

MOVING Age Conference 2016

20 May – 22 May 2016, Trieste, Italy

The expected impact of demographic changes on society has raised the topic of active ageing high on political agendas all over the world. Despite the overwhelmingly positive evidence of the benefits of physical activity, rates of physical inactivity among elderly people remain unacceptably high (up to 70% of the over 55 age group, according to the Eurobarometer 2013 survey).

The challenge of promoting physical activity to elderly people is too big for one stakeholder only and even for the sport sector alone! Building constructive partnerships between different stakeholders and sectors is the natural step forward.

That is why ISCA created the MOVING Age network in 2014 and organized 1st MOVING Age Conference in 2015 in Gent in Belgium. MOVING Age network's mission is *to stimulate and facilitate the exchange of knowledge and good practices in sport and physical activity for elderly people*. The network now has 30 partners. The aim of the MOVING Age Conference every year is *to promote communication and interaction among participants, speakers and moderators by using a blend of traditional and innovative methods and techniques and to discuss innovative activities from network members*.

We are pleased that Network partners and other ISCA members will meet at **the second MOVING Age Conference in the beautiful city of Trieste, Italy, from 20 May - 22 May 2016**. The conference is hosted by Associazione LUNGA VITA ATTIVA, one of the MOVING Age Network members in collaboration with Federazione Italiana Nuoto Federal Centre Trieste.

We invite you to interact and share your opinions, questions and examples.

We are looking forward to meeting you in Trieste.

MOVING Age Conference organising partners



MOVING Age Conference 2016 – Preliminary programme FOR AN ACTIVE AND HEALTHY AGEING

Friday, 20.5.2016, Conference day

Special note:

Conference organisers offer simultaneous interpreting.

VENUE:

Palazzo della Regione - Piazza Unità d'Italia

<http://www.turismofvg.it/Monuments-and-historical-sites/Piazza-Unita-d-Italia>

16.00 – 16.30 Registration

16.30 – 17.00 Conference Opening and Welcome by

- Head of the Regional Health Department Friuli Venezia , Giulia Maria Sandra Telesca
- Mayor of Trieste, Roberto Cosolini
- ISCA President, Mogens Kirkeby, Denmark

17.00 – 18.30 How to promote and implement Active Aging in Europe

Local, regional, national and international actors have demonstrated that there is significant potential today in Europe to conduct multi-thematic, multi-partner work on active ageing. By bringing together numerous partners from different European countries and regions to share expertise and knowledge can create something that is stronger and leads to the future of the Active and Healthy aging.

Example on a Governmental structure: Law on Active Ageing, Renata Bagatin, Consigliere Regional Government FVG, Italy

“You are only as old as you feel,” so the saying goes. And indeed, our perception and experience of age is changing rapidly. These are significant changes in our population’s age structure. We have to adapt our employment policies, our workplace practices, as well as our social security and health care systems to this new demographic reality. Let’s find out how Italian regional government is dealing with this challenge.

Example of a strategy: Active Aging, the vision, mission, strategy and action plans in Flanders, Ingrid Peters, Okra Sport 50+, Belgium

Example of marketing: IKILIKE - Ageing is beautiful - photo exhibition as a marketing tool for Gymnastics Clubs to move elderly people, Helena Collin, SVOLI, Finland

Example of a local partnership: Lifelong Swimming and Lunga Vita Attiva: from an Erasmus+ Sport Project to the building of a network between European, national and regional stakeholders in the field of active ageing, by Ariella Cuk, Lunga Vita Attiva, Italia

18.30 – 19.00 Discussion

19.00 – 19.30 Conclusions of the day by

President of the Regional Parliament, Franco Iacop

Leader of the MOVING Age Network, Herbert Hartmann, Germany

19.30 Reception and Dinner

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Saturday, 21.5.2016 Workshop day

Special note:

Workshop day is in English language only.

7.00 - 7.30

Good morning activities

8.30

Meeting point in the Hotel and walk to the venue Bruno Bianchi Swimming Pool

<https://www.piscinabianchitrieste.it>

9.00 – 11.00 Workshop 1 (presentations to be confirmed)

The power of knowledge is sharing the experience from local and national level among MOVING Age

Network members

Knowledge Sharing is the Learning, Learning is the Knowledge Sharing.

We invite you all to gather and share your experience and knowledge on ageing matters, to develop a shared vision on active ageing in Europe and to present new ideas that will help to inform the formulation of future policy in Europe and in your country. This workshop will focus on new activity programs, special target groups, new scientific findings.

Moderator: Herbert Hartmann, DTB, Germany

11.00 – 11.30 Break with physical activity

11.30 – 13.00 Workshop 2

Fundraising instruments and opportunities for active ageing projects, by Kai Troll, ISCA, Belgium

This workshop will provide you basic fundraising skills to approach corporate and foundation donors and give you updated information on opportunities within the Erasmus+ Sport programme. It will give you valuable information that can help you set strategic fundraising goals. And workshop will be great networking opportunity for you to share your experience and knowledge on responsibility for raising funds in your organizations.

13.00 – 14.30 Lunch

14.30 - 15.30 Workshop 3

Train your brain, presentation and exercises by Olga Puccioni, Medialab SISSA (International School of Advanced Studies), Italy

We go to the gym to train our muscles. We run outside or go for hikes to train our endurance. And we wish to exercise more. Well, here is how to train one of the most important parts of your body: your brain. So how do you train your brain to learn faster and remember more? This workshop will take you to the insight of the training for body and mind.

15.30 – 16.00 Time for break and to change the dress and be prepared for the practical activity

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16.00 – 18.00 Workshop 4: »Come and try«

Activity 1

Aqua Fitness, Introductory lecture and activity by Mimi Adami-Rodriguez, FIAF, Italy.

In this workshop you will have opportunity to try aquatic dance exercise, choreography with singing and dancing, aquatic muscle conditioning using supersets, and water running with different kinds of movements

Special note: for water activities you need swimsuit, towel and slippers.

Activity 2

Slow Swimming and Senior Sincronette, Introductory lecture and activity by FIN Staff (Italian Swimming Federation), Italy

In this workshop you will have the opportunity to try "Slow" Swimming techniques and "senior sincronette" movements.

Activity 3

All about Functional fitness testing of elderly people, by Veronica Stancakova, SOKOL, Czech Republic, and Herbert Hartmann, DTB, Germany

Special note: for fitness test you need sport dress and shoes.

19.00 Meeting point in Hotel and **Guided tour and dinner in the city**

Sunday, 22.5.2016 Workshop day

9.00 – 12.00 Workshop 5

Strategic approach to national and international advocacy for initiatives to reduce physical inactivity of elderly people.

Advocacy and cross-sector partnerships, by Mogens Kirkeby, ISCA, Denmark

Advocacy, a political process by an individual or group which aims to influence decisions within political, economic, and social systems and institutions. How to make our voice to be heard, understood and effective for active and healthy aging? Do we know what is the collective action within our organization and how to get other partners involved in the action?

Advocacy on Local level:

Gerry Campbell, South Lanarkshire Leisure and Culture, Scotland

Advocacy on National level:

Vincenzo Manco, UISP, Italy

Moderator: Saska Benedicic Tomat, ISCA, Slovenia

12.00 - 13.00 **Next steps for MOVING Age Network and Closing of the Conference**

Moderator: Herbert Hartmann, DTB, Germany

13.00 Lunch

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