



IN COMMON SPORTS 2018-2020



Co-funded by the Erasmus+ Programme of the European Union



In Common Sports
2018-2020
5 COUNTRIES
6 ORGANISATIONS



IN COMMON SPORTS

... from practice to theory ...

The IN COMMON SPORTS project is based on the results evidenced by the 2015 Intergenerational Olympics Project promoted by the Municipality of Vila Nova de Cerveira and financed by the ERASMUS + Sport.

The impact of the initiative on the participants was evaluated in April 2016, and showed that about 30% of the senior participants increased their physical exercise.



2019 - year of the 5th edition of Olympics4all

The promotion of this initiative led us to the organization of four editions (2015, 2016, 2017 and 2018), demonstrating the multiplier effect of the project and the sustainability of the initiative.

During the "Olympics4all" event the delegations stay hosted in the "Olympic Village" for the three days of competition, and the winning team is announced in the gala dinner in the last day. It is also announced which municipality of Alto Minho will host the next year's edition.

This year, the 5th edition, will be in the municipality of Melgaço - 25, 26 and 27 September.





...OLYMPICS4ALL 2018
ARCOS DE VALDEVEZ

26 – 28 SEPTEMBER 2018

Universal modalities

Athletics
Basketball
Swimming
Adapted volleyball

Traditional games

Pétanque and bocce
Traction rope
The game loop/quoits



MUNICIPALITIES

VILA NOVA DE CERVEIRA, CAMINHA, VIANA DO CASTELO; PONTE DE LIMA, PAREDES DE COURA, PONTE DA BARCA, ARCOS DE VALDEVEZ, MELGAÇO



Based on these results and in the ageing challenges, the consortium of partners from 5 different countries, present the current project which aims, among other objectives, to deepen the knowledge of the motivational factors for the continuous practice of physical exercise in the elderly population and the impact of the "Intergenerational Olympics" on the physical and mental fitness of the elderly.



MAIN OBJETIVES

The project will conceive and develop the study involving 375 participants, with 60 years or over, from all countries involved in this consortium, and the implementation of 12 competitions - "Intergenerational Olympics" targeting, at least, 500 older participants.

RESULTS (JUNE 2019)

- Participants in TRAINING+COMPETITIONS **700**
- Participants assessed **447**
- Researchers / teachers **39**
- Training sessions (ESTIMATED) **1000**
- Local organisations engaged **40**
- Scientific publications (ESTIMATED) **10**



CONCLUSION



Is common to think that the competitions are the high point of the project, however, the real objective is to provide training sessions to the citizens, involving them in European projects, and, above of all, to increase physical activity in the senior population in a systematized way.

We will leave for an upcoming application, the proposal to bring together the seniors from all countries in a European competition.



Thank you