

OBJECTIVES



Promote healthy lifestyles
among adults over 55



Strengthen
intergenerational bonds



Train sports instructors
to engage seniors



Develop a new accessible
recreational discipline

PARTNERS

TDK Rosignano (IT)

Coordinator

SPORTSROOM (BG)

sport, education, inclusion

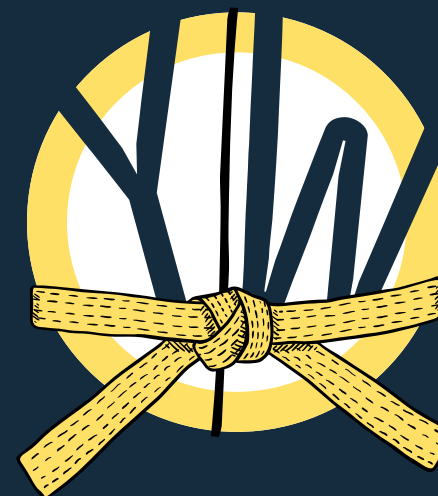
CDES Miguel Torga (PT)

gymnastics and lifelong physical
activity

YMCA Roma (IT)

education and community hub

www.oltrenetworklab.com



YOUTH & WISDOM

Strenght in unity, growth in motion.

A EUROPEAN PROJECT FOR
INTERGENERATIONAL SPORT



Co-funded by
the European Union

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Across Europe, grandparents walk their grandchildren to sport every day – Y&W has turned that waiting time into movement, connection and shared wellbeing.



WHO WE ARE

A European alliance of 4 organisations (Italy, Bulgaria, Portugal) who believe in the transformative power of sport.

CHALLENGE

→ 61%

of Europeans over 55 don't exercise regularly.

→ 2/3

of adults aged 55-69 never engage in organised activity.

OUR RESPONSE

YEW develops an innovative intergenerational model inspired by taekwondo – inclusive, safe and replicable across Europe.