

Deutsch
English
Français

Mental-Vital-Trainer*In

Further Qualification for the Future





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Imprint

This brochure was created as a conclusion of our „Mental-Vital-project“, co-funded by the European Union through the Erasmus+ Program.

It is addressed to our trainers and all participants of our memory training courses, as well as to all people interested in Holistic Memory Training. The brochure is also available online free of charge in German and French.

Editorial office: Editorial team responsible for the „Mental-Vital-Project“

Reprinting is subject to authorization.

Our associations can be reached via their internet sites.

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FOREWORD

We - the four leading Memory Training Associations, i.e. BVGT in Germany, ÖBVGT in Austria, LVGT in Luxembourg and (SVGT) in Switzerland - are committed to the promotion and expansion of holistic learning, thinking and memory training, which focuses on people with their resources and skills, throughout Europe.

All four partner associations are non-profit-oriented and have been working for years on common goals and projects for the future: the promotion and expansion of memory training in Europe, with a holistic approach and according to the latest scientific findings.

We decided to create a joint brochure to raise social awareness of the need for lifelong cognitive training to strengthen mental health with a high quality standard. This brochure is the result of our Mental-Vital-Project, co-funded by the European Union through the Erasmus+ Program. The importance of memory and brain training in different age and target groups throughout Europe will increase significantly in the coming years. Demographic developments will also contribute to this, as today's "middle-aged" 30- to 50-year olds will in the foreseeable future be counted among the "old adults".

These people are already thinking about how to take preventive action against the loss of competence they fear in old age. In order for each individual to be able to cope in today's highly complex society with its diverse structures and forms of information transfer, the individual's intellectual potential must be fully used. The aim of this brochure is to raise awareness of the potential of holistic memory training among adults in all EU countries.

Holistic Memory Training offers a wide range of possibilities and represents an additional qualification, from which different professional groups benefit.

EXEMPLARY FIELDS OF WORK

Senior citizens

Staff in day centres
Care professionals
Caregivers
Volunteers
Gerontopsychology
Occupational Therapy
Senior education
...

Adults

Professional counselling
People from adult
education
Personal Development
Psychology
...

Children and Teenagers

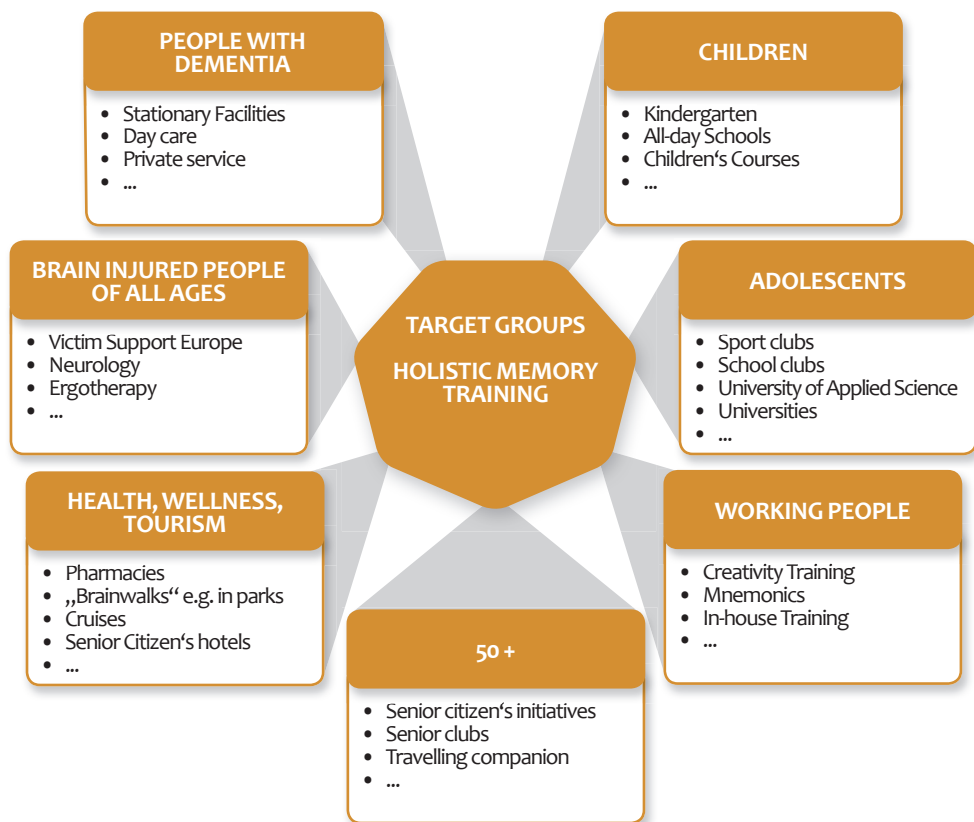
Pedagogy
Learning counselling
Tutoring
Dyslexia and
dyscalculia
...

WHICH TARGET GROUPS DO MEMORY TRAINERS WORK WITH?

Memory training is carried out with various groups, e.g. in the areas of children and youth work, adult education, senior citizen work or care for the elderly. Courses are offered, tailored to the group of participants in many care facilities, meeting places for the elderly, church communities, adult education centers or facilities selected by the trainers. Courses for professionals or special occupational groups often take place in companies. There are also outdoors offers in natural surroundings: so-called thinking-paths. In addition, offers include exciting thinking courses, city tours, supporting programs for trade fairs, company events, family celebrations or afternoon care for children.

In this respect, you should make sure that a broad repertoire of exercises is made available in a training for memory trainers, so that trainers are in a position to adapt the exercise material each time to the needs of the participants. Furthermore, trainers should be able to apply different learning methods when training with groups.

The following diagram gives an overview of the areas in which memory trainers can work.



02 | WHAT IS CERTIFIED HOLISTIC MEMORY TRAINING?

The European umbrella organisations offer a high-quality training for memory trainers.

A certified memory trainer has a basic training recognised by the European umbrella organisation EUVGT – www.euvgt.eu - and continues to train with the European associations.

WHAT DOES HOLISTIC MEMORY TRAINING MEAN?

What does holistic mean in general, and specifically in memory and brain training, and how can this holistic approach be realised in practical work?

Curative education uses the method of action-based learning, an approach that is also important for memory and brain training. Among other things, physical agility, perception, expression and communication skills are promoted. These abilities are interdependent.

If you want to make full use of the participants' learning abilities, you have to take these interdependencies into account and consider them when planning a course. The holistic approach makes it possible to interact with people on other levels than the purely cognitive level. The whole person is involved, not just individual functions of the brain. The aim is to activate or reactivate mental, spiritual and physical functions.

EFFECTIVENESS OF HOLISTIC MEMORY TRAINING

Scientific studies show that memory training, in combination with physical training, not only improves the brain's circulation and metabolism, but also has a positive effect on overall physical and mental health. Unused parts of the body are subject to atrophy. The benefit of physical exercises for the body is comparable to the benefit exercising mental faculties can have for the brain.

Targeted, regular holistic memory training increases both concentration and memory in children as well as in young and older adults and enables a high level of competence. Only long-term training promises success. However, experience shows that most people are only willing to train permanently, if they also enjoy the training. Holistic memory training is therefore carried out without any pressure to perform, as this could cause blockages. A thirst for knowledge, curiosity and aha-experiences should be encouraged and a sense of achievement should be made possible; not overtaxing is an essential principle.

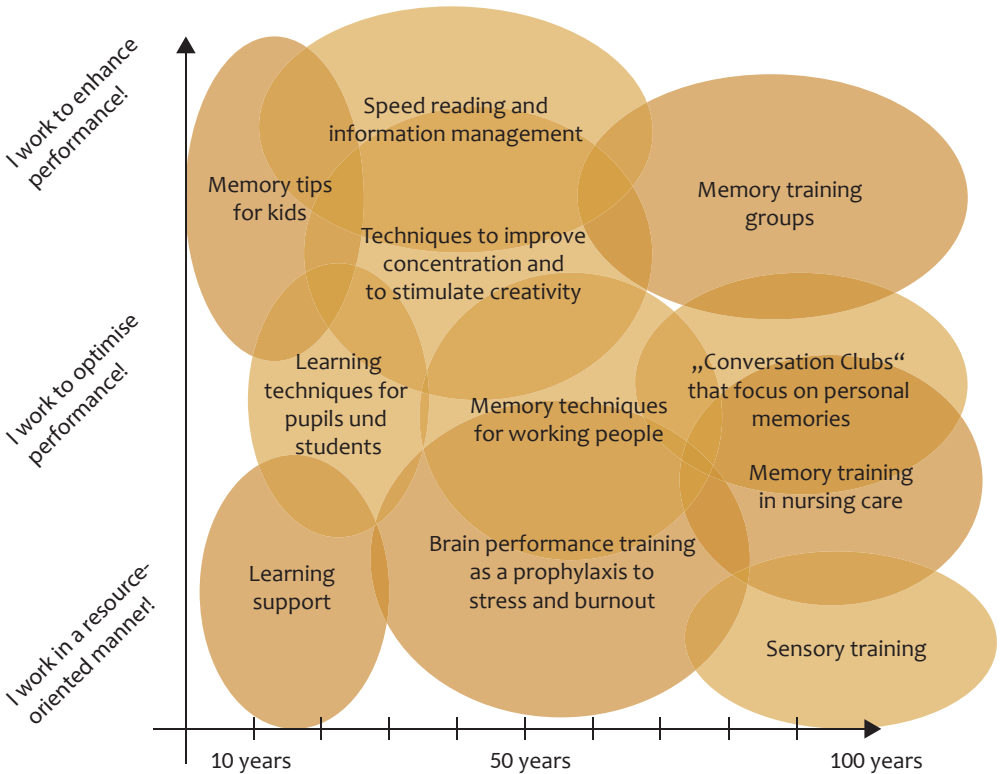
IT IS EASIER TO LEARN IN A GROUP

Holistic memory training can be done alone or in a group. Working in a group, however, has some additional advantages. For one thing, it has a positive effect on motivation and leads to an increase of training success. In addition, it offers the opportunity to train communication skills, and finally, social interaction also plays a role.

QUALITY OF TRAINING

An association that trains memory trainers should itself be certified by an independent expert and publish its principles in a mission statement in order to be able to guarantee high quality at association level and in further training. Only those, who systematically develop themselves as an association and hold themselves responsible for high quality standards for the benefit of members and course participants, can meet the requirements of a future-oriented organisation.

03 | TARGET BAROMETER



04 | HOW DO I FIND A GOOD PROVIDER OF MEMORY TRAINING?

Do you enjoy working with people and would you like to acquire an additional professional qualification? Are you looking for a new, interesting field of activity and would you like to offer your own services as a memory trainer for a wide range of groups? Then you already have the first prerequisite. What you need now is a suitable provider, who can train you in memory training.

The quality criteria of the European Memory Training Association (EUVGT) are intended to help you to find a provider, who can offer you high quality training. The following catalogue of criteria does not claim to be complete, but gives you important clues as to what you should look for.

THE CONCEPTUAL BASIS

The holistic approach - which has already been described in detail in chapter 2 - makes it possible to interact with people on other levels than only the cognitive level. Different brain functions cannot be trained in isolation but should be simultaneously stimulated with a range of holistic exercises. At the same time, it should be ensured that an advisory board of scientists and subject matter experts accompanies the work of the provider to validate and improve training methods in the light of the latest scientific findings and research results. If this concept appeals to you, you will find a list of suitable training providers at the beginning of the brochure.

WHAT QUALIFICATION DOES A GOOD COURSE LEADER ACQUIRE WITH CERTIFIED TRAINING?

Professional competences

In the training course, future memory trainers should acquire the following professional skills, among others:

- Be able to communicate information about the human brain and its functions
- Know a rich and wide repertoire of exercises and be able to adapt them to different target groups
- Know learning goals and make them achievable
- Know their own competence limits

Methodical Qualification

In the training course, the participants should acquire the following methodical-didactical skills, among others to be able to:

- Design a memory training course appropriate for the target group, with suitable exercise material
- Plan and design the course of training lessons
- Select adequate techniques and methods
- Present complex issues in a comprehensible and stimulating manner
- Respond to the participants' strengths and weaknesses
- Encourage the participants to ask questions

Qualification as a course leader

In the training, the participants should acquire the following social and pedagogical competencies, among others:

- Be able to lead a group and control group processes
- To manage and keep time
- To be able to motivate participants
- To be able to ensure that the training is free of disruptions
- To have the ability for self-reflection, and see evaluation and collegial supervision as an opportunity

WHY SHOULD A PROVIDER BE CERTIFIED?

The trainer instructors of certified associations are continuously trained according to the latest scientific findings. Continuous further education is obligatory for all trainer instructors, specialised trainer instructors and memory trainers. The training with a certified provider ensures the continuous development of one's own teaching work, which focuses on the educational needs of the individual.

All members of certified memory training associations have the opportunity to exchange ideas with other course leaders on a professional level.

05 | EXAMPLES FROM THE EXERCISE REPERTOIRE

The following training exercises are intended to give an overview of different performance areas of the brain and to show the variety of training exercises.

EXERCISE 01 - PERCEPTION

Find the differences between the two pictures :



The orange part shows the solutions of the exercises of this booklet, as practical information about the continuation of the exercises, of their relevance to daily life and an indication to the correspondent brain activities.



EXERCISE 01 - PERCEPTION



Perception

Concentration

SOLUTION:



What is trained and why is it important in everyday life?

This is mainly about perception down to the smallest detail, as quickly and accurately as possible. This is also important in everyday life when, for example, traffic lights change in road traffic or parking areas are newly sign-posted.

Do you need more of a challenge?

Then cover the right picture and memorise only the left picture. When you are sure to have memorised everything in detail, look at the right picture while covering the left one. Now try to remember all the differences.

How else can I train with this exercise?

Please answer the following questions about the picture on page 06. This exercise trains your memory skills and short-term memory.

Which sights did you recognize?

Clockwise: Statue of Liberty, Pyramids, Eiffel Tower, Kremlin, Leaning Tower of Pisa, Taj Mahal, Big Ben.

In which countries can these sights be found?

USA, Egypt, France, Russia, Italy, India, Great Britain

EXERCISE 02 - MEMORY

Read through the following text and try to remember what you have read as accurately as possible. Afterwards there will be questions about the text.

Please imagine the following situation and visualise a terrain plan while reading:

You are standing at the entrance gate of the park, which is in the south of the park grounds. In front of you there is a small forest. To the left of it – as seen from your current location (entrance gate) - there is a pond, over which a bridge leads from south to north. To the right of the bridge, three ducks are swimming. Behind the pond, there is a park bench with a view of the pond. South of the bridge there is a flower bed. To the left of the entrance gate, there is a pavilion and to the left of it a children's playground.

NOW COVER THE TEXT AND ANSWER THE FOLLOWING QUESTIONS:

Where - as seen from the pond - is the flower bed? (Compass direction)

You walk from the entrance gate to the left - where do you arrive?

From which direction do you now hear the shouting of playing children?

What is opposite the entrance gate?

What is the quickest way to get to the park bench?

Crossing the bridge, you see how many ducks on which side of it?

You sit down on the bench and explain to a stranger the park and the way to the exit.

EXERCISE 02 - MEMORY



Memorizing

Perception

Concentration

SOLUTION:

1. **On which side of the pond is the flower bed? (Compass direction)**
South
2. **You walk from the front gate to the left – where do you end up?**
Pavilion
3. **From which direction do you now hear the shouting of playing children?**
Left of the pavilion, west
4. **What is opposite the frontgate?**
Small forest
5. **What is the quickest way to the park bench?**
Across the bridge
6. **When you cross the bridge, on which side do you see how many ducks?**
Right, 3 ducks
7. **You sit down on the park bench and explain the park and the way to the exit to a stranger. Position: park bench**
See text page 09

What is trained and why is it important in everyday life?

In addition to auditory perception and concentration, this exercise primarily trains short-term memory. The more vividly you can imagine the description, the easier it is for the brain to memorise the details. This is also important in everyday life, when someone gives directions to a certain destination or describes the location of a certain object that you have to find in an unfamiliar environment.

Do you need more of a challenge?

Try to make a sketch of the park that is as detailed as possible.

How else can I train with this exercise?

Find as many compound words as possible that include - park - :
Example: parking, park bench, park-and-ride, fun park , ...

EXERCISE 03 - ASSOCIATIVE THINKING

Do you know emojis?

Emojis are ideograms, i.e. graphic symbols that replace longer words, especially in text messages and chats. In the meantime, the colourful mini-graphs have also established themselves as an art form. With “Emoji Dick” there even is a version of the book “Moby Dick”, that has been completely “translated” into emoji symbols.

Translate the emojis! What are the fairy tale titles?

1.



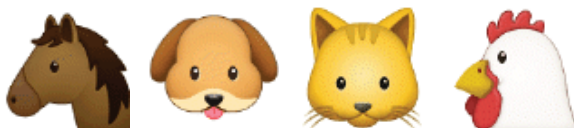
2.



3.



4.



5.



EXERCISE 03 - ASSOCIATIVE THINKING



Ability to make free associations

Word Finding

Perception

SOLUTION:

1. Snow White and the Seven Dwarfs
2. Frog King
3. Little Red Riding Hood
4. The Bremen Town Musicians
5. Sleeping Beauty

What is trained and why is it important in everyday life?

In this exercise, the ability to make associations and find words is particularly important. It also trains flexibility of thought. In everyday life, these pictorial representations of facts not only appear more and more frequently in the form of emojis, but are also ubiquitous in the form of pictograms. Thus, this exercise also trains the ability to find one's way in everyday life.

How else can I train with this exercise?

Find more fairy tales that can be represented in the form of emojis. This also trains the ability to make free associations as well as creativity.

Look for fairy tales that feature animals or princesses. This will help you train your recall from long-term memory.

Recall the fairy tales shown on p. 09 and look for examples of quotations and who said them, e.g. „Mirror, mirror on the wall“ – Snow White's stepmother

EXERCISE 04 - WORD FINDING

Anagrams are new word formations by word rearrangement. This means that as many new words as possible should be formed with the letters of the original word. However, only the given letters may be used. No additional letters may be added.

Form as many new words as possible with the letters of the following word:

MEMORY TRAINING

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

EXERCISE 04 - WORD FINDING



Word Finding

Concentration

Perception

SOLUTION:

Given Word: MEMORYTRAINING

As there are hundreds of ways to generate word in this exercise, only a few are given: agent, train, raining, ring, memo, morning, ...

What is trained and why is it important in everyday life?

This exercise mainly trains word finding. By forming new words from given letters, the passive vocabulary is activated. Words are found that are rarely used in everyday life. This also helps to work on the “It’s on the tip of my tongue problem.”

Do you need more of a challenge?

Keep the given word in mind, do not write it down - and try to create as many new words as possible.

You can also compare the following words with the original word and cross out those that cannot be formed from the letters of the given word.

RYTHM, MIMY, TRY, THING, RINGING, OR, EYE, TRAY, MAY, TOM, TOMMY, GREY, GONG, GOT, SONG, GOING, RAIN, MAIN, RAISING

Find the letters from crossed out words that do not appear in the original word and write them down. Make a word from these letters.

How else can I train with this exercise?

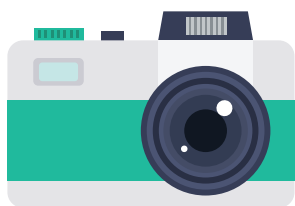
Try to find as many words as possible for a particular letter of the original word. If you choose a letter, i.e. the first letter of the new words, word finding is easier.

If you write the letters on post-its or cards, you can easily rearrange the letters and do not run the risk of accidentally using more letters.

EXERCISE 05 - COMPLEX WORD FINDING

Can you find the names of the three cities shown here as picture puzzles?

~~4,5,6,~~



+



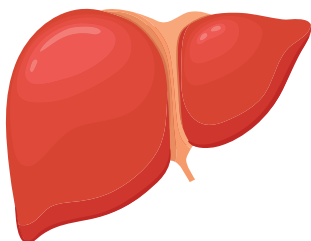
~~5,6,7~~



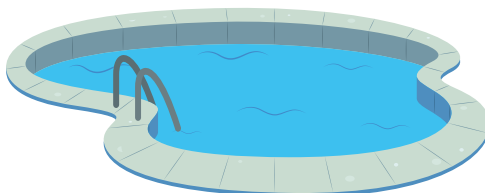
+



1 = g



+



EXERCISE 05 - COMPLEX WORD FINDING



Association skill

Word Finding

Concentration

SOLUTION:

Cambridge - Camera (without e,r,a) + bridge

Glasgow - Glasses (without s,e,s) + Cow (1. letter is a g)

Liverpool - Liver + Pool

What is trained and why is it important in everyday life?

In this exercise, the ability to make free associations and mental flexibility are trained. By leaving the usual path of thought one arrives at one's goal. It is important in everyday life to be able to find the way back out of mental dead ends.

How else can I train with this exercise?

Try to create a so-called rebus-puzzle yourself. This also trains your flexibility of thought and creativity.

Have you ever visited the cities you were looking for? If so, in what context and with whom?

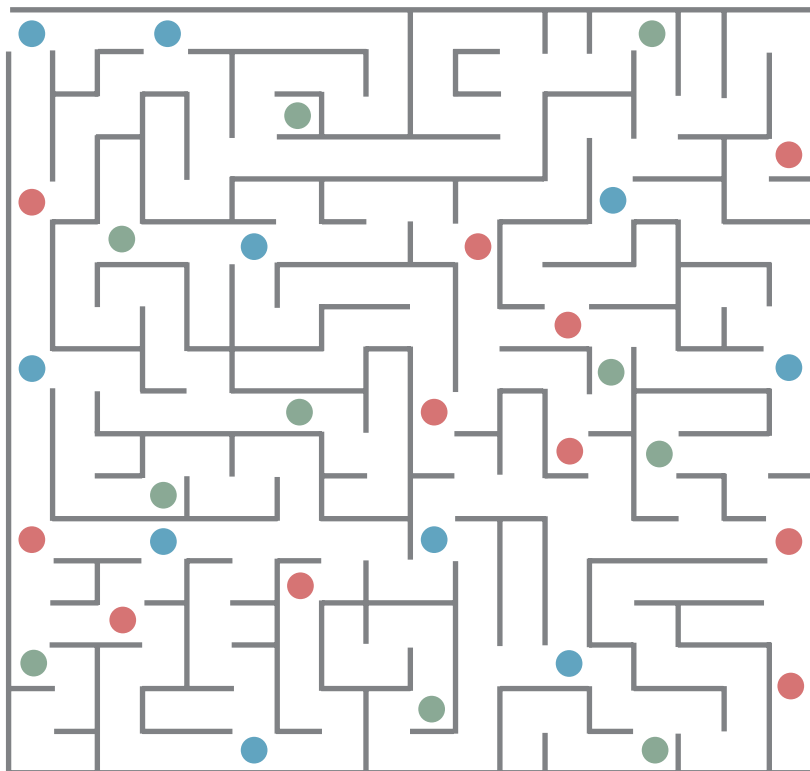
Do you know the sights in cities, that you have already visited or would like to visit one day?

By thinking about these questions you stimulate your long-term memory and especially your biographical memory.

EXERCISE 06 - CONCENTRATION

Find your way through the maze.

But beware: The path must alternate between a blue dot and a red dot and must not cross itself!



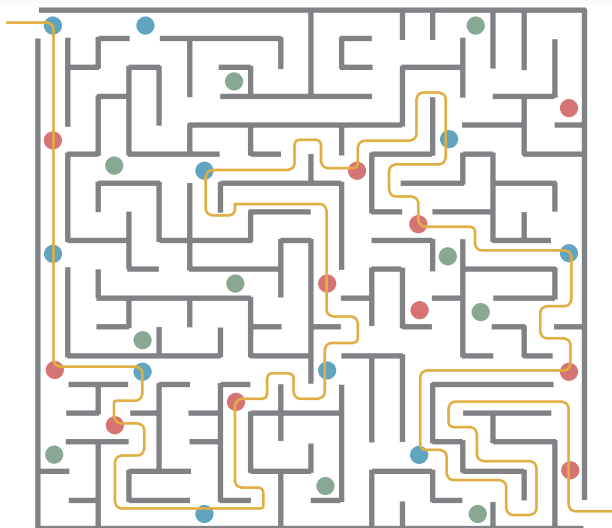
EXERCISE 06 - CONCENTRATION



Perception

Concentration

SOLUTION:



What is trained and why is it important in everyday life?

This exercise trains both sustained attention and perception. This is especially important when an activity needs to be pursued for as long as possible.

Do you need more of a challenge?

Solve the maze without using a pencil. This way you have to keep the path you have taken so far in your short-term memory.



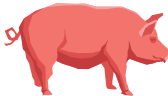





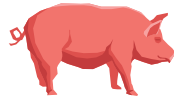



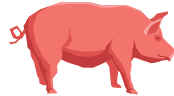



How else can I train with this exercise?

For each blue or red dot you pass, find a word that contains blue or red:
Example: blueberry, redbreast...

Another possibility is to name an object of the same colour for each colour point, for instance sky, cherry, ...

EXERCISE 07 - LOGIC

Each animal in the grid represents a number. Find out which numbers are behind the animals by calculating them from the sums of the rows and columns.

| | | | | |
|----|---|---|--|---|
| 16 |  |  |  |  |
| 23 |  |  |  |  |
| 15 |  |  |  |  |
| 17 |  |  |  |  |

12

32

16

11













EXERCISE 07 - LOGIC



Logical Thinking

Concentration

LÖSUNG:

chicken = 8

sheep = 2

goose = 4

cow = 5

pig = 1

goat = 6

What is trained and why is it important in everyday life?

This exercise requires logical reasoning.

It is particularly important not to give up just because it involves logic, but to proceed in order. To do this, you start by looking for the row or column that contains the greatest number of animals of a particular species and divide the sum of this row or column by 4 to get the first solution. A similar logic is also required when solving the ever-popular Sudoku puzzles.

Tackling a problem step by step is also important for many challenges in everyday life.

Do you need more of a challenge?

Keep the solutions in mind and write them down at the very end. This way you increase the demand of concentration.

How else can I train with this exercise?

Assign a physical movement to each animal picture.

e.g.: Cow: stomp your foot

Hen: snap with your fingers

Goose: extend your arms above your head

Pig: clap your hands

Sheep: do a knee bend

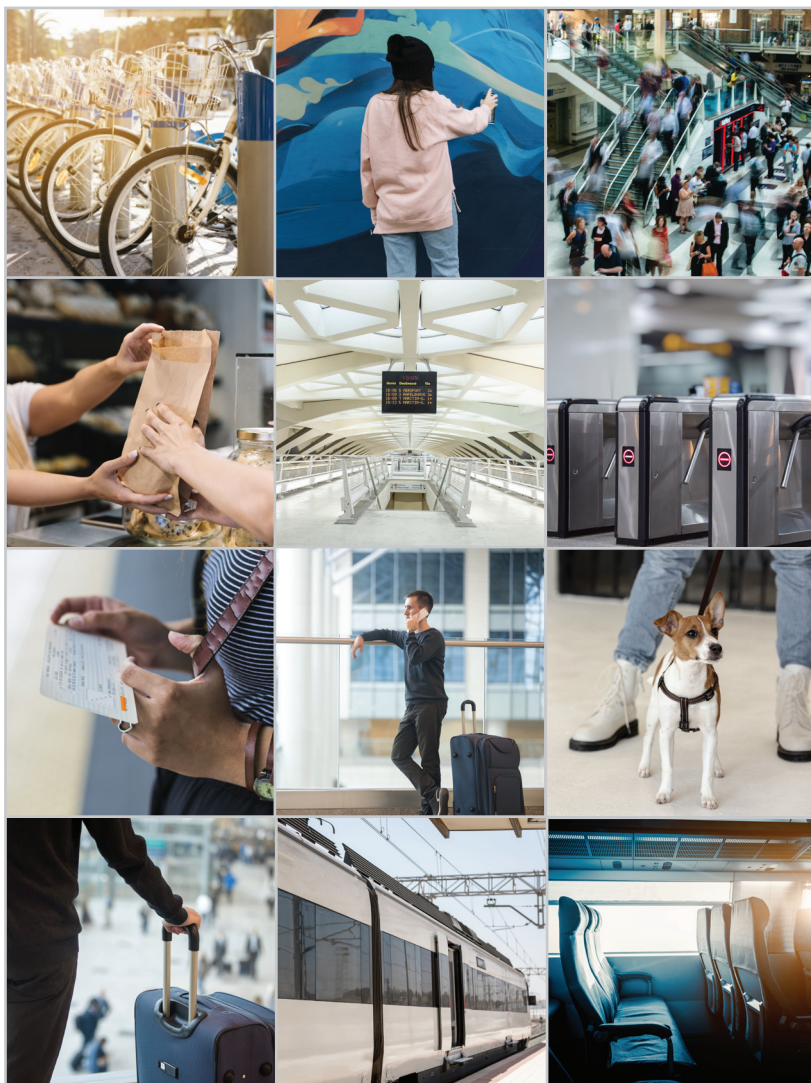
Goat: raise your right knee to your left elbow

Now go through the grid row by row and perform the corresponding movements.

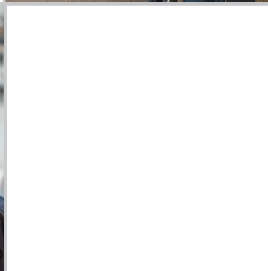
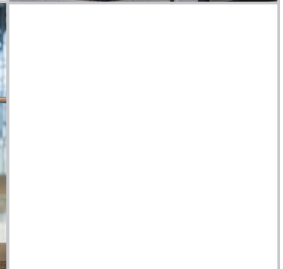
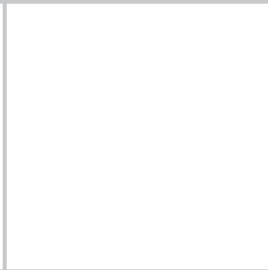
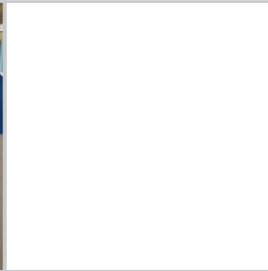
EXERCISE 08 · MEMORY

Memorize the images on this page carefully.

If you link the pictures to a story, it will make it easier to remember.



Which images are missing from this grid?



EXERCISE 08 - MEMORY



Memorising

Concentration

Perception

SOLUTION:

Compare the two pages 21 and 22.

What is being trained and why is it important in everyday life?

With this exercise you mainly train the short-term memory.

By applying the “story technique” you make it easier for your short-term memory to remember content and processes in proper order.

Do you need more of a challenge?

List all the images you have seen again, but in reverse sequence.

Also answer the following questions:

In how many pictures are people fully or partially visible?

In how many pictures were means of transport depicted and which ones?

Which animal was shown?

How else can I train with this exercise?

Find words that fit into the given letter structure and practice word finding.

S _ N: Station _____

B _ E: Bicycle _____

L _ E: Luggage _____

EXERCISE 09 - CREATIVITY

How or what for could you use the following items in a way that was not intended?

Paper Clip: _____

Newspaper: _____

EXERCISE 09 - CREATIVITY



Creativity

Mental flexibility

SOLUTIONS:

Paper Clip: pick a lock, toothpick, florist's wire, open sim-card slot of smartphone, reset a device, ...

Newspaper: clean windows, filling material, book cover, wrapping paper, painter's hat, ...

What is trained and why is it important in everyday life?

Thinking about an issue as creatively and flexibly as possible, allows us to avoid mental dead-ends in everyday tasks.

How else can I train with this exercise?

Use the two initial words "paper clip" and "newspaper" to form as many word chains as possible e.g. paperclip, clipboard, board-school, ...

Memorise the individual words of the word chain by picturing them one after the other in a familiar setting (e.g. in your apartment). Allocate one "picture" to each room in a logical "tour" through your apartment. Afterwards, you have to visualize the respective "pictures" again; this makes it easier to remember the words in question. This memorisation technique is also called the method of loci.