



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

6th July 2021

15.30 – 18.00 All activities (handy made + sport + other)

Program:

15.30 – 17.30

**15 minutes Power Point (or Prezi) presentation about all activities (each country) + 5
minutes discussion**

17.30 – 18.00

Discussion

The presentation will be recorded and presented by a UTA 's senior with the help of a manager



Organisation:

Technical university in Zvolen, Slovakia

University of the Third Age in Zvolen

Project manager:

Erik Selecky, erik.selecky@tuzvo.sk, +421 918 730 375

Other staff:

Assistant project manager: Tomas Kiss, tomas.kiss@tuzvo.sk, +421 918 730 374

UTA manager: Dana Stimelova, dana.stimelova@tuzvo.sk, +421 918 730 376

Cameraman: Miroslav Rusnak, miroslav.rusnak@tuzvo.sk, +421 905 500 352

Lectors:

Handy made – Miriam Durickova

Aquaaerobic – Karin Baisova, Zuzana Niscakova

Zumba GOLD – Zuzana Niscakova

Nordic walking – Zuzana Niscakova

Other sport activities – Karin Baisova

Main volunteers (max. 6):

Milan Bakic, Branislav Slovak, Miroslav Gecovic, Olga Primusova, Darina Michalcova, Danica Klackova

Activities



Main activities

Work shops (handy made): represented – Mrs. Darina Michalcova

Decoupage – (napkin techniques), Wire techniques, Modeling (clay, polymers), Patchwork, Bracelet

I learned new skills, I met new classmate, It was my main daily program.

Sport: represented – Mr. Branislav Slovak

Basic sport for seniors, Zumba Gold, AquaAerobic, Nordic walking

I like sport and I would like to continue with my sport activities, I learned new sport exercises and new procedures, the regular sport helps increase sport condition.

Advantage and disadvantages (all activities)



From Mr. Slovak (sport)

Advantages:

- 1) Meet to new people**
- 2) Open new mobilities with new sport activities**
- 3) This project helps us to socialize**

Disadvantages:

- 1) For me personally will be fine two times per week**

From Mrs. Michalcova (handy made)

Advantages:

- 1) Nice community of people**
- 2) Improve skills and knowledge**
- 3) Useful leisure**

Disadvantages:

- 1) More often in the semester**



Recommendation

What are my recommendations for seniors – all activities?

Sport from Mr. Slovak

- 1) Sport activities are very important for seniors, I recommend to sport for seniors which are at home alone, shy...**
- 2) It is very interesting to know new people and new culture around Europe**

Work Shops from Mrs. Michalcova

- 1) It is suitable for seniors whose has a pleasure from creating new things by their hands.**



Project outputs

Media (link to article, photo...) – min. 3

- 1) <https://www.tuzvo.sk/sites/default/files/files/Journal of TU Zvolen - 4-2018.png>
- 2) <https://www.tuzvo.sk/sites/default/files/files/Regional media Zurnal 12-02-2019 - Aquaaerobic%2C Zumba Free.png>
- 3) <https://utv.tuzvo.sk/sites/default/files/TUZVO%252525252525252520journal%252525252525252520oct%252525252525252525202019.pdf>

Conferences (link to photo or web) – min. 3

- 1) Education in the Third Age (Czech republic) - 04.11.2020 - Innovative activities for seniors - <https://utv.tuzvo.sk/en/media-and-conferences>
- 2) ICOLLE (Czech republic) - 17.09.2019 - The importance of sport activities 50+ <https://utv.tuzvo.sk/en/media-and-conferences>

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

- 1) Photos - <https://utv.tuzvo.sk/en/photogallery>, Facebook - <https://www.facebook.com/groups/335322087207286> (close group - only for participants and lectors)
- 2) Videos – YouTube channel - https://www.youtube.com/watch?v=ym4H_VmaFtw&list=PLBHcqjCtnktF8i8u6PkDU8zdrACcju5X-



Other important info

Project summary:

- Very interesting partners, cultur pomparision
- a/ Public university – SVK, CZE
- b/ N.G.O. – POL, PT, ESP
- New partners: ESP and CZE
- Every partners have senior university

Final recommendation:

Lets continue with EU projects for elderly.

Message to all partners or Erasmus plus program:

1. Join for one basic goal and for one target group (in our project – senior students)

Photo gallery – all activities



Photo gallery – Sport in general



Photo gallery – Aqua Aerobic



Photo gallery – ZUMBA

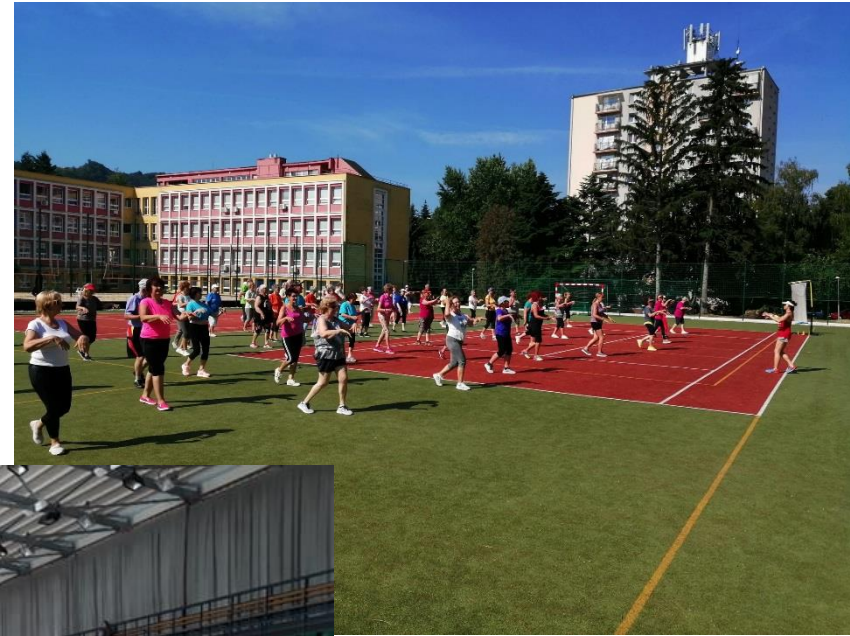


Photo gallery – Nordic walking - new





Thank you