



Active Age **2014** Conference Frankfurt

Capacity Building for Physical Activity of Older Adults

DATE

27th – 29th of March 2014
start 6pm, end 1pm

PLACE

German Gymnastics Federation (DTB)
GYMAKADEMIE
Otto-Fleck-Schneise 8
Frankfurt/M. Germany



supported by the European Commission, Education and Culture DG, under the „2012 Preparatory Action in the Field of Sport“

Information www.activeage.dtb-online.de

Contact Sabine.Koepke@dtb-online.de

Preface

The project „Active Age – Capacity Building for Physical Activities of Older People in Organised Sport“, which is carried out in the frame of the “2012 Preparatory Actions in the Field of Sport” of the European Commission Education and Culture DG (EAC) in cooperation with 13 European partners, will be finished in a couple of month.

<ActiveAge> was set up as a transnational project that fosters the exchange of knowledge and experience to counteract the physical inactivity of elderly people through capacity building for physical activities and sport programs of aging people in well-structured and wide-spread settings, with the starting point in sport-organisations.

As a highlight of our project work we want to present and discuss in an open conference the main outcomes of the project. We'll launch as well the <European Platform for Active Aging in Sport> (EPAAS).

We invite stakeholders from inside as well as from outside the sport sector, who are interested in promoting physical activities for elderly people, to join the conference with its exiting key-notes and stimulating workshops.



Herbert Hartmann
Head-Project Leader Active Age

PROGRAM

Moderator of the conference: Prof. Dr. Herbert Hartmann
Conference language: English

DAY 1: Thursday 27th March

- | | |
|---------------|--|
| 16:00 | Registration of participants at DTB-Gym Academy |
| 18:00 - 18:30 | Welcome and Opening of the Conference
<i>Rainer Brechtken, DTB-President</i> |
| | ActiveAging – A relevant topic in the EU Sports policy?
<i>Yves le Lostecque – Head of EU Sport Unit (asked)</i> |
| 18:30 - 19:15 | Key Note 1
ActiveAge - Situation of elderly people in Europe
<i>Prof. Dr. Dr. hc Ursula Lehr – BAGSO, Germany</i> |
| 19:30 | Welcome reception and dinner |

PROGRAM

DAY 2: Friday 28th March

09:00 – 09:45 Key Note 2

Active Age –

A challenge and chance for the development of a sport organisation

Mogens Kirkeby – ISCA, Denmark

09:45 – 10:30 Introduction to the workshop topics

10:30 – 11:00 Coffee break

11:00 – 12:30 Parallel Workshops: 1. Round

Workshop 1

Target groups of elderly people and fitting exercise programs

Leader: Prof. Dr. Walter Brehm

Elderly people are a very inhomogeneous target group with different desires and preconditions for physical activities. In consequence there is a need of adapted and differentiated exercise programs. Recommendations for the differentiating of target groups and the planning of fitting exercise programs will be discussed and good practise examples from different European countries will be presented.

Workshop 2

Recruitment and education of instructors for elderly people

Leader: Pia Pauly

Qualified instructors are a crucial point to carry out activity programs for elderly people. Every time it's a challenge to recruit enough people to take over this job. Furthermore dealing with different groups of elderly people requires a particular qualification. Based on good practice examples recommendations for recruiting and retaining of instructors as well as for their education will be discussed.

Workshop 3

Strategic planning and implementation of interventions for physical activities of elderly people

Leader: Prof. Dr. Herbert Hartmann/Detlef Mann

A sustainable promotion of physical activities for elderly people needs a systematic approach. Guidelines how to create and to implement strategy plans in sport organisations will be presented and underpinned with examples.

13:00 – 14:30 Lunch

14:30 – 16:00 Parallel Workshops: 2. Round (repetition)

Workshop 1

Target groups of elderly people and fitting exercise programs

Leader: Prof. Dr. Walter Brehm

Workshop 2

Recruitment and education of instructors for elderly people

Leader: Pia Pauly

Workshop 3

Strategic planning and implementation of interventions for physical activities of elderly people

Leader: Prof. Dr. Herbert Hartmann/Detlef Mann

16:00 – 16:30 Coffee break

16:30 – 17:30 Closing of the day

19:00 Dinner and social evening

PROGRAM

DAY 3: Saturday 29th March

09:00 – 09:45 Key Note 3

Physical activity promotion for elderly people requires Cooperation and networking

Prof. Dr. Alfred Rütten – University Nürnberg-Erlangen, Germany

09:45 – 10:30 Plenum Session:

Best-Practise-Models – Cooperation and Networking

Leader: Saska Benedicic Tomat – ISCA, Denmark

Many inactive elderly people feel inhibited to participate in activity programs of sport organisations. To overcome such barriers a closer cooperation and networking with other stakeholders, taking care for seniors, is strongly recommended. Some good examples can be presented and experiences in this regard will be discussed.

10:30 – 11:00 Coffee break

11:00 – 12:15 Panel discussion

Creation of a European Platform for Active Aging in Sport (EPAAS)

Several sport organisations in Europe are engaged in physical activity programs for elderly people. But until now there is no regular communication and knowledge exchange about this important topic. It seems to become required to link the diverse efforts and to cooperate on a more regular and structured basis. The partners of the Active Age project decided to continue their common interests after the project is finished through the creation of a network/platform. They will invite as well all interested stakeholders to join in.

12:15 Closing of the conference

12:30 Lunch

REGISTRATION

Registration

Please register with the attached <registration form> and send it to the Conference

Office: **sabine.koepke@dtb-online.de** or **pia.pauly@dtb-online.de**

The registration is valid if the participation fee was paid.

Closing date for registration: 28th of February 2014.

Expenses

Participation fee: 255 € included accommodation, full board and beverage during conference.

Please, transfer the participation fee to the bank account:

Commerzbank Frankfurt

SWIFT-BIC: DRES DE FF XXX

IBAN: DE77 5008 0000 0161 2724 00

Code: Closing Conference 2014, your name

With the transfer of the participation fee, your registration is valid.

Conference hotel

Lindner Hotel & Sports Academy

Gymakademie

Otto-Fleck-Schneise 8

D-60528 Frankfurt am Main

www.lindner.de/de/lindner_sports_academy_frankfurt/

Contact

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TRAVEL GUIDE

Way to the hotel

Coming from Frankfurt airport by public transport

By railway (S-Bahn) (Line 8 and 9) (local station = Regionalbahnhof) from the airport's underground level – rail 1 **direction Frankfurt Main-Hauptbahnhof/Hanau** – until station **<Stadion>** (1 station, 4 min journey time, dept. every 15 min, ticket from the vendor, destination code 5082) – **walk from station <Stadion> (about 10 minutes)**: take the <Flughafenstrasse> left direction <Commerzbank-Arena> – after 600 m facing to the stadium's entrance of you turn right into the Otto-Fleck-Schneise – after 200 m take the 2nd entry at your right : → Deutscher Turner-Bund!

Coming from main station Frankfurt by public transport

By railway (S-Bahn, Line 8 and 9) rail 103, underground station – **direction Wiesbaden/Flughafen Rhein-Main** – until station **<Stadion>** (2 stations, 7 min. journey time, dept. every 15 min., ticket from the vendor, destination code : 5082, advice: better buy your train ticket including station Frankfurt-Stadion) – **walk from station <Stadion> (about 10 min)**: take the Flughafenstrasse left direction <Commerzbank-Arena> – after 600 m facing to the stadium's entrance turn right into the Otto-Fleck-Schneise – after 200 m take the 2nd entry on your right: → Deutscher Turner - Bund!

Arrival by car

A 3 (Köln-Würzburg/Würzburg-Köln) **exit <Frankfurt Süd>** (coming from the A 5 change the motorway at <Frankfurter Kreuz> and take the A 3 direction Würzburg) – leave the motorway at the exit **direction Frankfurt-Stadtmitte** via <Mörfelder Landstrasse> – follow the **sign-posting <Stadion/Sportverbände>** and reach **<Otto-Fleck-Schneise>** via bridge across the main-road – about 500 m later take the 4th entry at your left side: → Deutscher Turner-Bund!

Active Age Project Partners



Ingrid Peeters – OKRA, Belgium



Vlasta Syslova –CASPV, Czech Republic
Miroslav Zitko –Czech Republic



Laurence Nadaud –UFOLEP, France
Laetitia Zappella –UFOLEP, France



Ute Blessing-Kapelke – DOSB, Germany



Philippe de Witte –VSF, Belgium



Leeni Asola-Myllynen –SVOLI, Finland
Helena Collin –SVOLI, Finland



Rita Scalambra – UISP, Italy
Sara Conversi – UISP, Italy



Prof. Dr. Alfred Rütten – Uni Erlangen, Germany



Miroslav Jakovljevic – SUS, Slovenia



Prof. Marcela González Gross – UPM, Spain
Prof. Agustín Melendez – UPM, Spain



Saska Benedicic Tomat – ISCA, Denmark



Angelika Strötz – Sportamt Frankfurt, Germany



Herbert Hartmann – DTB, Germany
Detlef Mann – DTB, Germany
Walter Brehm – DTB, Germany
Pia Pauly – DTB, Germany

Generali Insurance and German Gymnastics Federation

A commitment to accompany the sport.



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