

PROGRAM 7

Re-Connect 3rd Age to SUCSEED



- Isolated
- Excluded social programs
- Need for reintroduction and inclusion into society

**PHSICAL ACTIVITY AS A
TOOL FOR SOCIAL
INCLUSION &
INTEGRATION.**

**PLANT YOUR SOURCE OF
INSPIRATION ON CAMPUS.**

A CIVIS APPROACH TO MOBILIZING
YOUR COMMUNITY.

IMPLEMENTATION

Resources



Human Resources

- Trainers
- Volunteers
- Medical Staff
- Psychologist/Social worker



Daytime Activities

- 2 x / week
- Weekdays
- Gardens open during uni times



Physical Activities

- Dancing
- Gardening
- Adjusted Sports (e.g. Walking football)



Networking / Social Partners

- Municipalities
- NGOs

Re-introducing Third Age into Physical Activity

Budget

Human Resources

PROJECT SALARIES	Percentage	Months	Costs/per person	Total annual cost
Project Manager	1,0	12,00	1.600 €	19.200 €
External Relations officer: communication and fundraising (part time): funds for extra equipment needed, municipality actions	0,5	12,00	1.200 €	7.200 €
Team Leader/ Educator	2,0	12,00	1.200 €	28.800 €
Social Worker/ Phycologist (1 per 20 beneficiaries)	2,0	12,00	1.200 €	28.800 €
Administrative/financial officer	0,5	12,00	800 €	4.800 €
Medical Staff (Nurse)	1,0	12,00	1.000 €	12.000 €
	7,0			100.800 €

General Expences/ Overheads

Description	Percentage	Months	Unit Cost	Total annual cost
General Expences/ Bills	1,0	12,00	300 €	3.600 €
Maintance	1,0	12,00	300 €	3.600 €
Supplies and staples	1,0	1,00	3.000 €	3.000 €
				10.200 €

TOTAL COST

111.000 €

FUNDS

- University Resources
- Private Funds (Corporations/CSR actions, Private institutions)
- Direct Fundraising activities

IMPACT

BENEFITS



#sclaeup



#empowering



#reintegrating



#improving

INNOVATION & SUSTAINABILITY

KPIs:

- Assessment: questionnaires **(pre/post)** to check the needs and the state of the beneficiaries



01. GOOD HEALTH &
WELL-BEING

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02. SUSTAINABLE CITIES &
COMMUNITIES

#SOCIALINCLUSION

#URBANGREEN



03. WEBSITE DESIGN

04. CSR COMPANIES
will support program

