

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

NEWSLETTER | ISSUE NO.6 | OCTOBER 2025



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;

IKIGAI55 IN ACTION...

As the IKIGAI55 project comes to its end, our partners are delighted to present the **pilot activities** that have been implemented across Europe – real-life examples of how **physical activity**, **digital technologies**, and **motivating tactics** can empower persons aged 55 and up. These pilots show that our approaches are adaptable and effective in a variety of contexts.

Discover the stories behind the results!

A series of short videos — now available on the **IKIGAI55 YouTube channel** — capture the real impact of our pilot activities across Europe. These videos highlight personal experiences, best practices, and lessons learned throughout the project.

Together, they bring the **IKIGAI55 spirit** to life — showing that **wellbeing, motivation, and digital engagement truly have no age limits.**



IKIGAI55 - 5 weeks intervention in Spain, Monfarracinos. Diputación de Zamora

77 προβολές • πριν από 1 μήνα



IKIGAI55 - 5 week intervention in Greece University of Thessaly

16 προβολές • πριν από 2 μήνες



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

SO FAR...

Building Sustainable Living Labs and Sharing Our Legacy

Collection on Visions for Living Labs on Wellbeing

As part of our ongoing mission to promote wellbeing through innovation, partners conducted a **“Train the Trainer” workshop** in Spain. Participants engaged in **fast-track training sessions** exploring Living Lab methodologies, with **on-site visits** to other local Living Labs for hands-on experience. This activity laid the foundation for partners and stakeholders to develop and establish their own Living Labs in the future—strengthening the sustainability and real-world impact of IKIGAI55.

White Paper for Targeted Stakeholders of the Quadruple Helix Model

By the end of October 2025 a **White Paper** capturing the **experiences and insights of both trainers and end-users** who participated in the project’s activities will be released. The document will offer **strategic recommendations** for stakeholders across the **quadruple helix model**—academia, industry, government, and civil society. The White Paper serves as a roadmap for fostering collaboration, innovation, and wellbeing within community-based and digital learning ecosystems.

4th Transnational Project Meeting and Final Conference in Zamora, Spain

The project proudly concluded with its 4th Transnational Project Meeting (TPM) and Final Conference in Zamora. All our partners from **Greece, Portugal, Cyprus, Hungary, Belgium, Italy, and Spain** gathered to reflect on achievements, finalize outcomes, and discuss the sustainability of the project’s results. The meeting was held in a **warm and collaborative atmosphere**, celebrating the strong partnerships built throughout the IKIGAI55 journey.

The **Diputación de Zamora** opened its doors to celebrate the **results and impact of IKIGAI55**.



Older adults from **Monfarracinos (Zamora)**, together with their trainers and the mayor, shared their inspiring experiences on how **physical activity combined with digital tools** has transformed their wellbeing and daily lives.



Project partners presented their **pilot training activities** implemented across Europe, while guest speakers **Ana Sánchez** and **Dr. Álvaro Barroso Hernández** delivered **motivational talks** on wellbeing, innovation, and inclusion.

IKIGAI55 – co-funded by Erasmus+ – has proven that the **digital era is not only for the young**: it can bring **health, joy, and inclusion** to adults aged 55+ across Europe!



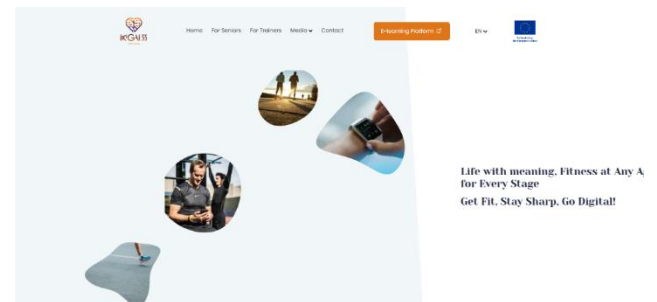
Get involved!

Whether you are 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 project website



Click and find us on our social media!



Ikigai55



iki.gai_55



Ikigai Project

