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Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Sport activities

Lithuania

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

REPORTING TEMPLATE for SPORT WEEKEND

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities during sport weekend; date; place; the final number of the participants; age and gender groups of the participants; how did you reach participants (not less than 100 words).

We have implemented sport weekend together with International sport event, we invited seniors to come with their sons, daughters, grandchildren, grand-grand children and participate in the Walking event. It took place in the Kaunas city center on 2022 May 15th. In total there were around 100 participants from our side, and in the event itself around 10.000 people. At least 37 seniors were present. We have reached participants similarly and as for sport activities, sending emails, making calls, in cooperation with stakeholders, especially Third Age university and Kaunas seniors club. Moreover, we have shared the information about the event in our social media inviting everyone, young and elderly to come with their relatives:

<https://www.facebook.com/AKTYVISTAI/posts/5011257305658486>

<https://www.facebook.com/AKTYVISTAI/photos/a.309703889147208/5004307969686753>

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented, why did you choose them? Can this type of sport weekend could have an impact in a long-term for seniors and their families? (Not less than 200 words).

We have implemented the walking activity, as we think it's the basic one which almost every senior can do. For the bigger visibility of the project we joined the Kaunas city Walking event where participants could have select different distances (5, 10, and 25 km). Moreover, before starting to walk in the event, we arranged a warm-up for all participants, as it is a crucial thing, especially when you are older, to avoid some injuries. The route was in the city center, in some points of the route there were some sponsors games, where participants could participate, relax and get their energy back. We have few full families (seniors, their kids and grandchildren) in the event, which was nice to see, and we hope that whenever there will be a similar event we will meet them again participating all together. After the event, there was an opening of the park in the city center, where all participants could spend more time with each other and their families.

3. PART – AWARENESS AND FEEDBACK

Do you think you raised the awareness between seniors? Did they enjoy the activities? Are they planning to keep doing sport activities? (Not less than 100 words).

We think that we have raised the awareness between the seniors and their families, that they can spend quality time not just sitting at home but also spend it more active. It is important that seniors kids and grandchildren would motivate and motivate them to be more active. Again, it's quite difficult to say if they will keep being active in such events but we hope that yes, and their relatives will help to do it.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

Shortly give us your opinion on preparation and implementation phases of sport weekend. Did you managed to implement everything you wanted? Add photos and links, also, do not forget to upload them to Google Disk.

We implemented everything we wanted. Moreover, in case if seniors were tired while participating in the event, we had an “emergency ride” for them by car, that they would feel comfortable with any distance they could make.

<https://www.facebook.com/AKTYVISTAI/posts/5017010748416475>



Post of our stakeholder:

<https://www.facebook.com/TAUKAUNAS/posts/503231600682224>

**Kauno trečiojo amžiaus universitetas**

16 May · 🌐

GEGUŽĖS 15 DIENĄ Kauno trečiojo amžiaus universiteto klausytojai sudalyvavo aktyvistų organizuotame Judėk sveikai ĖJIMO renginyje. Padarius linksmą apšilimą, nueiti 5 km, pasivaišinta sausainiais "Gaidelis" ir "Neptūno" vandeniu, taip pat "Urtės" duona. Pasipuošėme marškinėliais ir atminimo medaliais. Puiki diena ir nuostabi nuotaika bendraminčių būryje!!!!!!
Dėkojame visiems Kauno TAU dalyviams!





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“Healthy Life Happy Life for 60+ seniors” Project

Sport Weekend

Turkey

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

REPORTING TEMPLATE for SPORT WEEKEND

1. PART - TECHNICAL INFORMATION:

In order to raise the visibility of the Healthy Life Happy Life for 60+ Seniors project together with a special sports day in Turkey, we have selected the Sports weekend implementation right after the 19th of May, the National Day of Youth and Sports since many young people take part in the ceremonies and their grandparents are watching these special ceremonies. The first implemented activity was watching the 19th of May ceremony with 38 people in Maltepe/Istanbul.

On 21st and 22nd of May 2022, the same number of 38 people is raised to 46 people and we implemented two half-day sports & learning games (12 seniors - 19 grandchildren - 15 mothers/fathers) in cooperation with Sport Istanbul which is the associate company of the Istanbul Metropolitan Municipality. We have called the event as “Intergenerational Weekend for Healthy Happy Life” and the open calls are made by Sport Istanbul’s sports schools. Both activities are realized in Fatih Sport Facility of Sport Istanbul.

2. PART - QUALITY AND IMPACT ASSESSMENT

The realized flows of both dates were:

- 11.00 - 11.30: Ice Breaking Games
- Name Round with Ball
 - Passing the Ball without Speaking
 - Creation of Teams with the mixed family members
- 11.30 - 12.30: Trying Sports
- On 21st of May: Ultimate Frisbee Implementation (Beginner Level)
- On 22nd of May: Orienteering (Beginner Level)
- 12.30 - 13.00: Time Out
- 13.00 - 13.45: What we can learn from each other?
- On 21st of May:
- 3 Fingers Method to exchange information about their lifestyles
 - Explanation of Sport Culture for Families / Group Work
- On 22nd of May:
- How we can balance education & sport together / Where do we stand?
 - How we can have healthier life styles / Group Work
- 13.45 - 14.30: Evaluation of the Day

As a result of both days’ implementation, we could see that sport is a great tool to reinforce intergenerational dialogue and we are happy to provide an opportunity of both sports implementation based on communication - strategical thinking and team work. In both days, the simple sport activities are implemented with the group works in the scope of Health and Happy Life concepts with the help of Non-Formal Education Methodology. In the evaluation part, participants mentioned that they didn’t spend such a joyful and informative time together with their family members for a long time.



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3. PART – AWARENESS AND FEEDBACK

We believe that it was a good start to firstly address the target group on the 19th of May - National Day of Youth and Sport to bring seniors - parents - youngsters since this day is nationally celebrated in Turkey. We wanted to address this day as our merging point.

As the results of the 21st and 22nd of May implementations, we could clearly collect the feedback of the participants as:

“I had never played a game together with my grandfather and I didn’t know enjoyable it is”

“This is the first time that I talked to my father about his understanding of sport culture”

“When I was coming here, I didn’t know what to expect but I will recommend these events to everyone”

“I think we can also implement the small versions of some of these games in the family picnics”

“Winning together with my granddaughter is a priceless memory”

We have used the adaptive sport activities in combination with learning objectives and it created more open space for dialogue among the family members. Education Through Sport Methodology could be one of the important methodologies that we can use in Intergenerational Sports Activities.

In addition, we have seen that “Sport Weekend” Concept has played an important role to show the importance of 60+ Seniors’ sport participation can be possible with small modifications and inclusive initiatives.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

Regarding both implementations, we believe that the duration was the right amount to leave a space for family members to spend their weekends together and participate in an activity for two days. Our final comment is more related to the number of final beneficiaries. We hoped to reach more seniors but only 12 seniors are reached due to last-minute cancelations. On the other side, it was the first time for IKOS to launch Sport Weekend in cooperation with a local stakeholder - Sport Istanbul. The concept is owned by the Associate Company of Istanbul Metropolitan Municipality and we hope to sustain this concept and events to reach more people to combine sport and joy together to boost awareness of a healthy lifestyle.



Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Sport activities

SLOVENIA

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

REPORTING TEMPLATE for SPORT WEEKEND

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities during sport weekend; date; place; the final number of the participants; age and gender groups of the participants; how did you reached participants (not less than 100 words).

Sport weekend was organized under the name ŽINKANA. It brought together 68 participants.

We planned this action in April 2022, but due to rain event was canceled. We applied it on 28.5.2022. It was raining again, but with participation we are very satisfied.

Participants were mostly elderly, but also some youngsters joined.

Participants were from:

- ***Non-organized***
- ***hiking club***
- ***bowling club***
- ***shooting club***
- ***NgYM***
- ***Elderly club***
- ***Chees club***

We informed about the event on web page, social media, e-mails and local newspaper/radio

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented, why did you choose them? Can this type of sport weekend could have an impact in a long-term for seniors and their families? (Not less than 200 words).

In project as final outcome two activities were made:

- New sport infrastructure – bowling on rope (opening in april – it should be together with event Žinkana, but due to weather we were not able to made it
- Žinkana (sports day for elderly) – 9.00 – 13.00 (nordic walking, bowling, shooting, aerobics, chess, social gathering)

Ura	Lokacija (oz. zbirno mesto)	Aktivnost	Izvajalec
9.00–11.00	Športna dvorana Slovenske Konjice	Pohod z dežniki	PD Slovenske Konjice
9.00–11.30	Kegljišče Konjičanka	Kegljanje	Kegljaško društvo Slovenske Konjice
10.00–11.30	Strelišče Slovenske Konjice	Streljanje	Strelsko društvo Slovenske Konjice
10.30–11.30	Športna dvorana Zavoda za šport	Vodena vadba	NGyM
10.00–11.30	Vrtec Slomškova, Slomškova 1	Šah	Šahovsko društvo Slovenske Konjice
11.30–13.00	Parkirišče MCDD, Terasa MC Patriot	Zbiranje udeležencev_k, piknik	MCDD/ZZŠSK

3. PART – AWARENESS AND FEEDBACK

Do you think you raised the awareness between seniors? Did they enjoy the activities? Are they planning to keep doing sport activities? (Not less than 100 words).

Yes, it was a great event and we are planning to make in traditional – every year.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

Shortly give us your opinion on preparation and implementation phases of sport weekend. Did you managed to implement everything you wanted? Add photos and links, also, do not forget to upload them to Google Disk.

We got some weather obstalec, but over all event was well prepared, planned and made. We also involved in organisation Youth centre of Dravinja valley, whic gave added value.

- mcdd.si
- [občinska spletna stran](#)

Facebook posts #HL60s



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POLAND

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1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities during sport weekend; date; place; the final number of the participants; age and gender groups of the participants; how did you reached participants (not less than 100 words).

04.06.2002 Date of Sport Weekend

11 Female 60+ Seniors

We have access here through our link with the active organization called Senior Dom. this is not a nursing home and they gather together and do certain activities. This is a municipality grant to Seniors. They register annually with a very symbolic fee, and they meet every morning, drink tea together, play chess. With the agreement made by our club, we worked with them for 1 year as volunteers and trainers.

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented, why did you choose them? Can this type of sport weekend could have an impact in a long-term for seniors and their families? (Not less than 200 words).

Walking tracking and simple sports are acceptable and practiced for them. This was the reason that I chosed activity. an activity that can be done every weekend regularly and can be acceptable for long term , You can make these activities better with rest, conversations and different arrangements.

3. PART – AWARENESS AND FEEDBACK

Do you think you raised the awareness between seniors? Did they enjoy the activities? Are they planning to keep doing sport activities? (Not less than 100 words).

We know that we are raising awareness with these activities, we are pleased to receive praise from the municipality and other local people. The most beautiful thing is how people treat us and their happiness, it is possible to see them in pictures.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

Shortly give us your opinion on preparation and implementation phases of sport weekend. Did you managed to implement everything you wanted? Add photos and links, also, do not forget to upload them to Google Disk.

As can be seen from the photo, we did the event with roll up. Everything was how we planned.

