



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

# Mendel University in Brno, Czech republic, University of the Third Age



## Organisation:

**Mendel University in Brno, Czech republic, University of the Third Age**

**Project manager for Czech republic:** Lenka Kamanová, [lenka.kamanova@mendelu.cz](mailto:lenka.kamanova@mendelu.cz)

## Other staff:

Assistant project manager: Martin Brandstätter, [martin.brandstatter@mendelu.cz](mailto:martin.brandstatter@mendelu.cz)

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UTA manager: Petr Adamec, [petr.adamec@mendelu.cz](mailto:petr.adamec@mendelu.cz)

## Lectors:

Handy made – Lenka Stejskalová, Monika Vrtělová

Pilates – Eva Veselá

Joga online – Blanka Piorecká

Exercises for seniors – Marta Drozdková

## Main volunteers (max. 6):

Jitka Bednářová, Drahomíra Prokešová, Jaroslava Procházková, Jana Tučková, Radmila Kudlová, Hana Fialová



# Activities – sport

## 1) Pilates (lector – Eva Veselá)

- safe system of mind and body exercise
- using a floor mat and variety of equipment (overball, towel...)
- allows to be modified also for elder people
- improve flexibility, concentration, stabilization
- important is breathing and strong core

**term:** February 2019 – March 2020, 1 hour per week, 120 hours

## **participants:**

2 groups/20 participants

# Photo gallery – sport (pilates)





# Activities – sport

## 2) Slow adapted exercise (lector – Marta Drozdková)

- with or without equipment
- focused on prevention of back pain, headache
- stretching and strengthening of muscles
- improve of function body system

**term:** February 2019 – March 2020, 1 hour per week, 120 hours

### participants:

2 groups/20 participants



# Photo gallery – sport (slow adapted exercise)



# Activities - sport



## 3) Online Joga (lector – Blanka Piorecká) – YouTube, January 2021

- group of physical, mental practices
- using only yoga mat
- improve flexibility, stability and consolidation
- focused on breathing
- recommended also for elder people
- to be positive for concentration

**Part I** – 221 number of views

[https://www.youtube.com/watch?v=NzPcfkSb4Oc&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=NzPcfkSb4Oc&feature=emb_imp_woyt)

**Part II** – 111 number of views

<https://www.youtube.com/watch?v=zFuGw4-NYCI>

**Part III** – 71 number of views

[https://www.youtube.com/watch?v=ZXA\\_TvxMRa0&t=2s](https://www.youtube.com/watch?v=ZXA_TvxMRa0&t=2s)

# Photo gallery – sport (online Joga)







# Activities - sport

## 4) Walking, covid time 2021

**short description:** University of Third Age was closed thanks to government regulations. The seniors organized tourist trips themselves during the pandemic situation





# Activities – handy made

## 1) Handy made (lector Lenka Stejskalová)

Arranging of flowers and plants focused on

- decoration of home according to the time of year
- home-decoration for various occasion (Christmas-time, springtime, birthday, memory of dead...)
- how to combine flowers from garden with artificial decoration
- how to prepare bouquet as a present

Success of courses was great, everybody has his own flower creation and could take it with and use

**term:** February 2019 – November 2020, 3 hour per week, 120 hours

## participants:

2 groups/20 participants



# Photo gallery – handy made



# Activities – handy made



2) **Handy made online** (lector Monika Vrtělová) – January 2021  
In the pandemic era, online handicraft courses focused on recycling.

Part I – 103 number of views

<https://www.youtube.com/watch?v=oHffMKxGNdM&t=5s>

Part II – 92 number of views

<https://www.youtube.com/watch?v=osaKHScJDp0>

Part III – 82 number of views

<https://www.youtube.com/watch?v=w4bk8nTY9dE>



# Activities – others activities

## Other activities (conferences, exhibition, round table, discussion...)

### - 2 conferences

- 5. 11. 2020 – **Conferences PALESTRA** *„The sport activities for seniors”* (Petr Adamec, Lenka Kamanová)
- 2021 – **Conferences INTED2021** *„How to Implement Educational Activities at the University of the Third Age during a Pandemic Covid-19 with the Help of Information Technology”* (Petr Adamec, Lenka Kamanová)

### - 2 exhibitions

- 4.- 6. 9. 2019 – Brno, Mendel University in Brno
  - 10/2019 – Brno, Mendel University in Brno
- **Volunteer support in the pandemic period** - products from handicraft workshops were donated to medical staff in hospitals



# Photo gallery – others acitivities











# Advantage and disadvantages (all activities)



What are the advantages and disadvantages of all project activities for the elderly? (min. 5)

## Advantages:

- 1) Gaining new knowledge and skills and deepening existing ones
- 2) Possibility of social contact
- 3) Making new friends
- 4) Dissemination of social networks - meetings of seniors from other countries
- 5) Opportunity to broaden your horizons and find out what U3V activities look like in other countries
- 6) Possibility to present your U3V to other foreign partners
- 7) Learn when organizing similar activities for the next time
- 8) Pandemic situation - improve IT knowledge

## Disadvantages:

- 1) During the lockdown - activity could not be realized and the online form was to a limited extent, but it will not replace social contacts
- 2) Limited capacity for senior trips abroad
- 3) Pandemic situation – IT knowledge

# Recommendation



What are my recommendations for elderly – all activities ?(view of management)

## 1) Sport activities

- important for senior group
- active life style means better health
- support healthy life style
- regularly exercises
- continuation of exercise
- prepare some alternative style for pandemic period
- pandemic situations – use the online lessons (improve IT skills)

## 2) Hand made workshops

- prepare some alternative style for pandemic period
- good idea for seniors group – training of manual skills

## 3) International meetings

- important activities in the project
- Sharing points of views, knowledge, skills,...
- improving language skills (IT – support communication)
- facebook page – very important
- cultural context



# Project outputs



## Media (link to article, photo...)

- 1) <https://utv.tuzvo.sk/sites/default/files/April%2525252021%25252520-%25252520Revue%2525252050%25252520plus.pdf>
- 2) <https://www.tuzvo.sk/sites/default/files/files/Povzbudzeni%20-%20Feb%202021.png>
- 3) <https://www.tuzvo.sk/sites/default/files/files/Mendelu%20Green%20-%20dec%202019.png>
- 4) <https://www.tuzvo.sk/sites/default/files/files/Mendelu%20Green%20-%20may%202019.png>

## Conferences (link to photo or web)

- 1) [https://utv.tuzvo.sk/sites/default/files/Prezentace\\_Adamec\\_Kamanova%2520-%2520vyznam%2520pohybu%2520oct%25202020.pdf](https://utv.tuzvo.sk/sites/default/files/Prezentace_Adamec_Kamanova%2520-%2520vyznam%2520pohybu%2520oct%25202020.pdf)
- 2) 2 exhibitions
  - 4.- 6. 9. 2019
  - 10/2019
  - <https://icv.mendelu.cz/u3v/klub-u3v/25695-fotogalerie>



# Project outputs

Other outputs (link) – documents, videos, photos...

- 1) <https://utv.tuzvo.sk/en/photogallery#&gid=gallery3bbd37add869215957de7a35d30e323b&pid=1>
- 2) <https://utv.tuzvo.sk/en/photogallery#&gid=gallerybfcc617fa303f86eb87e5ef319150d27&pid=1>
- 3) <https://icv.mendelu.cz/u3v/30985-mezinarodni-projekt-idemasap-50plus>
- 4) [https://www.youtube.com/watch?v=zFuGw4-NYCI&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=zFuGw4-NYCI&feature=emb_imp_woyt)
- 5) [https://www.youtube.com/watch?v=NzPcfkSb4Oc&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=NzPcfkSb4Oc&feature=emb_imp_woyt)
- 6) <https://www.youtube.com/watch?v=oHffMKxGNdM&t=5s>
- 7) <https://www.youtube.com/watch?v=osaKHScJDp0>
- 8) <https://www.youtube.com/watch?v=oHffMKxGNdM>
- 9) <https://www.youtube.com/watch?v=w4bk8nTY9dE>

# Other important info



## Project summary:

- implementation of 4 sports activities
- realization of 2 hand made of workshops
- training activities at partner universities of the third age
- International meetings

## Final recommendation:

- repeat action min. in the same range
- count on the possibility of quarantine in advance and adapt the program accordingly
- arranging online - we already have experience
- exercise online - we already have experience
- more PR - to actively reach students and involve a larger number of students in the activity organize a competition for the most beautiful Christmas wreath, decoration, embellishment in cooperation with the lecturer photographer
- to organize a photo competition for the quarantine period on simple topics: according to the season: my spring, winter ..., my favorite place in the place of residence, what I see from my window

# Video gallery – handy made



<https://youtu.be/pHpPWQWv1us>

# Other important info



## Message to all partners or Erasmus plus program:

Thank you all for meeting you. Participation in the project was exceptional for all of us - for the project management and its participants. Promoting an active lifestyle for seniors is a mission that makes sense.





# Thank you