NEURO PLAY

Title	Continuous intergenerational play for neuroplasticity
Acronym	NeuroPlay
GA	101134703
Duration	1.11.2023-31.10.2025 - 24 months
Partners	• P1 Slovenian Association of Kinesiology- KiSi; Slovenia • P2 Sdruzhenie Balgarsko Ski Uchilishte – Bolgarian Ski School; BSS; Bolgaria • P3 Športno društvo Snowpack; Snowpack; Slovenia • P4 The International Association of Snowsports in Schools and Universities – IAESS [former IVSS]; Austria)

Deliverable nature:	Report
Deliverable number and title:	Annual reports
Work package:	WP 1
Work package number(s):	D1.2
Responsible partner:	KiSi
Dissemination level:	Public (PU) PU = public, fully open, e. g. web
Date:	28. 10. 2025

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NEURO PLAY

D1.2: Annual Reports

Title (acronym): Continuous intergenerational play for neuroplasticity (NeuroPlay) GA: 101134703
Call: ERASMUS-SPORT-2023-SSCP
Period: 1.11.2023-31.10.2025 (2 years)

Project summary:

NeuroPlay is an ambitious project aimed at boosting children's neurological development while supporting the cognitive and physical health of grandparents through innovative motor-cognitive training. Recognizing the pivotal role grandparents play in children's lives, the project highlights the potential benefits of intergenerational activities for both age groups.
With a global population of 1.5 billion grandparents, NeuroPlay seeks to create engaging exercises and activities that facilitate meaningful interactions between generations year-round. Drawing on expertise from various fields including kinesiology, neuroscience, physical therapy, sports, IT, and certification, the project aims to develop a cutting-edge program rooted in neuroscience principles, with a focus on intergenerational training using lateral motor transfer methodology.
Utilizing established best practices, NeuroPlay will host workshops to disseminate knowledge and methodology to stakeholders. Additionally, the project will organize two summer and two winter camps, providing immersive opportunities for hands-on learning and collaboration. Complementing these efforts, the development of a dedicated NeuroPlay digital platform will allow real-time tracking of participants' progress and incentivize continued engagement in tailored collaborative activities.
By fostering strong intergenerational connections and promoting healthy aging among grandparents, NeuroPlay aligns with key priorities outlined by Erasmus+. This innovative project aims to lay the groundwork for enhanced neurological development in children, contributing to holistic well-being across generations.

Final annual report:

At the final stage, the NeuroPlay project has successfully completed all tasks scheduled within the 24-month implementation period. All deliverables due to date have been uploaded to the EU platform and approved by the European Commission.
The only deliverables pending upload are the following:

- **D2.5** – Report on feedback received from the Summer and Winter NeuroPlay Camps (E2.14–E2.17)
- **D3.3** – Monograph / Report
- **D3.4** – Scientific Articles / International Conference Abstracts
- **D1.2** – Annual Reports

Below is the original Gantt chart submitted with the project proposal:

Timetable (projects up to 2 years)

Fill in cells in beige to show the duration of activities. Repeat lines/columns as necessary.

Note: Use the project month numbers instead of calendar months. Month 1 marks always the start of the project. In the timeline you should indicate the timing of each activity per WP.

ACTIVITY	MONTHS																							
	M 1	M 2	M 3	M 4	M 5	M 6	M 7	M 8	M 9	M 10	M 11	M 12	M 13	M 14	M 15	M 16	M 17	M 18	M 19	M 20	M 21	M 22	M 23	M 24
Task 1.1 - Management & Coordination																								
Task 1.2 - Communication with partners and the local entities																								
Task 1.3 - Quality control																								
Task 2.1 - Collection of best practices of intergenerational exercises																								
Task 2.2 - Instruction Workshops																								
Task 2.3 - Exchange (best practices) Workshops																								
Task 3.1 - Dissemination and Communication																								
Task 3.2 - The NeuroPlay project website																								
Task 3.3 - The NeuroPlay project social media profile																								
Task 3.4 - Partners own websites and social media profiles																								
Task 3.5 - Promotional videos																								
Task 3.6 - NeuroPlay newsletters																								

All tasks have been completed as documented in the submitted deliverables.

The project was evaluated positively, as evidenced by the feedback collected through participant surveys conducted at the conclusion of all implemented activities. These included twelve one-day workshops (six in Slovenia and six in Bulgaria), as well as a three-day Summer Camp and a three-day Winter Camp organized in both countries. The results, presented in the submitted deliverables, confirm the project's strong impact and successful implementation across all planned activities.

Throughout the implementation period, no significant difficulties were encountered. The partnership functioned in a highly collaborative and efficient manner, ensuring smooth execution of all work packages and adherence to the planned timeline. The Project Management Group (PMG), composed of one representative from each partner organization, effectively monitored and supervised all work processes. Regular coordination meetings were held to review progress, exchange updates, and jointly address any issues that arose. The PMG's proactive and solution-oriented approach played a key role in maintaining the project's coherence and quality of outputs.

The active participation of children and older adults in the Slovenian and Bulgarian workshops, as well as in the Summer and Winter NeuroPlay Camps, provided valuable opportunities to apply and

refine the NeuroPlay methodology in authentic educational and recreational contexts. Furthermore, numerous trainers, teachers, and educators acquired practical experience and enhanced their professional competencies in integrating NeuroPlay-based activities into their work environments. This effective transfer of knowledge ensures the continuity and sustainability of the project's outcomes beyond its official duration.

1st Summer camp event: The three-day sea camp, held at the Water Training and Sports Base NSA Nessebar (July 27–29, 2025), focused on water sports as a means to connect children and adults through shared physical activity, experiential learning, and fun in a marine environment. The event was expertly organized and led by qualified instructors, ensuring both safety and the effectiveness of the program.

2nd Summer camp event: The 3-day summer camp, organized by KISI in Piran July 22–24, 2024, combined land and water-based activities to promote intergenerational cooperation, movement, and learning through play.

1st Winter camp event: A three-day winter camp was held in the Vitosha Nature Park, the Ofeliai and Vetroval localities, from March 14 to 16, 2025.

2nd Winter camp event: The three-day winter camp, organized by KISI in Forni di Sopra (December 26–28, 2024), successfully implemented the NeuroPlay program in a snow-based environment. Children and their grandparents actively participated and fully adhered to all planned activities, demonstrating strong motivation and enthusiasm throughout the program.

Following the completion of all four NeuroPlay Camp events, a feedback questionnaire was distributed to the parents of participating children and to grandparents who took part in the activities. A total of 94 questionnaires were collected (56 from parents and 38 from grandparents). The results provide valuable insights into participants' perceptions of the organization, program quality, intergenerational experience, and perceived benefits of the camps.

The project partners met for the first time at the **kick-off meeting held at Rogla, Slovenia**. This initial gathering provided an opportunity to establish personal connections, present each organization, and agree on the first steps of the project.
Following the kick-off, **online consortium meetings have been held every three months**, ensuring regular coordination and progress tracking.
In addition to these scheduled meetings, **individual consultations between the coordinator and specific partners** have been organized as needed, particularly to address specific tasks or challenges.
During these meetings, partners have coordinated the **organization of summer/winter camps**, while the **coordinator has provided guidance on the collection of supporting documentation** required for project reporting and implementation.
The **collaboration has been conducted at a highly professional level**, with all activities implemented according to plan. The cooperation among partners has run smoothly and without any major issues.

Sustainability is further reinforced through extensive dissemination activities, including multiple presentations and abstracts presented at international conferences, and one scientific paper published in a peer-reviewed journal. A complete list of NeuroPlay-related publications is available in Deliverable D3.4 – *Scientific Articles / International Conference Abstracts*.

Results and Conclusions

The NeuroPlay project has yielded highly positive outcomes across multiple dimensions. Participants consistently reported a **high level of satisfaction**, with an average rating of **4 out of 5** for workshops and camps. Feedback emphasized the clarity of instructions, relevance of activities, and the effectiveness of fostering meaningful intergenerational connections.

The project has also achieved **strong dissemination results**, with several **scientific publications and conference presentations**. These include contributions to *Annales Kinesiologiae*, the *SPE Balkan Ski* conference, *A Child in Motion*, and the *It's About People* international conference. These outputs reflect the project's scientific rigor and its relevance to both academic and practical domains.

In terms of impact, participants noted **improvements in physical well-being**, **increased motivation for movement**, and **strengthened intergenerational relationships**. Children and grandparents alike benefited from the motor-cognitive training, which was designed to be engaging, age-appropriate, and rooted in neuroscience principles.

Building on these results, the consortium is preparing a **new project proposal** aimed at further scientific validation of the NeuroPlay methodology. This next phase will deepen the evidence base and explore broader implementation across educational and sports systems in Europe.

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