

# Job Shadowing planner (7 days)

NGOs, Senior Services & Lifelong Learning

**\*EXAMPLE PROGRAM**  
(FROM SUNDAY TO SATURDAY)

Morning  
Afternoon  
Evening

Sunday

## ARRIVAL & ORIENTATION



Arrival in the host country, welcome meeting, and accommodation check-in.

Introductory briefing on the programme structure, logistics, and learning objective.



Free time

Monday

## CULTURAL & INTERCULTURAL LEARNING



Cultural exploration of the host city and its social context, supporting informal learning, intercultural awareness, and group cohesion.

Free time

Tuesday

## JOB SHADOWING IN SENIOR SERVICES & VOLUNTEERING

Job shadowing activities in organisations working with older adults, combined with a visit to a volunteer-based or humanitarian organisation to observe daily operations and community engagement.



Free time

Wednesday

## LOCAL CONTEXT & INFORMAL LEARNING



Informal learning activities focused on local traditions, social practices, and community life, offering a broader understanding of the host environment.

Free time

Thursday

## RESIDENTIAL CARE & PROJECT COORDINATION

Observation of residential care models for older adults, followed by a visit to a project coordination organisation to explore mobility management, partnerships, and digital innovation.



Experience at Odyssey Malta

Free time

Friday

## LIFELONG LEARNING & ADULT EDUCATION PRACTICES



Visit to an adult education or lifelong learning organisation, including a short presentation, observation of training activities, and exchange with staff and participants.

Free time

Saturday

## FINAL REFLECTION & DEPARTURE

Final debriefing, reflection on learning outcomes and competences gained



Departure of participants

