



**Society "Riga active
seniors Alliance"**



«We cannot do great things in this world. We can only do small things with great love.» - Mother Terese



The aim of the association is to promote the socialization and integration processes of seniors and persons aged 50 and over in Riga (and the Riga Planning Region).



The main tasks of the society are: (I)

- Identify and unite active seniors and other active individuals in the Grīziņkalns neighborhood and Riga!



- Organize working groups and think tanks on various issues!

- Protection, advocacy, and representation of seniors' interests in Latvia and Europe!



- Organize self-expression groups in various fields!



The main tasks of the society are: (II)

- Promote civic engagement of seniors and social cohesion!



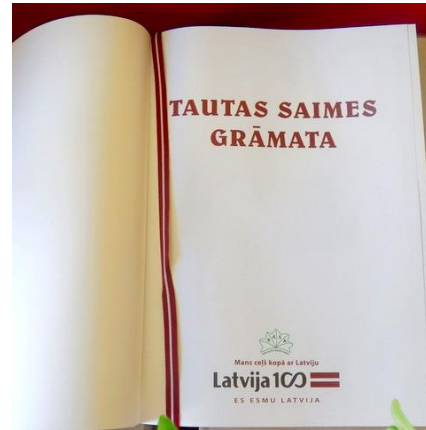
- Implement project work!



- Educate and inspire seniors on a wide range of topics!



- Leave lasting values for the future!



The main tasks of the society are: (III)

- Provide support to Ukraine and its civilians!



- Support and organize charity events!

- Ensure the operation of the community center and provide extensive support to seniors!



- Mobilize seniors for volunteer work!





**The society unites
more than 1,000 active
and engaged seniors
and carries out
activities for the public
good!**





**RASAs dew drops or the
range of our activities**



**RASAs Drops -
Advocacy**



The society has long-standing experience in advocacy and representation. Its representatives actively participate in more than 15 different consultative mechanisms, such as the Advisory Council for Senior Affairs of the Ministry of Welfare of Latvia, committees and commissions of the Saeima and Riga City Council, activities of other non-governmental organizations (NGOs), and more.





RASAs Drops - Digitalization



DEMOKRĀTIJAS ATSLĒGAS

instrumenti digitālās un zaļās
mobilitātes veicināšanai

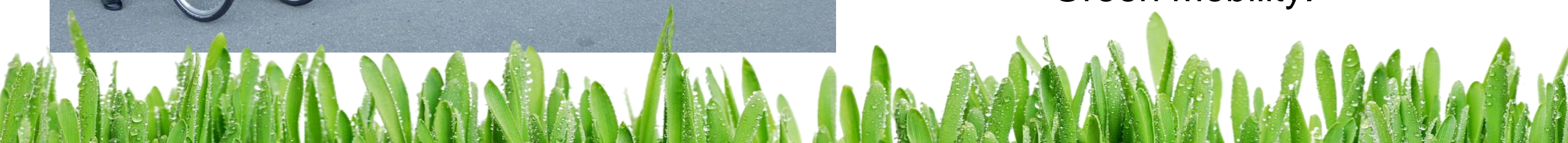


SENIOR, ESI DIGITĀLS UN MOBILS,
IESAISTIES PILSONISKĀS AKTIVITĀTĒS!

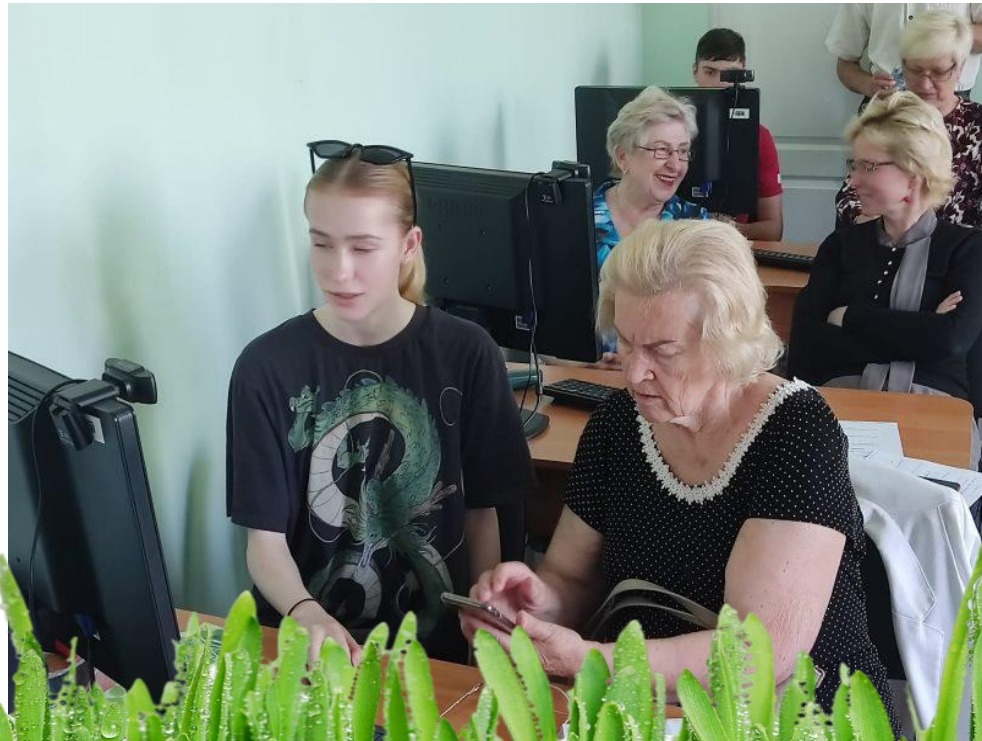


**The RASA actively engages in
project work.**

In recent years, several projects have
been implemented, such as the AIF
project "Keys to Democracy and
Green Mobility."



The association has a modern computer lab where various training sessions are regularly held. Seniors are assisted in learning digital skills by both experts and young people.



Digital skills are very important for seniors today!

Key issues:

- Differences in technological skills;
- Access limitations;
- Geographical availability of training;
- Lack of educators for senior audiences;
- Lack of motivation to learn;
- Lack of media literacy and critical thinking;
- Increase in fraud.

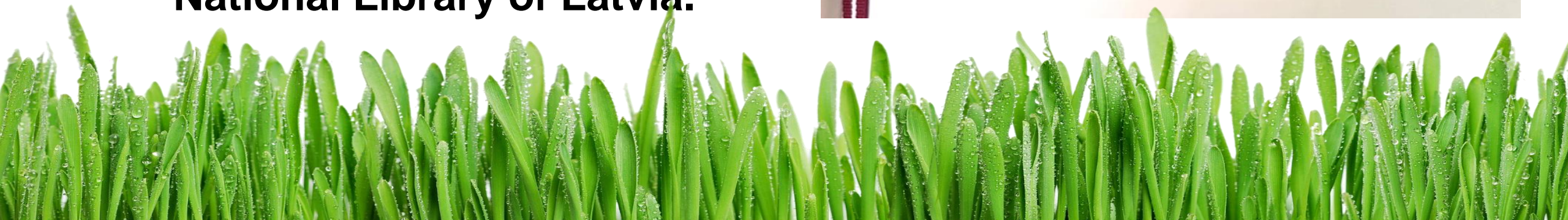
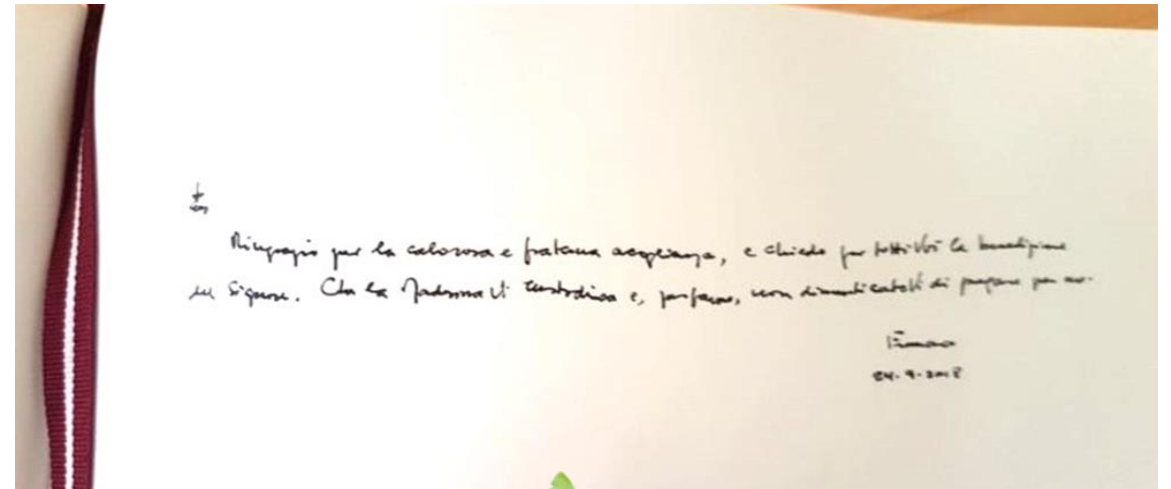


Latvija 100



“I thank you for the warm and brotherly reception and ask for the Lord's blessing upon you all. May the Mother of God protect you...,” such were the words of the Pope of Rome to the people, written in the People's Book.

On the centenary of Latvia, the association created a project aimed at producing an original and unique people's book (written by hand). It has now been handed over to the National Library of Latvia.



Now, the "People's Book" is digital.



- This book can serve as a guide, handbook, or directive for every civically active senior to preserve, maintain, and develop democratic values.
- It provides answers for seniors on why digital skills are necessary and how they can influence civic engagement, and how to make seniors' voices heard in municipal work and decisions.
- The People's Book is available here: <https://senioridigitalagramata.lv/#page/1>





**RASAs Drops -
Lifelong Learning,
Self-Expression
Groups, Think Tanks**

The association actively engages in volunteer work. Volunteers include association members, young people, and other interested individuals, such as students.



Grandmothers' Contact Exchange

It is an educational program in the basics of childcare.



Active aging includes lifelong learning. Taking into account seniors' interests and desires, and utilizing the association's resources, various activities are offered: learning digital tools, language courses (English, German, French, Latvian, Russian), health exercises, Qigong, line dancing, mind games, visual arts classes, educational seminars, creative workshops. Several hundred participants engage in these activities every week.



We protest! We express our opinions! We are civically active!



Lifelong Learning

THE ADULT INFORMAL EDUCATION INSTITUTION RIGA ACTIVE SENIOR ALLIANCE RASA OFFERS:

- Language courses
- IT technology training
- Babysitter courses - addressing demographic issues
- Mind games
- Line dancing
- Visual and applied arts: painting, beadwork
- Exercise: health exercises, Qigong exercises, Nordic walking



The association actively welcomes guests and visits others for exchange of experiences.



Representatives of the RASA association participated in a networking and experience exchange trip to Tartu, Estonia, visiting the local senior association "KODUKOTUS."





RASA regularly engages in experience exchanges. We have visited almost all European countries!

Photo from the visit to Iceland! In 2022, we had a valuable visit to Iceland to promote cross-border cooperation and exchange information on digital opportunities for fostering a culture of democracy. On August 22, 1991, Iceland was the first country in the world to recognize Latvia's independence. The picture shows the building where this historic event took place.



The association is active in international events. It is a member of the European senior network "EURAG."



The association actively collaborates with senior organizations in Estonia, Lithuania, Finland, Denmark, Canada, Australia, Germany, the Czech Republic, Austria, Belgium, the United Kingdom, Slovakia, and Slovenia. It participates in activities of the European Federation of Older Persons (EURAG), which actively supports the senior movement in Europe and worldwide.



Preparing for the 2024 European Parliament elections - meetings with politicians.



**A different
kind of
guest book
- in a
painting!**





**RASAs Drops –
Support for Ukrainians**

Providing support to Ukrainian civilians

- Language courses
- Events
- Excursions
- Participation in support rallies






**RĪGAS AKTĪVO SENIORU ALIANSE
AICINA**




**LATVIEŠU MĀKSLINIEKU
GLEZNU UN GRAFIKU IZSTĀDE
"AR MĪLESTĪBU LATVIJAI
NO UKRAINAS"**

Atklāšana Gleznas un grafikas no
Staņislava Rešetilo kolekcijas
(Ukraina, Harkiva)

2024. gada 10. maijā plkst. 13.00
RASA birojā A. Čaka ielā 139., 3. stāvā

Izstāde notiek par ziedojumiem!

Exhibition "With Love to Latvia from Ukraine"





**RASAs Drops -
Community Center**

The RASA day center is transforming into a community center in Grīziņkalns!



OUR HOME IN RIGA

139 Aleksandra Čaka Street





**DON'T STAND ASIDE,
COME AND GET INVOLVED!
AGE IS NO BARRIER TO
AN ACTIVE SENIOR LIFE!**

Thank you for your attention!

Contacts:

Tel.: +371 67221487

+371 27744417

Email:

biedriba.rasa@inbox.lv

Website:

www.biedribarasa.lv

Address:

A. Čaka Street 139, Riga, LV-1012

Registration No.

40008170098

