

GENERATIONS UNITING THROUGH MOVEMENT

Key Info



COUNTRY: Europe | **YEAR(S) ACTIVE:** Jan 2023 – Dec 2024 (Pilot)

ORGANISER(S): Generations Uniting through Movement Org | European Union (EU)

COLLABORATORS: International Sport and Culture Association (ISCA) | National Project Partners (Bulgaria, France, Slovenia, Spain, UK)

TARGET AUDIENCE: Elderly (>65) and Young (<24) People

Summary

Generations Uniting through Movement (GUM) is an EU-funded Erasmus+ project that seeks to facilitate **intergenerational sport and physical activity**. GUM connects young people with seniors to help increase their participation in physical activity through **games and movement-based activities** instead of traditional sports. The project is delivered as **five pilots** in Bulgaria, France, Slovenia, Spain, and the UK.

Objectives

1. **Increase participation** in physical activity among youth and seniors
 - Specifically targets Neets
2. **Develop a European network** of practitioners and organisations to facilitate intergenerational programmes
3. **Provide training and resources** on the design and delivery of inclusive activities
4. **Create digital tools** to track activities, communicate, and design sessions

Best Practices

- ◆ Selected **practitioners receive training** (face-to-face and online)
- ◆ Practitioners facilitate the **co-design and delivery** of 60-minute sessions over an 8-week period
- ◆ Focuses on **traditional games**
- ◆ Programme **outcomes**:
 - GUM EU Network
 - GUM programme model
 - GUM App to track activities
 - Free e-learning courses

Insights

- ◆ 40% of elderly people **feel lonely** and 16% of young people **feel depressed**
- ◆ Erasmus+ grant amount: **€400,000**

