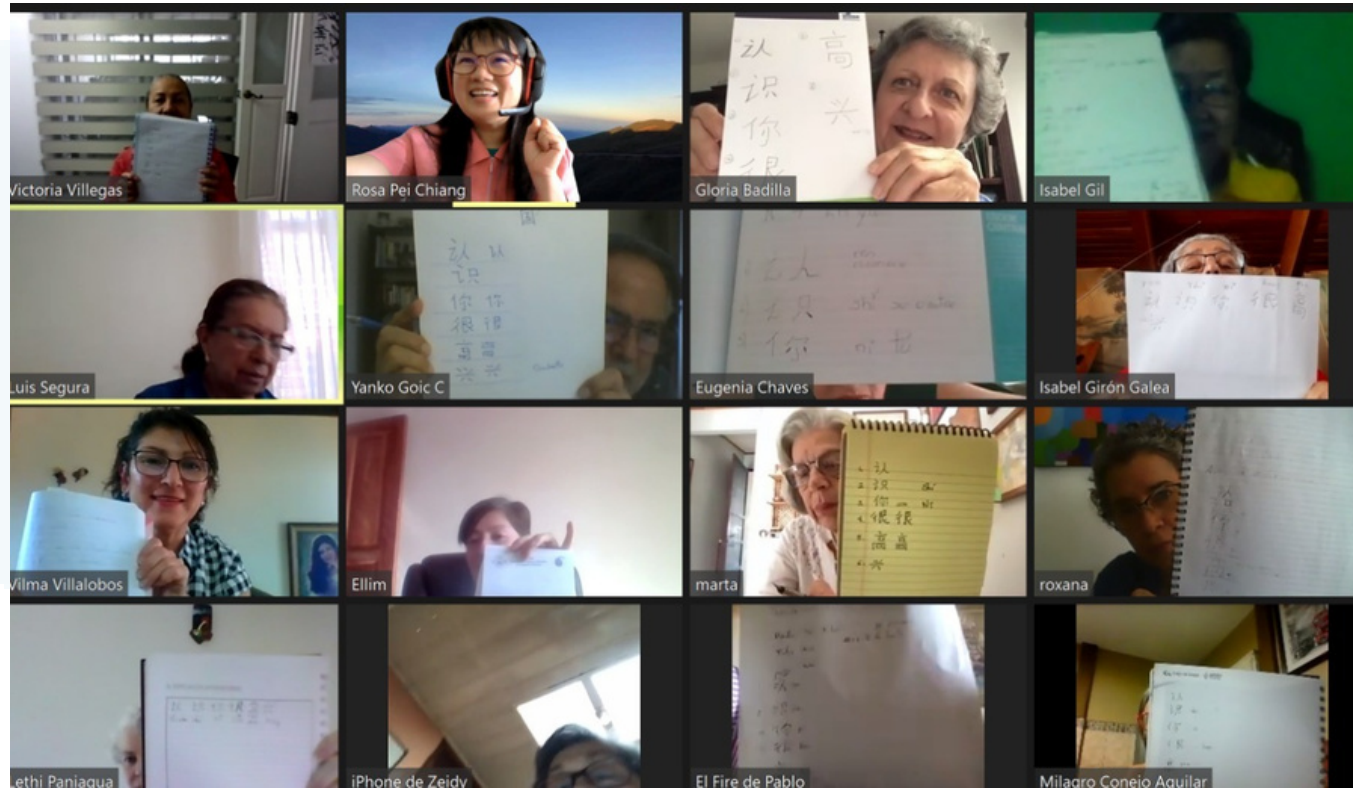
Learnings

Learn to know
Learn to do
Learn to be
Learn to live with
others

Limitations

Economic gap
Digital gap
Attitudinal
limitations
Less collaborative
construction and
reduced leisure
spaces.

2020: year of change



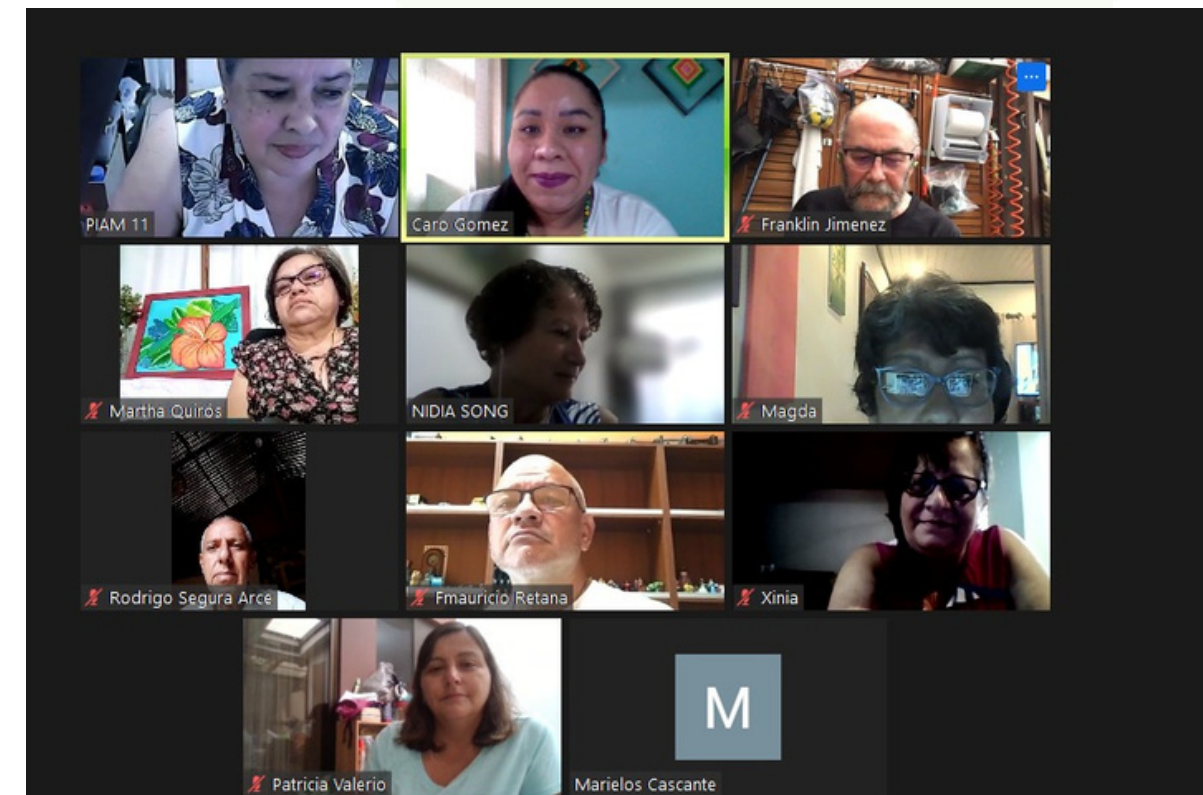
Rosa Pei Chiang with her group



Jorge Grané, facilitator PIAM



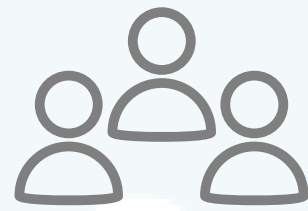
Administrative staff



Sonia Blanco and Carolina Gómez in the last class of the group

2022: year of transition

2022



1000
people



Specific and regular courses

We have called the 1st cycle of 2022 a transition cycle... *since virtuality is approached from a more mature perspective and face-to-face implies returning to university classrooms with compliance with health protocols.*



VIII Congreso Iberoamericano
de Programas educativos
para personas mayores:

**“Desafíos y oportunidades de la educación para mayores
ante las transformaciones derivadas de la pandemia”**

Costa Rica, 2022

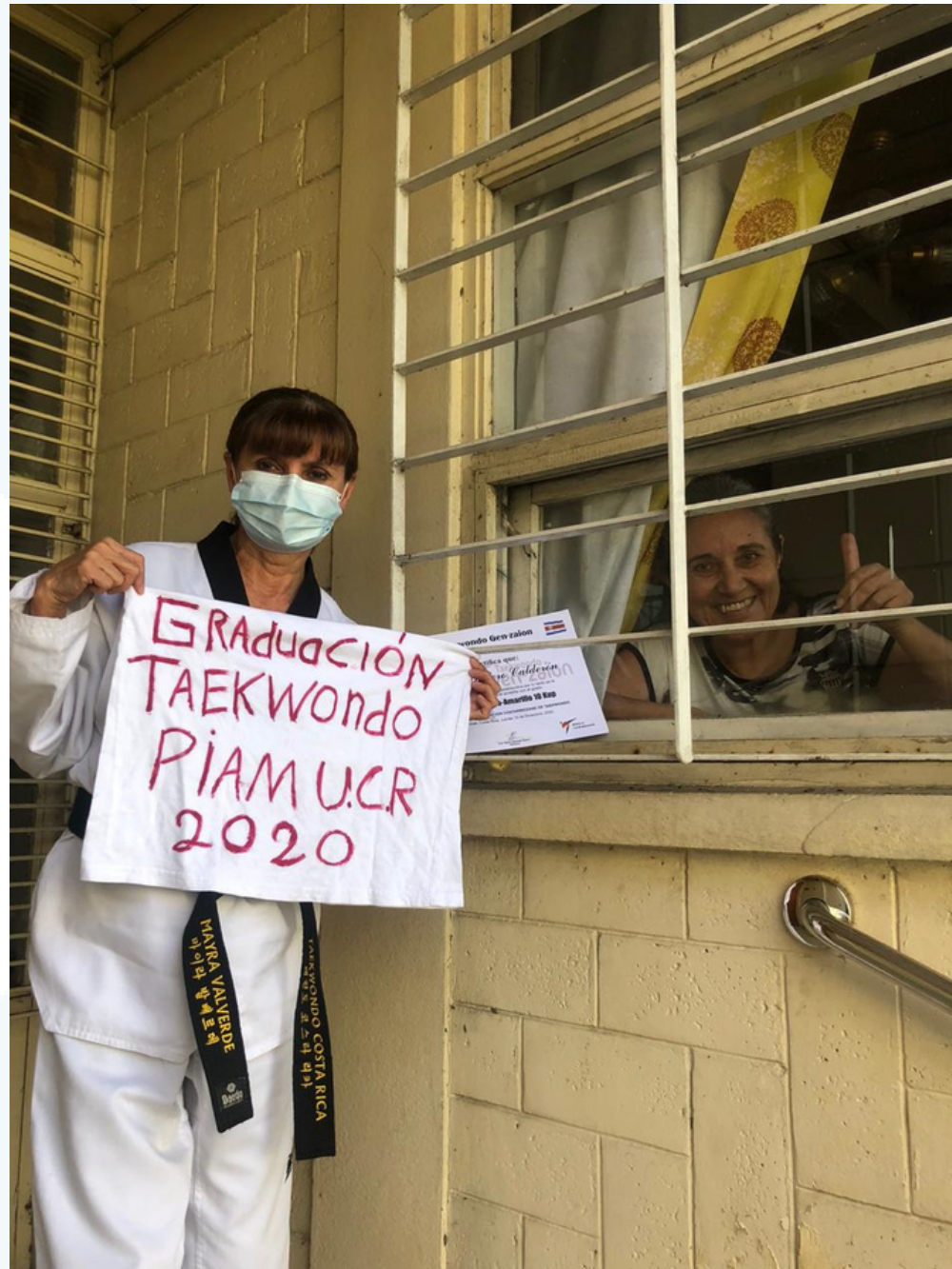
July 27-29, 2022

Virtual, free

More information:

<https://www.piam.ucr.ac.cr/contenido/vii-congreso-iberoamericano-de-programas-educativos-para-personas-mayores>

2022: year of transition



Mayra Valverde with a student in 2020



Mayra Valvered with her group in 2022

2022: year of transition



Artistic group: Alternative Theatre



Artistic group: "Al Son de la Vida"



Artistic group: Chorus Miriam
Accame

Conclusions

- **Covid-19** has brought a series of implications for the elderly, including the teaching-learning process.
- Elder people are **capable** of learning, of adapting to changes in the environment and of **successfully** facing new challenges with the **resources available** to them.
- This experience brought it challenges and limitations, but at the same time, virtualization **opened up** a range of opportunities that we had not necessarily contemplated before.
- The learnings were numerous and focused on **learning to learn**.
- Diagnosis, training, support and follow-up were key to a **successful experience**.



Carolina Gómez



Karen Masís



Maribel Matamoros



Ana Laura Bolaños



Sofía Segura



Silki Pérez



Andrea Vargas



María José Víquez



Ubilcido Galdamez

"(The) Opportunity to share, to speak, to participate, to feel useful and capable, was very important"
(Facilitators PIAM, 2020)