

**“INCREASE AND DEVELOPMENT OF MANUAL SKILLS AND PHYSICAL VITALITY OF
CITIZENS
OF THE EUROPEAN UNION OVER 50 YEARS”**

Coordination meeting
Almeirim, Portugal
May 2019



In Portugal...

- ❖ Coordinator: Giselle Janeiro
- ❖ Partnership with University of Third Age of Caldas da Rainha
- ❖ 4 official subjects for this project
 - Walking football
 - Ceramics
 - Embroidery
 - Verguinha
- ❖ Senior Participants: official 56
- ❖ 4 Teachers



Dessimination

- RUTIS website
 - <http://rutis.keyweb.pt/paginas/17>
- National Radio Station
 - Rádio SIM – every saturday
- 20 nacional events organized by RUTIS
 - In average minimun of 150 seniors in each event
- Local News Paper
 - Almeirinese



The screenshot shows the website 'O Almeirinese' with a navigation menu including 'SOCIEDADE', 'DESPORTO', 'POLÍTICA', 'ECONOMIA', 'CULTURA', 'OPINIÃO', and 'MAIS'. The main content area features a news article titled 'RUTIS participa nos Jogos Europeus de Alunos Seniores' dated 27 de Setembro de 2018. The article text describes the RUTIS delegation's participation in the games in Zvolien, Slovakia, and lists their achievements in various sports. To the right of the article are several small advertisements, including one for 'Descontos Especiais' and another for 'QUIRISARIA PINHAL'. Below the article is a photo of the RUTIS team and another photo of a group of people outdoors.

Walking football

- Video made by O Mirante news paper

<https://omirante.pt/sociedade/2018-05-11-Um-futebol-onde-e-proibido-correr>



- **Teacher:** Mr. Fernando Braz
- **Participants**
 - 19 seniors
- 2 times a week, 1 hour

Ceramics

- **Teacher:** Mrs. Umbelina Barros
- **Participants**
 - 14 seniors
- **2 times a week, 1 hour**



Verguinha

- Teacher: Mrs Adélia Martins
- Participants
 - 8 seniors
- 2 times a week, 1 hour



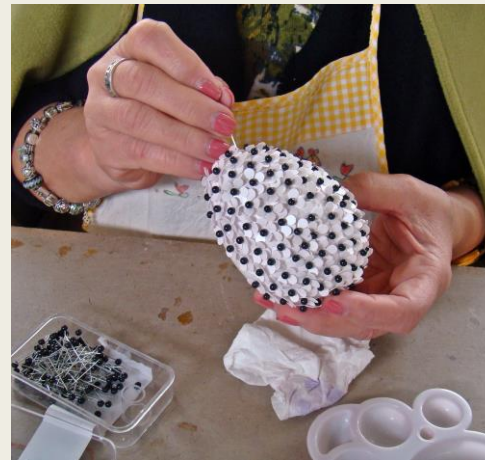
Tradicional Embroidery

- Teacher: Mrs Manuela Margarido
- Participants
 - 15 seniors
- 2 times a week, 1 hour



Other activities

- Study visits
- Karate
- Yoga
- Dance groups
- Crafts



Thank you!