

# 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:**

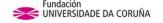
Associação Rede de Universidades da Terceira Idade, Almerim, Portugal (www.rutis.pt)
Uniwersytet Trzeciego Wieku w Lubsku, Poland (www.utwlubsko.com.pl/utw/)
Mendel university in Brno, Czech republic (www.mendelu.cz)
Fundacion Universidade da Coruna, Spain (www.fundacion.udc.es)











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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 semerster = 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

50+

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













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 19 sep 19 oct 19 nov 19 dec 19 jan 20 feb 20 mar 20 apr 20 may 20 jun 20 jul 20 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 19 sep 19 oct 19 nov 19 dec 19 jan 20 feb 20 mar 20 apr 20 may 20 jun 20 jul 20 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 19 sep 19 oct 19 nov 19 dec 19 jan 20 feb 20 mar 20 apr 20 may 20 jun 20 jul 20 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 19 sep 19 oct 19 nov 19 dec 19 jan 20 feb 20 mar 20 apr 20 jun 20 jul 20 aug 19 sep 19 oct 19 nov 19 dec 19 jan 20 feb 20 mar 20 apr 20 jun 20 jul 20 aug 19 sep 19 oct 19 jun 20 jun 20 aug 19 sep 19 oct 19 jun 20 jun 20 aug 19 sep 19 oct 19 jun 20 aug 19 sep 19 oct 19 jun 20 aug 19 sep 19 oct 19 aug 19 sep 19 oct 19 aug 19 sep 19 oct 19 aug 19 aug 19 sep 19 oct 19 aug 19 au																									
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Project activity*																									
A1 - project management																									
A2 - monitoring																									
A3-marketing tools (FB, web, YouTube)					_																				
O1-Study materials - manual skills		•																							
O2-Study materials - physical activities																									1
O3-Video materials - manual skills																									
O4-Video materials - physical activities																									
M1-SVK																									
M2-PT																									
M3-CZ																									
M4-PL																									
M5-ESP																									1
C1-Manual skills - learning																									
C2-Physical (sport) acitvities - learning																									1
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PROJECT TIMETABLE













## Discussion...

(documents – see our web page

https://utv.tuzvo.sk/en/idemasap-50

# Thank you









