

Join us at the second MOVING Age conference

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.

We are pleased to invite you to **the second MOVING Age conference in the beautiful city of Trieste, Italy, from 20 - 22 May 2016**. The conference will be hosted by Associazione LUNGA VITA ATTIVA, one of the MOVING Age Network members in collaboration with Federazione Italiana Nuoto Federal Centre Trieste.

The conference programme will feature interactive workshops covering the following topics:

- Strategic approaches to national and international advocacy initiatives that reduce physical inactivity among elderly people.
- Fundraising opportunities for active ageing projects.
- Exchange of new practice examples.
- Cross-sector partnerships. Why - Who - How?
- Creating cross-sector networks for physical activity promotion among elderly people.

Participants are invited to make a presentation on one of the topics mentioned above. Please send an abstract by 1 March, 2016 to hartmann-herbert@t-online.de

The aim of the MOVING Age Conference is to promote communication and interaction among participants, speakers and moderators by using a blend of traditional and innovative methods and techniques. All participants will be asked to share opinions, questions and examples.

Your presence will be of great relevance to valorising our proposal to discuss one of the most important topics at present "sport and physical activity for elderly people". We would be very happy to see you at the MOVING Age Conference and look forward to hearing from you.

You can find more practical information on the next page.

On behalf of the organising partners,

Herbert Hartmann
MOVING Age Network leader

Mogens Kirkeby
ISCA president

Partners of the Conference:



PRACTICAL INFORMATION

Here is the 1st practical information pack for the MOVING Age Conference, which will be held in Trieste in Italy from 20 to 22 May 2016.

REGISTRATION

There is no registration fee for the MOVING Age Conference.

You are invited to register by **15.3.2016** by sending an e-mail to Ariella Cuk, a.cuk@comunicareinterculture.it and to Saska Benedicic Tomat, sbt@isca-web.org with information:

Name of participant

- Personal contact data: telephone number and e-mail address
- Association data (Association name, address, telephone number and contact person)
- Arrival and departure date and time
- Info on accommodation: please let us know if you need accommodation and what kind: single or double room? If you choose double room, send us name of the second person in the room.



VENUE

The Conference is hosted by Associazione Lunga Vita Attiva in collaboration with FIN Federal Centre Trieste at the Bruno Bianchi Swimming Pool in Trieste www.piscinabianchitrieste.it

LUNGA VITA ATTIVA is a non-profit association located in Trieste whose aim is to promote the culture of healthy and active ageing and to encourage the senior population to be more active and take responsibility in ageing well. LVA organises the following activities:

- Associated Partner of the EU Erasmus+ “Lifelong Swimming Project”
- Awareness Campaign on Healthy and Active Ageing
- Lifelong Swimming Events
- Senior Swimming Courses
- Senior Swimming Programme in collaboration with the Cardio Vascular Centre in Trieste
- Program of Seminars, Workshops on themes regarding active ageing



FIN Federazione Italiana Nuoto (Italian Swimming Federation) is the Project Coordinator of the “Lifelong Swimming Project”. The Federal Centre in Trieste is project leader and manages the Bruno Bianchi Swimming Pool which hosts FIN affiliated swimming clubs and has organised national and European Swimming, Diving and Water Polo National and European Championships.

Start and End of the Conference

Start: Friday, 20.5. 2016 at 16.00

End: Sunday, 22.5. 2016 at 12.00

ACCOMMODATION

All participants will be accommodated in the city centre
HOTEL CAPITELLI - RESIDENCE SARA – HOTEL BARBACAN Trieste

www.hotelcapitelli.it

www.residencesara.com

www.hotelbarbacantrieste.com



The organisers will book accommodation for you after receiving your registration. The three hotels are located near each other around a tiny square in the old part of the city centre.

Accommodation price:

Single room 65€/night

Double room 85 Euro/night

Breakfast is included in the price.

Special note:

*Host organisation will cover ground costs of the Conference (meeting room)
ISCA will cover all meals offered during the Conference (dinner 2x, lunch 2x, coffee break 2x)*

Travel and accommodation costs will not be covered by the organisers, but by the participants.

MEALS

The organisers will take care of and pay for the following meals during the conference:

- Friday, 20.5.: dinner
- Saturday, 21.5.: breakfast (included in accommodation), coffee break, lunch, dinner
- Sunday, 22.5.: breakfast (included in accommodation), coffee break, lunch

ABOUT TRIESTE

Trieste is a central European city, where you will breathe a multicultural atmosphere, which will charm you with historic cafés, art, heterogeneous architecture and enchanting sea.

More about the city:

www.turismofvg.it/Locality/Trieste

TRAVEL TO TRIESTE

All flights must land at the Airport Trieste – Friuli Venezia Giulia

www.aeroporto.fvg.it

From the Airport to Trieste Railway Station

There is a coach service: Coach 51. One way price is 4.05 €

Tickets can be purchased at the airport:

- from the 24-hour automatic ticket machines, located inside the arrival gate (next to the main exit door) and outside the airport (on the covered walkway, in front of the bus stops)
- at the tourist information counter - Infopoint Turismo FVG (arrival gate)

From Trieste Railway Station to Hotel Capitelli – Residence Sara –Hotel Barbacan

Bus n. 24 – Get off at the bus stop in Via Madonna del Mare or Via San Michele.

Bus tickets can be purchased at the Tobacconists' in the Railway Station. One way fare is 1.50 €

Taxi to Trieste city centre will be around 10 €.

CONFERENCE PHOTOS AND INTERVIEWS

ISCA staff will also take photos and interviews during the Conference for the Network use. They may be published in Network material or on the ISCA website.

QUESTIONS OR COMMENTS

In case you have any questions or comments, please do not hesitate to contact us:

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