PROGRAM 7 Re-Connect 3rd Age to SUCSEE **PLANT YOUR SOURCE OF INSPIRATION ON CAMPUS.**



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

PHSICAL ACTIVITY AS A TOOL FOR SOCIAL INCLUSION & INTEGRATION.

A CIVIS APPROACH TO MOBILIZING YOUR COMMUNITY.

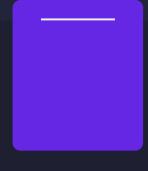
IMPLEMENTATION

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 | | | | | |
| | | | Costs/per | | |
| PROJECT SALARIES | , | Months | | Total annual cost | |
| Project Manager | 1,0 | 12,00 | 1.600 € | 19.200 € | |
| | ' | | 1 | | |
| External Relations officer: | 1 | 1 | 1 | | |
| communication and fundraising (part | 1 | 1 | 1 | 1 | . |
| time): funds for extra equipment | 1 | 1 | 1 ' | 1 | . |
| needed, municipality actions | 0,5 | | 1.200 € | 7.200 € | |
| Team Leader/ Educator | 2,0 | 12,00 | 1.200 € | 28.800 € | |
| Social Worker/ Phycologist (1 per 20 | <u> </u> | <u></u> | <u> </u> | | |
| 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







INNOVATION & SUSTAINABILITY



01. GOOD HEALTH & WELL-BEING #

KPIs:

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



02. SUSTAINABLE CITIES & COMMUNITIES

#SOCIALINCLUSION
#URBANGREEN



03. WEBSITE DESIGN

04. CSR COMPANIES will support program