

Key Info



COUNTRY: Portugal, Italy, Spain, Slovenia, Bulgaria, Greece, Hungary | **YEAR(S) ACTIVE:** 2015 - 2024

ORGANISER(S): Olympics4all | European Union (EU)

COLLABORATORS: Local and Regional Public Authorities | Local Sports Associations and Communities | University Faculties

TARGET AUDIENCE: Elderly persons 60+

Summary

Olympics4all is a project that was launched in Portugal and then expanded to be an **intergovernmental partnership** with Italy, Spain, Slovenia, Bulgaria, Greece, and Hungary to **promote the role of sports in health and enhance social inclusion for the elderly** through intergenerational activities and competition. Olympics4all is an innovative physical activity programme that delivers **adapted sports and traditional games** to senior citizens. Annual Olympics4all competitions were also organised across the participating countries.

Objectives

1. **Increase physical activity levels in seniors** to improve sustainability and encourage social resilience
2. **Create age-friendly physical environments** in communities with a high dependency ratio of elderly
3. **Develop intellectual outputs**, including studies, best practice guidelines, and educational resources
4. **Promote use of public sports and leisure facilities** by local residents



Best Practices

- ♦ Two **major projects**:
 - IN COMMON SPORTS+ 2021-23: Fit, Food and Fun for Elderly
 - IN COMMON SPORTS 2018-21: Intergenerational Competition
- ♦ **Organised intergenerational competitions** with adapted sports
- ♦ **Ensure participation** of local complementary organisations

Insights

- ♦ Involved over 1600 participants and 120 institutions
- ♦ Over 30 sports competitions organised
- ♦ Notably, senior participation grew but youth diminished