

NEWSLETTER

MASTER TEAM

July, 2023



HEALTHY LIFESTYLE FOR ALL AGES WITH THE MASTER TEAM

Erasmus+ Sport Project
101090999

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.



Co-funded by
the European Union

PROJECT DATES: 01.02.2023 - 30.01.2025



PARTNERS OF THE PROJECT

1. Buca Atatürk Spor Lisesi Müdürlüğü (Buca Atatürk Sports High School Directorate) - Buca, İzmir, Türkiye
2. Oltre gli Ostacoli (Beyond Obstacles Association) - Benevento, Italy
3. Universidad De Murcia (University of Murcia)- Murcia, Spain
4. Aktif Gençlik ve Spor Kulübü Derneği (Active Youth and Sport Club Association) - Çanakkale, Türkiye

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August, 2023



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The "Master Team adaptation process" of the project, which will last 7 months, is ongoing. Each project partner organization has already formed their "Master Team". The ageless athletes in the team are carrying out the planning, preparation and implementation activities with great enthusiasm. In this context, the necessary planning and preparations are being made for the EPAG (Exercise program for all ages) study.

MASTER TEAM MEMBERS

Türkiye

- Aysel Ongan, Retired PE Teacher and Pilates trainer.
- Kibar Karaali, former handball player
- Asiye Erkuş, former athlete
- Tümay Ongan, PE Teacher and former football player

Italy

- Angelo Cifiello, Trainer of Italian Federation of Bocce
- Luigi Aucone, Trainer of Italian Federation of Bocce
- Luigi Di Maio, Bocce Trainer
- Pietro Saggese, Expert and experienced bocce player

Spain

- Josefa, Izquierdo Sánchez, former athlete
- Josefina Gómez García, former athlete
- Pascual Ataz Sanchez, former athlete
- Carmen Villanueva Garcia, former athlete

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As part of the European Week of Sports 2023 Events, project partners organized bocce events with the elderly.



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The first international meeting of the project was held in Izmir, Buca, Turkey and the second international meeting was held in Murcia, Spain. Representatives of the project partners, project managers and members of the project teams attended the meetings. The first meeting was held in Buca Atatürk Sports High School. On the last day, participants visited the ancient city of Ephesus and the House of the Virgin Mary. The second meeting was held in Murcia University.



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January, 2024



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The seminar activities of the project were carried out in the organization of the project partners.



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the European Union

PROJECT DATES: 01.02.2023 - 30.01.2025



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Domenica 5 novembre 2023 - ore 18.30
Biblioteca Comunale - Via Isonzo - Telesse Terme (Bn)

CONVEGNO

LO SPORT strumento di integrazione sociale della disabilità e della terza età

L'Associazione "Oltre gli ostacoli" in collaborazione con l'Associazione "Il Sogno e il Sorriso di Valentino Ferraro" APS, l'Associazione "A.M.A.S.I.T.", l'Ufficio Diocesano per la pastorale della Salute e l'Ufficio Diocesano dello Sport, del Turismo, del Tempo Libero e dei Pellegrinaggi.

Intervengono:

- Giovanni Caporaso, Sindaco di Telesse Terme
- Dott. Vincenzo Del Rosso, Coordinatore CISM - Regione Campania
- Dott. Carmine Mellone, Presidente CIP Campania
- Dott. Salvatore Taurino, Direttore Regionale Special Olympics Campania
- Don Giuseppe Di Lorenzo, Direttore dell'Ufficio Diocesano dello Sport, del Turismo, del Tempo Libero e dei Pellegrinaggi
- S.E. Mons. Giuseppe Mazzafaro, Vescovo della Diocesi di Cerreto Sannita Telesse Terme-Sant'Agata de' Goti
- Nicola Ferrara, Presidente dell'Associazione "Il Sogno e il Sorriso di Valentino Ferraro" APS e dell'Associazione "A.M.A.S.I.T." di Telesse Terme
- Angelo Cifello, Delegato Provinciale CIP e Presidente dell'Associazione Oltre gli Ostacoli di Benevento

Moderato:

- Don Guido Santagata, Parroco dell'Unità Pastorale di Sant'Agata de' Goti



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The project's EPAG (Exercise program for all ages) activities have begun.



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April, 2024



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Project activities continue.



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May, 2024



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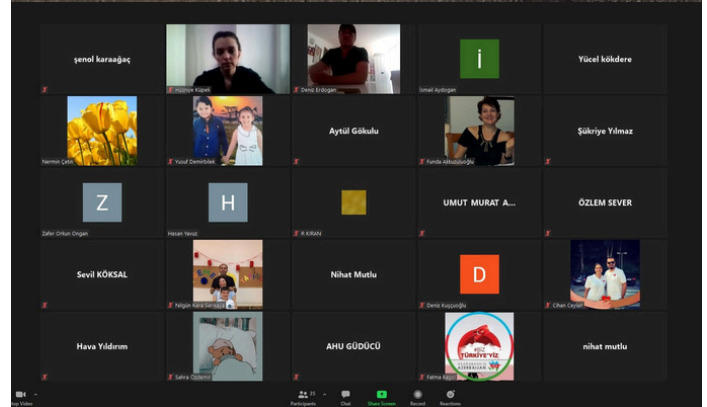
EPAG (Exercise program for all ages) activities continue.



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PROJECT DATES: 01.02.2023 - 30.01.2025

EwE (Exercise with the elderly) activities have been completed.



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June, 2024



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Project activities continue.



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EPAG (Exercise program for all ages) activities continue.



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EPAG (Exercise program for all ages) activities continue.



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<https://masterteam.godaddysites.com>

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September, 2024



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101090999**



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EPAG (Exercise program for all ages) activities continue with social activities for the elderly.



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PROJECT DATES: 01.02.2023 - 30.01.2025

Our project activities within the scope of European Week of Sport 2024



#BEACTIVE
EUROPEAN WEEK OF SPORT
23 - 30 September



26
SETTIMANA EUROPEA
DELLO SPORT
23-30 SETTEMBRE 2024
L'Associazione di Volontariato
"Oltre gli Ostacoli" - Benevento
organizza
**2° TORNEO PROMOZIONALE
NAZIONALE
di BOCCE PARALIMPICHE "OPEN"**
23-24 settembre 2024

Master Team ile Aktif Ol!
"Healthy Lifestyle for All Ages with The Master Team" (101090999) isimli proje kapsamında, yerel "Master Team" koordinatörü Aysel Ongan eşliğinde 50 yaş ve üzerindeki kadınlar için egzersiz etkinliği

Tarih: 26 Eylül 2024
Saat: 08:30 - 10:30
Yer: Altın Kent Sitesi, Fener-Altınoluk
Organizasyon: Aktif Spor Kulübü
İletişim: aktifgncik@gmail.com

#BEACTIVE
EUROPEAN WEEK OF SPORT
23 - 30 September

Erasmus+ Sport - Small Scale Partnerships - 101090999

Master Team

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