

Memory training as an effective educational activity for library visitors

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This article presents the theoretical basis and practical experience of memory training at the State Scientific Library in Banská Bystrica. The text describes the professional training of librarians specialising in memory training and maps the situation in the field of memory training in libraries in Slovakia, with a brief mention of experiences in the Czech Republic. The article presents specific forms of implementation of this educational activity in a library setting. The aim is to highlight the benefits of this activity and inspire other libraries to include it in their offerings for various target user groups

memory training, brain jogging, cognitive training, lifelong learning, State Scientific Library in Banská Bystrica, Brain Awareness Week

Memory weakens if you don't exercise it.

M. Tullius Cicero

1. Theoretical basis for training cognitive functions

Memory training and brain jogging are among the popular activities that have long been part of the offerings of libraries in Slovakia and the Czech Republic.

The advantages of libraries are usually good transport accessibility, open access, professionally trained staff, a pleasant cultural environment, the possibility of using information technology and suitable premises. Libraries thus become unique places for people to meet and organise educational events (Fialová, 2009, p. 50).

The term memory training itself is also referred to as cognitive training and can also be understood as the training of cognitive functions. The word cognitive comes from Latin. There, the word *cognosco*, *cognoscere* means "I know". In a broader sense, the word means "I get to know something, I examine something, and thus it becomes familiar to me" (Preiss, Křivohlavý, 2009, p. 41). Brain jogging is a similar activity aimed at training cognitive functions, especially in the younger generation (managers, people of working age, pupils, students, children, etc.).¹

For cognitive training, it is important to exercise not only cognitive functions, but also various procedures and operations for solving different tasks. Memory training helps build cognitive reserve and is one of the effective tools for increasing self-sufficiency and prolonging the independence of the senior population. We view cognitive training in the context of active ageing as a form of non-pharmacological stimulation of the brain functions with the aim of maintaining or improving their performance in healthy seniors (Hirtlová, 2015, p. 100).

2. Professional training of librarians - memory trainers

The MEMORY Centre in Bratislava² is the first specialised facility providing prevention, diagnosis, therapeutic activities and education for people with cognitive disorders and Alzheimer's disease in Slovakia. It is also the only educational institution in Slovakia that provides accredited courses for memory trainers and subsequently provides continuing education.

In the Czech Republic, accredited training courses and subsequent continuing education are offered by the Czech Society for Memory Training and Brain Jogging (hereinafter ČSPTMJ)³, which was founded in 1998. It provides a three-level training system: memory trainer I, II and III. Regular participation in training seminars and events is a prerequisite for maintaining

individual certificates. In 2002, the EURAG (European Federation of Older Persons) Memory Training Centre was established in Prague with the aim of training memory trainers in English for other countries, where experience in memory training for seniors is still insufficient. The Centre organises intensive memory training courses for individuals in English, as well as seminars for memory trainers from abroad, and information seminars for professionals and the general public (ČSPTPMJ, 2026).

2.1 Training in libraries in Slovakia and the Czech Republic

The first pioneer in memory training in Slovakia was the Tekovská Library in Levice, where a memory trainer was trained in 2010. Training a memory trainer is not a simple matter for libraries from a financial point of view. Thanks to the experience of this library and the many years of expertise in the Czech Republic, an initiative was launched by the Slovak Library Association. This was the project Educated Librarians = Satisfied Visitors. The project was supported by the Ministry of Culture of the Slovak Republic (Antolíková E., 2013, p. 81). It was an accredited continuing education course entitled "Improving the Cognitive Performance of Seniors" at the MEMORY Centre in Bratislava. The first 12 librarians specialising in memory training were trained here. The aim was to train librarians who would then provide educational programmes in the individual regions of Slovakia, especially for senior citizens. The librarians acquired the skills and knowledge necessary to conduct memory training, which has been added to the range of library activities in Slovakia since 2013.

In the same year, the first nationwide conference with international participation, "*Aby pamät' nestarla...*" (*So that memory does not age...*), was held. The 12th annual event is planned for 2026. It is organised by the Hornozeplínska Library in Vranov nad Topľou together with *OZ Korálky* and selected public libraries in Slovakia.⁴ The aim of the meeting is to motivate, inform and share the experts' and memory trainers' experiences, including ideas on how to work with different target groups and how to acquire new information and skills. In 2024, the Hornozeplínska Library in Vranov nad Topľou became the coordinator of librarians specialising in memory training in Slovakia, operating within the public libraries section of the Slovak Library Association.

Table 1: Memory training for seniors in libraries in Slovakia in 2024⁵ (Molčanová, Majzlíková, 2025, p. 133)

Number of Slovak libraries offering memory training	18
Number of librarians specialising in memory training	33
Number of lessons	91
Number of seniors	7,241

We maintain a traditionally good, long-standing cooperation, supported by a shared past and linguistic affinity, with fellow librarians specialising in memory training in the Czech Republic, who bring extensive experience in this field and are very inspiring. Czech librarians have considerably more experience in memory training in libraries than we do in Slovakia. The first Czech librarian-memory trainer has been working in the library in Havlíčkův Brod since 2002.

In mid-2011, a separate section called Librarians – Memory Trainers was established within the Association of Librarians and Information Workers of the Czech Republic (hereinafter SKIP ČR) (Adlerová, 2013, p. 25). Its mission includes, among others: bringing together trainers from libraries in the Czech Republic, sharing their experiences, organising educational seminars, cooperating with ČSPTMJ, cooperating with Slovak memory trainers from libraries, using literature as part of training, etc (SKIP ČR, 2026).

In 2012, a joint meeting of representatives of Czech and Slovak library associations was held on mutual cooperation in the field of activation programmes – memory training in libraries (Adlerová, 2013, p. 25).

Librarians specialising in memory training in the Czech Republic meet annually at the traditional spring Memory Trainers' Workshop called *Hrátky s pamětí* (*Playing with Memory*). This is a nationwide seminar divided into two blocks. On the first day, lectures are given by expert lecturers from the fields of healthcare, psychology and pedagogy. The second day is devoted to sharing experiences and good practice among seminar participants. For several years, Slovak librarians have been attending it regularly and always return feeling very inspired, bringing back several practical ideas for training in their libraries.

Table 2: Statistics on memory training in Czech libraries for 2025 (Maroszová, 2026)

Number of Czech libraries offering memory training	70
Number of librarians specialising in memory training in Czech libraries	83
Number of lessons	2,090
Number of participants	24,778
Of the total number of participants, seniors account for	18,307

3. Memory training at the State Scientific Library in Banská Bystrica

The State Scientific Library in Banská Bystrica (hereinafter referred to as "ŠVK BB") has two qualified memory trainers. The courses they completed are accredited by the then Ministry of Education, Science, Research and Sport of the Slovak Republic (*Cognitive Activation of Seniors* – 2014; and *Development of Coaching Potential in the Field of Cognitive Activation of Seniors* – 2015, 2017). The training courses were delivered by the MEMORY Centre in Bratislava, a training centre that also serves as a specialised facility for people with Alzheimer's disease. The courses were funded by the Slovak Library Association, OZ Pro Bibliothecae and ŠVK BB. In 2026, one of the trainers completed a programme accredited by the Ministry of Labour and Social Affairs of the Czech Republic, *Memory Trainer Level I*, which is run by ČSPTMJ. In addition to the above-mentioned courses, they regularly attend workshops and professional seminars and participate in the aforementioned meetings of memory trainers in Slovakia and the Czech Republic.

At ŠVK BB, memory training is a popular activity not only for seniors, but also for pupils, students and people of working age.

3.1 Seniors

Population ageing is a long-term trend that has been evident in Europe for several decades.

It is one of the most significant demographic trends of the 21st century and has a major impact on social policy, the social services system and overall social dynamics. With the growing proportion of seniors in the population, issues such as their quality of life, social relationships, support and participation in social life are coming to the fore. Seniors are among the groups that are particularly prone to loneliness and social isolation as a result of changes in their living conditions, health status, loss of social contacts, or changes in their family (Šíp, 2025, p. 7).

The ageing process is driven by historically low birth rates, increasing life expectancy and, in some cases, migration patterns (EUROSTAT, 2025). This also applies to Slovakia. Senior citizens make up an increasingly large part of the population of our country, with their numbers rising each year. In 2013, there were 733,136 senior citizens; this figure has risen to 995,431 by 2023 (Statistical Office of the Slovak Republic, 2025).

In order to successfully participate in life, society and employment, it is becoming essential and important to be able to learn new things, respond flexibly to change, adapt to new situations and stay mentally fit (Fialová, 2009, p. 49). It is precisely these kinds of preventive programmes that can make memory training accessible to seniors.

Table 3: Specific characteristics of the target group – seniors (Fialová, 2009, p. 51)

Target group	Specification	Course focus
Seniors	<ul style="list-style-type: none"> Concerned about memory loss. Awareness of the threat of memory loss. Often unnecessarily underestimating their ability to learn new things. Lack of social contacts. Feelings of disinterest from those around them. Possible lack of intellectual stimulation. Risk of falling into scepticism, lethargy, and disinterest in what is happening around them. 	<ul style="list-style-type: none"> Concentration. Strengthening of short-term memory. Creativity. Communication. Logical, verbal thinking. Utilisation of rich life experiences. Possibility to assign time-consuming homework assignments, and to discuss their results

Memory training for active seniors is a comprehensive educational programme aimed at activating intellectual abilities, with the goal of maintaining good memory in old age, achieving healthy self-confidence, and a sufficient degree of independence and self-sufficiency in everyday life. The theoretical basis is scientific knowledge about the human brain. Practical exercises focused on memory maintain and develop the mental abilities of seniors in acquiring and understanding new knowledge, as well as in navigating change (Čunderlíková, Wirth, 2009, p. 15).

3.2 Spatial facilities and the personality of the lecturer

A big advantage of our library is that we have suitable premises. In one room, we have tables with chairs arranged in a U-shape at the front to give the lecturer better access to the participants. It is sufficiently ventilated and lit. At the back of the room, we have chairs arranged in a circle, where physical exercises and cognitive warm-ups take place. The room is equipped with a PC with speakers, a data projector and a whiteboard for writing. At the beginning of summer, we usually move the physical exercises to the library courtyard, where the climate is very pleasant at that time. The personality of the instructor often plays a key role in memory training. Their professional preparedness, communication skills, empathy, creativity, and ability to respond flexibly to the needs of the group influence the course of each meeting and the level of participant engagement.

3.3 Structure of memory training

Memory training for seniors consists of four parts. Each session has a predetermined goal, theme and corresponding exercises. The structure of the sessions is based on the methodology our librarians were trained in at the MEMORY n.o. Centre.⁶

Part 1 – introduction and movement exercises (approx. 30 min.)

Part 2 – warm-up exercises + concentration exercises (approx. 10 min.) – this part should be included in every training session, as it prepares participants for the main part of the training

Part 3 – the main part – depending on the set goal, it is advisable to use worksheets for specific exercises (approx. 30 min.)

Part 4 – space for discussion (20 min.) (Čunderlíková, Wirth, 2009, p. 22).

The meeting begins with an introductory welcome, where we summarise and inform participants what to expect on that day. This is followed by physical exercises and cognitive warm-up in a circle. We focus on breathing, exercising the eye muscles, stimulating energy in the body and, above all, hand massage, which aims to improve blood circulation in the skin and exercise fine motor skills. We use massage aids and aids for physical activities (massage hedgehogs, tennis balls, chiffon scarves, overballs, rubber bands for strengthening muscles, etc.). The introductory warm-up also includes rhythmic coordination exercises accompanied by music (using, for example, drumsticks or the body itself). We also enjoy incorporating finger gymnastics exercises into our meetings, which, in addition to exercising the fingers, promote cooperation between both hemispheres of the brain. During the introductory meetings, we repeat the names of the participants in a circle using various, often entertaining exercises.



Fig. 1: Physical warm-up in the courtyard of ŠVK BB

After warming up our bodies and minds, we move to the tables and do a short concentration exercise, which is essential for preparing and enabling better focus on the work ahead. The main part of the training is to familiarise ourselves with var-

ious mnemonics for improving mental performance, learning them and thus facilitating orientation in everyday life. These are techniques for storing data in memory that compensate for its imperfection. At the same time, short-term and, ultimately, long-term memory are trained. In all exercises, it is important that participants have clear instructions and know what the specific exercise is focused on and what it strengthens (e.g. concentration, visual perception, short-term memory, language, verbal fluency, vocabulary, spatial orientation, etc.).

The spring and autumn cycles include topics such as: The brain and its functions, Short-term memory, senses and sensory memory, How to remember names and faces, How to remember numbers, Associations and creativity, Improving long-term memory, Healthy lifestyle, Concentration, Mind maps, and so on. Each cycle ends with the presentation of commemorative certificates, and we recommend literature for home study with additional exercises to participants. We also receive feedback through an anonymous questionnaire. The lecturers strive to maintain a good atmosphere at the meetings so that participants enjoy learning and training their skills while experiencing their smaller or larger successes.

Here are a few selected responses from the questionnaires after one training cycle:

1. Why did you decide to take memory training?

"I realise that the brain needs to be exercised constantly."

"I don't sit bored at home; rather I do activities for my memory and meet new people."

"I attend the trainings to strengthen my memory. Since I am blind, it is a necessity of life. I have to remember what I cannot see."

2. What do you enjoy most about training?

"Discovering new and useful things."

"Training my memory with the Happy Neuron CD."

"Exercises that make me so mentally active that I forget about everything else around me."

3. Have you learned anything new in memory training?

"Through various exercises, I always learn something I didn't know before. At the same time, it's a new way for me to keep my grandchildren busy during the holidays."

"How to remember longer numbers, create visual associations, categorise."

"Lots of new things, especially how to train your memory with seemingly simple movements. Many of the movements can be done while watching television."

4. Do you consider memory training a meaningful use of your time?

Eleven respondents answered this question with a resounding yes.

3.3.1 Spring and autumn memory training cycles

From 2015 to 2024, we offered seniors two series of memory training each year: one in spring (March–May) and one in autumn (October–December). This is a cycle of 10 to 12 meetings (once a week, always on the same day – Thursday). Each meeting lasts 90 minutes, without a break, and has a precise structure. In order to maintain quality, these courses are designed for a maximum of 12 seniors per meeting. However, due to increasing interest, we have increased this number to 15 seniors in recent years. The conditions for participation are a valid library card and €2 per meeting. Disabled persons have free admission.



Fig. 2: Training the senses using an auditory memory game

3.3.2 Club for the (non-)forgetful

In response to the growing interest of seniors in memory training, we expanded our offer in 2019 by launching the *Club for the (Not So) Forgetful*. This is a follow-up format for graduates of the spring and autumn cycles. Club members meet once a month and continue to deepen and refine the individual mnemonics they have learned, with lecturers coming up with new exercises and topics for each meeting. An example is a meeting on the topic of mental health called *Brain Wellness*. Together, we discussed how mental health affects the lives of seniors and what we can do every day to support our mental well-being. For example, we worked with EDUMA cards⁷. Participants learned how mental health is related to memory training.



Fig. 3: Memory training session, working with EDUMA cards

The fee for one meeting is €2. Admission for those over 65 is €1. Disabled persons have free admission. Due to high demand, we have two groups, but even that is sometimes not enough and we have to exceed the capacity limit of 15 seniors per meeting. We currently have a database of almost 60 seniors who attend our meetings regularly or somewhat regularly. They are informed about individual meetings via email invitations. We contact seniors who do not have email by telephone. Groups are like living organisms. Every year, regular participants bring new members, family, friends or acquaintances. However, for various reasons, such as deteriorating health, some members stop attending the courses. Currently, our oldest participant is 86 years old, the youngest is 64, and there is only one man among all participants.

3.3.3 European Senior Academy

October is traditionally known as the month of respect for the elderly in some countries, such as Slovakia and the Czech republic. The city of Banská Bystrica, which is the main organiser, organises *the European Senior Academy* every year on this occasion, and in 2026 it will be held for the 25th time. During October, various cultural institutions in the city offer a variety of events for seniors. The ŠVK has been one of the city's partners for 10 years, and our events are part of the main programme. We strive to come up with original activities for the seniors of our city. In recent years, we have been offering memory training, which the City of Banská Bystrica asked us to include in the programme. We always try to enrich it with interesting activities. Each year, there is a central theme for the entire event (e.g. Unity in Diversity (2016), European Year of Cultural Heritage (2018), Giants from Horn (2021), Discover the Treasures of Banská Bystrica (2022), the 130th Anniversary of the Birth of Architect L. E. Hudec (2023), Rediscovered Landmarks of Banská Bystrica (2024)). Due to the great interest of the City of Banská Bystrica in our offer, we have added two dates in recent years so that as many interested parties as possible have the opportunity to participate. We mostly had mixed groups from social facilities for seniors operating in the Banská Bystrica area and individual seniors from Banská Bystrica. We are very pleased with the thanks and positive feedback from the social affairs department of the city council and also with the feedback from the senior citizens' facilities, which conveyed the satisfaction of their clients and employees (Bičanovská, 2025).

Here is an example of an activity that was carried out:

In 2023, the main theme of the academy was the 130th anniversary of the birth of architect L. E. Hudec.⁸ We started with a warm-up memory training exercise. Then our colleague gave a lecture on the life and work of Ladislav E. Hudec. After the

lecture, we returned to practising our cognitive skills. We continued by practising spatial orientation in our city. We used period postcards from our collection and a map on which the participants determined the location of buildings associated with L. Hudec's father, the builder Juraj Hudec. Finally, they tested their construction skills, concentration and spatial perception by building structures from special wooden blocks. They also visited the permanent exhibition dedicated to Ladislav Hudec, located on the first floor of our library.



Fig. 4: Working with a map and strengthening spatial orientation

3.3.4 Cooperation with Paměťář

Since 2023, our library has also been cooperating with Zdeněk Gloz, a Czech certified memory trainer of the third degree from Moravia, whom we met at the event of Czech memory trainers *Hrátky s pamětí (Memory Games)* in Kutná Hora. He visits our library about once a year and prepares creative training sessions for seniors to improve their mental abilities in the form of experiential games, such as *Poklad staříčka Floriša (Old Man Floriš's Treasure)* and *Cesty tetky Poluše (Aunt Poluše's Journeys)*. These sessions have been very well received by participants. The presence of a male lecturer is also a welcome change, as men are only minimally represented among the participants in memory training. Zdeněk Gloz is also actively involved in popularising memory training through the *Paměťář* Facebook page (from the word *paměť*, meaning memory), where he regularly publishes tasks for practising cognitive functions, shares interesting information about how the brain works, and presents inspiring exercises from friendly professional communities.



Fig. 5: Participants successfully reached the treasure at the end

4. Projects for pupils and students

Since 2015, our library has been offering memory training, or brain jogging, for pupils and students in primary, secondary and higher education. These are mostly one-off meetings lasting a maximum of 60 minutes. During the training sessions, we focus on presenting and practising various memory techniques that can be helpful in learning and working at school (acronyms,

acrostics, the Loci technique, the story technique, memorising numbers, and so on). The aim is to contribute to improving the learning process, which, with the use of the right techniques, does not have to be difficult. The training is designed to be entertaining and educational, rather than boring.

Table 4: Specifics of the target group – students (Fialová, 2009, p. 51)

Target group	Specification	Course focus
Students	<ul style="list-style-type: none"> • The need to learn as much as possible in a short period of time, often involving large amounts of uninteresting and incomprehensible information, primarily of factual nature. • Problems with concentration and coping with pressure and stress. • Lack of time. 	<ul style="list-style-type: none"> • Concentration. • Stress relief. • Logical, verbal thinking. • Mnemonics for easy memorisation of abstract information. • Creativity. • Critical thinking. • Methods for effective information processing.

4.1 Culture for schools

The training programme, *Komu sa nelení, tomu sa pamäť zdokonalí* (Those who are not lazy will improve their memory), which was implemented in 2024 and 2025, included a variety of activities for primary and secondary school pupils. It was financially supported by the Ministry of Culture. The project made it possible to take the training directly to schools.

The aim was to develop and practise cognitive functions such as memory, concentration, speech, logic, imagination, spatial orientation, creativity and sensory training, and it also included physical exercises. Pupils learned how to strengthen their brains and what is good and bad for them. They learned memory techniques (associations, storytelling, the Loci technique, mind maps, etc.) for better memorisation, which they can use in their studies. After consultation with the teacher, each meeting was tailored to the specific class.

In 2025, we also included thematic memory training dedicated to the 210th anniversary of the birth of Ľudovít Štúr. We also enriched the individual sessions with memory games. The training sessions are supplemented by fine motor skills exercises and rhythmic activities from the bilateral integration programme for schools. We also used the funds raised to further educate our memory trainer. We purchased aids for physical activities, various memory games and professional literature necessary for the preparation of memory training.

5. Brain Awareness Week

This is a global initiative that originated in the USA in 1996 and was founded by the Dana Foundation.⁹ It aims to raise awareness of the importance and scientific understanding of the brain among the general public. The aim is to draw attention to the human brain, its functioning, and new research findings, as well as to discuss brain diseases and ways to prevent them. The main organiser of Brain Awareness Week in Slovakia is the Slovak Alzheimer's Society, and one of the partners is the Neuroimmunology Institute of the Slovak Academy of Sciences. During Brain Awareness Week, lectures, workshops, school programmes and exhibitions are held to highlight various aspects of neuroscience, from basic research to clinical practice and health policy. In Slovakia, various institutions participate in the event, such as libraries, day care centres for seniors, and primary and secondary schools. In the Czech Republic, National Memory Training Week and educational lectures for the public are held during this week. The official partner of the event is the Czech Society for Memory Training and Brain Jogging.



Fig. 6: Brain Awareness Week logo

The event takes place during the third week of March, this year specifically from 16 to 22 March 2026. Our library will be participating in the campaign for the twelfth time. During this week, we organise lectures for seniors in cooperation with the Public Health Authority, e.g. on the importance of physical activity for proper brain function. Based on this, our seniors participate in an annual study on the impact of physical activity on brain function, or *Lifestyle and Health of Seniors*. In 2026, we are planning a lecture on *Lifestyle for a Healthy Brain*. Along with the event, we also traditionally present our spring series of memory training for seniors. We regularly include sample memory training sessions for the public and meetings with games for developing and training cognitive functions in the programme.

In 2024, we included a *Walk for the Brain* in the programme for the first time, inspired by a similar activity in the Czech Republic, where such walks and marches for the brain are already organised on a regular basis. The aim was to remind people of the importance of exercise for the brain. The walk through the city park also included breathing exercises combined with elements of qigong. During the walk, we engaged our senses and learned architectural styles in a precise order using the Loci technique. The entire walk lasted two hours. We saw satisfaction on the faces of the participants. This year, we have included the brain walk in the programme again. We also regularly prepare something for those who prefer a home environment and can borrow books from our memory training book display in the lending room. In 2025, more than 60 books were borrowed during the week.



Fig. 7: Brainwalk



Fig. 8: Warm-up in the park

6. Organisational changes in the implementation of memory training

Between 2014 and 2017, two certified memory trainers conducted memory training at ŠVK BB. Since 2018, due to maternity and parental leave, they have been taking turns, with one memory trainer providing long-term training. Following consolidation measures related to staff reductions and the redistribution of work activities, we were forced to make the unpopular decision to discontinue the spring and autumn series of memory training sessions at the beginning of 2025. Despite the interest expressed by participants in maintaining these activities, unfortunately, we are unable to accommodate them in 2026 either. For comparison, we present statistical data for 2024, when both the spring and autumn training series were held, and for 2025, when these series were no longer part of the programme. At the same time, we continue to conduct training sessions focused on developing concentration, logical thinking, imagination, memory techniques, etc. for pupils and students.

Table 5: Memory training at ŠVK BB, comparison of 2024 and 2025¹⁰ (Doktorová, 2025)

Year	2024	2025
Number of active memory trainers	1	1
Number of meetings	67	33
Number of participants	876	478
Of which seniors	468	208



Fig. 9: Our memory trainer leads a workshop on physical activities during the International V4 Seminar held in October 2025 at the State Scientific Library in Banská Bystrica¹¹

7. Conclusion

The memory training sessions conducted in our practice represent a meaningful form of work with various age groups, from pupils and students to seniors. Their benefits lie not only in developing cognitive abilities, but also in promoting mental health, strengthening self-confidence and fostering motivation for lifelong learning. Experience from working with target groups confirms that the content and forms of training can be flexibly adapted to the age, needs and abilities of participants.

Feedback from participants points to the important role memory training sessions fulfil in preventing loneliness, promoting active ageing and meaningful leisure activities. An integral part of the quality of the training courses is the continuous education of lecturers, the exchange of experiences at professional forums and the systematic addition of literature focused on the development of memory skills to the library collection. We believe that the experiences presented here can serve as inspiration for libraries that are looking for new ways to work with different age groups and are considering introducing memory training, or have not yet encountered this form of work.

Notes

- ¹ Source: Křivohlavý, J. (2009) Úvod do psychologie paměti. Materiál k přednášce, Kurz pro certifikované trenéry paměti I, Česká společnost pro trénování paměti a mozkový jogging, Praha. The study material was created for the Course for Certified Memory Trainers, Level I of a three-level training programme, which took place in Prague from 26 January to 31 January 2026 (<https://www.trenovanipameti.cz/treneri-pameti/vzdelavani-pro-trenery/>). It was organised by the Czech Society for Memory Training and Brain Jogging
- ² Centrum Memory, n.o., more information at www.centrummemory.sk
- ³ Czech Society for Memory Training and Brain Jogging, more information at www.trenovanipameti.cz
- ⁴ "Aby pamäť nestarla..." <https://kniznicavranov.sk/?s=Aby+pam%C3%A4%C5%A5+nestarla>
- ⁵ Statistics for 2025 are not available at the time of writing. These are statistics from 2024 focused on seniors; statistics for all target groups are not available.
- ⁶ The methodology for memory structure taught during the Level I Memory Trainer training course organised by ČSPTMJ in January 2026, which our memory trainer attended, is slightly different. It was very inspiring to discover this. This opened up a wider range of possibilities for us in how to conduct our memory training. In our case, we describe the procedures according to the methodology of the MEMORY Centre n.o.
- ⁷ EDUMA cards are an educational tool that combines images, stories and people and helps to start conversations that might otherwise never have begun. More information about EDUMA cards can be found at <https://eduma.sk/karty/>
- ⁸ The full program of the event can be found at <https://cdn.banskabystrica.sk/2023/09/Program-AES-2023.pdf>
- ⁹ Dana Foundation, more at <https://dana.org/brain-awareness-week/>
- ¹⁰ The statistics for 2025 are taken from the lecturer's internal records; the official report on activities for 2025 is not available at the time of publication.
- ¹¹ More information about the seminar can be found at <https://svkbb.eu/medzinarodny-odborny-seminar/>, The electronic proceedings from the seminar can be found at https://svkbb.eu/wp-content/uploads/2025/10/Zb_Inkluzia-2025.pdf

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