



SActAge Manual

*Guidelines &
Practices*



a project by



INSTYTUT
ROZWOJU
SPORTU
I EDUKACJI



SactAge MANUAL



Andrea Ciantar, Antonio Respisi, Daniela Sangiorgio, Lorenzo Tiberti, Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA), Italy
Olga Smoleńska, Instytut Rozwoju Sportu i Edukacji (IRSIE), Katedra Kultury Fizycznej UMK Toruń, Poland
Monika Piątkowska, Katedra Zarządzania, Organizacji i Ekonomii, AWF Warszawa, Instytut Rozwoju Sportu i Edukacji (IRSIE), Poland
Bartosz Prabucki, Instytut Rozwoju Sportu i Edukacji (IRSIE), Poland
Maria Florindo, Universidade Sénior de Évora, Portugal
Soraia Montez do Carmo, Universidade Sénior de Évora, Portugal
Carlos de Cárcer, Fundación Red Deporte y Cooperación, Spain

Associazione per i Diritti Degli Anziani (ADA)
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About the SActAge project

“Sport for Active Aging (SActAge)” project was a small collaborative partnership in the field of sport co-funded by the framework of the Erasmus Plus Programme of the European Union. The project reference was 623102-EPP-1-2020-1-IT-SPO-SSCP. The period of implementation was 2021-2022.

This chapter provides a brief overview of the project.

Purpose

The project SActAge intended to promote active aging through sport. In particular the objectives of the project were:

1. Develop tools and strategies to effectively sensitize elderly people to the benefits of sports. The obstacles that prevent elderly people from practicing sports can be psychological, cultural and structural. There are several strategies and activities that can break the wall of distrust, and help the elderly to practice sport activities, thus contributing to their physical, mental and social well-being.
2. Develop instruments and strategies to promote sport activities for elderly people in a domestic environment.
Often elderly people are forced to stay in the house for different reasons. They can still practice physical activities at home, the important thing is that this happens in a safe way. It is interesting to develop knowledge and motivation since those activities can be practiced in a domestic environment. It is also useful to develop digital skills that allow the elderly to take advantage of video tutorials of the sport exercises, group lessons in video conferences, etc.
3. Develop tools and strategies to promote outdoor sports practices, also by combining the enhancement of the territory.
Combining sport and nature not only maximizes the benefits for the mind and the body but also allows older people to enjoy the city's environmental, cultural and historical heritage. The aspects that make outdoor practice and sports activity particularly important is the relationship with the natural environment; the type of sports that can be practiced, such as trekking (considered among the best practices for the third and fourth age); sociability, since many of these practices can be carried out in groups; the possibility of combining sport and sport practice with the cultural use of the territory, as for the use of historical pathways (see for example the Way of Compostela, the Via Appia, the Via Francigena, etc.).

4. Develop tools and strategies to combine sport and motor activity for the elderly and social tourism.

With respect to the theme of Social Tourism, we are talking about an educational approach, increasingly taken into consideration in Europe. Social tourism is an approach that sees travel and tourism as important tools for the well-being of people and communities, and for this purpose it promotes policies and actions that allow tourism to be enjoyed even for disadvantaged populations. In 2017, according to Eurostat research, around 62.7% of the EU population aged 55 to 64 participated in tourism for personal purposes, while the percentage of older people (aged 65 and over) who participated in tourism was less than half (47.4%). The main reasons were related to health and economic aspects.

Social tourism, in addition to being in itself a very important approach, it's related to sport practice.

5. Develop the volunteering of seniors as promoters of motor activities among the elderly. Seniors can become voluntary operators to promote physical activity and health in order to help other elderly people in their community to make healthy lifestyle choices. In addition to bringing a benefit to the community, elderly volunteers, supported - where necessary - by sports coaches and operators, will experience a profound sense of well-being and utility by developing the feeling of still being an active part in their community and in their lives.

Project's activities

The project realized those objectives through the following actions:

A) Creation of Intellectual Outputs (IO)

- IO1 – SActAge Good practices – Research on good practices which are successful in promoting active aging through sport
- IO2 – SActAge Manual consisting of a collection of guidelines and practical exercises on five themes that the project intends to develop, the same explored through the research (IO1).
- IO3 – SActAge Training module for senior volunteers, social workers, and sports coaches, on how to become promoters of sport practices for elderly people.

B) Piloting activities

- Testing of SActAge training module (B1) aimed at volunteer seniors, but also at sports operators and social workers in order to share effective knowledge and practices.
- Testing of the activities described in the SActAge Manual (B2) with the support of trained people (B2) aimed at experimenting with the methodologies and practices identified in the SActAge Manual (IO2).

Organizations participating in the SActAge project

The project included four partners from four countries dispersed across Europe:

- Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy,
- Instytut Rozwoju Sportu i Edukacji (IRSIE) from Poland,
- Universidade Sénior de Évora from Portugal,
- Fundación Red Deporte y Cooperación from Spain.

The project was coordinated by Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy - National Federation of Associations for the Rights of the Elderly. ADA was founded in 1990, as a voluntary association for the protection of the rights of elderly people. It is an apolitical, non-partisan, non-profit association, developed nationally, with regional and even provincial divisions, united by the same principles having centralized coordination. The association intervenes in multiple problems of the citizens most at risk, mainly elderly, ranging from those of health, existential, interrelational, family, to those of reintegration, housing, health, social services, relations with the public administration and however connected to the daily life.

Instytut Rozwoju Sportu i Edukacji (IRSIE) - Institute for the Development of Sport and Education - has been operating since 2011, focusing mainly on education, physical culture and culture. It has based its activity on cooperation with non-government and higher education organizations, associations, clubs, schools, universities. Its strategic aims are development of educational programs in the field of sport education and physical culture, influence on the development and popularization of sport, especially children and adolescents, as well as the elderly and marginalized groups and preservation of cultural heritage, especially in the field of physical activity, as well as educational and popularizing activities in this area.

Senior University of Évora (USE) is a private, non-profit association that develops non-formal education and activities for people over 50 years old. The institution's main goals are to promote and active aging; to develop intergenerational relations; to inform and sensitize seniors about different topics; to do training and educative sessions; to promote volunteering in the community and for the community. The USE activities are diversified from ICT, to arts, to mother and foreign languages, literature, history, history of art, psychology, gardening, natural sciences, gymnastics, walking, dancing, painting, cooking, health, embroidering, music, etc. Complementary activities are also offered, like cultural (music and theater) and intergenerational relations are privileged, which are not accessorial but complete the knowledge and expertise of this population in the society.

Fundación Red Deporte y Cooperación (RDC) is a non-profit organization based in Madrid and Barcelona. Since being founded in 1999, it has orchestrated a wide range of programmes that use sport as a tool to address a range of issues including health, education, gender equality, social integration and discrimination. The organization also runs activities in schools and sports clubs that promote the integration of immigrants. RDC uses sport (particularly football – by popular demand) in all of its activities, both in Spain (where programmes are primarily aimed at immigrant integration) and in developing countries from Africa and Latin America and Central America (in collaboration with existing development projects in these regions). RDC is experienced in more than 20 countries worldwide carrying out programs in the community, focusing on youth development.

Introduction

The SActAge manual aims to collect guidelines and practices on the four themes that the project intends to develop, the same explored through the research (IO1) :

- how to raise awareness among the elderly about the benefits of sports;
- how to develop the individual sports practices of the elderly in the home;
- how to develop outdoor sports practices, also by combining the enhancement of the territory;
- how to develop sport and motor practices in the elderly by combining sport and social tourism;
- develop the volunteering of seniors for the promotion of motor activities among the elderly.

The manual will contain both principles and guidelines, as well as practical exercises.

Sport, physical activity and wellbeing of elderlies

Psychological and mental wellness

by **Francesco Loretucci, Psychologist and Psychoanalyst**

Have you ever asked yourselves why moving becomes so important as you grow older?

Because to be sedentary increases the risk of many diseases, while staying fit slows down the deterioration of the brain and of the body. Researchers have discovered different kind of biological processes that describe how physical activity has good effects, but it is still to be understood why this relation between movement and health is written in our genes as well, which is the sense of this considering the evolution that, as it is known, tends to favor the most adapted traits to survive. We come from primates, we used to climb on trees and to run to provide to food, but it seems that motion has major benefits on human beings than on monkeys.

So a fascinating theory, still in development, is born, to explain the importance of physical activity on longevity, defined as “Active Grandfathers hypothesis”, according to which active grandfathers would be the real pillars of the civilization, the saviors of the human kind. Made healthy and longevous by the physical activity, the ancestors could take care of the grandchildren, helping their parents: even in that period they worked as “social safety nets”.

To do physical activity on a regular schedule is essential to consent the maintenance of an active metabolism, a correct cardiovascular circulation, the flexibility of the articulations, a comfort state on a mental level that increases the neuropsychological functions (attention, memory, concentration, etc.) and favors the so called cognitive reserve, useful as well in the prevention against the cognitive deterioration.

Every research demonstrates the existence of a strong connection between physical activity and mental health. At this point, it is easily provable, even using neuroimaging technologies, that inspect blood circulation on specific brain cores, how practicing sports can have positive effects on the levels of anxiety, depression, mood and self care. A strong positive correlation is seen most of all in subjects with low self esteem and, consequently, more induced to depression. It can be easily realized that raising physical activity levels, the self esteem increases and the risk of depression decreases.

It is important to remember that when we talk about “physical activity” we do not talk only about the physical exercise but even about every single body movement produced by skeletal muscles that implies an energy expenditure above the usual rest condition, including in this way the actions we do while working, playing, housekeeping, etc. (OMS,2014).

The lack of exercise explains the reason why there is a difference between human life length and health length, between how many years we live and how many we live in good health.

Once upon a time the two phases were the same thing. During the stone age, an inactive human being probably would have died soon enough, and that's a fact that doesn't occur nowadays thanks to the drugs and the environmental circumstances. But our genetic legacy needs exercise: when you retire, it is not time to slow down. The average number of years in good health in Italy amounts to 73,2, which it means almost ten years less than the average life expectancy (source: World Health Organization, Vho 2016). Ten years of ailments.

Integration between nutrition and physical activity: anti-aging instruments

by Domenico Ponte, Internist-Nutritional Doctor

Aging and age-related diseases are among the biggest challenges facing society today. People are living longer, but not healthier. More than 65% of people over the age of 65 have two or more chronic diseases, such as heart disease, stroke, cancer, dementia, lung, liver and kidney disease. The current epidemic of abdominal obesity and type 2 diabetes is setting the stage for an even bigger problem in the future. This accumulated burden from multiple chronic diseases has become the main driver of healthcare costs, constituting an important and probably unsustainable burden on our societies.

The risk of malnutrition is increased in elderly patients due to their reduced lean body mass, sarcopenia, and many other factors that can compromise the intake of nutrients and fluids. Dysphagia, which is one of the major causes of malnutrition in the elderly, can also depend on the sarcopenic state of the skeletal and swallowing muscles (Sarcopenic Dysphagia). The elderly patient is at serious risk of loss of independence due to acute and / or chronic diseases (multimorbidity), as acute and / or chronic inflammatory states cause hypercatabolism, which worsens lean mass. Consequently, an adequate supply of energy, proteins and micronutrients must be guaranteed in every patient regardless of her nutritional status.

The beneficial role played by physical activity in increasing the body's plasticity, muscle tone, improving mood, maintaining the efficiency of the synapses and the immune system, counteracting osteoporosis - (in practice, increasing the well-being of the individual it is widely recognized and documented in the literature.

Therefore, carrying out physical activity, even in old age, takes on the precise meaning of mitigate the effects due to the consequent physiological psycho-physical transformations advancing age, in order to remain physically and cognitively efficient as much as long as possible. Furthermore, exercising regularly is also an important primary and secondary prevention tool for chronic diseases.

WHO recommendations

The *WHO Guidelines on physical activity and sedentary behaviour* provide evidence-based public health recommendations for older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks (Figure 1);(WHO Guidelines on Physical Activity and Sedentary Behaviour. Geneva: World Health Organization; 2020. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK566045/>).



Figure 1. WHO 2020 guidelines on physical activity and sedentary behaviour for older adults

Source: <https://www.weforum.org/agenda/2020/12/physical-activity-who-exercise-health/> (access: 3.11.2022)

Useful Sport Disciplines for Elderlies

Yoga-Pilates

by **Elena Ceraolo**

Yoga is described as the union between the individual consciousness and the universal one. It is not only a form of meditation but also it is recognized as a sportive discipline. The benefits of Yoga are undeniable either at the physical and psychological levels.

Specifically, Yoga acts on the aspect of the harmonization and balance of the body, mind and emotions with different techniques of controlling respiration, energy and particular positions.

The key to Yoga is meditation: it entails the mental and emotional dimension, using the techniques listed before, and balancing the nervous and endocrine systems.

With particular sequences of exercises, yoga is a complete and equilibrated discipline, which directly benefits the flexibility of the whole body, since it helps individuals to revitalize, enhance and tone.

Like yoga, which is inspired, Pilates is a method of training which focus attention on the correctness of the breath and the posture of the spine and pelvis.

Indeed, the quality of the movement is considered more important than the number of repetitions. Pilates strive for complete movement control, involving every single muscle and giving awareness of every body movement.

The difference between these two disciplines is that Yoga seeks the balance of the body as a whole, while Pilates aims to strengthen and develop above all the muscles of the arms, back, abdomen and pectorals.

Why yoga and pilates are useful for elderly people?

Yoga and Pilates can benefit the life of elderly people in different aspects.

At the physical level, both methods enhance the elasticity of the muscles and tissues, alleviate chronic body suffering and, finally, they avoid the risk of a sedentary lifestyle.

At the psychological level, they improve the quality of mood and they favour personal introspection.

More importantly, at the social level, they create opportunities for meeting, discussion and socialization.

This point is even more important considering that often, elderly people live alone and do not have many occasions for socialization or to be part of a group.

To convert Yoga and Pilates into good habits, the combination of these with a healthy diet and a balanced lifestyle is necessary.

Trekking - walking

Walking football is a variant of football, for over 50s, where you can't run, just walk. The teams consist of six players from the field, preferably of both sexes, in which there is no goalkeeper. The field used is similar to the futsal field, the beacons are 3m x 1m, (usually you use a tape or a track to adapt the normal goals to the mode) and the ball cannot rise above 1 meter high. Raise awareness about the benefits of sports, and develop sport and physical activities by combining sport and social

There are two modalities of teams:

- Competitive: For teams with more athletic and technical power.
- Playful: For teams with a smaller and less experienced pace.

For learning material:

Find a field with correct measures.

Find a referee

Find or invite teams to participate, preferentially of both sexes. You can open a tournament.

Get an insurance for participants

Invite/contract health entities for safety of participants

The activity tools/ materials:

Field; Ball; Equipments for players; Goal of 3m x 1m

Referee stuff: Equipment, whistle, yellow and red card

The safety rules/measures that apply to the activity are the normal sport Fair Play rules.



Image from Universidade Sénior de Tabua (Portugal)

<https://www.facebook.com/FundacaoBenfica/videos/ii-walking-football-festival/1795651737158329/>

<https://media.rtp.pt/agoranos/artigos/walking-football-futebol-a-passo>

Biking

Senior bike riding is perfectly safe and has many health benefits. It helps to lose weight, stay strong, avoid chronic illness, stay mentally alert and live longer. Cycling is one of the best exercises for aging bodies. It helps to work cardiovascular system and keep heart healthy. Cycling is a low-impact sport, it reduces strain on the joints.

There are many different bikes on the market that are suitable for older people, also those in worse shape and with various dysfunctions:



**EVERYJourney
(SixThreeZero)**

Cruiser type bike that tends to be more comfortable for general purpose riding.



**Discover
(Schwinn)**

Hybrid style bike that's ideal for general purpose riding and is a popular choice for seniors.



Tern GSD

Electric bike with a 155 mile range to provide senior citizens with extra help.



Mobo Shift

Can fit riders ranging from 4-foot-6 to 6-foot-3, so it's incredibly versatile.



Sisy Adult Tricycle

It's both comfortable and stylish, and offers seven speeds and different tire sizes.

Fig. 1. Different kinds of bikes for seniors

Source: <https://www.sixthreezero.com/blogs/bike-advice/the-easiest-bikes-for-seniors-to-ride> (access: 3.11.2022)

However, each of the bikes also has its advantages and disadvantages, so it is necessary to choose the bike that will be the most suitable and beneficial for the senior's activity:

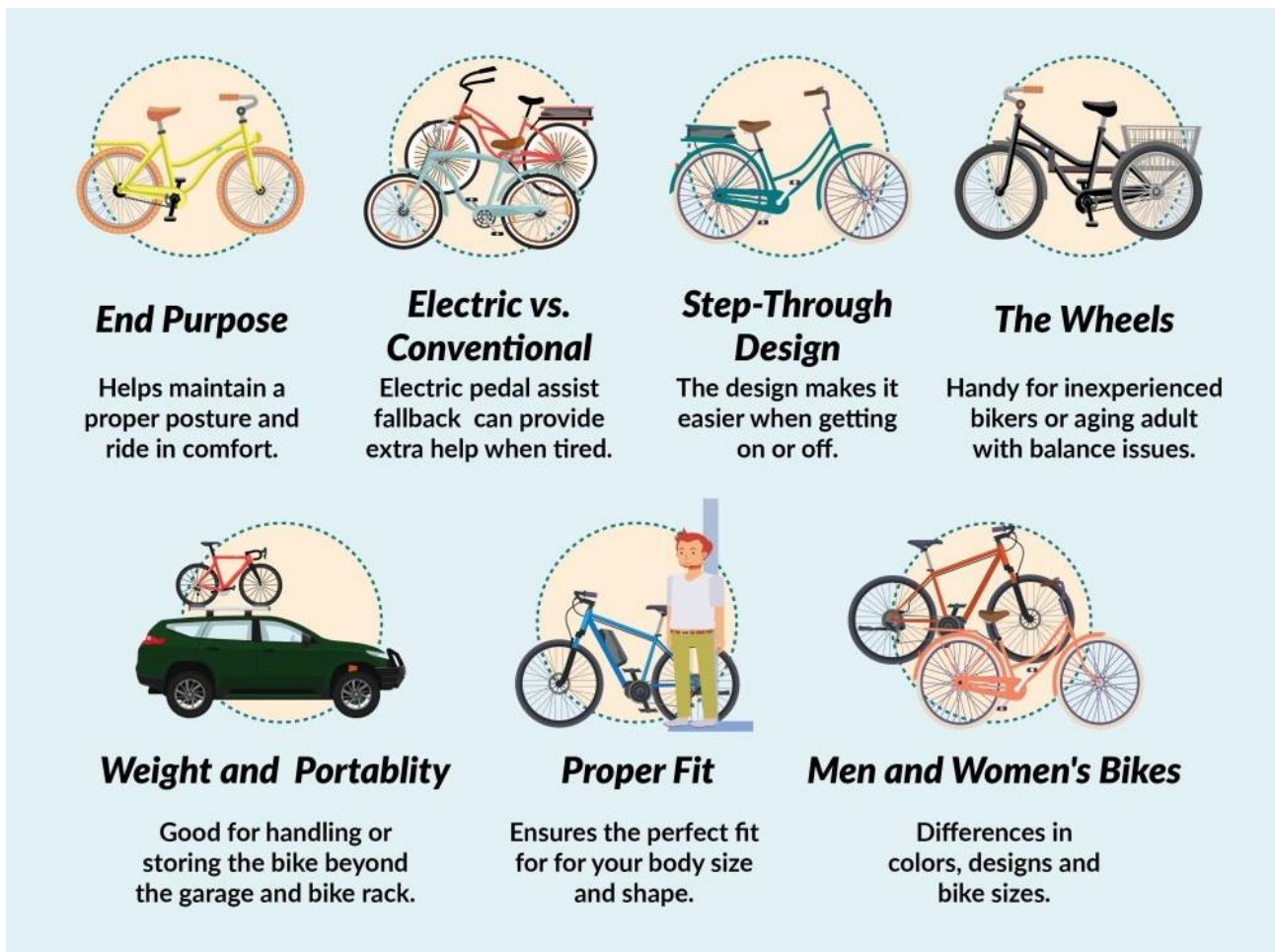


Fig. 2. Benefits of various aspects of cycling for seniors

Source: <https://www.sixthreezero.com/blogs/bike-advice/the-easiest-bikes-for-seniors-to-ride> (access: 3.11.2022)

One of the better types of bicycles for seniors with physical disabilities is a tricycle. Its advantages are presented in the following figure:

Here are some of the health benefits of trikes for seniors:



Uses all muscle groups



Reduces stress



Improves your social life



Reduces fear



Enhances your coordination



Reduces the risk of diseases

Fig. 3. Healths benefits of tricycles for seniors

Source: <https://www.sixthreezero.com/blogs/bike-advice/health-benefits-of-tricycles-for-seniors-1> (access: 3.11.2022)

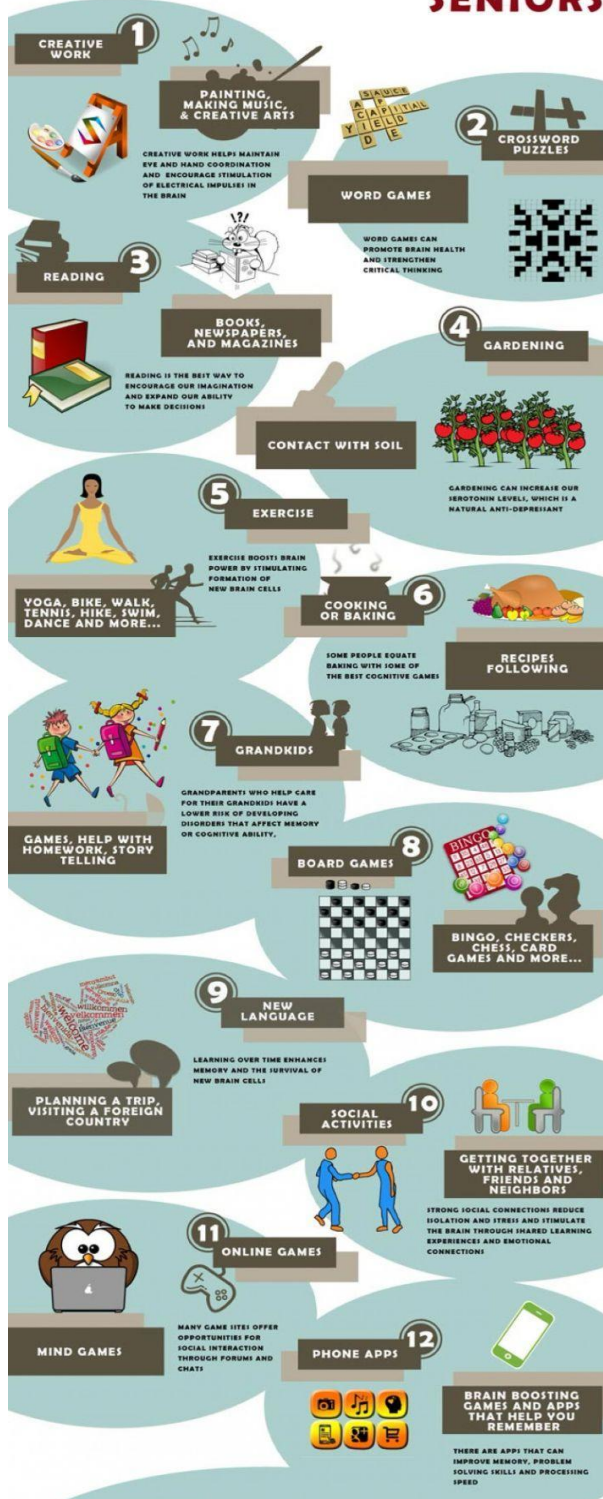
An electric bike is also a good solution for older people who are not in good shape and tire quickly, but they would like to take longer trips. Its advantages are also presented in the figure below:



Fig. 4. Advantages of electric bikes than a regular bikes

Source: <https://www.juicedbikes.com/blogs/news/electric-bike-health-benefits> (access: 3.11.2022)

12 BEST BRAIN STIMULATING ACTIVITIES FOR SENIORS



Mind sports, games and others mental activities (including chess)

Mental activity for seniors is as important, if not more important, than physical activity. Older people should stimulate their brain and do mental exercises for their own mental health and to keep their brain fit. The most stimulating activities for seniors are presented in iconography below:

Fig. 5.12 best brain stimulating activities for seniors

Source: <https://visual.ly/community/Infographics/health/12-best-brain-stimulating-activities-seniors> (access: 3.11.2022)

A good solution in this regard are also various types of mental sport and games, that stimulate the activity of gray cells and multiply or restore the nervous connections between them. The most advantageous games in this respect are mainly:



Fig. 6. The best games for seniors and their benefits

Source: <https://www.allseniorscare.com/blog/5-surprising-benefits-of-playing-board-games-for-seniors/> (access: 3.11.2022)

A game that is particularly appreciated due to its complexity, popularity, but also simplicity for organisation and possibility of using in many different variants, including the exercises and tasks themselves, is definitely chess. The main advantages of this game for seniors are primarily:

1. best method for time pass;
2. improves remembering power;
3. increases self control capability;
4. grow dendrites;
5. prevents brain diseases;
6. strong mind (www.chesswalla.com, access: 3.11.2022).

Of course, the game of chess also has many other advantages that are useful especially at a young age, but its social benefits seem to be equally important, as it allows you to combine the game among many social groups and different generations. Finally, it has also been

scientifically proven that chess has a great impact on counteracting mental illness, mainly dementia. Other games that have these properties include at least 14 different activities:

GAMES & ACTIVITIES FOR LOVED ONES WITH DEMENTIA

thinking games	physical activities	social games
<ul style="list-style-type: none"> • Jigsaw Puzzles • Dominoes • Sudoku • Chess • Trivia Games 	<ul style="list-style-type: none"> • Parachute Game • Gardening • Dancing • Tai Chi • Walking 	<ul style="list-style-type: none"> • Bingo • Card Games • Board Games • Charades • Arts & Crafts
<p>benefits</p> <ul style="list-style-type: none"> • Delays the decline of one's memory • Creates sense of normalcy and structure • Important source of socialisation and interaction 		

Homage

Fig. 7. 15 games and activities for persons with dementia

Source: <https://www.homage.sg/resources/dementia-games-and-activities/> (access: 3.11.2022)

Traditional and recreational games

By **Bartosz Prabucki**

Traditional games are not only for children. They are also great as a form of physical recreation for the elderly. Why? Because they fulfil very important functions and roles and possess significant values and practical usability for seniors.

Traditional games are, among others:

- a) healthy. Scientific research, conducted among others in Poland and Spain, have proven that traditional games have a positive impact on various aspects of health.

They improve eye-hand coordination, strength, agility and the overall physical fitness. This applies both to children as well as to the elderly.

Traditional games can also improve mental health. It has been proven that they positively develop the emotional dimension of human life.

They help you learn more about your strengths and weaknesses, control your emotions, overcome life difficulties and better identify your physical abilities and limitations. It is very important for physical activity of the elderly.

- b) they help improve social integration. Traditional games help build social bonds, dialogue between people, interpersonal relationships and integration of different age and gender groups.

They integrate older generations with the younger ones. Parents and grandparents, who remember “the old, good days” when they were running around the backyard, playing simple games, can show now their children how important it was and still is for their development, health and just fun.

- c) They are just great fun. Traditional games give the elderly a lot of joy, laugh, physical movement as a natural human need and the most beautiful emotions.

LIST OF TRADITIONAL GAMES FROM ALL PARTNER COUNTRIES

By Olga Smoleńska (Irsie)

COUNTRY:	LIST OF TRADITIONAL SPORTS AND GAMES:
ITALY:	TZAN: http://www.traditionalsports.org/search.html?searchword=ITALY&searchphrase=all&limit=20
	TRAMPOLI: http://www.traditionalsports.org/search.html?searchword=ITALY&searchphrase=all&limit=20
	PANTALERA: http://www.traditionalsports.org/traditional-sports/europe/pantalera-italy.html
	REBATTÀ: http://www.traditionalsports.org/traditional-sports/europe/rebatta-italy.html
POLAND	RINGO: http://www.traditionalsports.org/traditional-sports/europe/ringo-poland.html
	PIERŚCIENIÓWKA: http://www.traditionalsports.org/traditional-sports/europe/pierscieniowka-poland.html
	PALANT: http://www.traditionalsports.org/traditional-sports/europe/palant-poland.html

	KAPELA: http://www.traditionalsports.org/traditional-sports/europe/kapela-poland.html
	SZTEKIEL: http://www.traditionalsports.org/traditional-sports/europe/sztekiel-poland.html
PORTUGAL:	JOGO DE PELA: http://www.traditionalsports.org/traditional-sports/europe/jogo-da-pela-portugal.html
	JOGO DE ARCO: http://www.traditionalsports.org/traditional-sports/europe/jogo-do-arco-portugal.html
	GALHOFA: http://www.traditionalsports.org/traditional-sports/europe/galhofa-portugal.html
	JOGO DA LARANJINHA: http://www.traditionalsports.org/traditional-sports/europe/jogo-da-laranjinha-portugal.html
	JOGO DE PAU: http://www.traditionalsports.org/traditional-sports/europe/jogo-do-pau-portugal.html
	MALHA: https://www.cimac.pt/cimac/
SPAIN:	TANGUILLA: http://www.traditionalsports.org/traditional-sports/europe/tanguilla-spain.html
	JUEGO DEL CHITO: http://www.traditionalsports.org/traditional-sports/europe/juego-del-chito-spain.html
	CUCANAS: http://www.traditionalsports.org/traditional-sports/europe/cucanas-spain.html

Source: own resource by traditionalsports.org

Example of traditional sport for the elderly

The traditional portuguese game “ A Malha”

By Paulo Figueira

“A malha” is one of the most popular traditional games in Portugal. Despite this, it is a game that has aroused less and less interest in younger generations, also suffering competition from new technologies.

It can be played individually or in pairs, and is suitable for all ages over 8 years. Obviously whenever they play minors should be played with adult supervision.

Its popularity allows to join in mesh tournaments hundreds of people, of all age and genres allowing exchange of experiences. The event in question was attended by 500 people,

mostly senior. This type of activity Raise awareness about the benefits of sports; Develop the individual sports practices in the home; Develop outdoor sports practices, also by combining the enhancement of the territory; Develop sport and physical activities by combining sport and social.

People over the age of 8 years old. In this case we are talking about 500 participants, mostly seniors. However the target are all ages, and is very normal to see teams between grandparents and grandson.

There is no crucial aspect to select participants, all are welcome.

For learning material:

After choosing the date and place of the event, a team-raising campaign was created on social networks and in the associations/institutions of the region.

A form was made available for the registration of the teams where the tournament regulations were also included. After the registration slated, on the day of the tournament the first hour was to remember basic rules and make the pairing draw of the teams.

In the end prizes offered by the sponsors were distributed.

For such an event to be considered successful it must have many participants. a campaign to raise teams on social networks, but also door-to-door through accredited institutions is a good method to get participants. In the case in question it was organized by the various municipalities of the Évora region, but can also be organized by private individuals. In the latter case, it is always a good idea to involve municipal entities.

The rules of the tournament must be clear and concise. Schedules must be respected so as not to delay games too much. Depending on the available space should run, always with the safety rules first, as many games as possible at the same time.

Because it is a cheap activity, which requires little material, and even this little material is cheap, it can gather dozens of people. Usually the organization provides a convivial lunch to the participants, whose cost is included in the registration. During this lunch and in the interval of the games the teams coexist and exchange experiences.

The game consists of throwing a disc "a malha" and trying to knock down the opponent's pin. For a match requires only two "meshes" and two pins, since the players are on opposite sides and shoot at the turn.

The game ends when a team makes Thirty points and on average lasts fifteen minutes

The total duration of the tournament depends on the number of teams registered.

The tools/ materials: Field; Referee; Two discs (malha), four if here teams game; Two wooden pines.

Specific Safety rules/measures that apply to the activity:Attacking players must be careful before they throw their puck if no one is in the action radius. While defending players must keep a considerable distance from their pin for safety reasons.

The public should also keep a safety distance from the game.



II Évora “Malha” tournament

Source:

<https://tvi24.iol.pt/videos/sociedade/torneio-de-malha-leva-500-participantes-a-evora/5b9e4fe30cf267716b569924>

<https://www.tribunaalentejo.pt/artigos/jogo-ancestral-da-malha-volta-evora>

<https://www.cimac.pt/jogo-da-malha-reuniu-cerca-de-400-participantes-em-evora/>

Ringnetball – a dynamic sport for everyone with interesting origins

This sport was invented in the 1930s by Włodzimierz Robakowski, Polish PE teacher.

Robakowski was watching fishermen, playing on the Mazurian Lakes (the biggest complex of lakes in Poland). They were throwing buoys through broken, leaking nets, which were no longer used for fishing. Inspired by this, he decided to check how to throw the ball through a similar net.

This Polish teacher already knew volleyball, which was founded in the late 19th century in the United States by another teacher – William Henry Morgan – as a part of physical education in local schools.

Robakowski used a net in which he cut out three holes, resembling those ones from the fishing nets.

The experiment with throwing a ball through them was successful and he decided to create

a sport that he called “ringnetball“. The first part of this name comes from the holes in the net which resembles rings. After the second world war this game was forgotten.

However, at the beginning of the 21st century, thanks to Professor Wojciech Lipoński, Professor Małgorzata Bronikowska and Professor Michał Bronikowski from the University School of Physical Education in Poznań, this sport was brought back to life.

Ringnetball was even reintroduced to schools, thanks to among other, Jan Prabucki.

How to play this sport?

Ringnetball consists in throwing the ball with two hands through three holes (rings) in the net. The middle one is the largest (diameter 70cm) and two side ones 50 cm each.

There are usually 4 players on each side of the court. Three of them are in the back (behind a line 1.5 meters from the net). Their task is to catch the ball and pass it to the other players of their team or throw through the holes in the net.

The fourth player is the playmaker. He or she stands in the 1.5-meter zone closest to the net. His or her task is only to pass the ball to other players of his/her team. He/she cannot throw it through the holes or block them with his/her own body.

After each action, there is a rotation of players – they change their positions so as everybody could serve, be a playmaker and throw the ball through all the holes.

The game begins with a serve from the end line of the court. The server hits the ball above the net, like in volleyball. Then, however, the opposing team has to catch it and either pass or throw the ball through one of the holes.

You usually play best of 3 or best of 5 sets up to 15, 21 or 25 points each (except for tie-breaks up to 15 points). Of course, it can be easily changed depending on the needs.

Who can play Ringnetball?

Pierścieniówka is a dynamic game that works well for children and adolescents, as well as the elderly, providing they have a sufficient level of physical movement. Even if not, this game can be adjustable to their needs. It can be played even by people with disabilities, including wheelchair users. You can adjust it to their needs.

See more here:

<https://inspirowanysportem.pl/en/ringnetball-polish-traditional-sport/>

<https://www.start.org.pl/wp-content/uploads/2019/01/START-Erasmus-summary-of-project-and-activities-reports.pdf>

Photos:



Source: own resource by inspirowanysportem.pl (Bartosz Prabucki)

Cuatreada - Spain

by Celia Martin Garcia y Natalia Sanchez Gonzalez

If we want to make an analysis, we must start with the basic characteristics of the bowling alley and the player's objective. The bowling alley consists of a shot (which is the place from which the ball is thrown), an intermediate field and a circle where the pins are located, called a castro (as can be seen in figure 1). For a ball to score, it must travel through the air until it lands beyond the line where the castro begins, called the fringe.

Scoring has many factors, which makes it difficult to deduce simply by observing a game. When the ball is thrown it scores 3 points if it passes between the pins, 1 more point for each bolo thrown (except the middle bolo which counts 2 if it is the first to be knocked down) and three more if the ball comes to rest on the castro. In addition, the aim is to spin the ball so that it bounces in the region of cuatreada indicated by the small pin called Bichi (this pin is alternated by saying when it is played for the hand, if when throwing we see it on the left of the pins, or for the thumb, if we see it on the right).

Depending on the proximity to the region of the four-cushion we can speak of rows of pins, the closest being the smallest, the furthest being the largest and the middle being the middle. If the ball first knocks down the first pin of the small row, it will count zero, just as if it had not reached the castro or had not passed between the pins (this move is known as Juana). The moves in which the ball knocks down a pin and turns towards the cuatreada (which is called cuatrear) add 5 points from the middle, 7 points from the small and 10 more points from the big. It remains to be said that throwing the Bichi counts as a bolo and if you throw it directly the ball counts as a cuatreada.

This scoring system, which is complex, means that the player, in addition to skill, must also choose an appropriate strategy at all times. As far as throwing is concerned, it is important that the ball stops after hitting the pins and turns to the right side. This means that when the ball is thrown, it is given two effects (see Figure 2), one that makes it go backwards and the other that helps it to turn. The spin that experienced players give the ball is so intense that it spins the ball simply by bouncing on the ground.

In order to make the ball tend to stop, it is very important to get a good height because the angle at which it enters the ground will cause more kinetic energy to be lost in the collision with the earth the more perpendicular it is. During the shot, the ball usually lasts between 1.5 and 2 seconds in the air due to the players' launch angles.

The faster the spin at impact, both on the horizontal axis (which stops the ball) and on the vertical axis (which spins the ball), the greater the influence of spin. The spin is also greater at the moment of launch than during the fall, as the air produces a small amount of friction that tends to slow down the spin of the ball. There is no spin in the air, as can be seen in some ball sports, as the ball is too dense for the air friction to modify the trajectory appreciably.

Asturian Bowling has many factors that make it unique, from the throwing techniques that require skill and training, to the strategies or the aim to put the ball where it is intended. All this knowledge makes this sport an intangible heritage of Asturian culture and in short, a cultural heritage of our world.

Bolo Palma

By Celia Martin Garcia y Natalia Sanchez Gonzalez

The bolo Palma is a traditional bowling game from Cantabria (Spain) and neighbouring areas. It has also been called bolos a emboque or birle. As it originates from La Montaña, it is also called bolo montañés, being qualified as the mountain game or mountain sport par excellence. More recently it has also been called Cantabrian bolo. The aim of the game is to knock down the maximum number of pins by throwing a wooden ball from a distance.

The game consists of knocking down as many pins as possible in two shots: the shot from the range and the birle, from wherever the ball stops. All pins knocked down in both the shot and the birle are worth 1 point each, except the centre pin, which knocked down alone is worth 2 points.

TIRO CON HONDA [

By Celia Martin Garcia y Natalia Sanchez Gonzalez

Objective(s): To work on skill.

Development

1) Material: - Sling: This is usually made of esparto grass rope, with two ends and a bag for the projectile. - Projectile: It is usually a stone, but otherwise a clay ball, a lead ball, a golf ball, etc. can be used. - Target: It is usually an iron panel with a target drawn on it.

2) Organisation: Individual or in teams.

3) Descriptive explanation: It consists of throwing a projectile with a slingshot. It can be practised in two ways: with a target, to see who gets closest to the centre, or to throw to see who gets the furthest.

The throwing is done by putting the stone in the "bag", you take the two ends, and roll the rope until it picks up speed and then you let go of one of the ends.

Adapted sport and new disciplines

As mentioned in the previous sections of this manual, sport and physical activity in general have several benefits on both mental and physical health of elderly people. Notwithstanding, there are some sports, for example football and basketball, that require particular physical strength or technique and usually can be hardly played by elderly people, thus becoming inaccessible and creating exclusion.

Given its positive benefits on physical, mental and social health, it is of paramount importance making sport accessible to elderly people regardless of their mobility issues or health problems.

To do so “traditional” popular sports and disciplines have been modified and adapted in order to meet the needs of people with physical limitations and new sports have been created, that from their inception meet the needs of inclusivity and participation of all people.

In this section we will describe some of the adapted “traditional” sports such as football swimming, yoga and pilates which take into consideration the age of people who start practicing sport and their physical abilities and limitations.

ADAPTED SPORT

by Elena Alexandra Mariut

What does it mean?

An adapted sport is like any regular sport -football or basketball- however, the rules have been changed in order to meet the skills and abilities of elderly people or people suffering mobility issues.

The benefits of adapted sports concern especially the possibility to enhance the participation of people who were previously excluded due to their fitness level, mobility, disability or health condition. This is because adapted sports can be modified according to the abilities of players who want to participate.

Examples of adapted sports are walking football, football three, swimming, pilates and yoga which will be further explained below.

Source: <https://www.agedcareguide.com.au/information/modified-sports-that-keep-you-active>

Walking football

by Elena Cacciotti

Walking football was created by the initiative of the Chesterfield FC Community Trust, in July 2011. This is an initiative addressed to, mainly, people aged from 50 years. It aims to give the possibility of playing football to people who have been injured or for elderly.

This was a wonderful initiative that allowed these people to have a second chance to perform sport and, since then it has been expanding beyond the UK border to spread all over the world also thanks to the media attention.

The success of such discipline comes from the great benefits that can be achieved through them in different spheres of the individual well - being: not only physical but even psychological and social.

The aims are training, making social relations and enjoying the time spent together.

The way it is designed, allows participants to perform activities that promote cardiovascular fitness without stressing the body maintaining an active lifestyle. Besides, the participants have the chance to participate in a sport that they never thought it could be possible to perform.

On the other side it gives the possibility to socialize, build new relationships, and have fun together.

Concerning the rules are pretty the same as football but slowly. Walking instead of running or jogging is the most important rule, penalty: a free kick to the other squad.

In the first versions of walking football there was no goalkeeper, nowadays it is present.

The ball has to be kicked at a height that does not exceed that of the head.

All these rules are aimed at avoiding injuries and to allow the more disadvantaged people to take part in the game safely.

It can be performed both inside and outside, the size of the field can vary from 20 - 40 yards of length and 15 - 30 yards of largeness.

SOURCES

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Football three

By Elena Ceraolo

To make walking football more dynamic in terms of play and entertainment (not of movements) a variant could be three-on-three football.

Football three has similar rules to walking football, but with some particularities: the maximum of players allowed for a team is six, while on the field can play three people at one time for each team.

In a Football three match, the role of the goalkeeper does not exist.

There is the possibility of doing substitutions only in a dead-ball situation. However, a player must enter or exit until the half-mark only and he/she must be called by the referee to play in the match.

The football three field is not the same as a standard one, but it is smaller: the measures are approximately 23-27 meters in extent and 32-36 meters in length.

The goal box of the Football three field is in front of the goal. Players are not allowed to touch the ball into the goal box, but they can move freely into it. Indeed, even if a player has only part of his body inside the goal box, this situation is considered an infraction. If the player belongs to the defending team, then a penalty kick will be given to the opposing team, otherwise, if the player belongs to the offensive team, the defending team will be able to take a goal kick. If the goal stops in the goal box, then regardless of which team last touched it, the defending team can do a goal kick.

In the football three field, the goals are approximately 4 metres in highness by 8 metres in wideness.

As regards the headshots, if any player during the game kicks the ball with the head, a free kick will be awarded to the other team from the point this infraction occurs.

Normally, a Football three game lasts 20 minutes, divided into two halves times of 10 minutes each. It is possible to do a halftime of two minutes. However, if a team scores 10 goals, the match is automatically over.

Therefore, adapting the Walking football rules to the ones of the Football three might be an opportunity to dynamize the game, to have fun and entertainment.

Source: <https://3v3live.com/more/docs/rules/>

Swimming

by Elena Cacciotti; interview to Nuria

Swimming is a discipline that seems to be very suitable for older people. This is because it is a complete sport in which all the muscles of the body participate, it is easy on the joints and there is a low risk of injuries, differently from the land - based sports. The fear of fall related to some land - based sport that is responsible for the estrangement of old people from constant physical activity can be avoided by performing sport in water. Moreover, it allows seniors to train at higher intensity with respect to the land based sport where there is the risk of falling.

The specific benefits seniors can enjoy through swimming are:

- Improvement of heart and cardiovascular health and reduce the risk of heart disease.
- Improvement of bone mineral density and the consequential reduction of the osteoporosis problems that is the cause, especially for women over 50, of bone fractures.
- Improve flexibility of neck and legs
- Alleviate back pain and improve the posture
- Improve the resistance and the strength of the muscles
- Improve coordination and balance

Anyway, even if there exist seniors who learn to swim at an older age, there are very few who are able to sustain lap swimming in a way that could be useful to reach the good results expected. For this reason swimming has to be adapted to their necessity in order to be the most inclusive as possible. Instead of focusing on swimming lap it could be better to perform physical water activity related to gymnastic

- Keeping the head outside the water. The participants have to be immersed in water up to the chest. In this way the stress on the joint decreases by 60% and the exercises seem to be softer even if the effort and the benefits are equal.
- Shallow water walking
- Adaptation of some land based activity: Pilates, yoga, aerobic, stretching etc.

To perform it safely:

- a careful supervision:
- simply attainable drinking water,

- appropriate shoes for gymnastic in water that can help balance and made the risk of fall or getting hurt even lower,
- give time to cool down and stretching,
- shorter workout, 30 minutes as maximum and if it is possible.

Using this precaution, aquatic sports could be easily accessible to everyone.

Pilates and Yoga for elderly people

by Elena Ceraolo

Since the difficulty in doing some techniques, Yoga and Pilates are disciplines that might discourage the older public.

However, in the context of adapted disciplines, we can include Yoga and Pilates too, because the monitors and coaches make lessons with soft positions and exercises, in which everyone is comfortable with his physical possibilities.

To avoid the exclusion of older participants, the coach adapts the techniques to the variety of the class and considers to do not to force no one in doing exercises out of their reach. Everyone does what they can.

Often, people who attend classes of this kind might have phisical pathologies or injuries, to evaluate the efficiency of the course on people's conditions it is necessary seeing the progress that they do during the class.

In this sense, the coach focuses the class on the adaptation of the exercise on the care of the pathology that people have rather than on the age of the participants. This is the key to make people feeling comfortable and enjoy the class, rather than discriminated against because they do something different from the others.

The coach should take into account that often class groups are mixed and that not all people have the same physical conditions and limits.

In this regard, the word-mouth between peers is fundamental: once an elderly is encouraged by his fellow, the effect is automatic. Coaches and monitors admit that more and more people belonging to the third age have willing to try yoga/pilates classes. In fact, once they see that with due care they can participate and once they realize the immediate benefits to their daily conditions, they are proactive continuing the course and subscribing.

Source: interview to a coach

<https://drive.google.com/drive/u/0/folders/1GS0J5hJSd-AAIuakBKi2P5yYiGQBj8PY>

New practices

Kin Ball

Kinball is a sport invented in Canada in 1986 by Mario Demers, a physical education professor, that puts particular emphasis on fair play and teamwork. Moreover, kinball places emphasis on the participation of everyone as it can be played by children, adults, women and men in the same team at once. This characteristic makes kinball an inclusive and accessible sport as it does not require specific technical skills and it is easy to learn how to play. The official court size is 66x66, however this sport can be played both indoors or outdoors.

The main distinctive characteristics of this sport are the large size of the ball (1.2m in diameter) and that three teams composed of four players each, play the match at the same time. The team who serves must call out “Omnikin!” and the color of the opposite team (blue, grey, black) before hitting the ball. The players of the defensive teams form a square around the ball and constantly follow the moving of the ball. Each player is responsible for a corner of the court and has to maintain the team’s square formation.

Teamwork and strategy are essential elements for the players to score points as the aim is to not let the ball touch the ground. If it falls, the two opposing teams score the point.

Most of the basic rules concern the hit (serve) of the ball and can be summarized as followed:

- A player cannot hit twice in a row.
- The hitter must say “OMNIKIN®” and the color of an opposite team before hitting the ball.
- The ball must be hit at a minimum of 6' in distance.
- The ball must have an outward or upward slope; never in a downward slope.
- Three members of the same team have to be in contact underneath the ball before the serve.
- Once your team has had three contacts with the ball, the server has only five seconds to hit.

Whenever a team commits a fault, like letting slip the ball, the other two teams get one point each. Furthermore, the scoring can change depending on voluntary or involuntary obstruction. The first consists in intentionally blocking another player, and the point is given to the other two teams, while the involuntary obstruction does not affect the score and the team who has hit, must hit again thus demonstrating the focus put on “fair play”.

Adaptations:

- Instead of staying the team on their knees, stand up and lift arms up to hit the ball.
- Instead of using an official Kinball ball, use the kind of big plastic yoga/pilates ball.

https://www.omnikin.com/media/wysiwyg/Official-Kin-Ball-Rulebook-2016-IKBF_1.pdf

<https://files.upei.ca/athletics/recreation/kinballrules.pdf>

<https://activeforlife.com/kin-ball/>

[How to play Kin-ball®: rules and demonstration](#)

How to raise awareness among the elderly about the benefits of sports

We can talk about actions to raise awareness and promote sports and motor practice for the elderly, with respects to several factors:

- the importance of awareness actions, with attention to the principles of "audience development", which include both remote and direct communication actions and the creation of effective messages to the target.
- The development of sport practices at home for the elderly.
- The development of outdoor sports and motor practice, with particular attention to green spaces and social tourism activities.
- The importance to create socialization opportunities for elderly by sport.
- Providing learning opportunities: sport activities in the territory.
- Providing gender-based sport activities.
- Develop the volunteering of seniors for the promotion of motor activities among the elderly

Let's see some of these factors in detail.

Creating socialization opportunities through sport

If the physical benefits of practicing sports are pretty obvious, the mental and social ones are less often underlighted. Nevertheless, sport has a great impact on the social life of the individuals and it is able to widely affect it in a positive way. It has been noted that since the early years of an individual's life, practicing sport could help to develop those skills that could be useful in everyday life of an adult. It helps children to learn how to deal with competition in a positive way, to associate with their friend and spent time together in a positive environment, to solve and prevent conflicts, to communicate in a more effective way with their peers, and to develop those soft skills as the capacity of working in a group, leadership, team building and so on that surely will be useful in their adulthood. Such discourse is true even for elderly people. Them, despite being the ones that need more practice sport activities, are the ones who practice less; and one of the main reasons is the lack of companionship. It is interesting to note how one of the main reasons why elderly do not practice sport is even one of the main problems sport can solve. In fact sport has an important psychosocial positive connotation at collective level: it points to a common purpose, an intra - group task and allows people to meet, to enjoy their time together while following a common objective or target. This not only reinforces the self - confidence, but even creates that group confidence that can be beyond the sport domain.

Talking about the gender

Some activities are more attractive for women rather than men. This might be reconnected to the fact that due to the social construction of patriarchy, in the past they spent much more time than their husbands at home, raising children and taking care of the home. Indeed, now they are more willing to go out and do physical activities and social life rather than husbands that have spent their whole life working and now are enjoying their life at home.

In this sense, women have more will to socialize with their peers and consider the opportunity of doing sport as an important one to know more people.

As well known, sport is an opportunity to socialize in a healthy way. For elderly people sport might be not only an opportunity to create new habits but also a new routine, with the possibility of knowing people of the same age and context.

How can this happen? Building groups of people who share interests and enjoy staying together.

It is well known that sport improves group cohesion, sense of the group, and the capacity of working in a group.

Develop the volunteering of seniors for the promotion of motor activities among the elderly. A good example from Poland

Established in 2006, ESPAR 50+ (European Association for Promotion of Physical Activity 50+) is the only organization in Poland that within the whole country organizes local programs of physical recreation aimed at the promotion of physical activity among adults and elder people, as well as social inclusion and improvement of life quality of seniors. The activity of ESPAR 50+ is fully based on the work of instructors, i.e. people responsible for the activity of seniors, and volunteers, who are mainly recruited among participants of classes. After completing programs of physical activity, participants become volunteers among their local societies and promote the idea of the social inclusion of senior all over Poland. The organisation's activities are a perfect example of social mobility through sport. After the program completion, the participants feel the necessity of activating other people from their circles. They take part in projects, being motivated by their egoism and finish them being convinced that they can do more for their local societies.

In 2016, the organization supported by 2 external experts organized the workshop called „How to develop voluntary service at ESPAR 50+?”, with the participation of project coordinators, 50+ and younger volunteers, the aim of which was to develop a system of professional cooperation with volunteers (movie coverage from the training:

<https://apps.facebook.com/magisto/video/lkEFJERSGi87QhxCzE?>). At that time they developed ways of recruitment, encouraging and motivating social activity (voluntary service) of elder and younger people. The organization has implemented a "Volunteer code", in which they provide rules for good volunteering attitude, e.g.

- I work with others because we are one family,
- A smile is my business card,
- I am kind to others,
- My creativity knows no bounds,
- I am open to various solutions and others,
- I show respect to everyone,
- A smile is my business card,
- I am kind to others,
- I take responsibility for what I do,
- I am consistent in my actions,
- I am happy to help others and extend a helping hand.

The coordinator of the volunteering program

- prepares the organization to accept a volunteer:
 - o provides an analysis of the organization's needs (describes tasks to be carried out by a volunteer, describes the expected competencies of the potential volunteer, etc.),
 - o plans the work of the volunteer - describe how the volunteer will be introduced to the duties (eg. training, information meeting) and who will be responsible for them, what availability is expected from a volunteer?),
 - o prepares a place for a volunteer (chat with the team members about receiving a volunteer, preparing a warm welcome).
- recruits:
 - o offer preparation (describing the tasks, volunteer's profile, and benefits from volunteering),
 - o reach channels (word of mouth, web portals with volunteering offers, Facebook),

- recruitment meetings (individual or group meetings dependent on activities).
- and introduces a volunteer to the organization
 - present the organization to the volunteer (its origins, mission, main projects, organizational rituals),
 - present the organisation's headquarters and the team.

Most of the ESPAR 50+ volunteers continue their engagement for the organization by providing recreational programs in their local communities. ESPAR 50+ organizes annual meetings of volunteers, during which workshops and various activities are organized to inspire volunteers to take more actions. During the meetings, the organization thanks the volunteers for their commitment. Moreover, online meetings are organised with all volunteers 3-4 times a year with a coach of personal development.

However, if the organization ends its cooperation with a volunteer, they are grateful and thank for their engagement by summing up their work, describing their achievements and skills that they have developed. On the other hand, ESPAR 50+ emphasizes what they have gained from the cooperation and encourages the volunteer to share positive opinions on the organization and cooperation with others.