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Active I - Newsletter

Healthy Active Living for Seniors

Introduction

The population of Europe is aging fast. That's a fact. But the challenges are - how do we help people stay independent and active as they age? How can we strengthen health promotion and illness prevention policies for older citizens? And how can we improve the quality of life in old age?

The Activ_I project aims to undertake a number of activities to respond to these challenges. (1) An innovative course in healthy living will be developed which combines the three key elements of a healthy life style – physical activity, good nutrition, and mental well being, (2) A number of healthy living coaches will be trained to deliver the course and to train other trainers, (3) Small groups of seniors in each partner country will participate in a pilot course in healthy living, (4) A user-friendly software tool will be developed to help senior users plan their own healthy living programme and to track their progress against it, (5) A number of promotional activities will be carried out during the project to make as many people as possible aware of the programme and to encourage them to join. The most significant of the promotional activities will take place at the end of the project when a major sports event for seniors will take place in Warsaw, Poland in April 2016.

Who is on the project team?

The Activ_I partnership is made up of experts and practitioners from organisations in six countries across Europe and the Middle East.

- The University of Muenster – Muenster, Germany
- ProActivate Ireland – Galway, Ireland
- The Warsaw Marathon Foundation – Warsaw, Poland
- VCAT Consulting - Potsdam, Germany
- Kappaerre – Castelfiorentino, Italy
- ADESPER – León, Spain
- Wingate College – Netanya, Israel

What has happened up to now?

The project was approved for funding by the European Union in July 2013.

The project commenced in November with the first partner meeting in the Connemara Adventure Centre in Ireland. The partners reviewed the project objectives, timing and individual partner roles. The plan and the assignments for the coming months were agreed. The date for the next partner meeting was set for April 2014 in Berlin, Germany.

During the period November 2013 to March 2014 research on a number of aspects of health and aging was conducted in each partner country according to a research design provided by the University of Muenster. A consolidated report was prepared by the University of Muenster which described the current situation in each country and proposed a framework for the development of the healthy living course.

The second partner meeting took place in Berlin, Germany in April 2014. The purpose of this meeting was to review the consolidated research report and to define in greater detail the content, size, format and style of the proposed course curriculum and supporting materials.

The third partner meeting was fixed for October 2014 in Muenster, Germany. During this meeting the course materials produced over the Spring and Summer months will be reviewed and the training course for the trainers and seniors planned.

Where to find out more

Visit the project website www.active-i.eu to keep up to date with developments and to subscribe to the project newsletter.



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LIFELONG LEARNING PROGRAMME

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