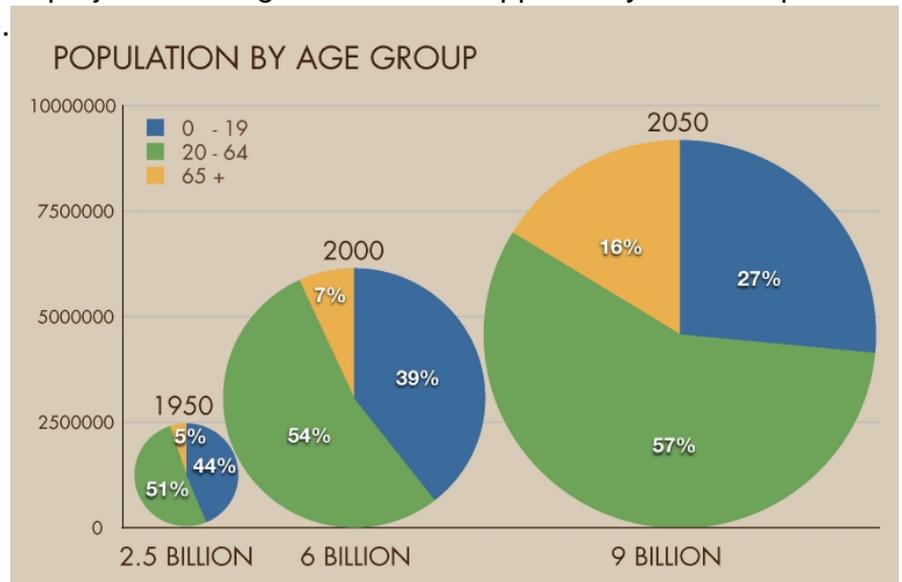


The KIFLI project addresses a problem – the aging population - which is one of the most serious in Europe today. The Project results aim to reduce those problems relating to an aging population, as they help older people to remain in good physical condition for a longer period of time and combat social exclusion. Results of previous multilateral European projects are the foundation of the present Project. These projects have given KIFLI the opportunity to develop a more complex preventative package.



With an initial analysis KIFLI offers a comparison of the national situation of this topic across the participating countries, as well as the comparison of the views and experiences of end users from different nations. Combining the results of these analyses the project will provide outputs which reflect the ideas and thus a common European approach, and therefore will be suitable for transfer to other countries.

There are 7 project partners from 6 different countries throughout Europe.

The project is aimed at providing innovative training material and exploiting it in various ways, including pilot testing. Besides concrete results it will improve the accessibility of infrastructures, communities, equipment of physical activities and sport and will also try to reach those who are reluctant to get involved in these activities.

The project will not only target older citizens but also will provide adult education teachers, managers and trainers with the means to improve their knowledge and expertise and also their pool of contacts. The trainers are regarded as facilitators who help older adults reach their aims by closely interacting with them. They are not the sole source of knowledge and they will also learn from this interaction.

This project is based on the results of the following previous projects:

- SAGE (Leonardo Pilot Project). 2006 – 2008. This project responds to demographic change and declining participation with the creation of training resources for organisations and individual citizens who work towards meeting the needs of people 50+. www.sage-eu.com

- Time-well (LLP-TOI). 2007 – 2009. This project developed training material for trainers of the wellness sector. It concluded that although the wellness sector has economic and labour-market benefits as well as increasing the quality of life of people, it has the following restrictions: wellness is not the best means to influence general physical well-being and fitness of people as, due to its relatively high expenses and not easy-to-reach services and facilities, it is not embedded in the everyday life of most of the people. <http://www.leonardo-timewell.de/>

- Mindwellness (LLP Grundtvig Multilateral). 2008-2010. This project aims at improving learning capacities and mental health of people 50+. The project has proved that improving mental capacity is impossible without good physical condition and doing regular exercises. When we aimed to recommend ways for improving physical activity we faced the lack of complex material (other than promoting nutrition suppliers and sport equipment) tailored to our target collective.

www.mindwellness.eu