

# CAPACITY BUILDING ON SUSTAINABLE AND MOTIVATIONAL TRAINING DESIGN ENHANCED BY SMART TECHNOLOGIES FOR SENIOR CITIZENS.

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IKIGAI55



## PARTNERSHIP

University of Thessaly, Greece;

Diputación de Zamora, Spain;

Inquirium, Cyprus;

Trebag, Hungary;

Weople, Portugal;

Università delle LiberEtà del FVG - ETS, Italy;

Vrije Universiteit Brussel, Belgium;

Eskilara, Spain.

## OUR PROJECT

IKIGAI55 is an innovative project designed to enhance the lives of older adults by integrating healthy lifestyles, preventive sports, and digital inclusion through a unique blend of training design, motivational theory, and smart technologies. In a world facing numerous challenges, the importance of securing physical and mental health has never been more critical.

IKIGAI55, which symbolizes "life with meaning", embodies our commitment to making the digital era beneficial for the older population. Our initiative aims to promote healthy habits, activity, and joy among senior citizens. The goal is to positively influence preventive health care and promote an inclusive society.

## DELIVERABLES

1. Fitness2.0 Knowledge Base & Guide for Trainers
2. Smart Motivation Handbook & Toolkit
3. Online learning
4. Brochure on Smart Silver Sports Facilitation Guidelines
5. Silver Smart Training Programs
6. Silver Assessment Tool Bank
7. Collection on Visions for Living Labs on Wellbeing
8. White paper for targeted stakeholders of the quadruple helix model



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## 1<sup>ST</sup> Online Meeting and KOM in Volos (Greece)

The IKIGAI55 project was successfully launched with our online kick-off meeting that took place on February 6th, 2024. This event marked the beginning of an inspiring journey towards sustainable and motivational training design for senior citizens, enhanced by smart technologies. Following the virtual launch, we also held an in-person meeting in Volos, Greece, on the 14th and 15th of March, further solidifying the foundation of our project.

The initial meetings brought together all partner organizations, setting the stage for collaborative efforts towards achieving our objectives and officially kicked off our implementation activities, demonstrating a unified dedication to our mission. During these meetings, we discussed the project's overall goals, work packages, expected outputs, and outcomes.



## IKIGAI55 IN A NUTSHELL

- Step 1. A training manual on smart exercise prescriptions for seniors
- Step 2. Motivational aid & guidelines for trainers
- Step 3. Elaboration of detailed smart training plans for diverse sports
- Step 4. Train the trainer! fast-track training and information day
- Step 5. Smart training interventions
- Step 6. Designing a Vision for local Wellbeing Labs
- Step 7. Elaboration of a White paper for the smart industry

## Get involved!

Whether you're a trainer, an older adult, or someone passionate about active aging and technology, Ikigai55 offers various ways to get involved.

Join us in making a meaningful difference in the lives of older adults across Europe.

Contact us!

## NEXT STEPS

# 01

June 2024

Living Labs Training  
(Bilbao – Spain)

# 03

July 2024

Fast track training  
Material

# 02

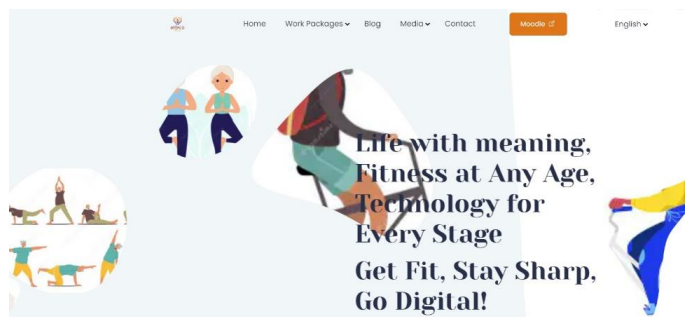
July 2024

Methodological  
guidelines on the  
training program.

## VISIT OUR WEBSITE:

and learn more about our project and our mission:

Link: <https://ikigai55.uth.gr/>



## OR JOIN US ON SOCIAL MEDIA:

