socialshift.eu

August 2026

Newsletter 1

Welcome to Social Shift!

We are excited to introduce **Social Shift – Preparing pre-retirees and young retirees for a new social role by strengthening social competences and focusing on a new social role**, an Erasmus+ project bringing together organisations from across Europe.

Retirement is much more than the end of professional activity. It is an important life transition that can bring new opportunities, but also significant changes in everyday routines, relationships, social networks and personal identity.

Social Shift aims to support people approaching retirement and those who have recently retired in navigating this transition with confidence. The project focuses on strengthening social competences, encouraging active participation and helping people discover new meaningful roles in their communities.

Rather than seeing retirement as withdrawal from active life, Social Shift promotes it as an opportunity to **redefine one's role, build new connections, share experience and remain actively engaged in society.**

Who is Social Shift for?

The project primarily addresses:

pre-retirees preparing for the transition from professional life to retirement,

young retirees adapting to a new stage of life,

trainers, educators and professionals supporting adults during important life transitions,

organisations, institutions and community actors working in the fields of adult education, active ageing and social inclusion.

What will Social Shift create?

Over the course of the project, partners will develop a set of practical resources supporting both learners and professionals working with them.
One of the key results will be the **Social Shift Training Toolkit**, including a **Manual for Trainers** and a **Self-study Course**. These resources will provide practical learning opportunities related to preparing for retirement, strengthening social competences and discovering new forms of social engagement.

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The developed materials will then be tested through **international and national training and piloting activities**, allowing partners to collect feedback and further improve the project resources.

Another important result will be the **Good Practices Compendium**, bringing together inspiring practices, experiences and testimonials connected with active participation and the transition to new social roles.

Throughout the project, we will also share our work through the Social Shift website and social media, newsletters, video materials, national and international events and a dedicated series of **15 Social Shift podcasts**.

Social Shift started in Paris!



On **17–18 March 2026**, the Social Shift partners gathered in beautiful **Paris** for the project's first Transnational Project Meeting and official Kick-Off Meeting.
Hosted by **M3Cube**, the two-day meeting marked the beginning of our European cooperation and gave partners the opportunity to turn the project's vision into a concrete plan of action.
The meeting focused on the first crucial stages of Social Shift. Partners discussed project management and quality assurance, planned the methodology and structure of the **Social Shift Training Toolkit**, and agreed on the first steps for communication and dissemination activities Particular attention was given to the future **Manual for Trainers and Self-study Course**, which will form the core of the project's educational resources. Beyond planning tasks and deadlines, the meeting was also an important opportunity to get to know one another, exchange perspectives and build a common understanding of what Social Shift wants to achieve.
Two productive days, five partner organisations and one shared goal: helping people approach retirement not as an ending, but as the beginning of a new and meaningful social chapter.

A big thank you to **M3Cube** for hosting us in Paris and to all partners for their energy and commitment!

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Social Shift goes local!

Following our first international meeting in Paris, Social Shift moved from the European level to our local communities.

During the first months of the project, **National Kick-Off Events were organised in all partner countries**, introducing Social Shift to local audiences and stakeholders.

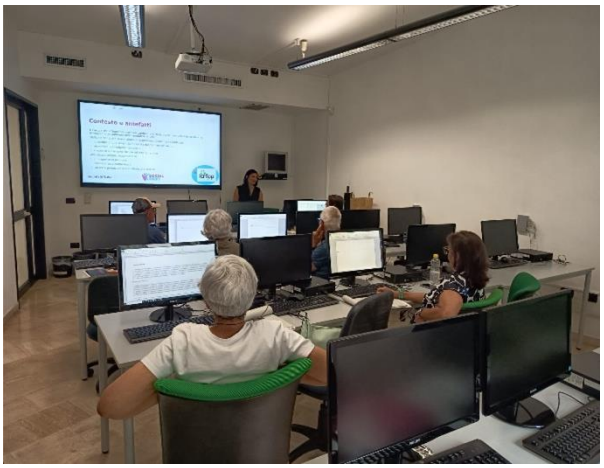
The events provided an opportunity to present the project's objectives, target groups and planned activities, explain why preparing for the transition to retirement deserves greater attention, and start conversations about active ageing, social engagement and meaningful participation after professional life.



Poland



Slovakia



Italy

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They were also an important first step in **building national networks around Social Shift** and connecting the project with people and organisations that can contribute their experience and perspectives throughout its implementation.

Although organised in different national contexts, all the events shared the same message:

Retirement does not mean stepping away from society. It can be an opportunity to discover new roles, build new relationships and find new ways to contribute.

Thank you to everyone who joined our first national activities and helped us officially launch **Social Shift across Europe!**



France



Bulgaria

What comes next?

This is only the beginning of the Social Shift journey.
In the coming months, partners will continue developing the **Social Shift Training Toolkit**, preparing the Manual for Trainers and Self-study Course and building the foundations for the project's future training and piloting activities.
At the same time, we will continue connecting with stakeholders, sharing knowledge and exploring what a fulfilling, socially active transition into retirement can look like in different European communities.

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Meet the Social Shift partnership

Social Shift brings together **five organisations from five European countries**, combining experience in adult education, training, social inclusion, community engagement and European cooperation:

TIMAN – Slovakia
M3Cube – France
FRAME – Poland
I.E.R.F.O.P. ETS – Italy
TERRA – Bulgaria

Each partner contributes its own expertise and national perspective, allowing us to explore the transition to retirement in different social and cultural contexts and to develop resources that can be useful across Europe.

Follow Social Shift and stay with us as we turn retirement into a Social Shift!

Facebook **Instagram** **LinkedIn**

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