



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

RUTIS Portugal



Organisation:

RUTIS, Portugal

Association of Third Age Universities Network

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Lectors:

Walking Football– Fernando Braz

Ceramics – Umbelina Barros

Verguinha - Adélia Martins

Tradicional Embroidery - Manuela Margarido



Activities

50+

Description of all activities in the project

- 1) **Walking football** - 2 times a week, 1hour. 19 participants
- 2) **Ceramics** - 2 times a week, 1hour. 14 participants
- 3) **Embroidery** - 2 times a week, 1hour. 15 participants
- 4) **Verguinha** - 2 times a week, 1hour. 8 participants
- 5) **Other Activities:** Karate - Yoga - Dance groups - Crafts

Activities



Walking football

It is an educational and sports program for seniors focused on promoting an active lifestyle by playing football with the particularity that seniors cannot run. This makes it possible for everyone to participate even those seniors that have physical problems.



Activities



Ceramics

Embroidery

Building ceramic pieces or do embroidery promotes the development/maintenance of motor coordination, besides working as a therapy, because it requires focus and creativity.



Activities



Verguinha

The manual art of building baskets, chairs, and other objects by handling a material called “verga”.



Other Activities: Karate - Yoga - Dance groups - Crafts



Activities

Other activities

- 1) [VII National Congress of Senior Universities and Senior Academies](#)
- 2) Exhibitions
- 3) Magna Meetings



Advantage and disadvantages (all activities) ⁵⁰⁺



Advantages:

- 1) Improve their strength, flexibility and balance
- 2) Improves cardiovascular function
- 3) Contributes to the maintenance of their autonomy
- 4) Works as therapy
- 5) Helps extend quality of life
- 6) Combats loneliness/ promotes socializing
- 7) Allows you to maintain (national) traditions
- 8) Promotes sensory experiences and the maintenance of fine motor skills
- 9) The social aspect is very important. This will enable social contacts and reduce episodes of loneliness and depression.

Advantage and disadvantages (all activities) ⁵⁰⁺



Disadvantages:

- 1) Sometimes it is not easy to work with big heterogenous groups
- 2) Some activities are expensive (require specific equipment/materials)
- 3) The lack of equipment sometimes increases the waiting time for students (they have to wait their turn)
- 4) It can be dangerous if the limitations and health problems of the elderly person are not taken into consideration.



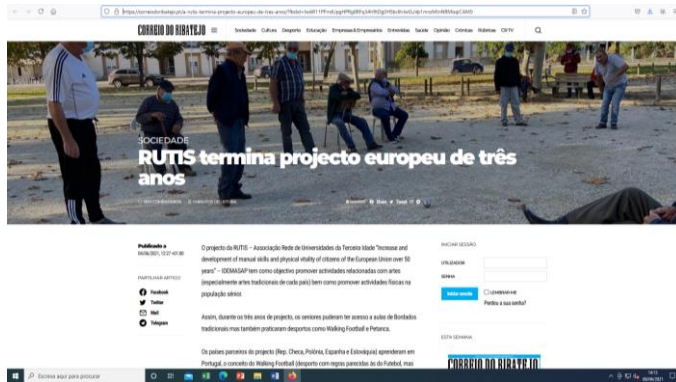
Recommendation

- 1) Take part in group activities, always!
- 2) Visit and talk to your doctor, get tested before starting any physical activity
- 3) Respect your own boundaries
- 4) “TRY harder every day”/ Don`t give up
- 5) Respect the adversary team
- 6) Enjoy!



Project outputs

- Weekly Radio programmes (audios in Portuguese)
- Project`s News, in local newspaper x 2
- <https://omirante.pt/sociedade/2018-05-11-Um-futebol-onde-e-proibido-correr>

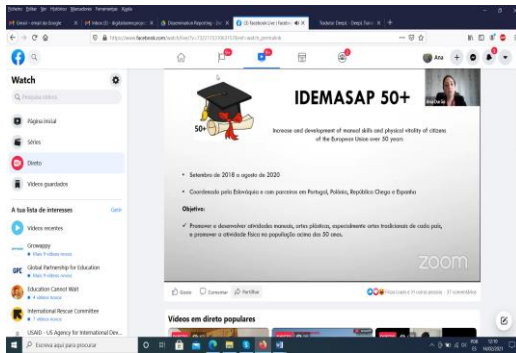


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Project outputs

- ✓ Conference - RIPE
- ✓ https://www.facebook.com/watch/live/?v=203466554609019&ref=watch_permalink
- ✓ Magna Meetings





Other important info

Project summary:

This project was wonderful in that it largely promoted physical activity, handicraft and creativity workshops, among others, while also allowing the exchange of experiences among the elderly at an international level.

Final recommendation:

Let us continue to work together and provide increased quality of life for our elderly!

Message to all partners or Erasmus plus program:

Thank you for the wonderful partnership work and the support of the Erasmus+ programme. Working together we will always be better!

Photo gallery



Photo gallery





Thank you

