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

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| Deliverable nature: | Report |
| Deliverable number and title: | Report on feedbacks received from Instruction Workshop Event (E2.1) |
| Work package: | WP 2 |
| Work package number(s): | D2.3 |
| Responsible partner: | KiSi |
| Dissemination level: | Public (PU) PU = public, fully open, e. g. web |
| Date: | 29. 4. 2024 |

D2.3: Report on feedbacks received from Instruction Workshop Event (E2.1)

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.

NeuroPlay instruction workshop days:

The NeuroPlay instruction workshop days were organized as part of the annual international conference event known as the SPE BALKAN SKI conference (<http://spe-balkan-ski.com/>). The annual conference hosts presentations by ski instructors, professors, and experts in alpine skiing and snowboarding, fostering a valuable exchange between science, profession, and practice. By sharing the NeuroPlay vision and methodology with a broader audience, both within and outside the consortium, our aim was to increase the impact of our initiatives. The workshop spanned over three days as following:

1st day: Project oral presentation at the SPE BALKAN SKI conference symposium:

Rado Pišot, Uroš Marušič, et al.: YEAR-ROUND INTERGENERATIONAL SKI PREPARATION: TRAINING ADVENTURES FOR CHILDREN AND OLDER PEOPLE

2nd day: Roundtable discussion among all partners to review the project methodology and upcoming activities.



3rd day: Workshop held on the ski slopes and surrounding terrain to provide instruction on various intergenerational activities as part of the NeuroPlay project. The workshop was introduced during the opening ceremony and was open to all conference participants interested in learning more about our initiatives. The event was attended by 35 professionals, as documented in the attendance list stored at our facilities.

The workshop, led by the lead partner KiSi in collaboration with the Slovenian Alpine Skiing Commission Demonstrators, offered a hands-on experience in a dynamic setting. Participants were guided through various activities and learned the proper methodology for conducting intergenerational games and training on the slopes. Attendees actively participated in these exercises, providing valuable feedback and sharing insightful tips for improvement. After the initial session, the workshop transitioned to nearby terrain, where we showcased elements related to our summer activities. These activities aim to promote holistic well-being and strengthen intergenerational bonds. Following the practical sessions, a conclusive roundtable discussion was held. This provided an opportunity to recap the workshop's key insights and exchange valuable information for future events.

Participants' evaluation on the NeuroPlay workshop

To gather feedback, a workshop evaluation survey (attached below) was administered to all participants, enabling them to rate and provide comments on the event.

The feedback from participants regarding the instruction workshop has been extremely positive, with ratings reaching as high as 4 on a scale from 1 to 5. Comments and feedback demonstrate a high level of satisfaction and enthusiasm experienced during the workshop. Participants appreciated the clarity and effectiveness of the instruction provided, finding the activities engaging, enjoyable, and highly beneficial in their work with children and grandparents. The workshop offered valuable insights and practical strategies that participants felt confident in applying with their own groups of participants.

Moreover, participants highlighted the workshop's interactive approach, noting that it fostered a dynamic learning environment. The hands-on activities allowed them to actively engage with the material and gain a deeper understanding of the concepts. The involvement of the Slovenian Alpine Skiing Commission Demonstrators leading the activities, along with simultaneous commentary from the PI, Dr. Rado Pišot, enhanced the learning experience and ensured participants comprehensively understood the content. Splitting the sessions into two parts, focusing on Spring and Summer activities respectively, was appreciated by participants. This distinction allowed them to gain a deeper understanding of the specific activities planned as part of the project.

Participants from outside the consortium praised our activities and the implementation instructions provided. They were highly motivated to learn more and acquire new practices to introduce them into their own institutions and activities.



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Pictures from multiple NeuroPlay events presenting NeuroPlay activities and the overall concept of the project:

Presentation of NeuroPlay methodology in theory and practice:

- Prof. dr. Rado Pišot and prof. dr. Petar Iankov:



- NeuroPlay methodology introduced among DEMO teams and ski instructors:



- Presentation of NeuroPlay activities at the scientific conference in Rogla and Kranjska Gora:



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Workshop Evaluation Survey

Thank you for attending the workshop on implementing NeuroPlay intergenerational motor-cognitive activities. Your feedback is valuable to us. Please take a moment to complete this survey to help us assess your experience and improve future workshops.

Name: _____

Institution: _____

Are you a member of the NeuroPlay consortium? ☐ YES ☐ NO

Please rate the following aspects of the workshop on a scale of 1 to 5, with 1 being the lowest and 5 being the highest:

- ◆ Clarity of instructions and explanations: _____
- ◆ The feasibility and relevance of implementing activities for both children and grandparents: _____
- ◆ Effectiveness in demonstrating the benefits of intergenerational activities: _____
- ◆ Engagement and interaction with the workshop facilitators: _____
- ◆ Overall organization and structure of the workshop: _____
- ◆ Quality of materials and resources provided: _____
- ◆ Opportunity to ask questions and receive helpful answers: _____
- ◆ Relevance and applicability of the workshop content to your work: _____
- ◆ Overall satisfaction with the workshop: _____

Please provide any additional comments or suggestions to help us improve future project activities:

Thank you for your time and feedback. Your input will assist us in enhancing our project activities. If you have any further questions or comments, please feel free to contact us.