



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

Coordinator:

University of The Third Age at the Technical university in Zvolen, Slovakia (www.tuzvo.sk/utv)

Partners:

Associação Rede de Universidades da Terceira Idade, Almerim, Portugal (www.rutis.pt)

Uniwersytet Trzeciego Wieku w Lubsku, Poland (www.utwlubsko.com.pl/utw/)

Mendel university in Brno, Czech republic (www.mendelu.cz)

Fundacion Universidade da Coruna, Spain (www.fundacion.udc.es)





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TARGET GROUPS:

a/ EU citizens up 50 years

b/ Lectors in LLL

MAIN GOALS OF THE PROJECT - **OUTPUTS**

a/ 100 senior students in "Senior study program" (20 students/partner)

b/ 10-20 lectors in "Share study programs - sport, work shop" (2-4 lectors/partner)

c/ 100 senior students in "International mobility" (20 student mobilities/partner)

d/ 20 lectors mobility in "International mobility" (4 lector mobilities/partner)

e/ 20 managers mobility in "International mobility" (4 manager mobilities/partner)

f/ 10 study materials (video + text = ebook) in Sport and Work shops in English language (2 materials/partner)

g/ 10-20 seminars, conferences, exhibitions (2-4/partner)

Budget – 132.040 Eur



Country	Management	Mobilities to 1999 km	Mobilities to 2000 km	Total in Eur
SK	12.000	14 x 575 Eur = 8.050 Eur (PT, ES)	14 x 760 Eur = 10.640 Eur	30.690 Eur
PT	6.000	7 x 575 Eur = 4.025 Eur (ES)	21 x 760 Eur = 15.960 Eur	25.985 Eur
PL	6.000	14 x 575 Eur = 8.050 Eur (PT, ES)	14 x 760 Eur = 10.640 Eur	24.690 Eur
CZ	6.000	14 x 575 Eur = 8.050 Eur (PT, ES)	14 x 760 Eur = 10.640 Eur	24.690 Eur
ES	6.000	7 x 575 Eur = 4.025 Eur (PT)	21 x 760 Eur = 15.960 Eur	25.985 Eur



MAIN COST OF THE PROJECT FOR PARTNER:

a/ 2 study groups

min. 10 participants in 1 group,

1 group for sport, 1 group for work shop,

lessons in FEB-MAR-APR 2019, OCT-NOV-DEC 2019, FEB-MAR-APR 2020

one semester = 10 meetings/2 hours

total for one group: 30 meeting/2 hours

b/ 2 study materials (sport + work shop)

20 pages - sport, 20 pages work shop (1 page = 1800 symbols)

c/ 2 study video materials (sport + work shop)

3 x 10 min - sport, 3 x 10 min work shop

d/ translation

all study materials and video materials must be in english language

e/ other costs

Office supplies for management and students. Copying - toner, service. Postage and telecommunication costs. Costs associated with organizing exhibitions, conferences, seminars within the project. Personnel management costs are possible but are related to project activities.

Meetings



1st meeting in Zvolen - Slovakia (Sep 2018)

2nd meeting in Almerim - Portugal (May 2019)

3rd meeting in Brno - Czech republic (Sep 2019)

4th meeting in Lubsko - Poland (Apr 2020)

5th meeting in Coruna - Spain (Jun 2020)

Contents:

Day 1 - small visit institution and the city, physical activity for seniors, coordinators meeting.

Day 2 – sport activities, creative workshop, evening - cultural and social program (singing, dancing, country traditions).

Day 3 – sport activities, creative workshop.

??? short excursion ??? It is possible



PROJECT TIMETABLE

MONTHS	sep 18	oct 18	nov 18	dec 18	jan 19	feb 19	mar 19	apr 19	may 19	jun 19	jul 19	aug 19	sep 19	oct 19	nov 19	dec 19	jan 20	feb 20	mar 20	apr 20	may 20	jun 20	jul 20	aug 20
Project activity*																								
A1 - project management																								
A2 - monitoring																								
A3-marketing tools (FB, web, YouTube)																								
O1-Study materials - manual skills																								
O2-Study materials - physical activities																								
O3-Video materials - manual skills																								
O4-Video materials - physical activities																								
M1-SVK																								
M2-PT																								
M3-CZ																								
M4-PL																								
M5-ESP																								
C1-Manual skills - learning																								
C2-Physical (sport) activities - learning																								



Discussion...

(documents – see our web page

<https://utv.tuzvo.sk/en/idemasap-50>)

Thank you