CSIT formation course ‘Physical activities for seniors’

21 - 23 September, 2016 in Saint-Brice-sous-Fôret - Paris, France

Dear friends,

It’s a pleasure for the CSIT Working group physical activity for seniors 55 + and FSGT to invite you to participate in a formation course from 21 to 23 September, 2016 in Saint-Brice-sous-Fôret - Paris, France.

Background and purpose to the formation course
After two very successful formation courses (2012 in Austria and 2014 in Denmark), it’s time to continue with a new formation course.

New kind of activities and sports for seniors show up continuously and why not provide inspiration from each other to bring back home for the benefit to seniors in our own country? The number of seniors is growing, they often want to be physically active and want new offers. This formation course will provide the participants with new ideas and skills.

Target group
Anyone, who would like to gain international inspiration as an organiser or instructor on physical activities for seniors.

Language
The formation languages are English and French, with translation to French and English.

Instructors
Instructors will come from CSIT member unions with knowledge and experience with Physical activities for seniors.

Contents
The contents will be collected among some of the member unions and the program will be decided by the working group and will be informed after the deadline for the preliminary registration (20th of May 2016). The program will include both indoor and outdoor activities.
Preliminary program:

21 September: Arrival in Roissy-Charles de Gaulle Airport (before 2.00 pm)
Transportation to Saint-Brice-sous-Fôret (1 hour by car)
Small program and social activity in the evening

22 September: Full program with activities
Tourism and dinner in Paris in the evening

23 September: Program in the morning
Feedback on the formation course
Program discussion World Sports Games 2017 in Riga
Departure in the afternoon (flight after 5.00 pm)

Information:

Where: SDIS, Saint Brice sous Fôret
http://www.sdis95.fr/6.aspx

Price per person: **150 Euros**
This total amount includes the formation course, accommodation for 2 nights (single or double room), meals and transfer between Roissy-Charles de Gaulle Airport and SDIS, Saint-Brice-sous-Fôret.

Registration: By **20th May 2016** to FSGT e-mail: international@fsgt.org
With copy to Palle Thomsen, e-mail: thomsen@csit.tv

Final registration: By **30th June 2016** together with payment

Information: FSGT e-mail: international@fsgt.org
Palle Thomsen e-mail: thomsen@csit.tv

Acceptance
Since the number of places is limited to 30 persons it must be emphasised that we may limit the number of participants from each union. We will confirm your participation and inform about the final program, the final registration and the payment after 20th May 2016.

Welcome to the CSIT Formation Course 2016

Palle Thomsen / Martine POTHET - FAVIER
CSIT Vice President / FSGT
Preliminary Registration form

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Union:

Contact person: Name:

E-mail:

Phone:

Number of participants:

Date:

Responsible in the union:

Registration: By 20th May 2016 to FSGT e-mail: international@fsgt.org
With copy to Palle Thomsen e-mail: thomsen@csit.tv