

SANTE THEMATIC SEMINAR

ACTIVE SENIORS

AUGUST 30 – SEPTEMBER 1, 2010
INVERCLYDE · LARGS · AYRSHIRE · SCOTLAND



AIM OF THE MEETING

Thematic seminars constitutes an important component of the SANTE project and serves the overall aim of debating health challenges of a European wide nature. More concretely, the seminar on Active Seniors seeks to meet three specific aims:

- Secure a common understanding of the current situation on seniors in Europe, including statistics, barriers and opportunities for improving their physical activity level
- Present best practices from the daily work of participants, including both theoretical and practical perspectives
- Discuss future perspectives and expected trends including the possibility of innovative partnerships, e.g. with actors traditionally not involved in the sport for all sector.

Finally, it is the hope of the organizers that participating organizations will use this opportunity to invite partners, either current or potential new ones, to strengthen that relationship and to contribute with new, innovative perspectives to the seminar.

THIS IS THE SPIRIT OF SANTE!

EVENT ORGANISER

The 1st SANTE Seminar will be organized by ISCA and hosted by one of SANTE partners SALSC (Scottish Association of Local Sports Councils) and will be held in SportScotland National Centre – Inverclyde in Largs in Scotland. <http://www.sportscotland.org.uk/Inverclyde/TopicNavigation/Facilities/>

WHO SHOULD ATTEND?

The Seminar is expected to attract project managers and political leaders from SANTE partners, as **organisations and individuals with interest and experience in health-enhancing physical activity** for seniors, health professionals who deal with sport as a means to strengthen and maintain health, decision makers and policy designers in sport and health policy, sports scientists and sport managers.

SUPPORTERS:



The SANTE project and the thematic seminar of Active Seniors are receiving support from the European Commission, Education and Culture DG, under the "2009 Preparatory Action in the Field of Sport" (Project number EAC/21/2009/102).

BY PARTICIPATING IN THE SEMINAR, PARTICIPANTS WILL GET:

- a knowledge base in health-enhancing physical activity and health related fitness,
- knowledge how to encourage and support senior population to take responsibility for their own health, and to actively promote the choice of physical activity,
- knowledge of best practices from presenters and new experiences to be used in own organisation for seniors,
- a knowledge base of organization, management and quality assurance of promotion of health and physical activity for seniors,

- excellent networking opportunities and a programme with structured and engaging bi- and trilateral in depth discussions.

BY NOW, WE HOPE THAT YOU SIT BACK WITH A FEELING THAT WE HAVE TOGETHER:

- Secured a common understanding of the current situation on seniors in Europe
- Presented best practices from the daily work of participants
- Discussed future perspectives and expected trends including the possibility of innovative partnerships
- Had fun in the process

ISCA TEAM



MONDAY, AUGUST 30, 2010 GETTING AN OVERVIEW

Over the day
17.00-19.00

Arrivals

Welcome by Inverclyde, ISCA and SALSC

Opening Session

“ACTIVE SENIOR CITIZENS IN EUROPE – WHAT ARE THE LATEST TRENDS?”

The session will have a European scope and seeks to create an overview of trends, barriers and opportunities. It will show perspectives on status, barriers and opportunities for increasing Europe’s senior citizens’ physical activity level.

19.30

Visit the Scottish Sailing Institute for evening buffet and Local Council welcome.

TUESDAY, AUGUST 31, 2010 LEARNING FROM THEORY AND PRACTICE”

9.00 - 10.00

“THE NEW PICTURE OF AGEING”

Provide medical perspectives on the need for physical activity and awareness of the medical effects of various physical activities

10.00 - 10.30

Coffee/tea break

10.30 - 12.30

Parallel Workshops - Theme I and II

Registration form will give options to choose from.

THEME I: MEDICAL BACKGROUND

Provide medical perspectives on the need for physical activity and awareness of the medical effects of various physical activities.

SANTE project is welcoming interested Presenters

THEME II: PROMOTION AND OUTREACH TO SENIORS

Share best practices on how to reach out and attract to seniors offered opportunities

SANTE project is welcoming interested Presenters

12.30 - 14.00

Lunch

14.00 - 15.30

Parallel Workshops – Theme III and IV

Registration form will give options to choose from.

THEME III: MANAGEMENT APPROACHES TO SENIORS PROGRAMMES

Discuss various management/organizational approaches to seniors programmes.

Successes, failures, lessons learned

SANTE project is welcoming interested Presenters

THEME IV: CROSS SECTOR COOPERATION

Inspiration through learning about innovative partnerships, the rationales behind, challenges faced, and results achieved

SANTE project is welcoming interested Presenters

15.30 - 16.00

Coffee/tea break

16.00 - 17.00

Report Session

17.30 - 19.00

Recreational activities

“We will be active” at Inverclyde sport fields

19.30 – 20.00

Reception

20.00

Closing Dinner & Entertainment

Traditional Scottish food and entertainment

WEDNESDAY, SEPTEMBER 1, 2010 FUTURE PERSPECTIVES

9.00 - 10.30

THE WAY AHEAD

Placing discussions during the seminar in a forward-looking perspective and discuss potential trends.

10.30 - 11.00

Coffee/tea break

11.00 - 12.30

ISCA Seniors Network meeting – Next Steps

12.30

Lunch (optional)

After lunch

Participants can use the various facilities at Inverclyde and are also welcome to extend their stay



PRACTICAL AND LOGISTICAL DETAILS

REGISTRATION

All participants, i.e. both the official delegation members and any other guests (e.g. partners) are invited to register by 15 August 2010 at the latest using the on-line registration at:

<http://www.isca-web.org/english/events/santeseminar2010activeseniors>

At the Information desk in the SportsScotland National Centre Inverclyde, participants and other registered guest will get their registration badges. The registration badges must be worn throughout the event as participants will otherwise not be able to access the venue.

With the registration and accreditation badge you get free participation in the Seminar, all materials, beverage and meals according the programme.



ARRIVAL/DEPARTURE/ TRANSPORTATION

Participants from SANTE Partners Associations are requested to use the SANTE Travel Agency to book their flights. Flights must be heading to either Glasgow or Prestwick Airport. No flight costs are foreseen to be covered by participants.

Please contact the travel agency and Mr Niels Larsen at nl@egons.dk.

Please state your full name, travel route and the dates (and perhaps time of day) that you would like to travel. The agency will then send you one or more options (within the available budget) that you can choose. After your approval, the travel agency will issue your tickets and send them to you by email. You may also call the Travel Agency by phone: +45 70 20 18 47.

If you like, you can of course use one of the many available travel search engines (for instance www.dohop.com or www.skyscanner.com) to check for suitable options before contacting the agency.

ISCA and the travel agency are obliged to find the cheapest flights available, so we cannot guarantee that you will be able to travel on a specific flight or a specific flight time.

We also encourage you to book your tickets well in advance in order to obtain the lowest price. Thank you for your understanding and cooperation in this matter.

The thematic seminar is taking place at the SportsScotland National Centre Inverclyde. The centre is a 40-minute drive from Glasgow Airport and 50 minutes from Prestwick Airport. Pick-ups will be arranged from the airport to the meeting venue.



ACCOMMODATION AND MEETING VENUE

Organizers will book and pay single/double rooms for participants according to participants' wishes. All participants are hosted at the meeting venue, the international recognized SportsScotland National Centre Inverclyde.

The Centre's full address is the following: Burnside Road, Largs, KA30 8RW. Ph: +01475 674666

See more details about the venue and various facilities at www.sportscotland.org.uk/Inverclyde

INTERPRETATION

The working language at the event will be English. **No interpretation provided.**

CONTACT DETAILS

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SUPPORTERS:



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VISIT:
WWW.MYSANTE-INFO