



## Editorial Note

# Importance of Programme Spot

A key to leading a happy life is the ability to exhibit tolerance and to live in peace with others. It may be that the cultivation of this virtue is especially recommended for the literary-minded expatriates – people who decide to write about different cultures based on their life experiences in the countries they have chosen to inhabit.

Education is not a time-bound activity or pursuit. Both education and knowledge are an ongoing process that occurs for the entire lifetime of an individual. As the saying goes, we learn something new every day. Even formal education is not solely the privilege of children or young adults. Adult education gives mature adults the chance to learn more and hone any specific skills they wish to.

Adult education, distinct from child education, is a practice in which adults engage in systematic and sustained self-educating activities in order to gain new forms of knowledge, skills, attitudes, or values. It can mean any form of learning adults engage in beyond traditional schooling, encompassing basic literacy to personal fulfilment as a lifelong learner.

In particular, adult education reflects a specific philosophy about learning and teaching based on the assumption that adults can and want to learn, that they are able and willing to take responsibility for the learning, and that the learning itself should respond to their needs.

Driven by what one needs or wants to learn, the available opportunities, and the manner in which one learns, adult learning is affected by demographics, globalization and technology. The learning happens in many ways and in many contexts just as all adults' lives differ. Adult learning can be in any of the three contexts, i.e.:

- Formal – Structured learning that typically takes place in an education or training institution, usually with a set curriculum and carries credentials;
- Non-formal – Learning that is organized by educational institutions but non-credential. Non-formal learning opportunities may be provided in the workplace and through the activities of civil society organizations and groups;
- Informal education – Learning that goes on all the time, resulting from daily life activities related to work, family, community or leisure (e.g. community baking class).

There are numerous advantages to adult education. Learning after secondary school as a mature aged student allows adults to develop valuable skills to improve career prospects and expand their professional knowledge.

Developing literacy and numeracy skills in adulthood also gives individuals a better ability to reach their full potential. Many adult students gain additional confidence in their academic skills after pursuing adult education.

Finally, adult education teaches students valuable skills that can be put into action in a wide range of situations. The confidence and aptitude gained with adult education is valuable both in and out of the workplace.

With new technologies emerging almost daily, older people might not be able to keep up. Unless they start educating themselves, they are most likely going to fall behind. Now from a certain age after, that is not such a big problem. However, if you still are and are planning to be part of the labour market for at least ten more years before retiring, enhancing your educational background is not debatable.

People who open themselves up to new learning experiences often find themselves involved in more social experiences and at Stonebridge, we believe that it is really important to maintain a healthy social calendar. Developing new skills also adds a new level of interest to a person's life. People with strong interests and passions are likely to gravitate towards others with similar interests and create healthy, nourishing friendships. These people, who are surrounded with friends and interests, are also likely to benefit from feeling more confident and outgoing.

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