



Deutsch
English
Français

Mental-Vital-4you

Holistic Memory Training for all generations





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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.

The graphics and images are from the editorial team or from freepik.com.

FOREWORD

We, the four large memory training associations, that is 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 throughout Europe.

Our training focuses on people with their resources and skills. You can never start training early enough – it is also never too late. So it is for all brains. There is no such thing as a bad memory, only an untrained one.

01 | DEMOGRAPHIC CHALLENGES

The demographic development in Europe shows the necessity for the promotion and expansion of holistic memory training. Rising life expectancy means that costs in the healthcare sector explode. This is where memory training makes a significant contribution. With memory training, older people remain mentally fit and independent as long as possible.

On the other hand, birth rates are decreasing and fewer young people are entering the labour market. And therefore, fewer working people have to perform more and more. With the help of holistic memory training, it is possible to improve individual learning and thinking skills and to create a positive approach to the topic of lifelong learning. Holistic Memory Training means investing in the future!

02 | WHAT IS HOLISTIC MEMORY TRAINING?

Holistic Memory Training (HMT) is a concept that addresses people in their entirety and does not just train individual brain functions.

This is because findings from brain research and pedagogy have led to the insight that learning can be understood not only as a cognitive, but also as an emotional process.

The exercises, which are close to everyday life, are designed to stimulate the whole brain and train different skills together.

Holistic Memory Training is not bound to age

The human brain is enormously adaptable and, thanks to its plasticity capable of learning up to the highest age.

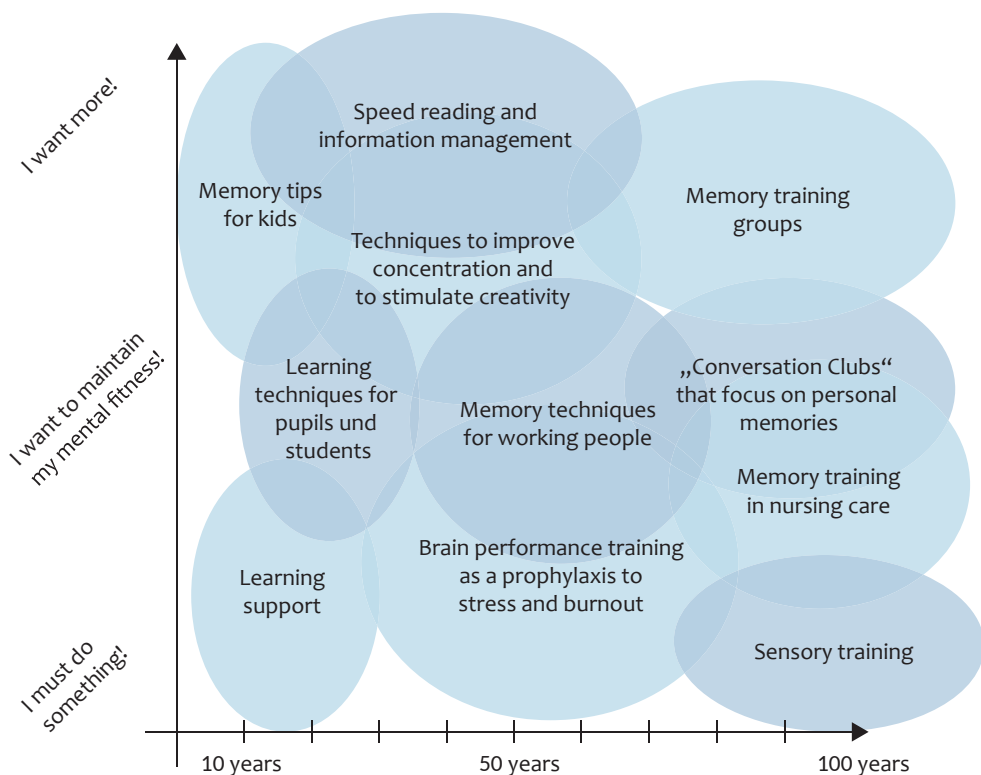
Just as it pays off to maintain physical fitness through training, it pays off even more to promote and increase mental agility.

Basic brain functions include: perception, memory and learning. Anyone can train these functions.

HOLISTIC MEMORY TRAINING

trains different brain functions,
increases flexibility and creativity,
teaches methods and strategies to store information,
information can be retrieved – when needed,
helps to cope better with everyday life
stimulates more efficient work
promotes social contacts
gives self-confidence
and is fun too!

03 | OBJECTIVES BAROMETER



04 | HOW TO FIND A GOOD HOLISTIC MEMORY TRAINING PROVIDER?

The quality criteria of the European Memory Training Association (EU-VGT - www.euvgt.eu/English) are intended to help you select a memory training course that offers good quality.

The following list of criteria does not claim to be complete, but gives you important clues as to what you should look out for.

DETAILED INFORMATION ABOUT THE COURSE

In addition to the venue, course dates and course fees, the announcement should describe the **course concept** and the **target group**, for which the course is suitable.

What are the contents and learning objectives of the course?

Just “memory training“ alone in the course description is not enough. It must be clear what the course is about. Holistic memory training is always learning-goal oriented.

The trainer knows what he or she wants to achieve and bases his or her teaching activities on this. Participants know what they are supposed to learn and concentrate on achieving their personal learning goal. Those, who teach and learn, focus on learning objectives and use their time and the available learning resources economically.

A sense of achievement motivates students to continue learning. Without clearly defined learning objectives, no clear learning success can be achieved.

What forms of work methods does the trainer use?

It is desirable that the course announcement includes also information about the methodical approach in the training sessions.

This includes for example:

- Training with all senses in a stress-free atmosphere
- Exercises in individual, partner and group work
- A colourful mix of exercises that train different areas of the brain
- Learning of relaxation techniques
- Physical exercises e.g. coordination exercises
- Tips for a healthy lifestyle
- ...

WHAT QUALIFICATIONS DOES THE TRAINER HAVE?

Ideally, qualifications and skills of the trainer should be published on the provider's website or in the seminar program.

At the very least, it should be clear that the trainer has been trained by a certified provider and regularly undergoes further training in the field of memory training.

✓ Professional Qualification

A memory trainer should have sound theoretical knowledge about the brain, but not necessarily be a scientist.

Above all, he or she should:

- Pick the participants up where they are knowledge-wise
- Not lecture too much, but let the participants make their own experiences
- Offer training that is sustainable and preventive

✓ Methodological qualification

A well-trained and certified memory trainers succeed among other things in:

- Preparing a course offer in such a way that all participants can take part in it
- Being tolerant of mistakes made by participants
- Being able to teach different memory techniques

✓ Qualification as course leader

A good trainer

- Builds up a “good connection“ with the participants
- Is interested in their wishes, experiences and concerns
- Has understanding for their personal problems
- Creates a pleasant, positive and stimulating working atmosphere

CONCLUSION ...

In a good memory training course, a lot is learnt in a sustainable way and there is no boredom. The course leader carefully prepares the training sessions and tailors them to the learning requirements of the respective participants.

The trainer designs the lessons in a didactically and methodically adept and varied manner, presents the exercises in a stimulating and exciting way and always establishes a connection to everyday life and the world, in which we live, in addition to the cognitive activation.

The participants are always amazed at how many different exercises there are to keep mentally fit and become even fitter, and how high the fun factor is!

05 | WHAT CAN BE TRAINED?

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.



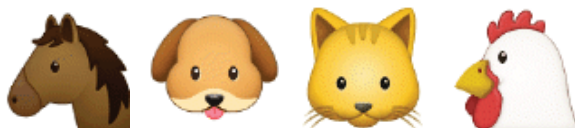
2.



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 blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXERCISE 04 - WORD FINDING



Word Finding

Concentration

Perception

SOLUTION:

Given Word: MEMORYTRAINING

As there are hundreds of ways to generate words 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?

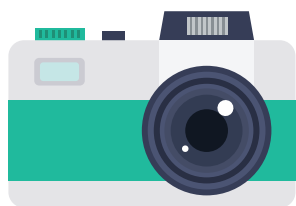
Try to find as many words as possible for a particular letter of the original word. If you choose a letter, i.e. the first letter of the new words, word finding is easier.

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,~~



+



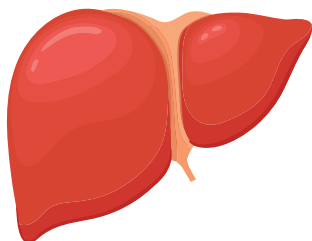
~~5,6,7~~



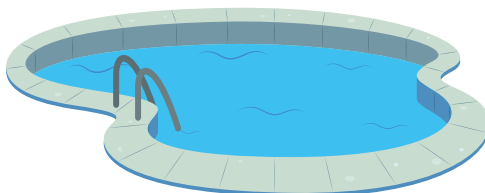
+



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?

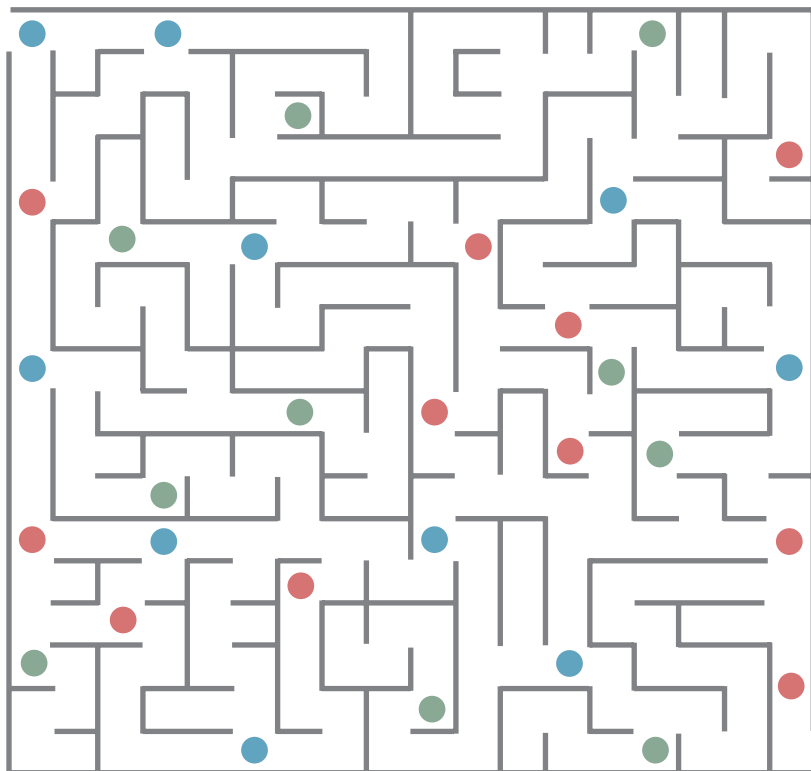
Do you know the sights in cities, that you have already visited or would like to visit one day?

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!



Concentration

A complex maze with a yellow path and colored dots. The maze is composed of black lines forming a grid of paths and dead ends. A yellow path starts at the top left and winds through the maze, ending at the bottom right. There are several colored dots (red, blue, green) scattered throughout the maze, some of which are on the yellow path.

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

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.

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

18

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





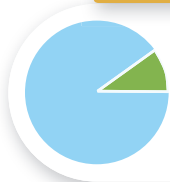








EXERCISE 07 - LOGIC



Logical Thinking

Concentration

SOLUTION:

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

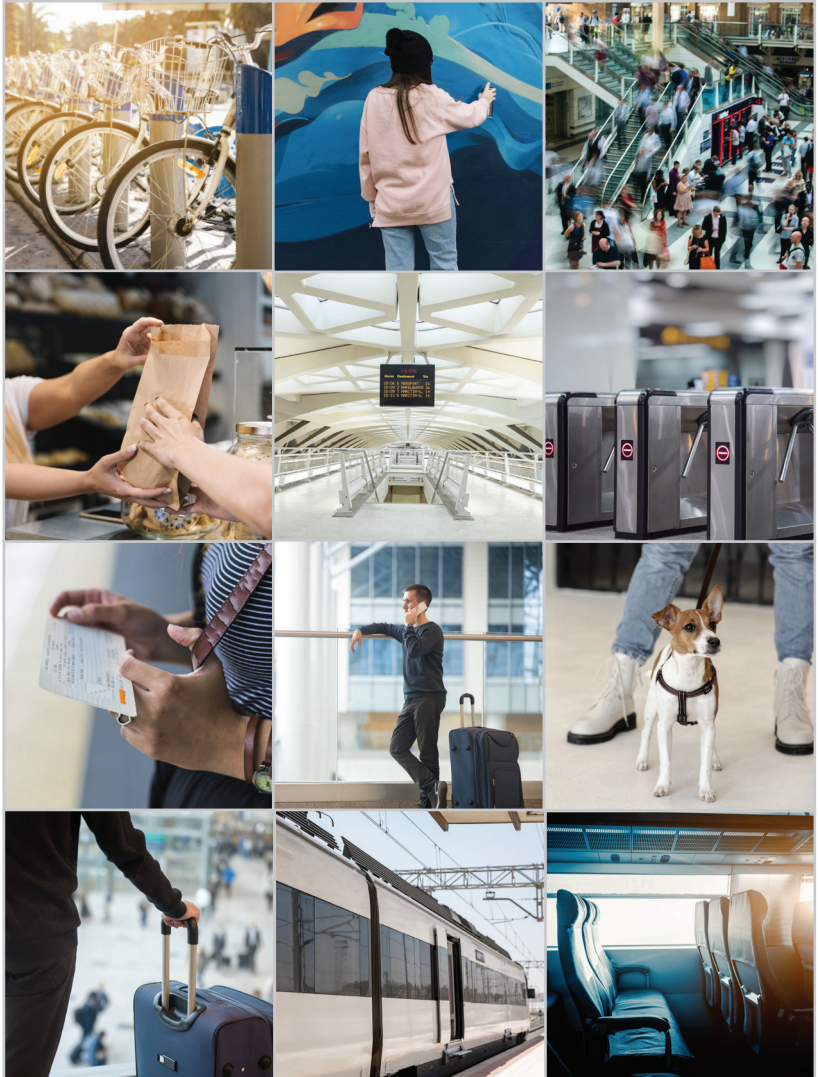
Goat: raise you right knee to your left elbow

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

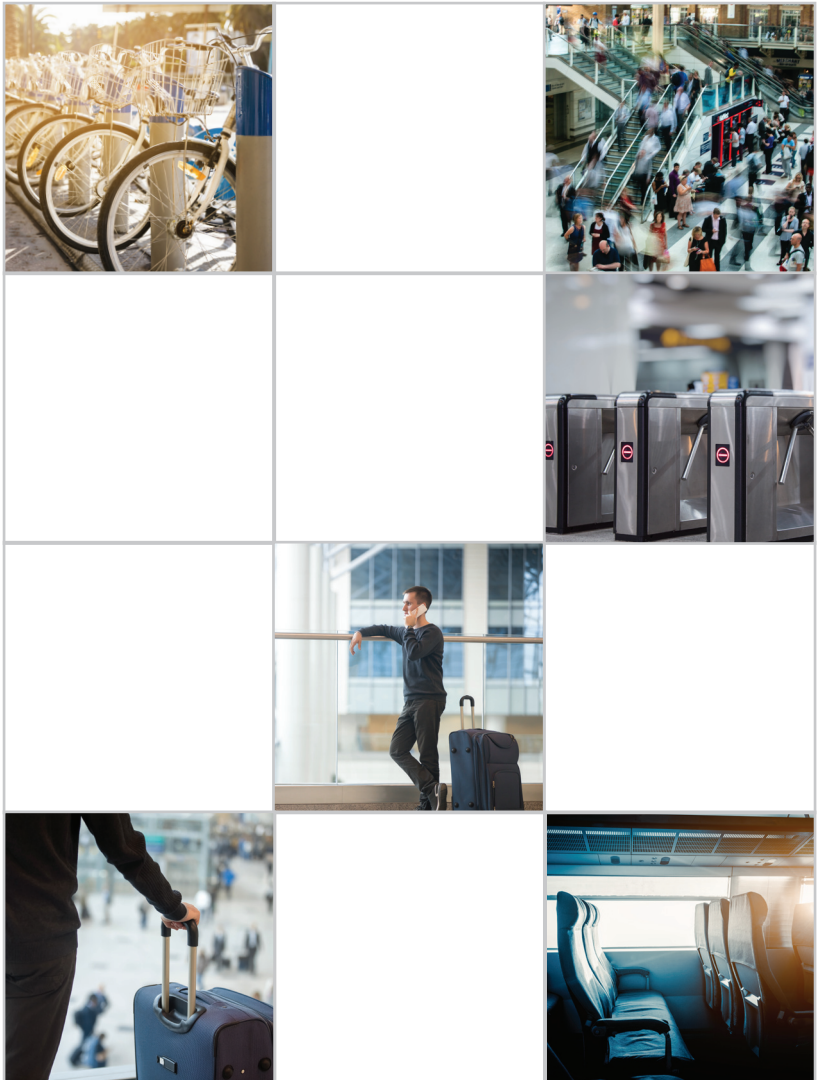
EXERCISE 08 - MEMORY

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.

Memory training is suitable for different target groups:

MEMORY TRAINING COURSES FOR CHILDREN:

- Learning is fun!
- Training of perception
- Memorizing and learning strategies
- Expansion of vocabulary (word finding and phrasing)
- Increase of concentration

MEMORY TRAINING COURSES FOR TEENAGERS:

- Developing memorising strategies
- Tips for organising work
- Developing learning strategies
- Recognising your own strong points and weaknesses, strengthening
- self-confidence
- Holistic thinking and learning
- Develop communication skills
- Strengthening positive attitude towards learning (mental training)

MEMORY TRAINING COURSES FOR WORKING PEOPLE:

Some ways to optimize brain performance are:

- Memorizing strategies for names, phone numbers, information, faces, appointments, facts, ...
- Structuring work processes
- Increasing fluid and crystalline intelligence
- Search for creative problem solutions
- Knowledge about learning and memory

MEMORY TRAINING FOR FIT ADULTS:

For the preservation of mental abilities.

- Increase of fluid and crystalline intelligence
- learning optimal use of brain capacity
- Targeted decoding from long-term memory
- Encoding of new knowledge
- Acquiring knowledge about learning and memory
- Opening up of new areas of interest
- Memorising names, numbers, facts, ...
- Exchange with like-minded people

HOLISTIC MEMORY TRAINING COURSES FOR UNTRAINED ADULTS:

for the re-activation of mental abilities

- Increasing fluid and crystalline intelligence
- Targeted decoding from the long-term memory
- Encoding of new knowledge
- Learning of memory strategies for better retention
- Opening up of new areas of interest
- Improving sensory perception
- Strengthening the motivation for intellectual activities
- Improving everyday skills
- Encourage social contacts

HOLISTIC MEMORY TRAINING FOR PEOPLE WITH DEMENTIA:

to activate and preserve everyday skills

- Keep the joy of life alive
- Preserve, strengthen and increase everyday competence
- Maintain biographical memories
- Mobilize resources
- Gain confidence through a sense of achievement
- Improve spatial and temporal orientation
- Encourage social contacts

07 | PARTICIPANTS' COMMENTS

I ATTEND A MEMORY TRAINING COURSE, BECAUSE ...

“ ...I want to learn to remember more. ”

“ ...I like teamwork and also want to have a say. ”

“ ... I want to stay mentally fit. ”

I ATTEND A MEMORY TRAINING COURSE, BECAUSE ...

“ ... “I experience new things and learn strategies for everyday life”

“ ... it is a mental challenge.

FOR ME, HOLISTIC MEMORY TRAINING IS ...

“ ... a highlight!

“ ... very important!
A lot of fun!
Stimulating!

“ ... a fixed appointment every week!

“ ... “an amusing knowledge transfer!

“ ... vital!