

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

NEWSLETTER | ISSUE NO.3 | JANUARY 2025



IKIGAI 55



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...

[Microlearning Units on Living Labs now available on our website:](#)

Fast track training material

We are excited to announce that one of the project's key deliverables is now live! This output features a set of microlearning units on the operation and methodology of Living Labs. Complete with case studies and best practices, these training materials have been developed through collaboration among our partners, ensuring they incorporate a wide range of real-world applications and insights.

Explore these resources on our website and gain valuable knowledge on Living Lab methodologies!

Fitness2.0 Knowledge Base & Guide for Trainers

This guidebook is designed specifically for physical exercise facilitators and trainers of older adults. Developed with academic accuracy and grounded in current scientific findings, it combines theoretical knowledge with practical guidance to ensure ease of use and maximum applicability. The guidebook will address critical considerations in physical exercise enhanced by smart technologies, tailored to meet the unique needs of older adults. With a focus on usefulness and accessibility, this resource will help trainers create more effective and inclusive fitness programs.



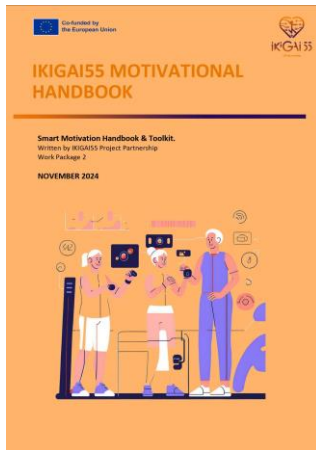
Co-funded by
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Smart Motivation Handbook & Toolkit

This handbook focuses on leveraging smart technologies and digital tools to support and enhance motivation in fitness activities.

It blends theoretical perspectives, such as gamification, group dynamics, positive psychology, and resilience, with practical applications like tips, hints, case studies, and examples of good practices. The acquired knowledge will not only be useful in fitness but also transferable to other areas of sports and applicable to various target groups.



Transnational Project Meeting in Cascais. November 2024

WEOPLE successfully hosted project's 2nd Transnational Project Meeting in Cascais from November 13-14, 2024, bringing together project partners to review milestones and plan upcoming tasks. This in-person gathering provided a valuable opportunity to strengthen collaboration, align objectives, and ensure the project's continued success. We thank all participants for their contributions and look forward to implementing the next steps together.



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!](#)

PRESS RELEASES

01 20th March 2024

[Diputación de Zamora lays the foundations for the Ikigai55 project in Greece](#)

02 27th March 2024

[Bringing together Technology and Health for people over 55](#)

03 10th June 2024

[IKIGAI55 to promote physical & mental well-being of people over 55 years old](#)

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