

AGENDA OF THE Final Event

Nicosia, 5-8th November 2014

Wednesday, Nov5 th		Arrival of the participants	
Thursday, Nov 6 th			
9.00-13.00	Partner Meeting		
9.00-11.00	<u>For Partners</u> reports on activities, reports on pilots, final curriculum, website, evaluation, finance, dissemination, exploitation, other issues	<u>For delegates</u> Visit of the city. Taking pictures for the Awesome ads exercise for day 2	
11:00	Coffee Break	Choice of:	
11.30-13.30	<u>For Partners</u> reports on activities, reports on pilots, final curriculum, website, evaluation, finance, dissemination, exploitation, other issues	1. Free walk around the city 2. Visit the Leventis art Gallery – no prebooking required 3. Join the organized “City Walk”, offered by the Nicosia Municipality (starts at 10am)	
13.30	Lunch		
	<u>For Partners</u>	<u>For Delegates</u>	
14.30 – 15.00	presentation of the dvd (Jesus) presenting the renewed website, (if there is no time for it in the morning)	delegates actively take part	
15.00-15.15	Coffee break		
15.15-17.30	interactive presentation of the online platform. How to integrate online exercises into a course. hints and tips	delegates actively take part	
18.00	Guided tour in Nicosia with mental fitness activities		
20.30	Dinner		

Friday, Nov 7 th		
9.00	Key speakers	<ol style="list-style-type: none"> 1. Opening Speech by Prof. Costas Gouliamos-Rector of European University Cyprus. 2. "MENTA50+, The idea, the aims, the outcome", Jesus Delgado – Project promoter / Eniko Nagy – Project Coordinator. 3. "Leisure activity programs for elderly and their benefits", Charis Filippides – Sport for All Program Administrator, Cyprus Sport Organization. 4. "Yoga, for mental wellness", Simona Schrammel – Yoga Instructor / Specialist.
9.40- 10.40	Partners' expert s presentation (15mins/each)	<ol style="list-style-type: none"> 1. The piloting process in the Neighbourhood centre Ottakring , Verena Mayrhofer-Iljic – Austria 2. The local case and the application of new, innovative material, Monica Shiakou - Cyprus 3. Introducing the material to the group:FACING POTENTIALDIFFICULTIES, Andrea Giuseppe Lazzari - Italy 4. State of the art and challenges for active and healthy aging in Greece, Olga Anagnostaki - Greece
10.40-10.50	Coffee break	
10.50- 12.30	WORKSHOP 1 <i>Mental fitness</i>	<ol style="list-style-type: none"> 1. Awesome ads- groups of delegates presenting their ads based on first day experiences 2. Overview by facilitators/trainers from Israel and Spain <p>Sample exercises</p>
	WORKSHOP 2 <i>Stress management and mental fitness</i>	<p>Overview by facilitators/trainers from Greece</p> <p>Sample exercises</p>
12.30	Lunch	
14.00-16.00	WORKSHOP 3 <i>Social networks and mental fitness</i>	<p>Overview by facilitators/trainers from Austria and UK</p> <p>Sample exercises</p>
	WORKSHOP 4 <i>Nutrition and mental fitness</i>	<p>Overview by facilitators/trainers from Italy</p> <p>Sample exercises</p>
	WORKSHOP 5 <i>Physical fitness and mental fitness</i>	<p>Overview by facilitators/trainers from Hungary and Cyprus</p> <p>Sample exercises</p>
16.00	Future of the project and Evaluation session	
17.30	Social activity / Free time	
20.00	Dinner	