

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.

SO FAR...

Available as of 1st August 2024 on our website: <https://ikigai55.uth.gr/>

Preparation for the development of the training package: Methodological Guidelines on Training Program and interview with stakeholders

We are thrilled to announce the release of our methodological guidelines for the training program development. This comprehensive guide outlines the main structure of the learning package, detailing the specific learning outcomes and competencies to be achieved. It also includes the entry requirements for participants.

Also, each partner has conducted deep interviews with sport trainers as well as older adults to further reveal their needs in capacity building in the topic.

Fast Track Training Material

A set of microlearning units focusing on the operation and methodology of Living Labs was developed.

These units will include case studies and best practices to enhance your understanding and application of Living Lab principles. The fast track training material will also be available on project's website from August 1st, 2024.

This resource is perfect for those looking to quickly grasp the essentials of Living Labs.



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1st Training Event in Bilbao (Spain)

ESKILARA successfully hosted our "Training of Trainers" event in Bilbao from July 9-11, 2024. The event was a great success, with partners receiving in-depth training on the developed materials related to the Living Lab methodology. Participants engaged in hands-on practice and interactive sessions, enhancing their skills and knowledge. We thank all the attendees for their enthusiastic participation and valuable contributions.



Interviews and Focus Groups

Partners have implemented a series of interviews and focus groups (trainers and trainees +55 years) to ensure that the upcoming Guidebook and Handbook cover all the important considerations. These resources will include both theoretical views—such as group dynamics, positive psychology, and resilience—and practical examples based on real-life cases. This comprehensive approach aims to provide a well-rounded educational experience for all participants.



生き甲斐 Life with a meaning

Ikigai (literally: "a reason for being") is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living.

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!](#)

IKIGAI55 PRESENTED IN EVENTS

01 16th April 2024

HR Lisbon Conference - Portugal

02 30th May 2024

XXI Sport Science Conference - Hungary

03 4th June 2024

Senior Eco-Nect Summit - Belgium

04 10th July 2024

Erasmus + Staff Week in Volos

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