



Healthy Lifestyle for All Ages with The Master Team

Erasmus+ Sport Program - Small-scale partnerships – 101090999

Project Start Date: 01.02.2023

Project End Date: 30.01.2025

Project Partner Organizations:

1. BASL - Buca Atatürk Spor Lisesi Müdürlüğü/ Buca Atatürk Sports High School Directorate (Coordinating Organization), Buca-Izmir-Turkiye
2. OgO - Oltre gli Ostacoli (Beyond Obstacles Association), Benevento-Italy
3. UM - Universidad De Murcia (University of Murcia), Murcia, Spain
4. AGSK - Aktif Gençlik ve Spor Kulübü Derneği/ Active Youth and Sports Club Association, Çanakkale-Turkiye

Project Managers and Contact Information:

1. BASL Türkiye – Vasfi Çetin, bucasporlisesi@gmail.com
2. OgO Italy – Gerardina Caputo, dina.caputo78@gmail.com
3. UM Spain – Salvador Angosto, salvador.a.s@um.es
4. AGSK Türkiye – Zafer Orkun Ongan, aktifgnclk@gmail.com

Project Budget: 60.000,00 € (%70: 42.000,00 €)

Partner	WP1	%70	WP2	%70	Total Budget	%70
BASL	5.000	3.500	10.620	7.434	15.620	10.934
OgO	3.000	2.100	11.100	7.770	14.100	9.870
UMU	3.000	2.100	13.360	9.352	16.360	11.452
AGSK	3.000	2.100	10.920	7.644	13.920	9.744

Project Goals:

1. Increasing participation of older people in exercise for a healthy lifestyle,
2. Developing the capacity and practical skills of young people receiving sports training on exercise with the elderly, increasing employment opportunities,
3. Increasing the capacity and competence of sports clubs and coaches in the field of exercise with the elderly.
4. To ensure that local government institutions and social service institutions develop programs on active and healthy living for the elderly, improve existing programs and increase their inclusiveness,
5. To raise awareness in the public about a more active and healthy aging.

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The project summary:

The Healthy Lifestyle for All Ages with the Master Team (Master Team) project was created by the combination of sports clubs, sports education institutions, NGOs, local management organizations and social service institutions from Italy, Turkey and Spain. The project focuses on the active and quality aging field, aims to improve training programs on exercise with the elderly and to participate in exercise for the elderly. The final beneficiaries of the project are the elderly aged 65 and over and young students receiving sports training. In the project, together with the people included in these final beneficiaries, institutions and organizations that have the potential to provide an active life and exercise service to elderly individuals, and organizations that provide sports training are also among the target groups.

Former athletes have a special place in the organization of the project and will take active roles in the project with special practices. The project will improve the competencies and capabilities of people and organizations related to active aging and exercise areas with the elderly, and will enable elderly people to have a more active and quality old age by participating in exercise-based programs including social activities. The project, which will enable the development of local and international ties and collaborations between organizations active in these fields, includes original applications in a 24-month period. Activities will be carried out within the scope of exercise activities with the elderly, a specialized training program study and pilot implementation, local and international networking and synergy activities, institutional transformation and development studies, The HealthyLifestyle4All initiative and special European events.

Target Groups of the Project:

1. The final beneficiaries consist of two groups. The first of these is individuals aged 65 and over, and the second is young students studying in the fields of physical education and sports.
2. We can directly divide the target groups into four. A) Institutions/organizations that have the potential to provide healthy living and exercise services to elderly people, and naturally the relevant persons working within their bodies. B) Institutions providing training in the field of sports and relevant persons working within them. C) Former athletes over the age of 65 who have completed their active sports life. D) Disadvantaged young students studying in the field of sports.
3. Indirect target groups are; media organizations, local government institutions and decision makers, social service institutions, sports clubs and NGOs, institutions providing training in the field of physical education and sports, EU institutions in the field of youth and sports, the public.

Project Management Strategy:

A team of 7 people, which we call the International Management Team (IMT), will carry out the international coordination of the project. In this team, there will be 4 project managers whose names are mentioned above, and 3 sports and education experts (one person from each project partner country) to be determined by partner organizations.

We will also form 4 local teams for the local government strategy and project activities to be implemented in Buca, Benevento, Canakkale and Murcia. These teams, called Local Management Team (LMT), will consist of 6 people and will organize local project activities in coordination with IMT. One of the 6 people in each local LMT will also be a member of the IMT (for example, IMT member Salvador Angosto will also be a member of the LMT in Murcia). Thus, communication and coordination will be

ensured between IMT and LMTs and between LMTs in different regions. Other LMT members will consist of project area managers of partner organizations, sports trainers, paramedics and experts.

We will form a support group in order to strengthen the digital dimension of the project, communication networks, promotion and visibility, international and local government coordination. This team, which will be named Communication, Digitization, Visibility, Promotion Group (CDVP), will consist of volunteers who are well-versed in communication and information technologies among the members and volunteers of their partner organizations. 1 person to be determined by each partner organization and this team of 4 people in total will work among themselves through digital communication. The team will perform support tasks such as updating social media accounts and preparing digital images.

Coordination: Activities will be carried out in Buca, Benevento, Canakkale and Murcia in a synchronized and coordinated manner. Partners will be flexible in terms of activity dates and implementation methods, depending on local sensitivities, laws and circumstances. Activities will be coordinated locally by LMTs and generally by IMT.

Gender Balance: Gender balance will be observed in the project management teams, in the determination of the activity participants, in the realization of special European day and week activities, and in sports activities.

Project Periods:

1. **The Planning and Preparation Period** includes the first four months and is included in work package 1.
2. **Implementation Period** will start with the 3rd and will continue until the end of the 21st month.
3. **The Follow-up Period** includes the last three months.



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INFO PACK 2 – PROJECT ACTIVITIES

A. Preparation and Planning Period Activities:

Duration: The first 4 months of the project under Work Package 1.

Starting Date: 01/02/2023

End Date: 31/05/2023

1. Creation of the Project Management Team (IMT).
2. Signing of internal partnership agreements.
3. Establishment of Local Management Teams (LMT), conveying the names and expertise of the people in the team to the coordinating organization.
4. Updating project plans.
5. Creation of Communication, Digitization, Visibility, Promotion Group (CDVP).
6. Generating and coordination of the communication tools.
7. Creation of Monitoring Group.
8. The technical and logistic preparations of the implementation period activities.

B. Implementation Period Activities:

Duration: Within the scope of Work Package 2, the period between the first day of the 5th month and the last day of the 21st month of the project. 17 Month.

Starting Date: 01/06/2023

End Date: 31/10/2024

You can find the details of the implementation period activities in the annex of the Info Pack.

C. Follow-up Period Activities:

Duration: Within the scope of Work Package 1, the period between the first day of the 22nd month and the last day of the 24th month of the project. 3 Month.

Starting Date: 22/11/2024

End Date: 31/01/2025

During the last transnational project meeting to be held in this period, representatives of partner organizations and LMTs will submit all original signature lists, reports and printed outputs of local project activities, results and data of local evaluation studies, and dissemination indicators to the coordinating institution. The coordinating organization will gather these data and documents together with IMT and share them in the project network in the last month as reports containing statistical information.



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INFO PACK 2 – PROJECT ACTIVITIES – ANNEX A

Implementation Period Activities:

Duration: Within the scope of WP 2, the period between the first day of the 5th month and the last day of the 21st month of the project. 17 Month.

Starting Date: 01/06/2023

End Date: 31/10/2024

N o	Activity name	Duration	Starting date - Project month	End Date - Project month	Explanation	Responsible person/group	Expected output	Result notification date
1	Monitoring Group Activities	17 Months	01/06/2023 5	31/10/2024 21	Each project partner will voluntarily include 5 people among the direct target groups of the project in the "monitoring group". The monitoring group will work in coordination with a project manager of the partner organization through a representative it will choose. The group will prepare a report on its monitoring activities.	Monitoring group representative	Result Report	30/11/2024
2	Project website	20 Months	01/06/2023 5	30/06/2025 24	Regularly updated website with information on project objectives, partner organisations, activities and outputs.	Coordinating Organization (BASL)	Website	01/06/2023
3	Visibility materials	20 Months	01/05/2023 4	31/01/2025 24	Materials to be used during the project. Each project partner will use these materials, which will be prepared from their own budget, in activities, meetings, announcements, news and digital tools.	Partner organizations	Banners, posters, roll up, social media posts. All photos will be forwarded to the coordinator.	31/05/2023

4	InEwE (International network of exercise with the elderly)	8 Months	01/06/2023 5	31/10/2024 21	Information and communication network to be established by the project coordinator organization and supported by CDVP. The network will consist of e-mail group, facebook, Instagram and twitter accounts, youtube channel. Partner organizations will include their local and international stakeholders working in the project area into this network.	Each partner organization is responsible for engaging its stakeholders in the network.	Inclusion and follow-up of at least 32 organizations (Sports high schools, universities, NGOs, public institutions)	31/10/2024
5	Master Team adaptation process (MTap)	7 Months	01/06/2023 5	31/12/2023 11	We will form a group called "Master Team" consisting of old athletes over 65 years old. This group will come together for 7 months (5-11 months of the project) and prepare for the EPAG (Exercise program for all ages) activities that will begin in the next phase. These preparations include the physical preparations of the Master Team members and the preparation planning they will make with the project managers. With this infrastructure, Master Team members will perform facilitating and supporting tasks during the EPAG, which will start in the 12th month of the project.	Each partner organization is responsible for the creation of the Master Team group.	For each partner, 4 former athletes over 65 years of age are brought together under the name of Master Team and their names are reported to IMT by e-mail.	31/12/2023
6	EPAG (Exercise program for all ages)	10 Months	01/01/2024 12	31/10/2024 21	EPAG is physical, social and digital skills activities for sedentary elderly individuals (including those with reduced mobility and disabilities). For example, 2 days a week simple exercise or game activities; a monthly picnic, movie screening or book reading; Such as teaching the use of digital health tools (digital blood pressure device, etc.) every 2 months... Support groups: Master Team, young students receiving physical education and sports training, volunteer health workers, educators and experts. Activities can also be implemented in hostels/nursing homes for the elderly.	Each partner organization is responsible for the organization and implementation of EPAG activities.	Participation of at least 10 elderly individuals in each partner's locality. Name lists of educators and participants.	15/10/2024
7	Training Module studies A	4 Months	01/06/2023 5	30/09/2023 8	The exercise training module with the elderly is the first part of the work to be done in accordance with our goal. Data collection studies and researches will be carried out on exercise with elderly individuals, an infrastructure will be created for the training module, and plans will be made for the next training module studies. The studies will be carried out with the participation of BASL and UM sports trainers, education experts and students.	BASL and UM.	Participation of 12 students and 10 educators/experts each for BASL and UM. Name lists of the all participants.	30/06/2023

8	EwE (Exercise with the elderly) and Training Module studies B	6 Months	01/10/2023 9	31/03/2024 14	The pilot training program EwE is a theoretical and practical activity group to be applied to young students in sports high schools and sports departments of universities. It is also the second (B) part of the training module studies. The work will be supported by the sports educators of BASL and UM. These activities and results will guide us for the training module we aim for. The first 3 months of theoretical studies and the last 3 months of practical training will be held within the EPAG. The training module will be based on data and experience from these theoretical and practical studies.	BASL and UM.	Participation of 12 students and 10 educators/experts each for BASL and UM. Name lists of the all participants.	31/03/2024
9	Training Module studies C	4 Months	01/04/2024 15	31/07/2024 18	In the third (C) part of the module studies, participating experts, educators and students will ensure that the training modules are ready. During this process, participants will continue to support EPAG enforcement activities.	BASL and UM.	Name lists of participants. Digital training modules in Turkish and English for BASL, Spanish and English for UM.	15/10/2024
10	Seminar	1 Day	December 2023 11	December 2023 11	Seminar organizations on “exercise with the elderly” for educators and students of physical education and sports departments of universities. It will be held in cooperation with universities in the cities where the four partners are present. The seminars will be conducted by an expert person(s). Participants will be given a certificate of participation. The project will also be introduced during the seminar.	Each partner organization is responsible for organizing a seminar.	Participant numbers and signature lists.	31/12/2023
11	Workshop	1 Day	February 2024 13	February 2024 13	It is the work to be done with sports trainers, students and coaches in order to develop the training module we are aiming for. The aim of the study is to bring together different experiences in the field of exercise with the elderly and to learn good practice examples. The knowledge and experience to be gained can provide additional information for the training module publication.	Each partner organization is responsible for organizing a workshop.	Participant numbers and signature lists.	29/02/2024

12	Local sports clubs transformation activities and the "Master Team Awards".	12 Months	01/11/2023 10	31/10/2024 24	Project partners will support the development of sports clubs they will determine locally. The development of the selected sports clubs will be in the areas of "involving older people in their activities", "being more visible digitally" and "acting in a more environmentally friendly way". Each partner organization will set development criteria in these three areas for the development of the sports clubs it has chosen. Partner organizations will guide these sports clubs to meet the criteria they have set. At the end of 12 months, each sports club that fulfils the criteria will be awarded a "Master Team" award. These awards are 30x30 cm sized Plexiglas plaques (Quality plastic sheets). There will be "Master Team Award" writing on the plaques, the project logo, the EU Flag and the date. Partner organizations will decide on the design of the plaque themselves. Award-winning sports clubs will be promoted on the project's website and social media accounts, and will be included in the InEWE network.	Each of the partner organizations is responsible for selecting target sports clubs, determining success criteria, supporting the development of clubs, determining and awarding Master Team awards.	The numbers, names, brief information and related activity photos of the sports clubs awarded with the Master Team award. Our success criterion is that each partner can give a "Master Team" award to 7 sports clubs.	15/10/2024
13	Local synergy and development activities	17 Months	01/06/2023 5	31/10/2024 21	Project partner organizations will carry out various studies to create local synergy and cooperation in the field of exercise with the elderly. We aim to create "exercise units" especially for elderly people staying in hostels for the elderly. This goal can be achieved as a result of cooperation with the managers of the elderly dormitories/nursing homes. Thus, it can be contributed to the participation of elderly people in appropriate exercises and social activities on certain days of the week. These activities and collaborations may differ and be flexible depending on the local conditions, stakeholders and communications of the partner organizations and their regions. It can be carried out in conjunction with EPAG activities.	Partner organisations.	Photographs of meetings, activities and visits.	31/10/2024

14	Bocce activities with the elderly	One day	- 7-8-20-21	- 7-8-20-21	Partner organizations will organize bocce activities and competitions for older people during the European Weeks of Sport on 23-30 September 2023 and 23-30 September 2024, and on World Days of Elderly on 1 October 2023 and 1 October 2023 2024. Partner organizations will give various awards (certificates, medals, etc.) to those who participate in these activities and competitions. In addition, each partner organization will include 2 veteran athletes (Master Team members) at the international project meeting to be held in Italy. These veterans will participate in a bocce competition that will be organized for them on the meeting dates.	Partner organizations. The Italian partner will be responsible for the tournament, which will be held during the international meeting in Italy.	Participant numbers and activity photos.	Within one month after the end of activities.
15	Project bulletin (PDF)	Every 2 months.	01/06/2023	31/10/2024	The coordinating organization will prepare a project bulletin every two months. The coordinator will send these bulletins, which will be prepared in Turkish and English, to other partner organizations by e-mail. Italian and Spanish partners will translate the English newsletter into their own language and share it on their websites and social media accounts.	BASL will be responsible for the preparation of the newsletter, and all partner organizations will be responsible for its translation and publication.	A copy of each newsletter in different languages will be sent to the coordinating organization.	31/10/2024
16	International Project Meeting 1 Buca, Izmir, Türkiye	4 Days.	27/04/2023 3	30/04/2023 3	Each partner organization will participate in the first international project meeting with 2 participants. One of these two people will be a member of the International Project Management Team (IMT) of the partner organizations and the other a member of the Local Project Management Team (LMT). Project plans and tasks will be discussed and updated at the meeting. Internal partnership agreements will be drawn up. Project management and implementation strategy will be discussed.	BASL is responsible for organizing the meeting place as host organisation. Other partners are responsible for preparing and sending participants.	List of participant signatures to be collected by BASL.	Participant names will be notified to the host organization at least 15 days in advance.
17	International Project Meeting 2 Murcia, Spain	4 Days.	18/09/2023 8	21/09/2023 8	Each partner organization will participate in the international project meeting with 2 participants. One of these two people will be a member of the Local Project Management Team (LMT) and the other will be a training specialist who will work on the project. At the meeting, the project plans will be updated, the activities carried out will be evaluated and the training studies of the project will be discussed.	UM is responsible for organizing the meeting place, other partners are responsible for preparing and sending participants.	List of participant signatures to be collected by UM.	Participant names will be notified to the host organization at least 15 days in advance.

18	International Project Meeting 3 Canakkale, Turkiye	4 Days.	January 2024 12	January 2024 12	Each partner organization will participate in the international project meeting with 2 participants. One of these two people will be a member of the International Project Management Team (IMT) and the other a member of the "Master Team". At the meeting, the project plans will be updated, the activities carried out will be evaluated, and the Master Team and EPAG programs will be discussed.	AGSK is responsible for organizing the meeting place, other partners are responsible for preparing and sending participants.	List of participant signatures to be collected by ASGK.	Participant names will be notified to the host organization at least 15 days in advance.
19	International Project Meeting 4 Benevento, Italy	4 Days.	June 2024 17	June 2024 17	Each partner organization will participate in the international project meeting with 4 participants. One of these four people will be a member of the Local Project Management Team (LMT), the second will be a coach working in the project, and the other two will be former athletes aged 65 and over who participated in the project. At the meeting, the project plans will be updated, the activities carried out will be evaluated, and a bocce event will be organized among the former athletes.	OgO is responsible for organizing the meeting place and bocce event, the other partners are responsible for preparing and sending participants.	List of participant signatures to be collected by OgO.	Participant names will be notified to the host organization at least 15 days in advance.
20	International Project Meeting 5 Buca, Izmir, Turkiye	3 Days.	January 2025 24	January 2025 24	Each partner organization will participate in the international project meeting with 2 participants. One of these two people will be a member of the International Project Management Team (IMT) and the other a member of the "monitoring group". A general evaluation will be made at the meeting, dissemination and sustainability issues will be discussed, and reports will be completed.	BASL is responsible for organizing the meeting place, other partners are responsible for preparing and sending participants.	List of participant signatures to be collected by BASL.	Participant names will be notified to the host organization at least 15 days in advance.



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