Sport for all

• Seniors in CSIT WSG 2013
• Seniors in 2014
• Seniors in the future
• Sport for all in the future
Seniors in CSIT WSG 2013

- An enjoyable holiday full of new experiences, physical activities and a lot of fun
- 50 - 60 participants
- Austria, Denmark, France, Israel, Estonia, Belarus, Finland, Italy
- 11 different activities indoor and outdoor
- Different trainers/instructors from the unions
Seniors in 2014

• Use of senior network
• Formation course for instructors (exchange of new activities and ideas)
• Seniors in events in the unions
Seniors in the future

• CSIT WSG in 2015 with new activities and more unions participating
• Enlargement of the network – the network is an important platform
• Exchange of senior groups between countries
Objects for ‘CSIT - Sport for all' are to:

Work for good access to the improvement in health and experience that physical activity can bring, especially to inactive people who lack resources as well.
Objects for 'CSIT - Sport for all'

- Offers of inexpensive sport activities in social-cultural companionship without demand for qualifications
- Attach importance to pleasure in games with special reference to sportily unprivileged sections of the population
- Promote sports activities that ensure mental and physical health
Sport for all in the future

• The future is in the hands of the member unions!
• What are the needs of the unions?
• Should we select a new area to exchange experiences?
• One proposal could be: People with mental illness
Thank you!