

PARTNERS



**UNIVERSITÀ
DEGLI STUDI
DI UDINE**

hic sunt futura



KÄRNTEN
University of
Applied Sciences



ASU FC
Azienda sanitaria
universitaria
Friuli Centrale



REGIONE AUTONOMA
FRIULI VENEZIA GIULIA

Interreg
Italia-Österreich

European Regional Development Fund



EUROPEAN UNION

EXPECTED RESULTS

TO STIMULATE

more and more old people to
constantly
practice physical activity

TO ENCOURAGE

The creation of new relationships
between
people from different places within
their own country and even from
different
countries (Austria and Italy)

TO SUPPORT

Old people in using new
technologies to
improve the quality of their life

TO PROMOTE

An active ageing in specific rural
areas
characterized by a progressive
increased in the amount of old
people (Hermagor, Gemona,
Canal del Ferro, Val Canale, Carnia)

TO CREATE

New job opportunities for young
graduates



An
experimental project
whose aim is to promote
health and improve the
quality of
life of old people (> 65yo)
through the practice of
physical activity, the
creation of social
relationship and the use of
new technologies

ENTRY REQUIREMENTS PARTICIPANTS MUST

-Be residents in
Hermagor.

-Be over 65 years old (and below 80).

-Be in good general health.

-Be able to walk at least for 1 km in
autonomy without any form of
support.

-Be available to perform physical tests
and questionnaires to evaluate their
health status (i.e. physical form,
mental and cognitive health).

-Be available to follow the whole
programme (9 months).

-Be the owner of a smartphone/tablet.

**TO RECEIVE MORE
INFORMATION AND JOIN
THE PROJECT
CONTACT US AT THE
FOLLOWING EMAIL
ADDRESSES
(BEFORE THE 10th OF
OCTOBER 2020):**

**physiolab.dsmb@uniud.it
ITALIA**

**alsole@dellach.at
AUSTRIA**

**Applications will be evaluated in
accordance with the entry
requirements of the project. They
will
be accepted till no more places
will
be available.**

THE PROGRAMME

The project will last 9 months,
starting from November 2020. It will
include:

Two physical activity sessions per
week (60-90 minutes) with the online
supervision of experts in the field of
health care and physical fitness;
improvements in muscle force,
coordination, balance, and
cardiorespiratory function will be
expected.

For the Austrian part home sessions
will be performed by participants.

Social activities, meetings and chat
with technical health staff will be
organized weekly.

A constant monitoring of the impact
of the project on the participants will
be guaranteed through the use of
questionnaires and physical tests.