

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 ACTIVITIES

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities; 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).

In April 25 and 27th, in cooperation with Kaunas City Municipality Public Health Bureau initiative “Judėk sveikai”(ang. Move Healthy) we have invited seniors to participate in the Functional training. These two sport activities took place in indoor place – in Kaunas basketball school „Žalgiris“(Pašilės street 41). In the first activity came 42 (39 women and 3 men) from which 40 were from our target group (60+), other two were from the group 46-60. Second activity gathered 18 people (17 women and 1 men), from which 4 people were new (unique).. The participants were reached through the posts on our and „Judėk sveikai“ contacts, as well as the contacts we have collected from the surveys and round tables meetings.

In May and June we implemented other two activities. The third activity was the outdoor activity - petanque, which was held in Kaunas Draugystės park. In a co-operation with Kaunas Petanque Club we gathered around 50 people of all ages. 8 seniors and 13 people who belongs to 46-60 age group were participating, the rest were younger. 20 NEW people were involved. It showed that different people have their likes and dislikes and organisations/sport clubs/seniors have to work together that it could benefit for all parts.

The last one was taking seniors to watch a basketball game of Lithuanian basketball league where Zalgiris was playing against Lietkabelis. To the game 4 people belonged to 60+ group came with us, while 5 where between 46 and 60 years old.

In all 4 sport activities, we have reached 50 unique seniors who were 60+ (43 women and 7 men), and 18 people from 46-60 age group. Some of them participated in all activities, some in 1-3 of them.

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented and why did you choose them? Do these sport activities are based on seniors needs and interests? Can these activities benefit for seniors in a long-term? For example, can they perform these activities at home?.

The idea of this type of training is the basic movements such as stretching and coordination movements. We have chosen this activity because these exercises are easy to perform, and seniors can keep them doing at home or in a group with friends in a park when the weather allows it.

In a newly reconstructed park Kaunas municipality constructed petanque's courts. The sport is easy to perform and for seniors, also creates some kind of excitement, competition. The only disadvantage, that people have to have tools of the game (balls).

The last activity was focused on gathering together in sport field, to feel the sense of being a part of something. When you are a part even of a small group, it can lead to gathering together and in other events, activities.

We think that all activities were based on the needs and interest of seniors and can benefit for them in a long-term, although, more engagement and information should be distributed to seniors.

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 raised the awareness between seniors, as we have had 50 unique participants through all sport activities which means that seniors are interested in these types of activities. It looked like that seniors enjoyed the activities because they asked if we are going to repeat them. It is hard to say whenever they will keep doing these activities on their own, but we hope that yes.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

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

Not everything went as planned but in general we are happy with the achieved results. The problems we have faced implementing outdoor activities were the weather. We have discussed with some seniors and with some of our stakeholders as “Judėk sveikai”, “Tau”, and the seniors club manager in Kaunas, that for seniors the best time to do outside activities is when the weather is nice. But with this came other difficulty, that when the weather is nice, seniors tend to go to their homesteads or somewhere out of the city. All in all, with the help of stakeholders, we understood that we have to announce about the activities earlier that seniors could plan their activities, and also to add, that in the case of bad weather, without any announcement, the activity is cancelled (because if we would announce about it the same day, some seniors could have come to the activity place and if they wouldn't have find anyone, they could have be disappointed and wouldn't even think about going to such activity ever again).

Moreover, before the activities we have presented the “Healthy Life Happy Life for 60+ Seniors” project and Erasmus+ program, and it was seemed that seniors would love to join these types of projects not only on the local level but international as well. As for this, we are thinking on the continuation of this project and to apply for the next one.

1st sport activity:

<https://www.facebook.com/AKTYVISTAI/photos/a.1623143277803256/4958868407564043/>



2nd sport activity:



3rd sport activity - petanque:



4th sport activity - watching basketball game:



Erasmus+ Sport Small Collaborative Partnership**“Healthy Life Happy Life for 60+ seniors” Project****Sport activities****Turkey**

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

REPORTING TEMPLATE for SPORT ACTIVITIES

1. PART - TECHNICAL INFORMATION:

Due to Ramadan period in Turkey, we couldn't start to make the local sport implementations earlier since many elderly people are fasting or they're getting tired very easily. As a result of 1 month Ramadan period, local sport activities with seniors are conducted in two cities of Turkey. These are İstanbul and Karabük regarding the sport coaches involved from IKOS Team.

With new sport classes opened in Karabük, 14 seniors are registered and their age group was consisting of 55 years old to 64 years old. Local sport activities are completed in Karabük between the 10th - 13th Of May 2022 for 4 days. In İstanbul, 30 seniors' participated in two days of activities on 11.05.2022 and 18.05.2022 in cooperation with Bayrampaşa Municipality.

In total, 44 seniors have benefited from sports activities. 28 out of 44 people are female and 16 people are male and the age group is defined as min. 55 years old and max. 68 years old in two cities.

2. PART - QUALITY AND IMPACT ASSESSMENT

We have proceeded through three stages regarding the local sports activities' implementation period. The first one was the preparation stage. In this phase, we have assigned two activity coordinators from M2 participants, who are Mr. Cengizhan Çelik for the implementations in Karabük and Mr. Ömer Faruk Akari for the implementations in İstanbul. Then they coordinated the communication process with our local stakeholders and open calls are made to reach to the relevant target group - seniors between 55 to 68 years old and made the implementation.

After the completion of the registration process for both cities, our coordinator trainers designed the activity flows with basic exercises which are age-friendly and modified according to the physical needs of the target group. Below flows are created for 1 and half-hour implementations:

As IKOS is a sport NGO, we wanted to combine these exercises with the insights from Non-Formal Education Methodology. Therefore, we wanted to create a learning environment before we pass the physical literacy part of the implementations. Each workshop has started with the name-round to socialize and strengthen the memory of the participants. Then below flow is realized:

-Breathing exercises

-Stretching movements for the head, neck, arms, leg and foot muscles.

- Basic movements to strengthen the Balance

- Basic activities to work on Balance: Standing on one leg (can get support from a chair in case of difficulty)

- Walking on the line holding the football ball straight with both hands, crab walking on the side.

- Basic Physical Activities:

Throwing balls with two hands by calling each other their names (to whoever threw the ball last in the second series)

- Passing the ball to each other with the right and then the left foot.

At the end of each implementation, we invited participants to conduct one of the group traditional dance “Halay” to ensure that participants also enjoy the process. Then the basic stretching movements are repeated to relax the muscles.

These flows are repeated in the implementations held in both cities.

For the evaluation part, we conducted a verbal evaluation in the last implementations. (On 13.05.2022 in Karabük, on 18.05.2022 in Istanbul). In this verbal evaluation, the below questions are asked:

- i. What did you feel or think when you first heard about the sports classes?
- ii. How did you feel during your participation in the sports activities?
- iii. Did you experience any side effects after your participation in the sports classes?
- iv. Do you consider this project beneficial for you? If yes, from which sense do you see it's beneficial? If no, how we can improve our works?
- v. Anything you would like to add?

3. PART – AWARENESS AND FEEDBACK

As mentioned above, we conducted a verbal evaluation in the last implementations. (On 13.05.2022 in Karabük, on 18.05.2022 in Istanbul). 5 questions are asked and the below-mentioned answers are noted:

- i. What did you feel or think when you first heard about the sports classes?

Major part of the groups mentioned that they were happy to see some initiatives/efforts target their age groups. They mentioned that generally, their age group is pretended like they're neglected so such initiatives increased their motivation to participate in the activities.

In addition to this positive feedback, one of the seniors explained that he has more neighbours who couldn't attend because of the previously scheduled plans (like going out of the city or taking care of their grandchildren, etc.). It was suggested to continue to open these classes for those who couldn't benfrom.

- ii. How did you feel during your participation in the sports activities?

As the same flow was repeated in the implementations, the seniors reflected that they knew the flow when they participated for the second time. Some of them said that it was good to know what type of activities are waiting for them but some of them mentioned that we could raise the level of difficulty for the following activities.

Note: From our (IKOS) side, it was great to see how some of the seniors were motivated to run the workshop based on what they experienced in the first implementation. We could see autonomous individuals which grasp the information that they received. We believed that such strategy worked to strengthen not only muscles (physically) but mental level, too.

- iii. Did you experience any side effects after your participation in the sports classes?

Some of the seniors mentioned that they didn't have serious pains afterward but some of them mentioned that they have faced light backpains due to their level of inactivity.

- iv. Do you consider this project beneficial for you? If yes, from which sense do you see it's beneficial? If not, how we can improve our work?

As it was mentioned in the answers to the first question, both of groups were really happy to have this chance to be a part of the European project. It's their first time being invited to special classes and they would like to continue to do so. The sustainability of these classes is repeated multiple times by the seniors. They mentioned that they created synergy with their peers and they will continue to do social activities for sure but they need additional support for the sports classes/exercises.

- v. Anything you would like to add?

The seniors mentioned many times that they would like to also participate in international mobilities to meet various cultures and their peers from different countries. Therefore, they want these types of social projects to be continued.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

As IKOS implementation team, we are happy to multiply the effect in both cities to reach a wider range of beneficiaries. The preparation process was really smooth since we cooperated with local stakeholders to reach the target group. As it was the first time that we conduct activities for seniors with our sports trainers, we wanted to start with a real beginner level not to have long-term injuries/pains for the seniors who don't regularly practice the sports activities. Therefore, the sample studies are examined by the field coordinators and flow is created in the light of some examples that we could research, first.

Then, we believe that the implementation process was more rewarding. The groups clearly mentioned that they would like to continue to classes and some of them are invited to be active member of our association to lead more classes in the Autumn period. It was valuable to see how the seniors' ownership was high and they were motivated to be visible in the news, social media posts to multiply the effect of "doing sport together". Last but not least, the mayor of the Safranbolu - Mrs. Elif Köse visited one of the sport classes held on 12.05.2022 and shared this initiatives in this social media accounts to support and address more seniors to sport activities.

https://www.instagram.com/p/CddQLBXsXb6/?utm_source=ig_web_copy_link

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 ACTIVITIES

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities; 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).

Activities were held between 1.9.2021 and 30.5.2022

We included 2 clubs: nGym and Elderly club of Slovenske Konjice. Coordinator of action was Association of innovative approaches.

Each week 3 activities were held for 1 hour:

- *Tuesday 10.00 – 11.00 aerobics in park or gym*
- *Thursday 10.00 – 11.00 aerobics in park or gym*
- *Thursday 8.00 – 12.00 nordic walking*

36 different persons participated in the cycle of trainings.

Through the project we financed the activities, so it was free of charge for the users.

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented and why did you choose them? Do these sport activities are based on seniors needs and interests? Can these activities benefit for seniors in a long-term? For example, can they perform these activities at home? (Not less than 200 words).

Aerobics and Nordic walking as it is easy sport activity for elderly. It was planned due to ideas of Good promotion was made and more persons joined.

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, we did. Feedback of the participants was good, and the activities will continue.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

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

It was planned and organized well.

We included local organisations, which also strengthen local network.

Erasmus+ Sport Small Collaborative Partnership

“Healthy Life Happy Life for 60+ seniors” Project

Sport activities

(POLAND KLUB SPORTOWY BENIAMINEK 03)

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

REPORTING TEMPLATE for SPORT ACTIVITIES

1. PART - TECHNICAL INFORMATION:

In this part; please give us information about implemented sport activities; 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).

There is an institution in our city that works with seniors. Dzienny Dom "Senior+" w Starogardzie Gdańskim in our City and location is easy to reach for that reason we can work with them together with volunteers. Thanks to the meetings with the club president with institution, it was decided to organize an activity with the volunteers every Tuesday for Seniors. We have organized sports and cultural events for a long time, you can find the event information in the attached file. Additional file includes age and other information. We are holding the events in a gym that is very close to the institution. This gym is connected to public school in Starogard. Important conditions were observed in the studies conducted with the elderly.

1. Seniors need to communicate and talk more than sports, By communicating with them, we observed that their desire for sports increased.

2. PART - QUALITY AND IMPACT ASSESSMENT

Please describe sport activities you implemented and why did you choose them? Do these sport activities are based on seniors needs and interests? Can these activities benefit for seniors in a long-term? For example, can they perform these activities at home? (Not less than 200 words).

Footballers love the ball, a sport without a ball or a game can be boring for some people. Although I did not prepare a plan and a concept before, we organized the exercises according to the needs and demands of the seniors. Simple physical exercise with a pilates ball we organized. Poland has been helping Ukrainians for the last 1 month and all Gyms are reserved for Ukrainians for accommodation. We continue our activities with nature walks, trekking and cultural promotion activities with Beniaminek 03 volunteers. I think the project has achieved its true purpose and the moment I felt it was the day a Senior invited me to her house for coffee. For this reason, I fully believe that the activities have achieved their purpose. One of the most important factors is awareness and arranging the intensity of the studies according to the elderly, a controlled and very cautious way was followed in order to prevent injuries and accidents in the exercises. Even when doing nothing, an elderly person can have a lot of trouble. Therefore, great attention should be paid to exercise intensity and selected exercises. Before the exercises, all the elderly were asked whether they had any special problems or injuries. In the studies, active participation as much as possible was requested rather than full study.

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).

When we first started the studies, I was worried about how long the elderly would continue these activities. That's why we created different exercises instead of just one type of exercise. We combined sports with cultural events and volunteer promotions. In this way, the participation of seniors became willing. It is difficult for me to give feedback on whether they will continue these activities at home or on their own. Because many seniors carry out these studies with the intention of doing activities and activities, not for doing sports. There are some among them who will

continue this, but because these seniors themselves have such a lifestyle. One of the most important achievements was the increase in the number of participants and the fact that we added new seniors to the event.

4. PART – FINAL PART: COMMENTS & OBSERVATIONS

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

To be honest Seniors are like kids but not exactly juvenile, they have a lot of health problems preventing them. For this reason, I must say that I have modified many things according to their situation and wishes. You can see below links about sport activities .

1.
<https://www.facebook.com/DziennyDomSeniorPlusStarogardGdanski/photos/pcb.1044888983044572/1044888943044576>
2.
<https://www.facebook.com/DziennyDomSeniorPlusStarogardGdanski/photos/a.263202541213224/1031619377704866/>
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9.
<https://www.facebook.com/Beniaminek03/photos/a.376288295800394/4657037524392095/> ROUND TABLE MEETING
10.
<https://www.facebook.com/Beniaminek03/videos/352842999933288>