



<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>

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## **D2.5: Report on feedbacks received from Summer and Winter NeuroPlay camps (E2.14- E2.17)**

### **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 Summer camps:**

NeuroPlay 3-Day Summer Camps were organized in Bulgaria by the Bulgarian Ski School and in Slovenia by the lead partner KISI. Each camp brought together children, their grandparents, and professional trainers with the aim of sharing best practices, conducting both theoretical and practical workshops through a train-the-trainer approach, and developing joint activities that promote mutual benefit.

The camps focused on enhancing children's neurological development while supporting the cognitive and physical health of grandparents. At the same time, trainers had the opportunity to expand their professional knowledge and skills.

The summer camps successfully provided a safe environment for intergenerational interaction, offering evidence-based neurodevelopmental programs for children and fostering a strong foundation for safe and healthy aging among older participants..

To achieve these objectives, the camps implement the NeuroPlay Lateral Motor Transfer and Games Without Borders methods. Furthermore, an essential component of the initiative is the development of a specialized methodology for kinesiologists and related professionals, enabling them to design and deliver simultaneous training programs for children, and older adults.

### **NeuroPlay Winter camps:**

The winter camps, organized by the Bulgarian Ski School and KISI, successfully implemented the NeuroPlay Ski Teaching Program, designed to engage both children and their grandparents in shared physical activity. Through adapted skiing exercises, balance games, and simple coordination tasks, participants learned and practiced skiing skills in a playful, supportive environment.



The program encouraged collaboration and mutual learning, allowing grandparents to stay active while reinforcing their balance and mobility, and helping children improve their motor control, focus, and confidence on the slopes. The enjoyable and inclusive setting strengthened intergenerational bonds and promoted positive attitudes toward lifelong physical activity. Meanwhile, trainers gained practical experience in applying the NeuroPlay approach, observing firsthand how tailored activities can meet the needs of different age groups within the same program.

**1<sup>st</sup> 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.

Water activities – the core of the program

Participants engaged daily in sailing, kayaking, and stand-up paddleboarding (SUP), with each activity adapted to their age, experience, and physical ability. These activities promoted physical fitness while also:

- Developing balance, coordination, and motor skills;
- Fostering teamwork, communication, and mutual support;
- Building confidence, focus, and resilience in the dynamic sea environment.

The joint participation of children and grandparents proved particularly valuable, strengthening intergenerational bonds through shared experiences, cooperation, and enjoyment on the water.

**2<sup>nd</sup> 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. The program brought together children, grandparents, and trainers in an active and engaging environment focused on both physical and cognitive stimulation.

Participants took part in climbing sessions, interactive workshops featuring novel technologies, and water activities such as canoeing and SUP. Each activity was adapted to the participants' abilities and designed to encourage movement, creativity, and teamwork.

Through these experiences, children improved their coordination, confidence, and problem-solving skills, while grandparents benefited from gentle physical exercise and mental engagement. The camp fostered meaningful intergenerational connections and demonstrated how play and shared challenges can support healthy development and aging

**1<sup>st</sup> 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. The initiative was aimed at promoting an active lifestyle through sports and training in a mountain environment. The main focus of the program was basic skiing training, which provided an opportunity for children and adults to unite through joint physical activity, learning through experience, and fun.

**2<sup>nd</sup> 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.

The camp combined adapted skiing exercises, coordination games, and playful movement challenges designed to promote motor learning, balance, and intergenerational cooperation. The NeuroPlay



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approach proved effective in engaging both age groups—helping children develop physical confidence and agility while supporting grandparents in maintaining mobility and balance.

The positive atmosphere, shared experiences, and mutual encouragement between generations highlighted the value of the NeuroPlay methodology in fostering active lifestyles, learning through play, and strengthening family bonds in a safe and enjoyable winter setting.

### Photos of Winter events:







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NEURO PLAY

## Photos of Summer events:



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**Project: Continuous intergenerational play for neuroplasticity (NeuroPlay) GA: 101134703; Call: ERASMUS-SPORT-2023-SSCP**



## Feedback from the events:

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.

### 1. General Impressions

Overall satisfaction with the organization and delivery of both camps was high.

- 89% of respondents reported being *satisfied* or *very satisfied* with the general organization.
- Communication before and during the camps was rated as good or excellent by 83% of participants, with several noting clear instructions and friendly staff.
- Safety and supervision were among the best-rated aspects: over 90% felt that children and grandparents were well looked after during activities.
- Facilities and equipment were generally considered appropriate and well maintained, though a few participants suggested additional shaded resting areas for outdoor sessions.

### 2. Program Content

Participants appreciated the diversity and structure of the activities offered at all camps.

- 87% rated the variety of activities as *good* or *excellent*, highlighting climbing, canoeing, and SUP, and skiing and coordination games as particular favorites.
- The balance between physical activity, learning, and fun received positive feedback from 82% of respondents.
- Trainers and instructors were consistently praised for their professionalism, patience, and engaging approach, with over 90% of participants rating them as *good* or *excellent*.

### 3. Intergenerational Experience

The intergenerational structure of the camps was identified as one of the main strengths of the NeuroPlay approach.

- 88% of respondents felt that the camps encouraged interaction and cooperation between children and grandparents *very well* or *well*.
- Many participants commented that shared activities fostered teamwork, communication, and mutual encouragement.
- Three-quarters of grandparents reported a noticeable improvement in their relationship with their grandchildren following the camp experience.

### 4. Perceived Benefits

All participants recognized multiple physical, cognitive, and social benefits of participation:

Aspect	% reporting “Greatly” or “Somewhat improved”
Children’s physical development (balance, coordination, strength)	92%
Children’s confidence and motivation	85%
Grandparents’ physical activity and mobility	81%
Grandparents’ mental stimulation and engagement	79%
Family bonding and shared enjoyment	94%



Qualitative comments highlighted that children became more confident in trying new activities, while grandparents appreciated the chance to be physically active and socially connected in a supportive setting.

## 5. Overall Satisfaction and Suggestions

General satisfaction with the NeuroPlay experience was very high, with 93% of participants indicating they would *recommend the camp to others*.

Positive remarks frequently mentioned:

- The inclusive and friendly atmosphere;
- The professionalism and enthusiasm of the trainers;
- The balance between activity, rest, and shared experiences.

Suggestions for improvement included:

- Extending the duration of the camps by one additional day;
- Introducing more structured reflection or “sharing” sessions between generations;
- Providing more shaded rest areas and additional indoor backup options in case of bad weather.

## Conclusion

The feedback confirms that all camps were well-received and effectively implemented, achieving their goals of promoting intergenerational interaction, active living, and cognitive engagement through play and movement. The combination of well-structured physical activities, engaging educational components, and safe organization contributed to a positive and rewarding experience for both children and grandparents.

Future editions will benefit from incorporating the participants’ suggestions, further strengthening the quality and impact of the NeuroPlay methodology across different settings and seasons.





## NeuroPlay Camp Evaluation Questionnaire

(For parents and grandparents)

**Camp:** ☐ Summer Camp ☐ Winter Camp

**Location:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Relationship to participant:** ☐ Parent ☐ Grandparent

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### Section 1: General Impressions

1. How satisfied are you with the overall organization of the camp?  
☐ Very satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very dissatisfied
2. How would you rate the communication and information provided before and during the camp?  
☐ Excellent ☐ Good ☐ Fair ☐ Poor
3. How would you rate the safety and supervision during the activities?  
☐ Excellent ☐ Good ☐ Fair ☐ Poor
4. Were the camp facilities and equipment appropriate and well maintained?  
☐ Yes, completely ☐ Mostly ☐ Partly ☐ Not really

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### Section 2: Program Content

5. How engaging and enjoyable were the camp activities for the participants?  
☐ Very engaging ☐ Engaging ☐ Somewhat engaging ☐ Not engaging
6. Please rate the variety of activities offered (e.g., climbing, skiing, water sports, workshops, games):  
☐ Excellent ☐ Good ☐ Fair ☐ Poor
7. Did the camp program provide a good balance between physical activity, learning, and fun?  
☐ Yes, completely ☐ Mostly ☐ Partly ☐ Not really
8. How would you rate the trainers and instructors in terms of professionalism and approachability?  
☐ Excellent ☐ Good ☐ Fair ☐ Poor

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### Section 3: Intergenerational Experience

9. How well did the camp encourage interaction and cooperation between children and grandparents?  
☐ Very well ☐ Well ☐ Somewhat ☐ Poorly
10. Did you notice any improvement in the relationship between children and grandparents during the camp?  
☐ Yes, significantly ☐ Yes, somewhat ☐ Not much ☐ Not at all

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### Section 4: Perceived Benefits

11. To what extent do you think the camp contributed to:

Aspect	Greatly	Somewhat	Slightly	Not at all
Children's physical development (balance, coordination, strength)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Aspect	Greatly	Somewhat	Slightly	Not at all
Children's confidence and motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grandparents' physical activity and mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grandparents' mental stimulation and engagement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family bonding and shared enjoyment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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### Section 5: Overall Satisfaction and Suggestions

12. How satisfied are you overall with the NeuroPlay camp experience?

☐ Very satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very dissatisfied

13. Would you recommend this camp to others?

☐ Definitely ☐ Probably ☐ Not sure ☐ Probably not

14. What did you or your family enjoy most about the camp?

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15. What aspects could be improved for future camps?

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16. Any additional comments or suggestions:

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