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Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Survey results

□ **Project Reference Number:** 622926-EPP-1-2020-1-LT-SPO-SSCP

Aim of the survey:

To analyse the needs, the conditions, motivations, and the interests of the Senior citizens.

Results of the survey

Country: LITHUANIA

Methodology:

Please indicate how the questionnaire has been shared (to whom, through what channels etc.)

First of all we have shared the questionnaire through our organization Facebook page (@AKTYVISTAI) as well in Aktyvistai and active members groups in Facebook. Later, we have sent the link personally through email to some elderlies and asked them to share the questionnaire with others.

Profile of the respondents:

Number of questionnaires collected and profile of the respondents (gender, age).

We have collected 95 responses from which 63,2% were women, and 36,8% men. The age options in the questionnaire were as followed: 50 and less (7 respondents, 7,4%), 51-59 (27, 28.4%), 60-65 (22, 23.2%), 66-74 (32, 33.7%), 75 and older (7, 7.4%). In total – 61 seniors from our target group.

Free time availability and involvement in sport:

Please indicate if respondents have a lot of free time, if they use it for sport. If yes, how long?

A majority of people said that they have more than 3, or 2-3 hours free per day and they spend a part of this time doing sports, just one more often, other rarely. The ones who answered “YES” to the answer if they spend this free time for sport, they usually do it 3-5 times per week or every day. The ones who answered “PARTIALLY”, some answered that less than once in a week, other 3-5 times per week.

26 people marked, that they do sport less than one time per week, 10 – every day, and 25 who do sports 3-5 times per week.

Sport interest:

What form of sport do they prefer (organized/unorganized/both), what kind of sport, how often. What factors motivate them the most to do sport?

From 35 people, who do sports, 1 likes to do it in an organized form, 19 – unorganized, and 15 both forms. Walking (30), swimming (18), and cycling (21) - are the most popular sports between seniors. Also, they like outdoor and table tennis, guided exercises, hiking, dancing, skying, and canoeing. Respondents had 4 statements to evaluate from 1 to 4. They were as followed – spending time with friends while doing sports, qualitative spending of free time, health,

and the least important factor of their motivation – well-being.

Low activity and opportunities:

Reasons of low activity, how is it possible to increase? Sport/health facilities in the neighbourhood and discounts for seniors in such places.

The main reasons of their low activity in sports are lack of motivation, and health conditions, followed by finance, lack of infrastructure, and work. The main possible ways to increase their activity, are good company, discounts for seniors, good outdoor infrastructure in the neighbourhood, good sport programs for different age seniors, and abilities.

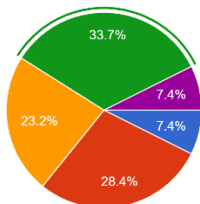
Sport/health facilities which give discounts for seniors or/and have some special programs for them are - Torpedos (elderlies swimming club), canoeing club, Renesansas 50, elderlies handball club, "Vandenynas".

Other:

Other suggestions collected.

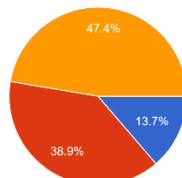
Feel free to add any other relevant information. You can add graphics for sharing the percentage of the results collected.

1. Amžius
95 responses



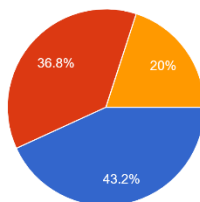
4. Kiek laisvo laiko turite dienos metu? *
95 responses

- 50 ir mažiau
- 51-59
- 60-65
- 66-74
- 75 ir daugiau



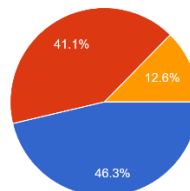
- Iki 1 valandos
- 2 – 3 valandas
- Daugiau nei 3 valandas

5. Ar dalį savo laisvo laiko skirate sportui?
95 responses



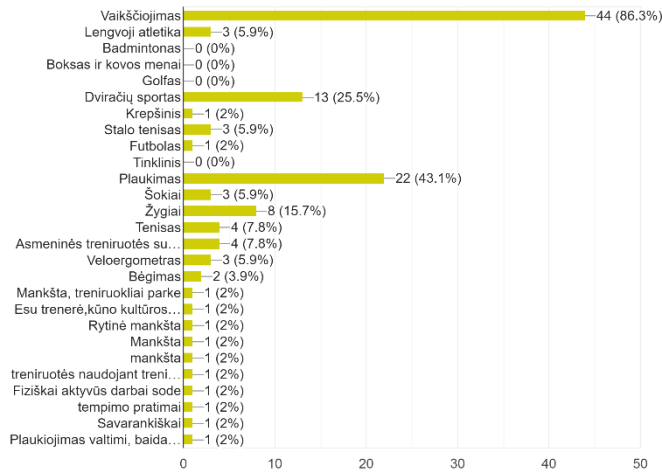
- Taip
- Iš dalies
- Ne

6. Kaip dažnai sportuojate daugiau nei 30 minučių?
95 responses

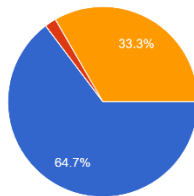


- Mažiau nei kartą per savaitę
- 3-5 kartus per savaitę
- Kiekvieną dieną

7. Kokių sportu užsiimate dažniausiai?
51 responses

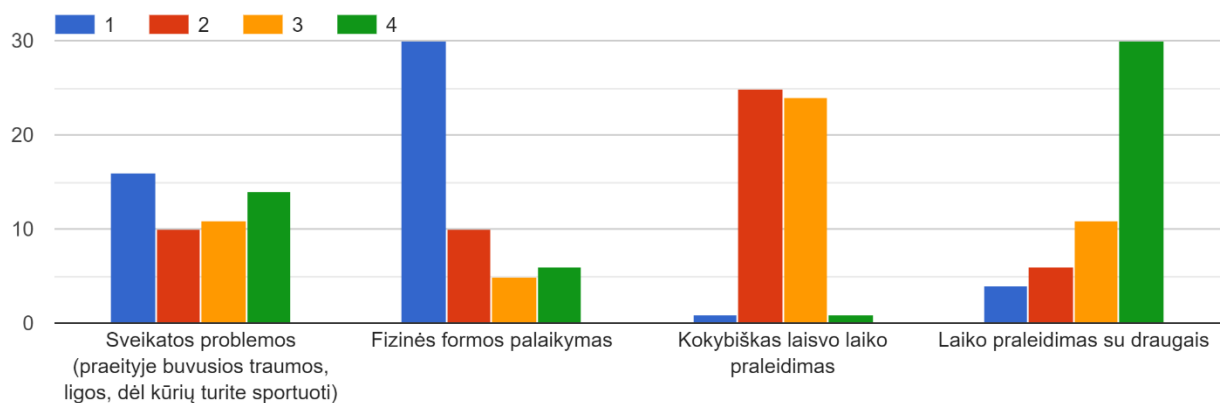


8. Kaip jūs sportuojate?
51 responses



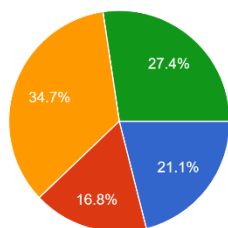
- Neorganizuota forma (užsiėmimai/ treniruotės vyksta be profesionalaus vedimo - nėra trenerio/ės)
- Organizuota forma (užsiėmimai/ treniruotės vyksta su profesionaliu vedimu - yra treneris/ė)
- Abiem formomis

10. Kas Jus skatina sportuoti? Nurodykite išvardintus veiksnius nuo svarbiausio (1) iki mažiausiai svarbaus (4)



13. Ar jums naudingos sporto bazės ir sportinė veikla, kurias organizuoja ir kuria Jūsų kaimynystėje esantys sporto klubai ir (arba) vietos valdžios institucijos (stadionai / parkai / kt.)?

95 responses



- Mano kaimynystėje nėra tokių sporto bazių / veiklų
- Nežinau, ar mano kaimynystėje yra tokių sporto bazių / veiklų
- Mano kaimynystėje yra keletas sporto bazių / veiklų, bet jomis nesinaudoju
- Taip, man naudingos mano kaimynystėje esančios sporto bazės ir veiklos



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Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Round Table Meeting Content

LITHUANIA

□ **Project Reference Number:** 622926-EPP-1-2020-1-LT-SPO-SSCP

REPORTING TEMPLATE for ROUND TABLE 1

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about the final number of the participants; the information about the participants of meetings (If they represent any NGO, Sport Clubs etc. in first Round Table, please specify the names of organizations), age and gender groups of the participants, meeting venue, meeting date, duration of the meeting and final flow.

In our round table meeting with organizations, we gathered 24 participants, who are preparing different type activities for seniors. Few participants joined because they would like to organize some events for seniors in the future. The entities or individuals that have joined the discussion:

Public employment center (*lith.* Všį Užimtumo centras); **Sports school "Startas"** coach Inga Juodeškienė (for children, Olympic athletes, and amateurs); **Virginija Petkevičienė** - former professional athlete, conducts specialized classes for seniors, according to their health; **“Spindulys” Education Center**; **Child Welfare Center “Pastogė”**; **Kaunas Marathon Club**; **Lithuanian Association of Running Amateurs**; **University of the Third Age** (Trečiojo amžiaus universitetas); **Kaunas City Municipality Public Health Bureau**; **Kaunas House of Generations** (Kauno kartų namai); **Lietuvos moterų sporto asociacijos** (actual and first presidents of the association); **Kaunas TAU Association**; representative from **Kaunas City Municipality Council and Sports Committee**; **Kazlų Rūda Sports Center**; **Rimantas Šernius Tennis Academy**; **Kaunas Swimming Federation**; **Public Institution InoproLT**; **Lithuanian Sports University**.

The meeting was held on Zoom platform in 2021, December 29, as it was more comfortable for the participants due to different schedules.

The discussion went very well. We gathered participants from different entities/fields. The discussion lasted around 2 hours. To conclude, it was effective, and very informative for the future activities of the project as well as new ideas, and contacts for future cooperation.



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2. PART - METHODOLOGY:

In this part; please give us information about the final version of flow and selected methods.

We have organized the online meeting in the Zoom platform. At the beginning of the meeting, we gave a presentation about “Aktyvistai” and the purpose of the meeting. Later, we presented the European Union funded “Healthy Life Happy Life for 60+ Seniors” project and how discussion participants can be involved in it. This was followed by the introduction of all participants.

The method we chose for this discussion was:

o Question -> Anyone who wants gives their opinion -> Discussion.

The flow of the questions was 1, 2, 4, and 3. We left the 3rd question at the end to discuss more how this project, we or a similar project could help seniors.

At the end we did a summary of all collected information and shared contacts between/with participants and Aktyvistai.

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

In this part, please provide us the answers of these questions below:

1) Could you specify 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?

Similar answers as with seniors were collected:

1. Motivation and ambitions, there is no one who would empower seniors, motivate, or invite to do sport together.
2. Not being active the whole life, they don't have understanding of doing sport and don't have need of doing it; It's too hard for them, they can't do anything because they're old and they won't be able to do it.
3. There are no opportunities for communication, no pleasure. In this age, it is important for people to communicate, not just do sports.

2) Could you describe what are the best conditions for seniors to increase their participation in physical activity and sport?

- Knowledge that physical activity can slow down the course of chronic diseases
- Communication plus sports for seniors. Find like-minded people. Come and get out in the mood. Community life, common holidays
- Board games or other general activities after sports
- Equip exercise machines more suitable for seniors, also with explanations
- More free workouts

3) How do you think this project can raise its impact among senior citizens at the local level?

- Wider publicity as some organizations have their own circles, regular people who go to sport events. Exchanging contacts during a discussion can help add new people in different activities.
- Creating a leaflet with different contacts from different areas. The whole Lithuania would benefit. A diverse range of opportunities for people of different ages and opportunities. Help a person to "enter" an active life.
- To present the project to the leaders of the University of the Third Age who are organizing many events for seniors but rarely related with sport, with the help of the project and its wider publicity, involve as many seniors as possible.
- Because we live in a world of technology, virtual reality can be adapted to improve well-being. Meditation, rehabilitation, spiritual development, starting with easier activities.

4) What are the main elements which motivate senior citizens to participate in sport and physical activity?

From the experience of representatives from different organizations, some of the main elements to motivate seniors are: company (communication), free activities, regularity (not just one time event). Also, it can be a desire to reduce the effects of some diseases, to improve health, opportunity to compete, family tournaments, a simple prize, or a unique venue for an event or activity (beautiful views).

For example, annual tournaments, clubs collect points and compete against each other. If a family member is involved, the points double as this encourages the inclusion of loved ones.

Other example, in swimming club competitions for amateurs, according to a certain coefficient, the results are derived regardless of the age group, thus comparing the chances of winning for a person of any age. This motivates seniors to fight to the end.

4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

We would like to give place to your observations and comments in this report together with the evaluation of participants. Please answer the questions such as: Do you think that you have reached the proper profile by considering all involved participants? ; Do you think that you have raised the awareness of involved participants on the project and its funded action and its priorities at your local level? If yes, can you please specify the outcomes? Etc.)

We believe that both the organizations and we have picked up useful and needed information. The profile of all discussion participant was quite wide, which helped to receive answers from different perspectives.

The discussion and questions were useful for us because many participants agreed on many things as what leads to poor involvement of seniors in physical activities and sport and how it can be increased (knowledge from the experience). It is necessary to know the roots of the problem to start doing something.

We think that we raised the awareness of involved participants on Erasmus+ Sport and its priorities at our local level because they saw the possible ways of how this or similar projects could help increase seniors involment in physical or sport activities, and are interested to cooperate in further project's activities. Moreover, thanks to this discussion, many participants exchanged contacts for future cooperations.



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The image shows a Zoom meeting interface. The top portion displays a presentation slide titled "Tikslai (1)" (Objectives (1)). The slide content is as follows:

Tikslai (1)

Plėtoti sporto klubų ir vietos valdžios bendradarbiavimą tarptautiniu lygiu, kad jie galėtų pasidalyti savo žiniomis, kaip įgyvendinti geresnes su sportu susijusias programas, kurios apima daugiau nei 60 vyresnio amžiaus žmonių, ir pagerinti jų bendradarbiavimą.

The slide also features logos for "Co-funded by the Erasmus+ Programme of the European Union", "HEALTHY LIFE HAPPY LIFE", and "AKTYVISTAI ACTIVISTS".

The bottom portion of the image shows a gallery view of 26 participants in the Zoom meeting. The participants' names and avatars are visible in a grid format. A list of participants is also shown on the right side of the screen, including names like Gerda, Gediminas D, Regimantas Tarasevičius, and others.

<https://www.facebook.com/AKTYVISTAI/posts/4607181769399377>
<https://www.facebook.com/HL60S/posts/250751693834970>



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Erasmus+ Sport Small Collaborative Partnership
“Healthy Life Happy Life for 60+ seniors” Project
Round Table Meeting Content

□ **Project Reference Number:** 622926-EPP-1-2020-1-LT-SPO-SSCP

REPORTING TEMPLATE for ROUND TABLE 1

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about the final number of the participants; the information about the participants of meetings (If they represent any NGO, Sport Clubs etc. in first Round Table, please specify the names of organizations), age and gender groups of the participants, meeting venue, meeting date, duration of the meeting and final flow.

The meeting was held in the office of St. Anthony's Church, where the members of one Kaunas seniors club is gathering once in two weeks. 19 women were from our target group 60+, whereas one participant, also woman, was from the age group between 46 and 60. The most of seniors are not working anymore, and not very active physically, although when they were young, they were.

We think the discussion went much better than we expected, the participants were interested in the topic of the project, and it was fun to see so many of them coming together. It was easy to find a suitable time, as most of them are not working anymore. The discussion lasted around 1.5 hours. To conclude, we think it was useful, effective and very informative discussion.



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2. PART - METHODOLOGY:

In this part; please give us information about the final version of flow and selected methods.

At the beginning of the meeting, we gave a presentation about “Aktyvistai” and the purpose of the meeting. Later, we presented the European Union funded “Healthy Life Happy Life for 60+ Seniors” project and how discussion participants can be involved in it. This was followed by the introduction of all participants.

The method we chose for this discussion was:

o Question -> Anyone who wants gives their opinion -> Discussion.

The flow of the questions was 1, 2, 4, and 3. We left the 3rd question at the end to discuss more how this project, we or a similar project could help seniors.

At the end we did a summary of all collected information and shared contacts between/with participants and Aktyvistai.

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

In this part, please provide us the answers of these questions below:

1) Could you specify 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?

1. Motivation, there is no one who would motivate or invite to do sport together.
2. Not being active the whole life, they don't have understanding of doing sport and don't have need of doing it;
3. Although there is infrastructure in the city's parks, stadiums, etc. seniors don't know how to use them correctly.

2) Could you describe what are the best conditions for you to increase your participation in physical activity and sport?

- To have a goal. For example: to count steps per day, to start from 1000 and keep going up each week or month.
- To have a company to do sport.
- A person who would gather people in small villages/towns.
- Special activities for seniors.
- Specific hours in sport clubs, swimming pools, etc. for seniors.
- To see in public that seniors do sport too.

3) How do you think this project can raise its impact among senior citizens at the local level?

- To help change the stereotypes of young people to seniors, that they also can do sport.
- To help organize interviews on TV/radio, where seniors would share their experiences.

4) What are the main elements which motivate senior citizens to participate in sport and physical activity?

They main elements are company, group exercises, discounts. Moreover, it would help that there would be more sport infrastructure in parks, summer camps next to the lake special for seniors, trainings at the beach, and extra pleasures as sauna. And finally, to change society's view to seniors, as they often feel that they should not do sport in public. Together with this, to organize events, championships in the same places for young people and seniors, where they could exchange experiences, advice, and learn from each other.

4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

We would like to give place to your observations and comments in this report together with the evaluation of participants. Please answer the questions such as: Do you think that you have reached the proper profile by considering all involved participants?; Do you think that you have raised the awareness of involved participants on the project and its funded action and its priorities at your local level? If yes, can you please specify the outcomes? Etc.)

We believe that both the participants and we have picked up useful and needed information. The profile of all discussion participant was from our target group – 60+. Most of the participants easily shared their opinion and experience.

The discussion and questions were useful for us because many participants agreed on many things as what leads to poor involvement of seniors in physical activities and sport. It is necessary to know the roots of the problem to start doing something.

We think that we raised the awareness of involved participants on Erasmus+ Sport and its priorities at our local level because seniors don't know about such projects and Erasmus+ Sport, some participants were impressed with this project and its purpose, gave many good ideas what can be done, and expressed a wish to participate in further activities of the project.

<https://www.facebook.com/AKTYVISTAI/photos/4716104588507094>



Erasmus+ Sport Small Collaborative Partnership
“Healthy Life Happy Life for 60+ Seniors” Project
Survey results

□ **Project Reference Number:** 622926-EPP-1-2020-1-LT-SPO-SSCP

Aim of the survey:

To analyse the needs, the conditions, motivations and the interests of the Senior citizens in Turkey.

Results of the survey

Country: Turkey

Methodology:

As the consortium’s common understanding was applying the standardized templates to collect the answers to similar questions, the leading partner created the questions and it’s translated to native languages. Then a Google Form is created to collect the answers.

As IKOS, we have selected 5 young volunteers to call the seniors and fill the forms. This strategy is proceed to overcome the risk of digital literacy or digital competences of seniors. With the help of young volunteers, the results have been stored and translated to report it in English.

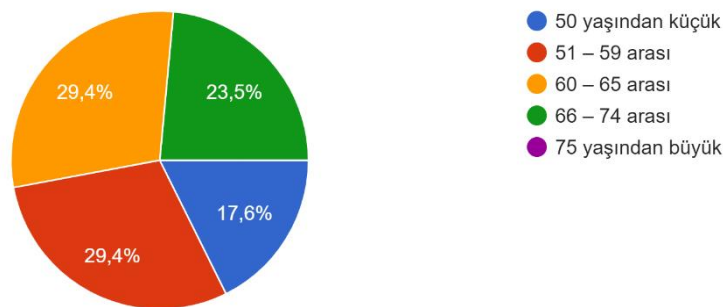
Profile of the respondents:

The number of questionnaires collected and profile of the respondents (gender, age).

As can be seen in Pie Chart,

1. Yaşınız?

34 yanıt



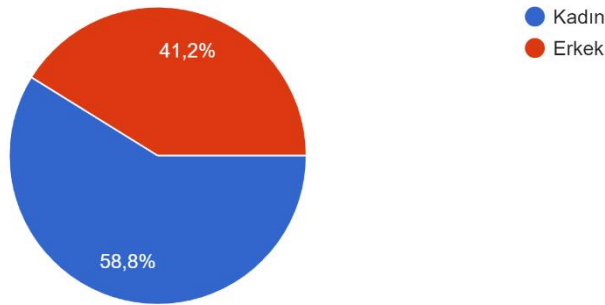
- 17.6% of the respondents are consisting of seniors under 50 years old. (the Late 40s)
- **29.4% of the respondents are consisting of seniors between 51-59 years old.**
- **29.4% of the respondents are consisting of seniors between 60-65 years old.**
- 23.5% of the respondents are consisting of seniors between 66-74 years old.

- No answer is received for seniors older than 75 years old.

As it can be seen in the Pie Chart;

2. Cinsiyetiniz?

34 yanıt



- **58.8% of the respondents are identifying themselves as Female.**

- 41.2% of the respondents are identifying themselves as Male.

Free time availability and involvement in sport:

Among 34 respondents,

- 11.8% of the respondents selected that they have 1 hour of free time a day.

- 29.4% of the respondents selected that they have between 2-3 hours of free time a day.

- **58.8% of the respondents selected that they have more than 3 hours of free time a day.**

Even though a major answer is received as they have a big portion (more than 3 hours) of free time during the day, it's stated that;

- 11.8% of the respondents use their time to participate in sports / physical exercises.

- 41.2% of the respondents sometimes use their time to participate in sports / physical exercises.

- **47.1% of the respondents don't use their time to participate in sports / physical exercises.**

Sport interest:

Among 34 respondents,

- 5.9% of the respondents claim that they do sports for more than 30 minutes every day.

- 14.7% of the respondents claim that they do sports for more than 30 minutes once or twice a week.

- 17.6% of the respondents claim that they do sports for more than 30 minutes three or five times a week.

- **61.8 of the respondents claim that they do sports for more than 30 minutes LESS than once a week.**

When it was asked what type of sports do they do for the ones regularly practicing the sport (13 people), below answers are reached;

Walking (12 People - 92.3%); Riding a bike (1 Person - 7.7%); Swimming (1 Person - 7.7%); Trekking (4 People - 30.8%), Guided Exercises (2 People - 15.4%); Aerobic (1 Person - 7.7%)

Low activity and opportunities:

Reasons of low activity, how is it possible to increase? Sport/health facilities in the neighbourhood and discounts for seniors in such places.

- 17.6% of the respondents claim that "working" is one of the obstacles for them to participate in sports.



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- **47.1% of the respondents claim that “physical problems” are one of the obstacles for them to participating in sports.**
- **64.7% of the respondents claim that “lack of motivation” is one of the obstacles for them to participating in sports.**
- 17.6% of the respondents claim that “financial conditions” are one of the obstacles for them to participating in sports.
- 23.5% of the respondents claim that “lack of sports facilities in the closest environment” is one of the obstacles for them to participate in sports.
- 2.9% of the respondents claim that “weather forecast” is one of the obstacles for them to participate in sports.

When we ask them how their motivation can be increased, 5 categories of answers are collected.

1st Category - Having adequate equipment & sports venues to access it easily and frequently could motivate them

2nd Category - Making sport together with their peers or friends to enjoy the process together could motivate them

3rd Category - Physical endurance is not seen as stable and they perceive sport as something risky to do. Therefore, sport trainers / personal trainers are requested to do sports with some guidance

4th Category - Financial conditions are mentioned as it's hard to afford. Therefore, they need more relevant information to reach free facilities or free courses to join

5th Category - Lack of free time due to house or family obligations. It's suggested some basic movements could be introduced to combine them with daily works.

When it's asked if the seniors have relevant information about the discounts,

- 32 people stated that they don't have any information about discounts or additional support.
- 2 people stated that they reach information from local authorities or by Instagram regarding the discounts or any additional support.

When it's asked to respondents if they benefit from sport facilities/clubs/gyms run by local authorities, it is answered as;

- 5.9% of the respondents claim that there are some sports facilities in their neighbourhood but I don't have any sufficient information about them.
- 17.6% of the respondents claim that there are some sports facilities in their neighbourhood and they benefit from them.
- 26.5% of the respondents claim that there is NO sports facilities in their neighbourhood.
- **50% of the respondents claim that there are sports facilities in their neighbourhood but they DON'T benefit from them.**

Other:

In this section, we just received the contact details of the respondents to involve them project activities.

Round Table Meeting Report / 1st Meeting with Seniors

1. PART - TECHNICAL INFORMATION:

The first-round table meeting is realized with 16 people on 27.12.2021 in Karabük/Turkey between 11.00 - 13.30 Turkish Time. As one of the volunteers of IKOS, Mr. Cengizhan Çelik, who is a Sport Trainer working specifically on Healthy Life & Physical Literacy with seniors above 50 years old, one of his senior physical activity classes group has shown their motivation & interest to contribute to the assess the ongoing situation for the sport participation of seniors. Below participants are participated to this meeting:

NO	FULL NAME	GENDER	AGE	ROLE
1	Cengizhan ÇELİK	Male	27.12.1996	Project Staff
2	Erhun KÖSE	Male	15.05.1957	Senior
3	Hasan SEVGİLİOĞLU	Male	18.03.1946	Senior
4	Ali Osman ALPTEKİN	Male	28.04.1952	Senior
5	Şengül UYSAL	Female	19.04.1958	Senior
6	Aynur ÖZBAY	Female	02.03.1953	Senior
7	Selviye KÖSE	Female	15.02.1957	Senior
8	Ayşe SEVGİLİOĞLU	Female	01.12.1967	Senior
9	Nazife ODACI	Female	01.09.1955	Senior
10	Hüseyin ODACI	Male	01.03.1952	Senior
11	Servet ALPTEKİN	Female	25.11.1954	Senior
12	Hüseyin UYSAL	Male	22.08.1953	Senior
13	Cevadiye DERTKESEN	Female	12.12.1952	Senior
14	Erdinç DERTKESEN	Male	03.08.1950	Senior
15	Y. Sevim MÜDERRİSOĞLU	Female	11.10.1949	Senior
16	Ali SAVUN	Male	18.06.1956	Senior

In total, 8 male and 8 female participants attended to this meeting. 15 seniors at the age group of 55 to 76 years old took part to better understand the obstacles and development areas in 2 and half hour meeting.

2. PART - METHODOLOGY:

In the first round table meeting, the below-explained flow is realized by following the suggested template.

- 11.00 - 11.10: Introduction: Welcoming, explanation of the meeting objective and brief project presentation
- 11.10 - 11.30: Self-introduction round: All participants introduced themselves in a round.
- 11.30 - 12.30: Discussion - First three leading questions are asked to participants
- 12.30 - 12.45: Short Break
- 12.45 - 13.00: Discussion - Last leading question is asked to participants
- 13.00 - 13.20: Sum-up: The collected answers of the participants are summarized for any further comment/questions/revision
- 13.20 - 13.30: Conclusion: Small evaluation of the meeting and collection of the last words of participants.

In the first discussion part, these three questions are answered:

- 1) Could you specify 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?
- 2) Could you describe what are the best conditions for you to increase your participation in physical activity and sport??
- 3) How do you think this project can raise its impact among senior citizens at the local level?

In the second discussion part, participants discussed:

- 4) What are the main elements which motivate senior citizens to participate in sport and physical activity?

All answers are reported by Mr. Cengizhan Çelik and main findings are presented in third part of the report.

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

1. When we asked to our senior participants to specify 3 main reasons which negatively affect their participation in the field of sport; below answers are majorly repeated:

- The fear of making wrong movements and having long-term injuries which limit their physical capacity
- Not having the parks with sports equipment or walking paths nearby where they live
- Not having motivated friends or family members to do sports and makes them feel alone
- Taking care of their granddaughters/grandsons which affects their free time to do sports
- The willingness according to the age and illness
- The physical and health conditions which directly affect their motivation
- To get tired easily

2. When we asked our senior participants to describe what are the best conditions for them to increase their participation in physical activity and sport, the below answers are majorly repeated:

- Having communication channels with the motivated people in their environment to do group sports
- Increasing the number of parks with sport equipment or improving the quality of walking paths
- Having the classes with sport trainers to be observed by the professionals not to make wrong movements
- Having some type of sportive activities to join together with their family members and grandsons/granddaughters
- Setting some goals and reaching these goals in some time periods

3. When we asked our senior participants on how they think this project can raise its impact among senior citizens at the local level, below answers are noted:

- It's the first time they have heard about a European project which targets elderly people. Therefore, they were highly surprised and couldn't understand well how they can benefit from this action. However, the biggest impact that they mentioned was bringing motivated people together to do basic sports and organizing Sports Weekends is a concept that made them excited.
- Participation in the International Sport Event seemed a great opportunity and meeting participants thought that it is a such great opportunity. But they added that sustainable opportunities at the local level could be more engaging and
- Besides, one of the project output (Policy Recommendation Paper) is seemed really important to gather the attention and needs to multiply it and increase the motivation of the elderly people.

4. When we asked what are the main elements which motivate senior citizens to participate in sport and physical activity, the below answers are noted:

- Physical & Environmental Conditions: In some of the neighbourhood of Karabük, it's not really comfortable to do sports in the parks or outdoor because the walking ways are not really comfortable or equipment are not working properly. Improving these physical conditions of the outdoor sport places would be really helpful. In addition, the winter is cold in Karabük. Therefore, indoor sports places are either expensive to afford or not easy to access.
- Technical Conditions: We believe that local authorities are not really aware of our needs. We don't receive any specific information about the types of sports we can do, closest sport facilities, free offers etc.. Besides, it's sometimes risky to do some movements without knowing them properly, it can create the long-term problems for elderly people. Therefore, it would be great to have physical activities with the sport trainers, experts or with their supervision.
- Internal Conditions: Individual sports are not as motivative as group sports. Therefore, making sports or walking together with a group would help us to socialize, meet with new people and increase the solidarity among us. When we create a sport group, we believe that it helps us to motivate each other; sometimes to push each other with more discipline.
- Post-pandemic Conditions: During the pandemic, it was really hard to go out even for shopping. Therefore, we couldn't mention our sport participation for 2 years. It created additional vulnerability in our bodies and psychologies. Now, we start to be back to our own routines but doing sport is not at the top of list. That's why we try to initiate to do sports but we need more support maybe from sports clubs, gyms or local authorities to encourage and provide the opportunity for us.

4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

At the end of the 2 and half hours of meeting, we could observe that meeting participants were really happy to contribute to the process and it created a constructive dialogue dimension for us to understand the needs of the individuals and field in general. Even though the group knows each other from the sports classes, we wanted to implement a name-round to show them the half-structured Round Table Meeting methodology. It created a consciousness and positively affected the flow of the meeting. As a result, we believe that it was a really beneficial meeting to receive the answers firsthand and to transform them into concrete practices in the upcoming stages.

Round Table Meeting Report / 1st Meeting with Stakeholders

1. PART - TECHNICAL INFORMATION:

On the 14th of October 2021, we have hosted two round table meetings in virtual platforms with the participation of the stakeholders from public - civil - sport sectors. As the schedules of the stakeholders vary from each other, we thought to put two options for the meeting hours. As a result of these registration and implementation process, below stakeholders are participated to this meeting:

NO	FULL NAME	GENDER	AGE	ORGANIZATION
Morning Meeting Participants (10.00 - 11.30)				
1	İlknur Dinç	Female	1996	IKOS / Project Staff
2	Zeynep Türksöy	Female	1990	Ankara Governorship / Adult Educator
3	Burak Gündüz	Male	1988	Sport Trainer
4	Yusuf Altunhan	Male	1985	Malatya Provincial Education Directorate / Adult Educator
5	Mustafa Erdoğan	Male	1984	Experiential Training Center / Adult Educator
6	Ömer Faruk Akari	Male	1985	Bayrampaşa Bilgi Sport Club / Sport Coach
7	Utku İskit	Male	1980	Personal Trainer (PT)
8	Emir Turam	Male	1961	Bilgi University Sports Management Faculty / Academician
Afternoon Meeting Participants (14.30 - 16.45)				
1	İlknur Dinç	Female	1996	IKOS / Project Staff
2	Selcan Erdoğan	Female	1984	IKOS / Board Member
3	Çağla Gemalmaz	Female	1994	IKOS / Adult Educator
4	N. Seda Öztürk	Female	1984	IKOS / Adult Educator
5	Emre Duman	Male	1992	Youth Leader
6	Büşra Özer	Female	1993	Turkish Sports Foundation / Assistant of Secretary Assistant
7	Funda Kartal	Female	1985	Bayrampaşa Municipality / Sport Coach
8	Barış Acar	Male	1995	Vicdan Sport Club / Sport Coach
9	Osman Gazi Polat	Male	1997	Vicdan Sport Club / Sport Coach
10	Doğukan Çınar	Male	1991	Vicdan Sport Club / Sport Coach
11	S. Aybüke Uygur	Female	1996	Visionary Women Association / Project Assistant

In total, 8 female and 10 male participants out of 18 attended this meeting. The first meeting participants were hosted between 10.00 - 11.30 (Turkish time) and the second meeting participants were hosted between 14.30 - 16.45 (Turkish time).

As it could be seen in both groups, our initial aim was to increase intersectoral cooperation in the field of the sport by exchanging ideas & good practices for sport studies with Seniors. We could see how adult educators and sport trainers know-how is complementary to each other in this particular case.

2. PART - METHODOLOGY:

In the both of the round table meetings, the below-explained flow is realized. The timing has been revised by the moderator according to the number of the participants during the meeting.

- 10 Minutes: Introduction: Welcoming, explanation of the meeting objective and brief project presentation
- 20 Minutes: Self-introduction round: All participants introduced themselves in a round.
- 35 Minutes: Discussion - First two leading questions are asked to participants
- 15 Minutes: Short Break
- 35 Minutes: Discussion - Last two leading questions are asked to participants
- 15 Minutes: Sum-up: The collected answers of the participants are summarized for any further comment/questions/revision
- 10 Minutes: Conclusion: Small evaluation of the meeting and collection of the last words of participants.

In the first discussion part, these two questions are answered:

1) Could you specify 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?

2) Could you describe what are the best conditions for you to increase your participation in physical activity and sport??

In the second discussion part, participants discussed:

3) How do you think this project can raise its impact among senior citizens at the local level?

4) What are the main elements which motivate senior citizens to participate in sport and physical activity?

All answers are reported by the moderator (Ms. Ilknur Dinc) and the main findings are presented in third part of the report.

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

1. When we asked our stakeholders to specify 3 main reasons which negatively affect seniors' participation in the field of sport; below answers are noted:

- The location of the sports facilities (Generally the qualified facilities are located in further sub-areas of the cities)

- The financial conditions to afford the sport classes
- The outdoor places are not comfortable to do sports
- There are fewer sports classes/groups are requested to be opened in sports facilities so there are limited opportunities
- The type of the sports is requiring more modification to have age-friendly versions but sports coaches / trainers don't have that much knowledge about the modifications
- Age hierarchy (ageism) is playing an influential role among senior peers and it creates social pressures
- The pandemic's effect on the seniors since they're recognized as one of the most vulnerable groups

2. When we asked our stakeholders to describe what are the best conditions for seniors to increase their participation in physical activity and sport, the below answers are noted:

- To be supported by personal trainers/sports coaches for their exercise cycles
- To be measured (age, weight, fat rate, etc.) before they conduct physical activities/sports and to have regular health checks before and after exercise cycles
- To have concrete data regarding the population of the seniors in each neighborhood and send them regular notifications/information for the sports opportunities
- To show the most accessible sports facilities or parks, stadiums and outdoor places
- To create morning or evening senior sports groups to combine sport activities with social dimensions
- To combine the daily exercises with some of the things that they regularly do (like walking with certain speed when they go shopping)
- Some digital applications would help to remind the exercises, show them how to do, remind to drink water etc.

3. When we asked our stakeholders how they think this project can raise its impact among senior citizens at the local level, below answers are noted:

- It was agreed by both round table meeting participants that projects which are focusing on elderly people are quite rare in the field. The creation of committees consisting of active seniors would bring added value to the project.

- Another common message is highlighted as "participation in the sports activities is returning to the public institutions as fewer expenditures in the medical area". Therefore, healthy and active seniors mean fewer queues in the hospitals and it's a great contribution to active aging. Such a project could advocate these messages.

4. When we asked what are the main elements which motivate senior citizens to participate in sport and physical activity, the below answers are noted:

- The creation of social groups to do team and group sports / not focusing only the physical aspects of the sports but more bounding part would be really beneficial
- According to the physical needs of the seniors, it's important to adapt the movements / modify the physical exercise without discriminating or making seniors feel bad about their bodies
- The coordination between local authorities - sport service providers - citizens function in low capacity / sport clubs or civil initiatives with senior citizens would help to create better cooperation & communication
- Digital applications with city's sport activities or customized exercises for each senior would support their engagement with sport
- The promotion of newly opened parks / outdoor sport areas should be done, or notifications should be sent to the seniors' contact addresses



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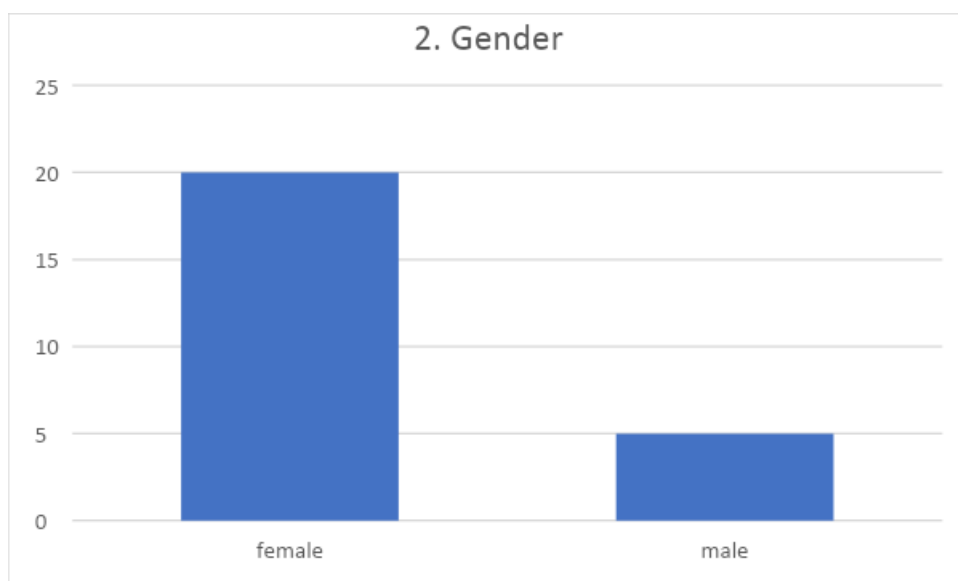
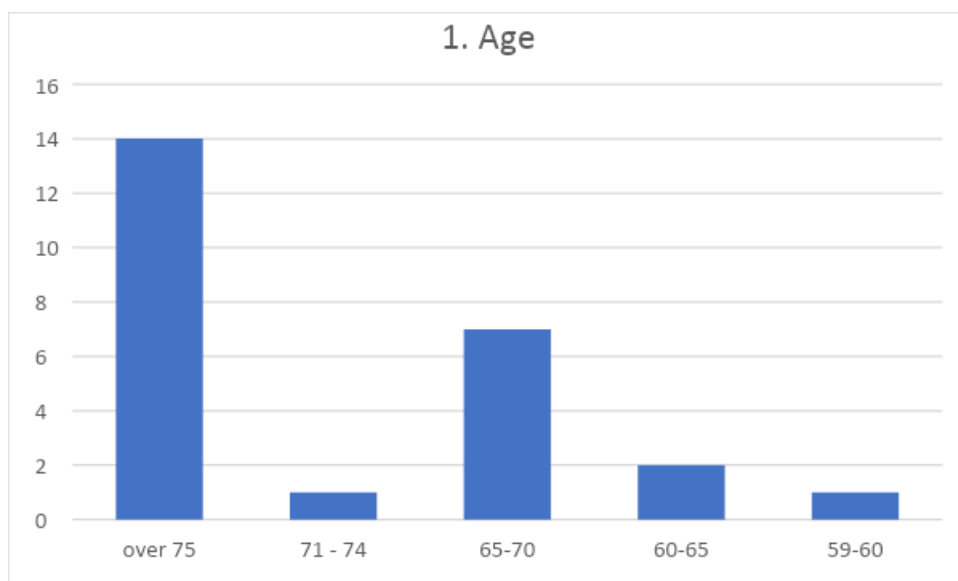


4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

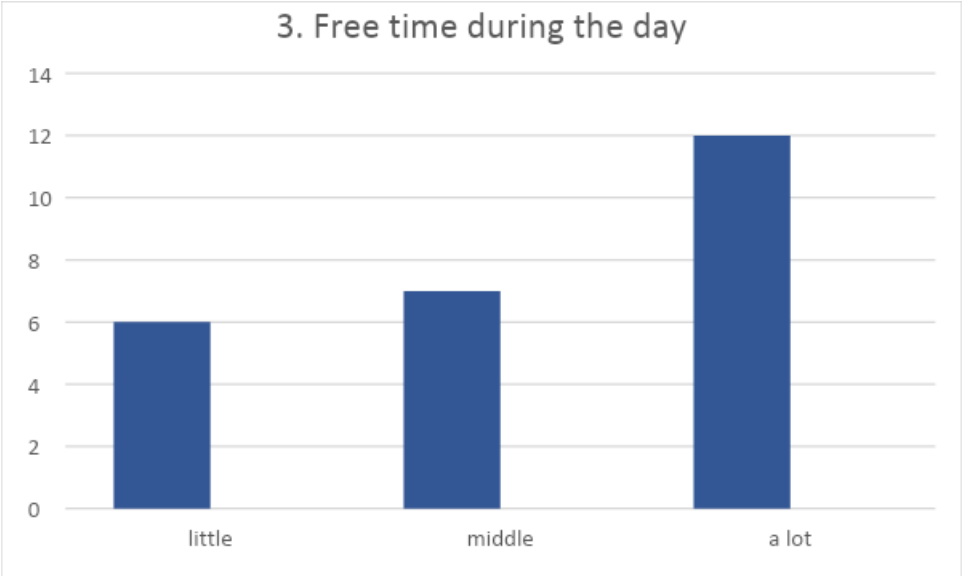
As an overall comment for both virtual round table meetings' implementation, we would like to underline the importance of the participation of representatives from the public - civil - sports sectors. With three sectors' representatives' involvement, we could see the direct benefits and insights from the experts who came regularly together with seniors. In addition, the experts who are focusing on Adult Education & Sports Trainers/Coaches show complementary aspects to each other since one side is perceiving the topics from sportive perspectives, but the other side is more focusing the mental level & learning needs of the seniors. We strongly believe that it was realized with the utmost contribution of the field experts and hope to lead the attention and invite these stakeholders to the further project activities.

ANALYSIS OF SPORTS ACTIVITY OF
SENIOR CITIZENS OF SLOVENSKE KONJICE

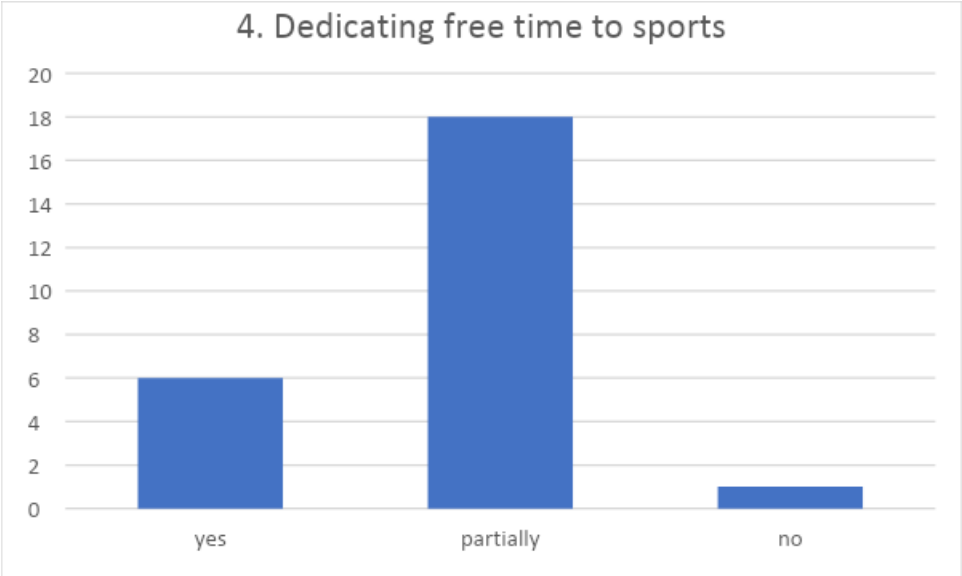
The analysis was made on a representative sample (25) of citizens of municipality Slovenske Konjice, of which 14 from the age group over 75 years, 1 from the age group 71 – 74 years, 7 from the age group 65 – 70, 1 from the age group 60 – 64 and 1 from the age group 59 – 60 years. 20 female and 5 male subjects were interviewed. The analyse was performed in summer 2021.



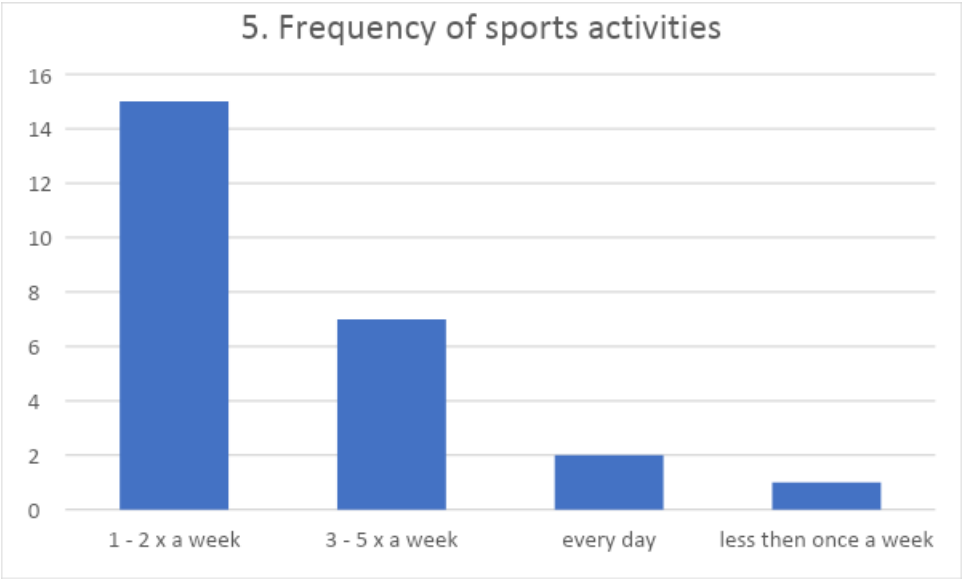
When asked how much free time they have per day, 6 responders answered a little (up to 1 hour), 7 medium (2 – 3 hours) and 12 a lot (more than 3 hours)



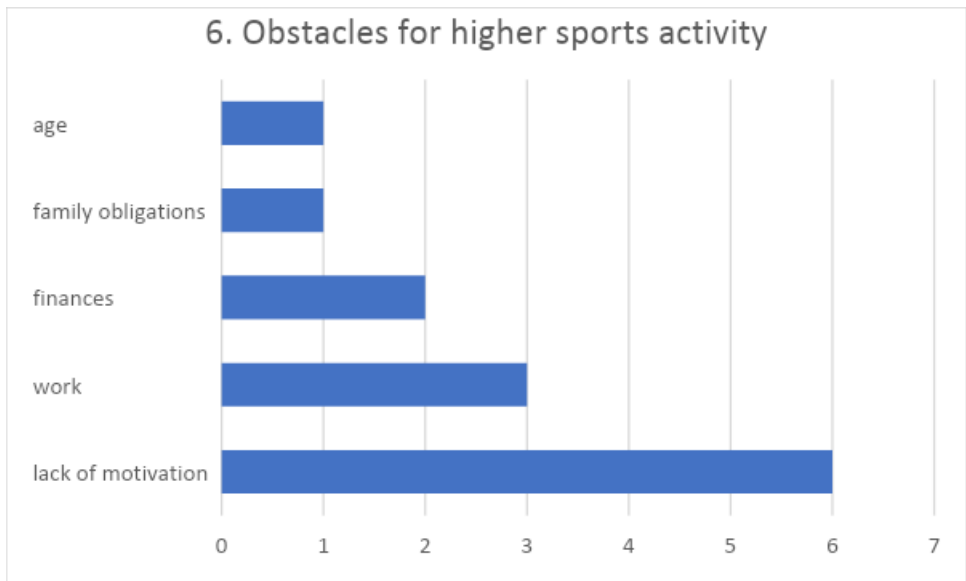
6 respondents dedicate their free time to sports, 18 partially and 1 doesn't dedicate his free time to sports.



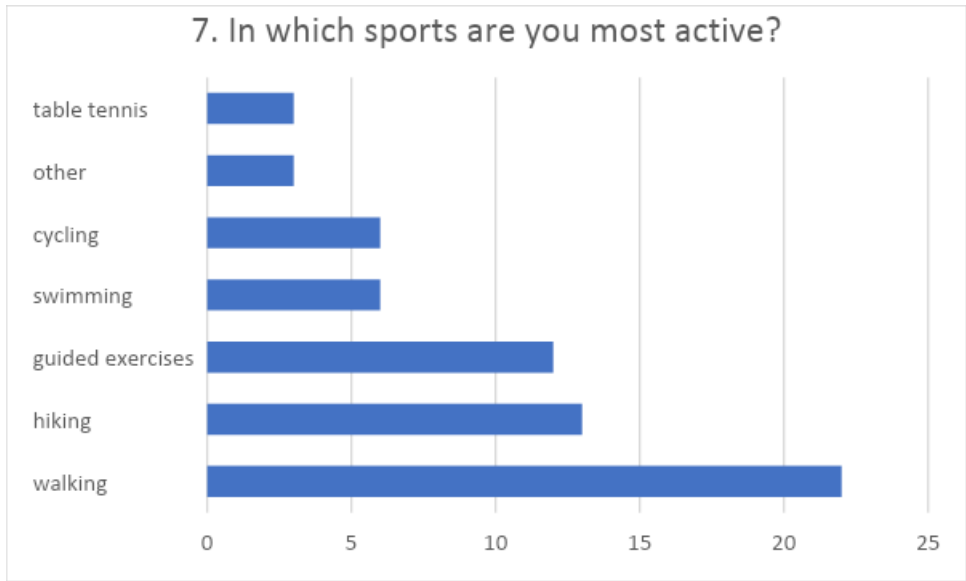
15 respondents do sports once or twice a week, 7 respondents do sports three to five times a week, 2 respondents do it every day. Only 1 respondent does sports less than once a week.



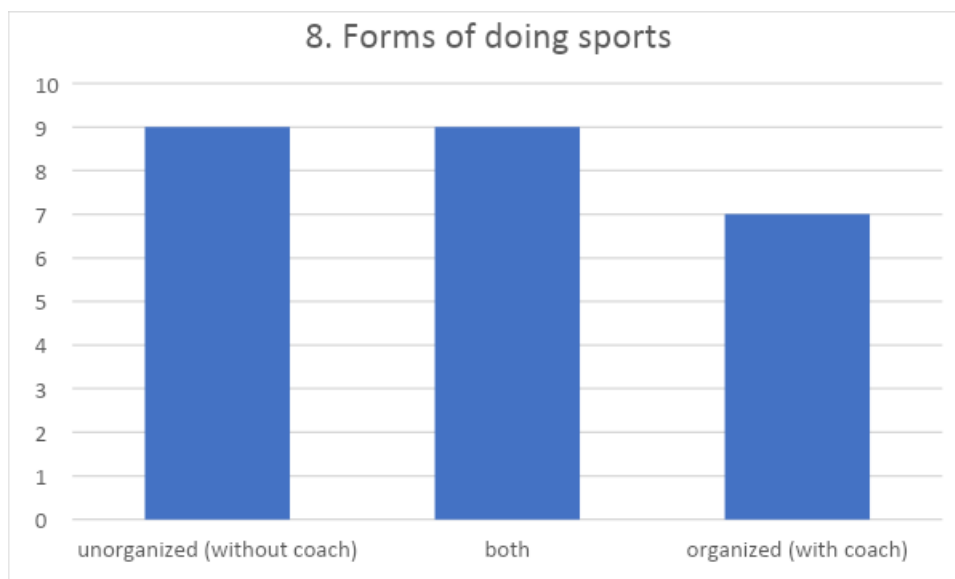
As obstacles for higher sports activity , respondents state health condition in the first place (7 respondents), lack of motivation follows (6), work (3), finances (2), family obligations (1) and age (1).



Most of the respondents are engaged in hiking (13), 12 respondents are involved in guided exercises, 6 of them are engaged in swimming, 4 are cyclists and 3 play table tennis.



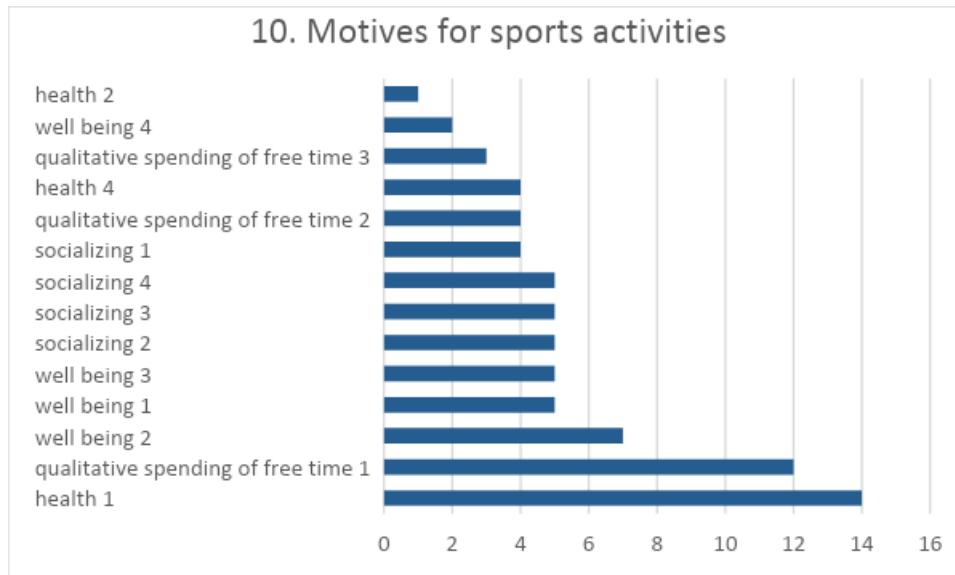
Majority walks regularly (22), 9 of them play sports in unorganized form, 7 in organized form and 9 in both forms.



Most respondents (20) are club members, 3 are not. Those who are members of the associations are mostly members of Društvo upokojencev Slovenske Konjice(6), 5 of them participate in group exercises, 2 in guided exercises and one each are the members of Hiking section, Tennis club, Chess club and Mountaineering club, sports team at Društvo upokojencev Slovenske Konjice, guided exercises NGym and gymnastics at Center okusov.

8. Are you a member of a local sports club?	Participants
YES	20
Društvo upokojencev Slovenske Konjice	6
Group exercises	5
NO	3
Member of a Hiking Section	1
Member of sports team at Društvo upokojencev Slovenske Konjice	1
independence	1
organized exercise	1
Mountaineering Association	1
Chess club	1
Section at Društvo upokojencev Slovenske Konjice	1
Group senior exercise	1
sports section at Društvo upokojencev Slovenske Konjice	1
gymnastics Center okusov	1
Tennis Slovenska Bistrica	1
guided exercises NGym	1
Total	25

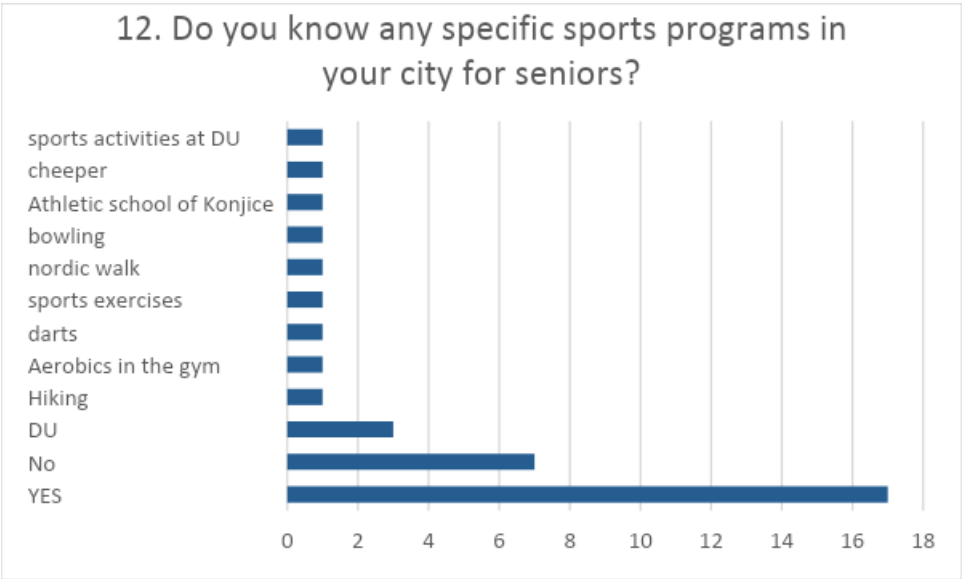
As reasons for sports activity, 19 respondents stated health (14 respondents put it in the first place, 1 in the second place and 4 in the fourth place), 19 well-being (5 respondents put it in the first place, 7 in the second, 5 in third and 2 in fourth place), qualitative spending of free time (12 put it in the first place, 4 in second place and 3 in third place) and socializing (4 put in the first place, 5 in second place, 5 in third and 5 in forth).



When asked for opinion what could be changed to influence their motivation to do sports by local clubs and local authorities, respondents one each stated: cheaper exercises, even more exercises, more programs and informing, higher offer of sports for seniors. 16 people did not answer the question what should be changed by themselves to influence the motivation to do sports, the others one each wrote: good health condition, self-awareness, motivation and socializing.

11. What could be changed to influence your motivation to do sports?	Participants:
/	16
cheaper exercises	1
good health	1
socializing	1
self awareness	1
I think I encourage myself enough regarding the needs	1
motivation	1
even more exercises	1
more information	1
higher offer of sports for seniors	1
Total	25

7 people don't know any specific sport programs in their city for seniors, 17 people stated: hiking, aerobics in the gym, darts, sports exercises, nordic walk and bowling.





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Erasmus+ Sport Small Collaborative Partnership
“Healthy Life Happy Life for 60+ seniors” Project
Round Table Meeting Content

Project Reference Number: 622926-EPP-1-2020-1-LT-SPO-SSCP

REPORTING for ROUND TABLE 1 and 2

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about the final number of the participants; the information about the participants of meetings (If they represent any NGO, Sport Clubs etc. in first Round Table, please specify the names of organizations), age and gender groups of the participants, meeting venue, meeting date, duration of the meeting and final flow.

Zavod za šport Slovenske Konjice performed two round tables within the project HLHL60+. The First Round Table was performed with the members of the sports club NGym, 5.10.2021, at 10.00, in the hall of Športna dvorana Slovenske Konjice. Besides the project coordinator Laura Krančan, there were 8 more persons present aged between 46 and 84 years. The Second Round Table was performed with the members of Društvo upokojencev Slovenske Konjice, 10.11.2021, at 10.00 AM, in the premises of Mladinski center Slovenske Konjice. Besides the coordinator Laura Krančan, 9 more people aged between 27 and 85 years attended the round table.

The first meeting lasted for 2 hours, the second one for 1.5 hours. Besides the performance of the round table, the project HLHL60+ and the program Erasmus+ were presented to the participants.



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2. PART - METHODOLOGY:

In this part; please give us information about the final version of flow and selected methods.

We started both meetings with the presentation of Zavod za šport Slovenske Konjice and our activities. In the continuation of the meetings the programs Erasmus+ Sport and HLHL60+ were presented. After the basic presentation, the project coordinator presented the results of the analysis, which has been carried out among senior citizens in the summer 2021. The analysis results are annexed to this report. The round tables followed, where all the participants actively participated with their suggestions.

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

In this part, please provide us the answers of these questions below:

For the senior citizens the motivation is especially important to start exercising alone or with the help of their friends. Since the beginning of the epidemic, more recreation has been detected among the senior citizens (especially outdoor). Networking is also important as well as informing about sports activities, which are available at the local level. The senior citizens miss the activities that do not necessarily include sports activities, but enable intergenerational socializing.

Cooperation and networking between associations and institutions:

-Identified good practices in organized sports activities:

1. Recreation for seniors – dart, shooting, clamp bowling and bowling (Zavod za šport Slovenske Konjice)
2. Exercises for external users (Lambrechtov dom)
3. Hiking (PD Slovenske Konjice, PD Loče, DU)
4. Chess (DU, Šahovsko društvo Slovenske Konjice)
5. Conducting Provincial association competitions and the competitions on teh level of Zveza Društev upokojencev

-Mutual information and promotion of existing sports activities:

1. Making a »performance« at the events of other association
2. Notification of sports activities on bulletin board, web page of Društvo upokojencev Slovenske Konjice and in »Novice« and sending messages

-New activities:

1. Organization of a Sports day for senior citizens once a year
2. Organization of sports trips and picnics (chestnut picnic, New Year's party)
3. Exercises in local communities
4. Summer pool activities for seniors
5. Use of outdoor fitness
6. Promoting sports activities for senior citizens and encouraging their inclusion in sports activities offered by Zavod za šport Slovenske konjice and affiliated associations at the local level through Seniors for seniors programs

7. Placing darts on the outer surface
8. The construction of an additional Russian bowling alley and integrated arrangement of the seating area
9. The establishment of the Bowling League
10. Appointing sports animators in order to present sports activities for seniors

LEAD QUESTIONS:

- 1) 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?**

Lack of information, lack of own awareness, health condition.

- 2) What are the best conditions for you to increase your participation in physical activity and sport?**

Higher offer of sports programs at the local level, higher motivation and socialising.

- 3) How do you think this project can raise its impact among senior citizens at the local level?**

By promoting sports among senior citizens, informing about new programs and integration with other programs (ex: Seniors for seniors).

- 4) What are the main elements which motivate senior citizens to participate in sport and physical activity?**

Health, qualitative spending of free time, well being and spending time with friends.

4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

We would like to give place to your observations and comments in this report together with the evaluation of participants. Please answer the questions such as: Do you think that you have reached the proper profile by considering all involved participants? ; Do you think that you have raised the awareness of involved participants on the project and its funded action and its priorities at your local level? If yes, can you please specify the outcomes? Etc.

The participants have praised the way of work and suggested some improvements in the field of informing and including senior citizens in sports activities. 7 participants expressed the desire to participate in international meetings, which will be organized as part of the project. They also want more cooperation and connections between sports clubs, which perform programs for senior citizens at the local level and are willing to cooperate in both promotion of those programs and preparation on the new ones based on their wishes.



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“Healthy Life Happy Life for 60+ Seniors”

622926-EPP-1-2020-1-LT-SPO-SSCP

Healthy life



Happy life

Questionnaire's Analysis Report



"Healthy life, happy life 60+" is an Erasmus+ Sport project which aims to raise the living standards of seniors aged 60+ by building a structured dialogue between sports NGOs, sports clubs and local authorities and encouraging seniors (60+) to participate in sport and become more physically active.

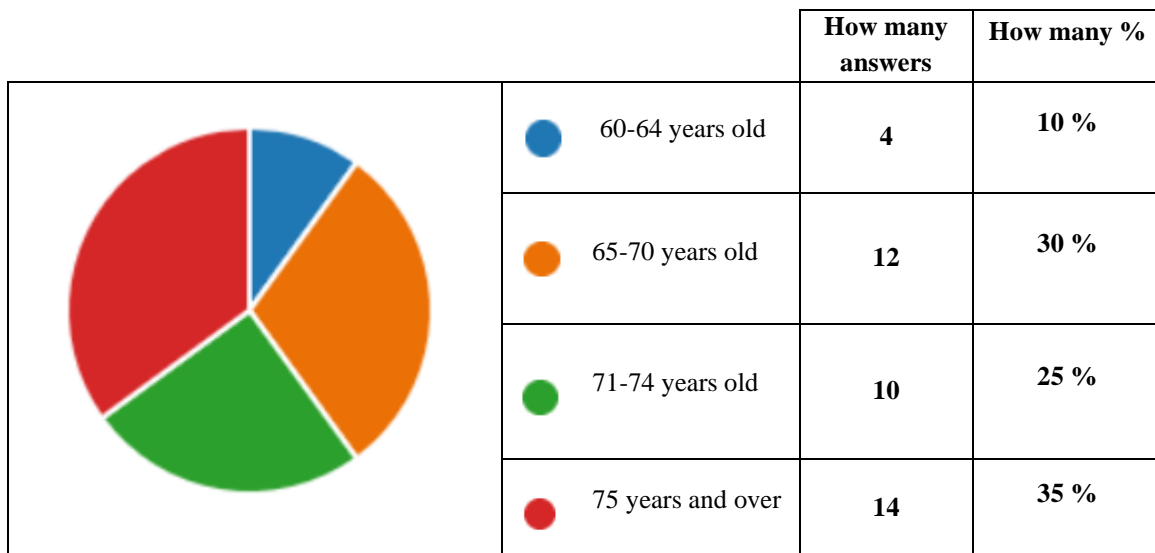
In order to find out the needs of seniors, lifestyle and physical activity of people aged 60 and over, we conducted a survey. The questionnaire were made by project team in english. Then the items were translated to 4 language to give the seniors possibility to give answers in native language and transferred into online platform as active google forms.

Polish version of the questionnaire you can find here: <https://forms.office.com/r/nV0NGd8dJY>

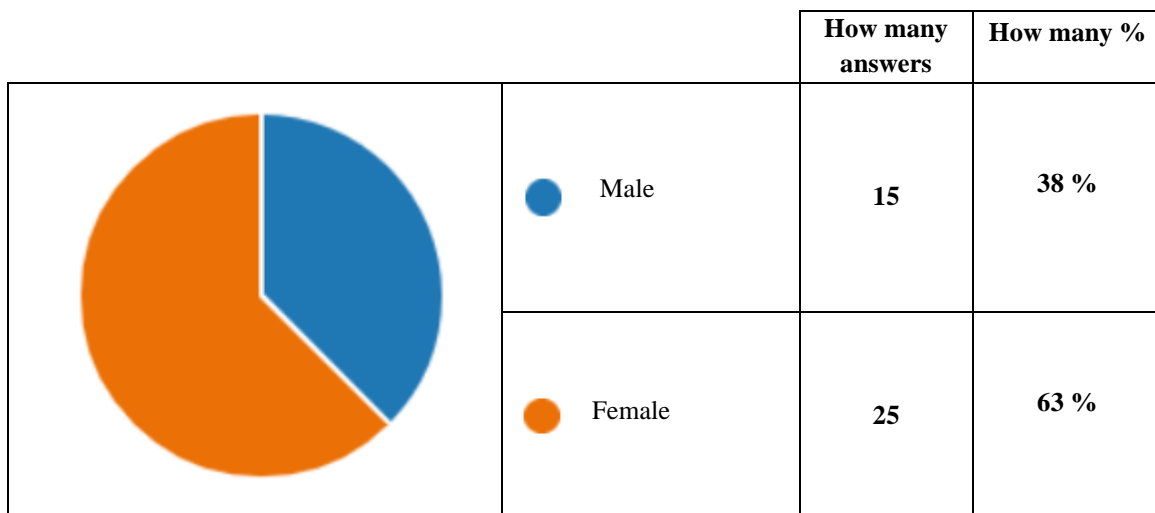
The results of which are compiled in this publication, include results of 40 questionnaires which were made in Starogard Gdański / Poland.

Questionnaire's Analysis Report

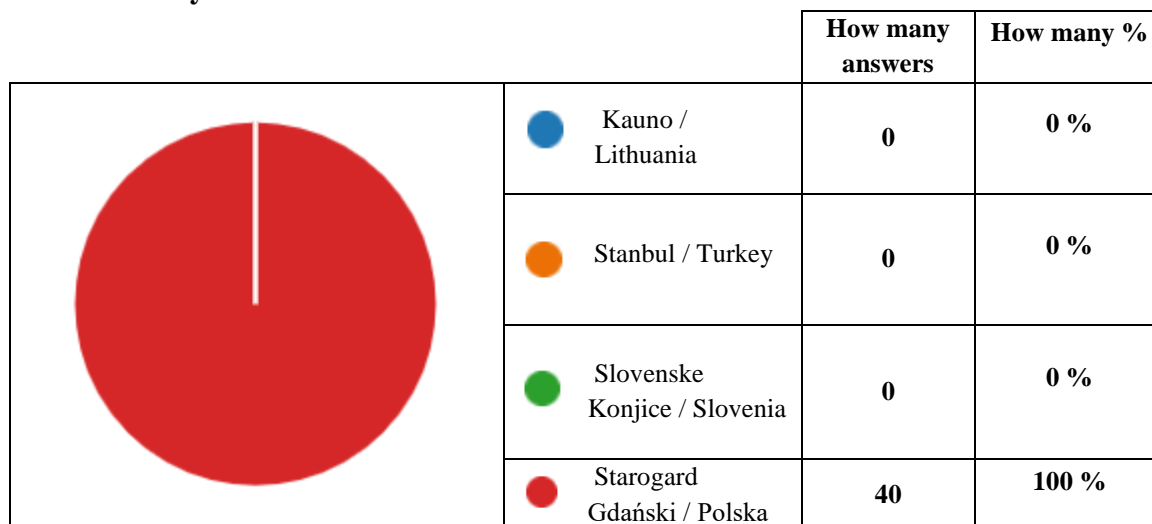
1. Age of participants



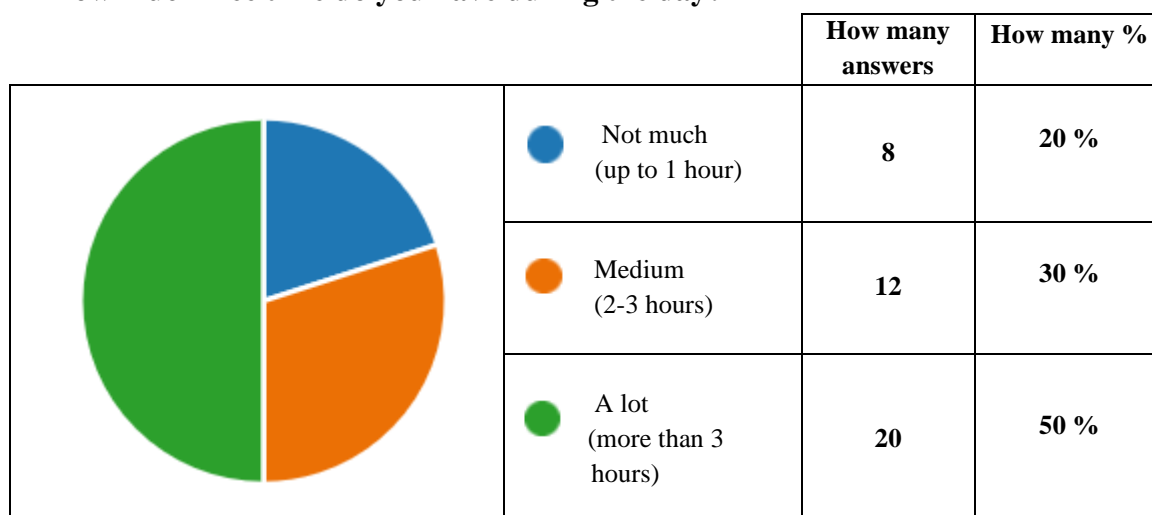
2. Sex of participants:



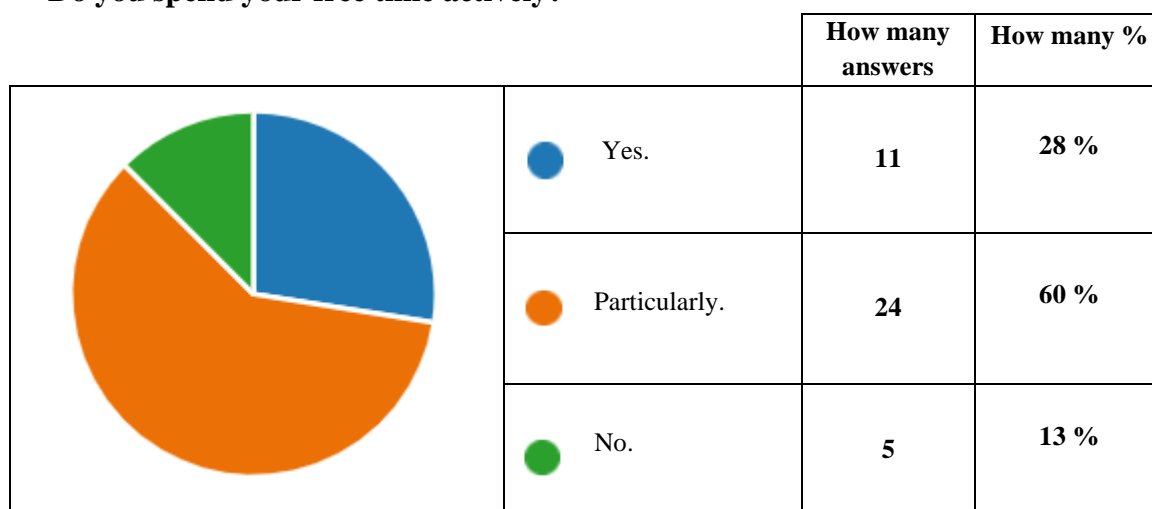
3. Where do you live?



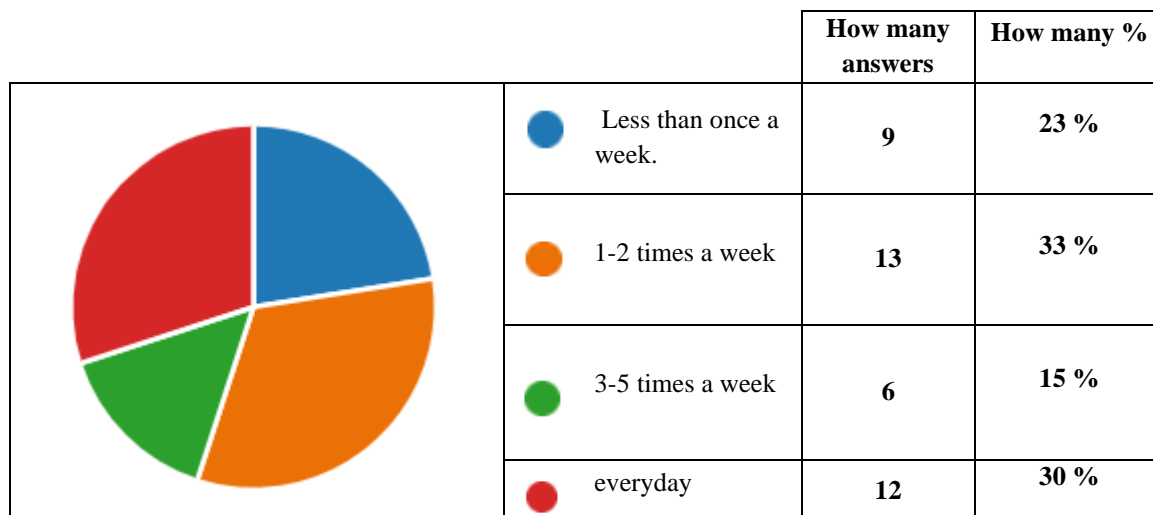
4. How much free time do you have during the day?



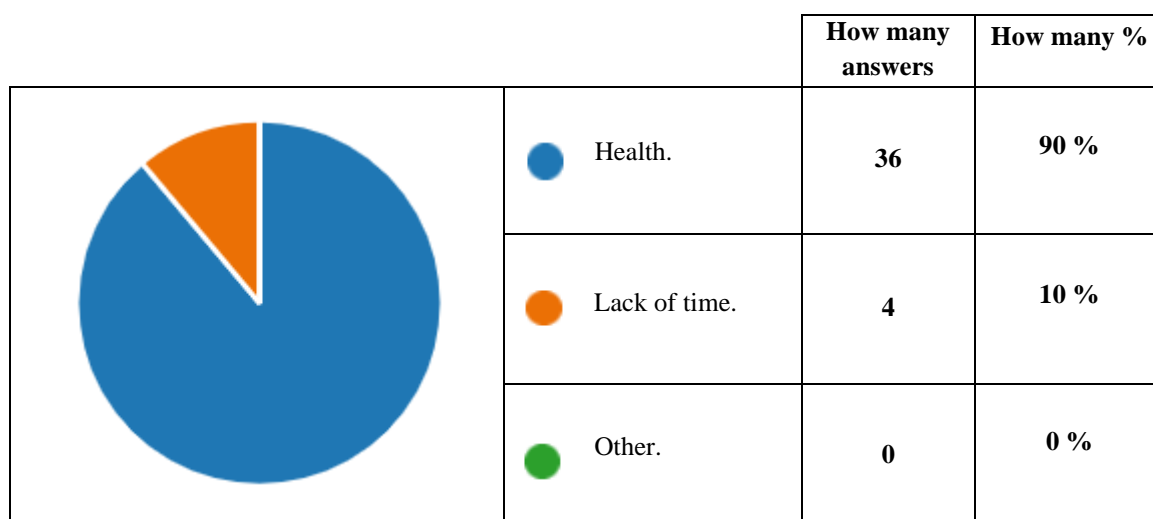
5. Do you spend your free time actively?



6. How often do you play sport for mor than 1 hour?

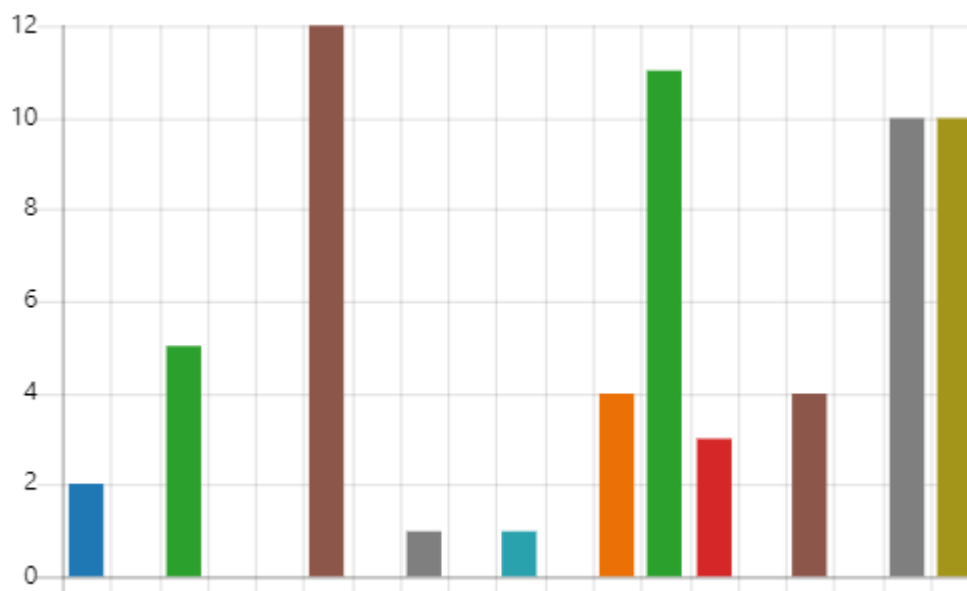


7. What is the reason for this?

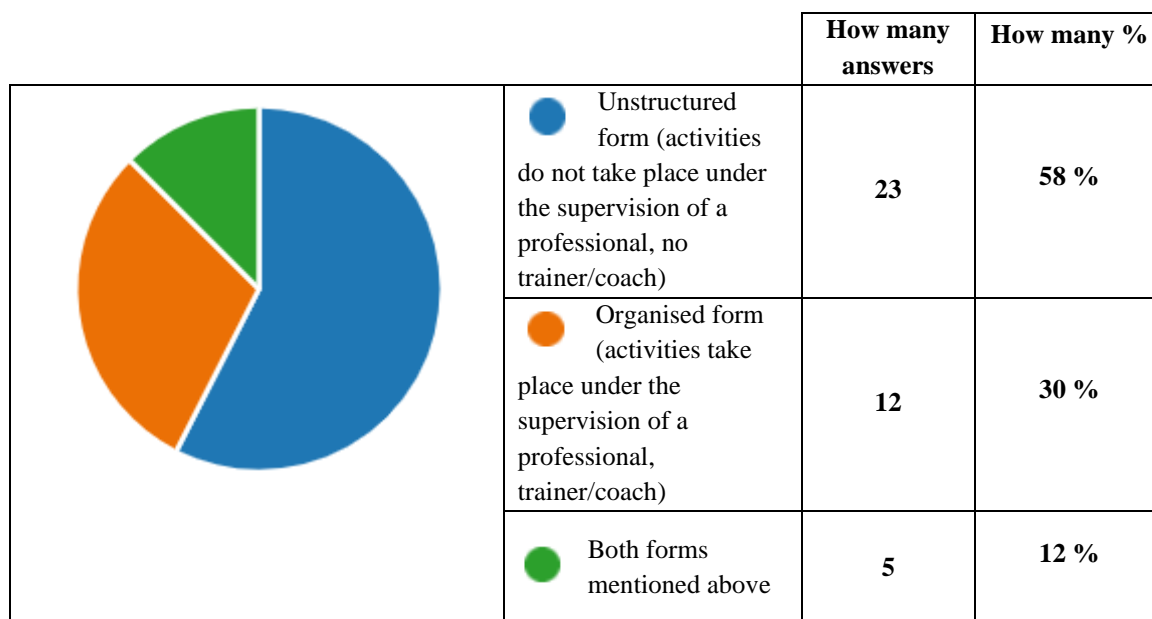


8. What sport do you do most often? (maximum 3 answers possible)

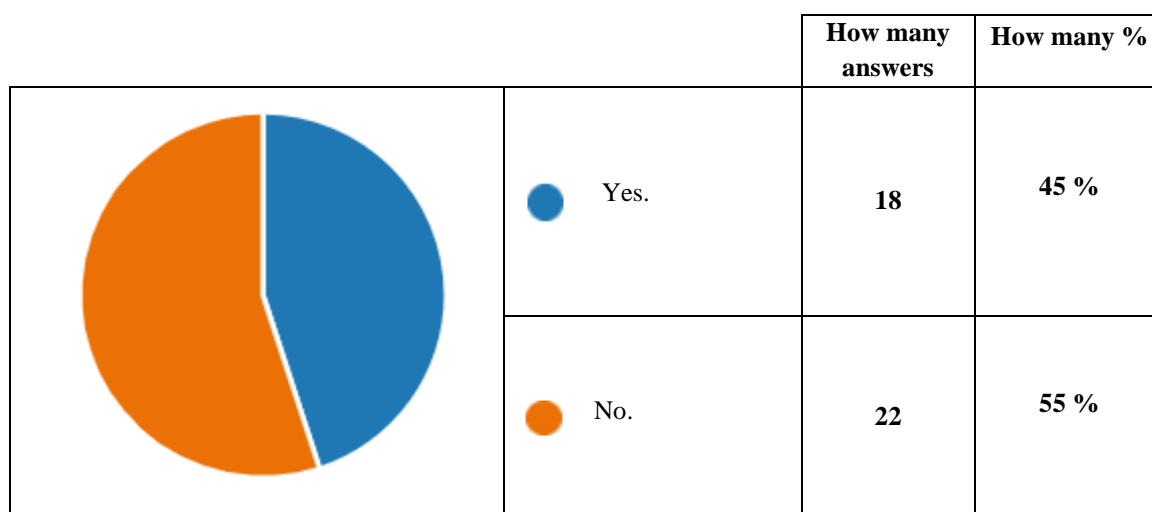
	How many answers	How many %		How many answers	How many %
● Athletics		3 %	● Orienteering	0	0 %
● Badminton		0 %	● Swimming	4	6 %
● Bowling		8 %	● Dancing	11	17 %
● Boxing, martial arts		0 %	● Hiking	3	5 %
● Golf		0 %	● Skiing	0	0 %
● Cycling		19 %	● Chess	4	6 %
● Basketball		0 %	● Tennis	0	0 %
● Table tennis		2 %	● Exercise with an instructor	10	16 %
● Football		0 %	● Other	10	16 %
● Volleyball	1	2 %			



9. In what form do you practice sport?



10. Are you a member of a local sports club?



11. Why aren't you a member of your local sports club?

The factors	The number of the answer
I don't know if there is a sports club in my area that offers activities that interest me.	12
There is no club in my area that organises activities for senior citizens.	6
Other (transportation problem, covid situation)	4

12. What motivates you to practice sport?

Motivation Reasons	Very Important	Important	Neither important nor unimportant	Less Important	Not Important
Health	48 %	26 %	13 %	8 %	5 %
Well-being	20 %	51 %	10 %	11 %	8 %
Quality Time	15 %	5 %	42 %	18 %	20 %
Being With Friends	12 %	15 %	15 %	40 %	18 %
Professionalisation of sport	5 %	3 %	20 %	23 %	49 %

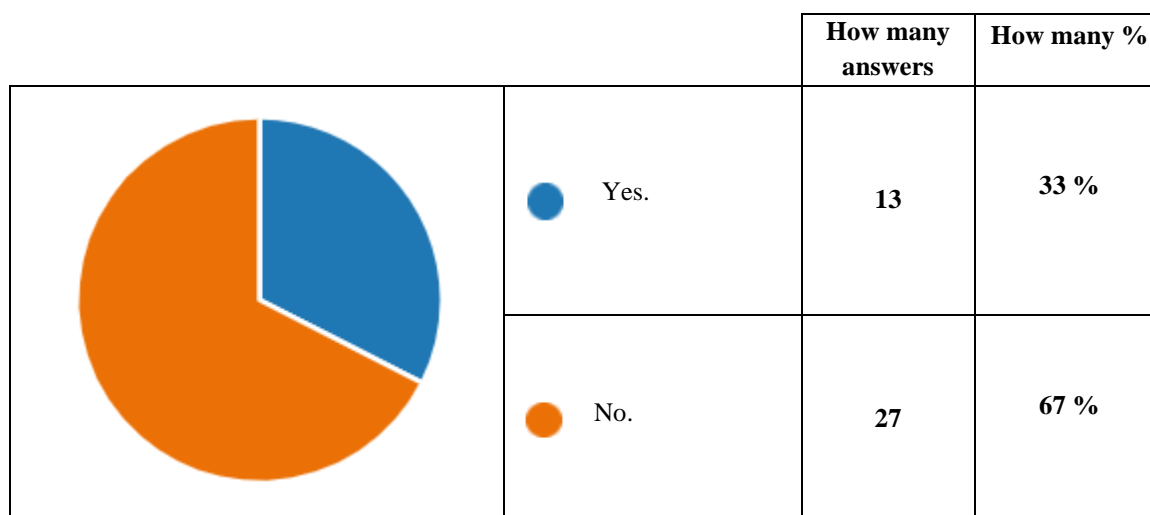
13. What do you think sports club and local authorities should change to better motivate you and others aged 60+ to take part in sport?

The factors	The number of the answer
Create activities for seniors.	21
Create a publicity campaign for the activities on offer, as many older people may not know about the activities on offer.	11
Other (like: making activities in local area not in the city, involvement of specialists)	8

14. What do you think should be changed to motivate you and other people aged 60+ to take up sport?

The factors	The number of the answer
Clubs should introduce activities exclusively for seniors and do a campaign to promote them.	36
Other (like: making thematic activities for seniors, involvement of specialists)	4

15. Are there special sports programmes for senior citizens in your town?



16. Which one?

The factors	The number of the answer
Pilates	20
Manufacturing	16
Senior Club in my city is organizing activity like: cards game, chess, nordingwalking, dancing	12

17. If you would like to receive further information about the project activities, the results of this action, etc. please enter your contact e-mail below.

Question number 17 was an open-ended question that was optional to answer.

In spite of the fact that nowadays in Poland seniors are more and more willing to use the possibilities offered by current technology, most of them have not yet taken any specific actions in this regard.

In connection with this situation, the main reason for not providing contact data is (on the part of the Polish partner) the fact that the surveyed seniors do not have e-mail addresses which could be used for further contact.



Erasmus+ Sport Small Collaborative Partnership
“Healthy Life Happy Life for 60+ seniors” Project
Round Table Meeting Content

Project Reference Number: 622926-EPP-1-2020-1-LT-SPO-SSCP

REPORTING TEMPLATE for ROUND TABLE 2

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about the final number of the participants; the information about the participants of meetings (If they represent any NGO, Sport Clubs etc. in first Round Table, please specify the names of organizations), age and gender groups of the participants, meeting venue, meeting date, duration of the meeting and final flow.

**In the first round table meeting, 14 participants were. From which 10 female and 4 male. 12 people belonged to the group of 61+, whereas other two - 19-30.
It was held on 14/12/2022.**

**In the second meeting, also 14 participants we gathered between the ages of 63 and 82.
Project meetings date 12/04/2022.
The meeting was held in Senior Dom Starogard Gdanski which is public body.
There was predominantly female elder participants.
12 female 2 male**

2. PART - METHODOLOGY:

In this part; please give us information about the final version of flow and selected methods.

**Brain storming methods.
We carried out trekking activities in the forest and park with the participants.
We took a short break when we saw that some of the participants were left behind due to their age. We saw that a trekking plan should be prepared in order for the participants to be more effective in such .**

3. PART – QUESTIONS, ANSWERS AND MAIN FINDINGS

In this part, please provide us the answers of these questions below:

1) Could you specify 3 main reasons which negatively affect seniors' participation in the field of sport at your local level?

1) Enthusiasm and physical incapacity

2) Education and training needs to be pedagogical, low concentration and some mental problems like children

3) Unexpected but excessive pain and stopping of training

2) Could you describe what are the best conditions for you to increase your participation in physical activity and sport??

Communicate with them and carry out simple coordination and simple training as in kindergarten education. The biggest element that increases success is talking to them.

3) How do you think this project can raise its impact among senior citizens at the local level?

To raise awareness, to have regular conversations and relationships with elders, to engage in different fun activities

4) What are the main elements which motivate senior citizens to participate in sport and physical activity?

The opportunity to meet with young people and volunteers, many seniors call them their grandchildren. they learn and forget some things but they spend their time happily because of sports and people taking care of them

Please list the main findings according to the answers collected from participants.

4. PART – FINAL PART: OBSERVATIONS & COMMENTS:

We would like to give place to your observations and comments in this report together with the evaluation of participants. Please answer the questions such as: Do you think that you have reached the proper profile by considering all involved participants? ; Do you think that you have raised the awareness of involved participants on the project and its funded action and its priorities at your local level? If yes, can you please specify the outcomes? Etc.)

In general elderly people need more attention than exercise or projects . Their biggest problem is loneliness. That's why they see exercises, project as a banding rather than doing . We can feel they are satisfied with the erasmus + sport work , from their energy and conservations.





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With these studies, the elders started to invite the volunteers individually to their homes for coffee and tea outside the project, our employees and volunteers who participated in these invitations from time to time succeeded in establishing real relations with them through this project. We are happy to see that local administrations and organizations are aware of our work.