Report to the CSIT Election Congress in October 2015
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Sport for all and Sport for Elderly

Working group physical activity for seniors 55 +
The work with sport for seniors/elderly within CSIT is done by a working group with members coming from ASKÖ, DAI, UISP and FSGT. The members of this group make a great different and they do a very good job and they are always looking for new possibilities to develop new activities.

Beside to organize formation courses and activities for seniors during the World Sports Games it’s also an important task to encourage some unions to invite seniors to participate in their own festivals, games, etc. (open for international participation). We also would like to encourage the unions to exchange senior groups.

What has happened since the last Election Congress in 2011?
Since the last election congress we have had the following activities for seniors 55 +:

2012: Formation course in Austria with participants from 9 member unions:
AICS, ASKÖ, DAI, FROS, FSIG, INDET, SATUS, UISP, HAPOEL.

2013: World Sports Games in Varna with 50 – 60 people, coming from Austria, Denmark, France, Israel, Estonia, Belarus and Finland. A program offering 11 different activities.

2014: Formation course in Denmark with participants from 8 member unions:
FROS, UISP, TUL, ASKÖ, DAI, HAPOEL, KALEV, FSGT.

2015: World Sports Games in Lignano with 40-50 people, coming from Austria, Denmark, Israel, Mexico, Estonia, Finland. A program offering 12 different activities.

Borderless idea-sharing at CSIT Senior Formation Courses
The idea with the formation courses is sharing ideas and learning activities that can be used for the seniors. The courses are a great success and each time everybody learn something to take home and use in their daily work with activities for senior. Instead of just talking about the activities everybody had to participate, so it’s very hands-on courses.
The purpose with the courses it also to try some new activities and if we find an activity attractive for the next World Sports Games it will be on the program.

Networking with senior activities
From the participation in the World Sports Games in Rimini, Tallinn, Varna and Lignano and the formation courses in Austria in 2012 and Denmark 2014 a strong network is build up. People/instructors from the different unions are in contact with each other during the year to exchange experiences. We have a kind of “CSIT Senior Family” and the “family” grows bigger and bigger and we have room for more “family-members”.

Sport for all in the future
We have in common set up some objects for Sport for all in CSIT, but to choose some concrete initiatives we need to know more about the member unions readiness to take part.

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