

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...

[Silver Smart Training Programs now available on our website:](#)

[Training Programs for adults over 55](#)

We are excited to announce that one of the project's key deliverables is now live! It includes sport-specific training plans of **Nordic walking, Hatha Yoga, Strength training to prevent sarcopenia, Fit and Dance aerobics, Fit-Yoga/Yoga-Dance, Silver Smart Pilates, and VR boxing** for 55+. The program supports both online and face-to-face learning. It enhances motivation, self-assessment, and goal setting. Designed for certified instructors, it fosters healthy ageing and digital engagement!

[User guide for the online learning platform](#)

To support both trainers and learners in making the most of the IKIGAI55+ e-learning platform, we've developed a **clear and practical user guide**. This guide offers a step-by-step walkthrough of how to **access, navigate, and utilize** the platform's main features — including **courses, quizzes, learning materials, and user tools**. Whether you're a first-time user or looking to explore all the platform has to offer, the guide provides helpful tips to ensure a smooth and engaging learning experience.



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3rd Transnational Project Meeting & 2nd Joint Staff Training in Nicosia. April 2025.

Inquirium successfully hosted project's 3rd Transnational Project Meeting (TPM) in Nicosia from April 8-10 2025, bringing together project partners to review milestones and plan upcoming deliverables and 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.

As part of our mission to multiply the methodologies developed within IKIGAI55, the Joint Staff Training event brought together project partners for a dynamic and collaborative learning experience. This training targeted partner representatives who will act as multipliers, applying and disseminating the project's innovative approaches in their local contexts. Experts from VUB, Inquirium, and ESKILARA, focusing on the integration of digital tools in fitness and wellbeing. A highlight of this session was the hands-on training in using a VR boxing game, presented by VUB, which demonstrated how immersive technologies can enhance physical activity and engagement.

Participants were guided through positive dance-based approaches, and sharing insights on the benefits of yoga for physical and emotional wellbeing, including practical guidance on how and why yoga supports healthy ageing.



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.

Get involved!

Whether you're a trainer, an older adult, or someone passionate about active ageing 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!](#)

Join us on social media and

Visit our Website

