

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...

 [New Self-Assessment Tool Bank Available Soon on our website!](#)

Self assessment tool bank

We are pleased to announce that the **Self-Assessment Tool Bank** will soon be live on the IKIGAI55+ website. This online resource hub will provide both trainers and older adults with **interactive tools** for tracking progress, identifying personal goals, and enhancing motivation. The tool bank will be supporting self-reflection and personal development in the context of healthy aging and smart fitness!

Multiplier Events Across Europe

To spread the impact of the project and engage local stakeholders, **Multiplier Events** have started and successfully organized in **four partner countries**. These events brought together community members, trainers, educators, and health professionals to share the project's results, demonstrate its tools, and discuss how to integrate IKIGAI55 resources into local programs for active aging. The enthusiasm and feedback received will guide our future steps!



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Spain by Deputacion de Zamora – 26th of May 2025



Spain, by Eskilara – 22nd of May 2025



Cyprus by Inquirium – 10th & 29th of May 2025



Greece by University of Thessaly – 30th of May 2025



Hungary by Trebag – 3rd of June 2025

