

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

#### 8th MAY 2019

### 11.00 – 13.00 Coordinators meeting

#### **Program:**

11.00 - 12.10

10 minutes Power Point (or Prezi) presentation about project activities (each country)

12.10 - 12.40

Actual info – economy, cash flow, documents, other activities, Brno meeting (sport presentation), Lubsko meeting (work shops presentation)

12.40 - 13.00

**Discussion** 















#### Technical university in Zvolen, Slovakia

University of the Third Age in Zvolen

#### **Coordinator:**

Mr. Erik Selecky – head of Center of Continuing Education

#### **Assistent of coordinator:**

Mr. Tomas Kiss – manager of CCE,

Mrs. Dana Stimelova – manager of UTA Zvolen

#### **Teachers:**

Mrs. Karin Baisova – sport

Mrs. Miroslava Durickova – work shop

#### Web page:

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

FB:

https://www.facebook.com/groups/335322087207286/

YouTube:

https://www.youtube.com/user/utvzvolen - YouTube channel TU Zvolen











# 50+

## **Project activities**

#### **Participants:**

#### **Sport group:**

Mr.Slovak, Mr.Bakic, Mrs.Ruskova, Mr.Polas, Mr.Olostiak, Mr.Dobrocky, Mrs. Vajdova, Mrs.Gajdosova, Mr.Gajdos, Mr.Mochnacky, Mrs. Samlekova, Mrs.Dendakova (12)

#### Time, date, place of study program:

Every Wednesday from 7,30 to 9,00 – Sport hall Technical university From 6th march to 29th may (total 20 hours/10 meetings)

#### Work shop group:

Mrs.Ohrivalova, Mrs.Michalcova, Mrs.Primusova, Mrs.Benicka, Mrs.Huckova, Mrs.Machalova, Mrs.Cunderlikova, Mrs.Ukropova, Mrs.Deakova, Mrs.Stadtruckerova, Mrs.Malcekova, Mrs.Volckova (12)

#### Time and date of study program:

Every Friday from 9,00 do 10,30 – manufactory of Mrs.Durickova From 8th march to 24th may (total 20 hours/10 meetings)











## Other project activities



#### **Participants:**

#### **ZUMBA:**

More than 40-50 participants (see list of participants) – 1 group

#### Time, date, place:

Every Tuesday from 10,30 to 11,30 - Sport hall of Techical unviersity From 5th march to 28th may (total 13 hours/13 meetings)

#### **AQUA AEROBIC:**

More than 30-40 participants (see list of participants) – 2 groups Total participants: 70

#### Time, date, place:

Every Thursday from 11,30 to 12,30 – swiming pool of Zvolen town From 5th march to 28th may (total 13 hours/13 meetings)











# 50+

## **Facebook participants**

#### **Administrator:**

Erik Selecky

#### **Management:**

**Tomas Kiss** 

#### **Sport group:**

Mrs.Baisova – lector

Mrs.Ruskova, Mr.Slovak, Mr.Polas, Mr.Gajdos (4/12)

#### Work shop group:

Mrs.Durickova - lector

Mrs.Cunderlikova, Mrs.Michalcova, Mrs.Benicka, Mrs.Ohrivalova, Mrs.Huckova, Mrs.Malcekova,

Mrs.Deakova, Mrs.Volckova (8/12)































Photo gallery – main activities – work shops











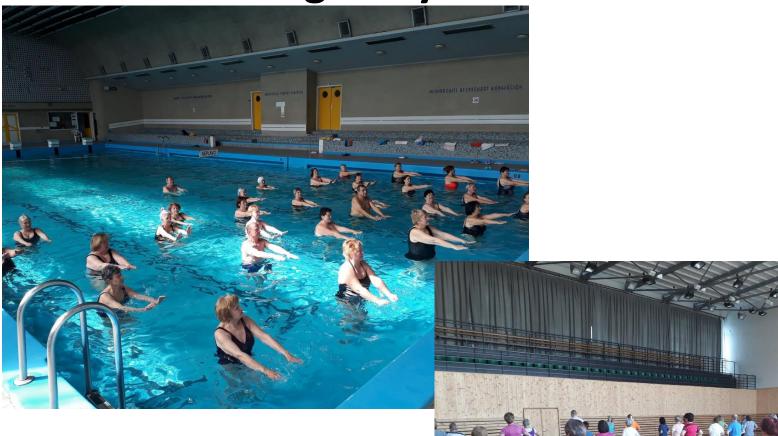








## Photo gallery – other activities







## Video gallery



First meeting in Zvolen (september 2018)

https://www.youtube.com/watch?v=BSTGAsJAK0A&t=19s

IDEMASAP – project meeting with Slovak seniors

https://www.youtube.com/watch?v=ym4H VmaFtw&t=24s











## Media



Slovakia - Echo - regional journal in Zvolen - feb 2019 (https://utv.tuzvo.sk/en/media)

Slovakia - Zurnal - regional journal in Zvolen - feb 2019 (https://utv.tuzvo.sk/en/media)

Slovakia - TUZVO - journal of TU in Zvolen - dec 2018 (https://utv.tuzvo.sk/en/media)













## Thank you









