



<b>Title</b>	<b>Continuous intergenerational play for neuroplasticity</b>
<b>Acronym</b>	NeuroPlay
<b>GA</b>	101134703
<b>Duration</b>	1.11.2023-31.10.2025 - 24 months
<b>Partners</b>	<ul style="list-style-type: none"><li>• P1 Slovenian Association of Kinesiology- KiSi; Slovenia</li><li>• P2 Sdruzhenie Balgarsko Ski Uchilishte – Bulgarian Ski School; BSS; Bulgaria</li><li>• P3 Športno društvo Snowpack; Snowpack; Slovenia</li><li>• P4 The International Association of Snowsports in Schools and Universities – IAESS [former IVSS]; Austria)</li></ul>

Deliverable nature:	Plan (P)
Deliverable number and title:	Data Collection (best practices) and Workshops (Instruction and Exchange) plan
Work package:	WP 2
Work package number(s):	D2.1
Responsible partner:	KiSi
Dissemination level:	Public (PU) PU = public, fully open, e. g. web
Date:	14. 12. 2023



## D2.1: Data Collection (best practices) and Workshops (Instruction and Exchange) plan

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

### Main objectives of the project:

NeuroPlay is a project that aims to enhance neurological development of children while promoting the cognitive and physical health of grandparents through innovative motor-cognitive training. The project recognizes the critical role grandparents play in the lives of children and the potential for both generations to benefit from intergenerational activities. With 1.5 billion grandparents worldwide, the project aims to develop mutually beneficial exercises and activities that create a safe space for the two generations to interact at all times of the year. The project brings together experts in the fields of kinesiology, neuroscience, physical therapy, skiing, IT and certification to develop a neuroscience-based program focused on intergenerational training with lateral motor transfer methodology. The program will be developed based on existing best practices and workshops will be organized to provide knowledge and methodology. In addition, two summer and two winter camps will be held, and a NeuroPlay digital platform will be developed to track participants' progress and motivate them to engage in targeted collaborative activities. The project aims to build a solid foundation for healthy aging of grandparents and better neurological development of children, thus contributing to several Erasmus+ priorities.

### 1. Data Collection (Best Practices)

The NeuroPlay project is committed to implementing a robust data collection plan that aligns with best practices of previous successful projects. Drawing from the vast experience of our consortium partners and leveraging the success of previous projects, our approach to data collection encompasses the following key elements:

- Ethical Data Management: Adherence to GDPR guidelines to ensure the privacy and confidentiality of participant information.
- Internal OneDrive NeuroPlay Repository: Creation of a dedicated section within the OneDrive shared folder for centralized data storage. Internal use among project partners with a separate folder for publicly available materials is foreseen.
- Feedback Mechanism: Utilization of Microsoft Forms to collect feedback from relevant stakeholders, facilitating continuous improvement and adaptation based on valuable insights.

### 2. Workshops (Instruction and Exchange)

The NeuroPlay project recognizes the innovative nature of its concept, combining intergenerational activities with a lateral motor transfer methodology. To ensure the success of the project, the following strategies will be employed in organizing workshops for knowledge dissemination:

- Leveraging Previous Experience: Building on the expertise gained from the E+sport project Skieasy<sup>1</sup>, which focuses on promoting an Educational, Accessible, Simple, Youthful approach to Skills Acquisition in Skiing. The current project aims to extend those activities and create a game-like intergenerational training that would benefit both generations and be performed throughout the whole year (all four seasons).
- Balanced Mix of Experience: Creating a consortium with a balanced mix of experienced and inexperienced institutions, allowing for a dynamic exchange of knowledge and skills. Organizations that have little or no knowledge about such activities will directly benefit from such activities.
- Complementarity of Activities: Aligning NeuroPlay project activities with the daily activities of consortium partners, ensuring a seamless integration of expertise.
- Collaboration with Associated Partners: Establishing collaboration with Associated Partner organizations to supplement additional skills when required. Each of participating partners will provide a list of possible collaborative institutions and experts.
- Transnational Dimension: Capitalizing on the widespread reach of consortium partners, covering a broad geographical area from Western to Central and Eastern Europe.
- Tailoring Workshops to Unique Systems: Considering each country's unique system for motivating and activating individuals, ensuring that workshops are tailored to the specific needs and contexts of each region.
- Promotion Channels: Employing diverse channels to promote workshops, including:
  - Consortium Websites: Utilizing partner organization websites to showcase workshop details.
  - Social Media: Leveraging the consortium's presence on social media platforms to disseminate information and engage the target audience.
  - Newsletters: Regularly updating stakeholders through newsletters, highlighting upcoming workshops and their significance.
  - Collaborative Platforms: Utilizing collaborative platforms like the NeuroPlay digital platform to share workshop schedules and details.
- Instant-Set-Up Guide: Developing an "instant-set-up" guide at the project's conclusion, providing step-by-step instructions for implementing intergenerational motor-cognitive activities. This guide will enable organizations across the EU and beyond to easily replicate and implement activities based on the NeuroPlay project's lessons learned.

Finally, the NeuroPlay Data Collection and Workshops Plan not only adhere to best practices in data management but also embrace a comprehensive approach to workshops, ensuring effective promotion through various channels for maximum outreach and impact.

---

<sup>1</sup> Programme Erasmus+ Sport programme; Action: SCP – Collaborative Partnerships; Proposal Call for proposals: EAC/A02/2019; Application: No 622961-EPP-1-2020-1-SI-SPO-SCP; Title: EASY (Educational, Accessible, Simple, Youthful) Approach to Skills Acquisition in Skiing; Duration: 36 months (1.1.2021 – 31.12.2023)