CSIT formation course ‘Physical activities for seniors’
17 -19 September, 2014 in Copenhagen, Denmark

Dear friends,

It’s a pleasure for the CSIT Working group physical activity for seniors 55 + and DAI to invite you to participate in a formation course 17 -19 September, 2014 in Brøndby/Copenhagen, Denmark.

Background and purpose to the formation course
After a very successful formation course in 2012 in Austria with the focus on providing inspiration for new activities and to offer “tools” for making activities for the weak elderly, it’s time to continue with a new formation course with the focus on all groups of seniors.

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 and they often want to be physical active and they 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 language is English, with partly translation to French and German.

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 (19th of May).

The program will include both indoor and outdoor activities.
Preliminary program:

17 September: Arrival in Copenhagen Airport
Transportation to Bröndby (½ hour by car)
Small program and social activity in the evening

18 September: Full day program with activities
Visit to a sports club for seniors
Program discussion World Sports Games in 2015

19 September Program in the morning
Departure in the afternoon

Information:

Where: Idraettens Hus/House of Sports, Bröndby
http://www.idraettenshus.dk

Price per person: 120 Euros
This total amount includes the formation course,
accommodation for 2 nights (single or double room), meals
and transfer between Copenhagen Airport and Idraettens Hus,
Bröndby.

Registration: By 19 May to Palle Thomsen e-mail: thomsen@csit.tv
Final registration: By 30 June together with payment

Information: Palle Thomsen e-mail: thomsen@csit.tv

Acceptance
Since the number of places is limited to 20 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 and the payment after 19 May.

Welcome to the CSIT Formation Course 2014

Palle Thomsen
CSIT Vice President and Secretary General DAI
Preliminary Registration form

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Union:

Contact person: Name:

e-mail:

Phone:

Number of participants:

Date:

Responsible in the union:

Registration: **By 19 May** to Palle Thomsen e-mail: thomsen@csit.tv