

TURKEY**CASE STUDY N°9****PAPER B****ASSOCIATION OF STUDENTS AND FORMER
STUDENTS OF THE PERMANENT UNIVERSITY
OF ALICANTE
ALICANTE
SPAIN****WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...-**

Initially establish the approach with a fun activity named **"We meet to enjoy together"**.

- A call will be done for developing or sharing an activity such as a football match, a popular stage play, a competition of regional dances, a competition of playing cards, etc.
- For introducing the activity, there would be a speech about the benefits of activity and physical exercise in general.

As a result, a calendar would be designed for the meeting and carrying out of fun activities: treasure hunting, walking and talking, regional dances.

- The first relaxed meeting attempts to promote a schedule with other group of activities, in which the interested person signs up for the more activities that would motivate him/ her the most. These groups of activities would have a coordinator, who will explain the minimum requirements for carrying them out, the physical-health benefits of the activity and establish the meeting points.

A link to keep in mind: <http://www.universidadpermanente.com/iniciativas/en/peripatetics-walking-and-reflecting>

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

To have volunteers and organizers or managers for the initial activity and the subsequent emerging activities for consolidating experimental groups of diverse activities (walking routes, dance workshops, method BAPNE, keep-fit exercises, etc.) Once the different created groups after the first call are consolidated, old people could substitute the volunteers and continue the groups of activities on their own.

Practices of initiatives and similar games:

- <http://www.walkingforhealth.org.uk/>
- <http://www.universidadpermanente.com/iniciativas/en/iniciativas/trails-news>

For starting the first fun activity, it is necessary the implication of official institutions (associations for retirees, local government...) to spread information regarding the call and the subsequent calendar of scheduled activities.

POSSIBLE OBSTACLES

- Lack of economical support and information spread regarding the activities (posters, media, advertisement)
- Facing the lack of motivation, the concept of "hard psychical exercise" has to be eliminated and proposed as a fun, sociable and easy activity.

ILLUSTRATION