



ASSOCIATION OF THE UNIVERSITIES OF THE THIRD AGE
«CLEPSYDRA»

PUBLIC ORGANIZATION
«CENTER FOR EDUCATION» UNIVERSITY OF THE THIRD AGE»

THE III INTERNATIONAL FESTIVAL OF SUMMER SENIORIADA «SPORT FOR ALL BE HEALTHY»

The festival is the winner of the Regional contest of local initiatives of the
Volyn Oblast Council in 2018

22 - 26 August 2019

Kyiv-Lutsk-Lviv

The main goal of the Festival is to attract people aged 50+ to physical fitness, sports and mass events as one of the factors of a healthy lifestyle and an active way of living as well as to psychological, art-therapeutic, creative, cultural measures for the harmonization of the internal health of the methods of art and creativity.

Main goals and objectives of the Festival are as follow:

- to inspire (**involve**) seniors to take care of their health, good physical and psychological condition;
- to meet the seniors' needs in active leisure, entertainment and self-development;
- to promote active and healthy lifestyles among seniors as the basis of active longevity.

Place and duration of the event

The III International Festival of Summer Senioriada «SPORT FOR ALL BE HEALTHY» will be held among seniors (hereinafter - the Festival) at the Stadium «Sportivne yadro» on the base of the Solnechny camp in the Volyn Regional Center for Tourism, Sport and Excursions, Lutsk Youth Sport School № 2 since the **21nd till 26th, August, 2019.**

The deadline is from August 21 to August 26, 2018.

The participants of the Festival

For participation at the Festival we invite seniors aged 50+ who are students of Universities and Centers of the Third Age, Centers of Social Services, NGOs and Clubs of Older Adults from Ukraine and abroad.

Participation can be both individual and teamwork.

Individual registration of participants takes place by filling in the participant's electronic registration form: <https://goo.gl/forms/Y7DY52iWonxH0tCZ2>.

Each participant bears personal responsibility for his/her health, technical training and the adequacy of his/her actions. The organizers advice to the participants to undergone a medical examination before the Competition and to be familiar with the requirements of safety measures are allowed to compete. The organizers of the Festival recommend to each participant has individual insurance poles.

The participants of the Festival who are members of one organization must be teamed with its name, flag, banner, team attributes (balls, flowers, voice signals, etc.)

Each team must have:

- the sports uniform: T-shirts of the same color with their attributes (emblem, badges, ties, scarves, etc.) and proper sports equipment;
- prepare greetings to the Festival: song-hymn about the organization, song about the city/country, slide presentation of the success of the organization's activities;
- bring presentation and visual materials from the experience of the organization (posters, flyers about organization, books from the educational process, notebooks, pens, business cards, articles of needlework etc., for sale and as gifts);

At an integration party each team is expected be in a national costume or with its elements or in artistic suits.

During the period from August 1st to 23d, 2019, the Photo Contest-Exhibition «Golden Age - the Joy of Life» will be taking place.

All photos of the lives of seniors will be posted on the UTA Facebook page at the addresses:

<https://www.facebook.com/UTALutsk/>

<https://www.facebook.com/UTV.fest/>

For participation at the Photo Contest the team is expected have 5 photographs from the everyday life of seniors of their organization (of good quality).

The winners will be determined by Internet voting. The number of votes will be determined by clicking on the «like" button under the photo that you like.

The awards will be held on August 23d, 2019. during the official closing of the INSPIRA Art Festival.

The deadline and procedure for applying for participation in the Festival

Registration of seniors for participation in the Festival is submitted with the Application (Annex 1) by August 01, 2019: utv.senior@gmail.com

Registration fee for participation in the Festival - 20 €

Accommodation, meals, travel expenses, participation in the integration party and Festival events are at the expense of the participants of the Festival themselves or at the organizations that delegate them.

	Breakfast	Lunch	Dinner	Accomodation
21 August	2.5 €	3-4 €	5 €	15-30 €
22 August	2.5 €	free	5 €	15-30 €
23 August	2.5 €	free	10 €	15-30 €
24 August	2.5 €	3-4 €	5 €	15-30 €
25 August	2.5 €	3-4 €	-	15-30 €
26 August	2.5 €			
Total	15 €	9-12 €	25 €	75-150 €

Costs of transfer from Kyiv to Lutsk and from Lutsk to Lviv per person is 10-15 €

APPLICATION FOR PARTICIPATION

Team _____

Sports			
Running for a distance of 60 m	Age	Name, surname	
		men	women
	50+		
	60+		
	70+		
Running for a distance of 200 m	50+		
	60+		
	70+		
	80+		
Pushing the kernel	50+		
	60+		
	70+		
	80+		
Arm wrestling	50+		
	60+		
	70+		
	80+		
Darts (without age division)	50+ и старше	The number of participants is not limited (men, women)	
Checkers (without age division) (2 people)		men/women	men/women
Kayak competitions (2 people)		men	women
Bicycle figurine	50+		
	60+		
	70+		
Shooting from a rifle	50+		
	60+		
	70+		
	80+		
Crossover Cross Country	50+		
	60+		
Table Tennis (without age division) (2 people)		men	women
Sport orientation (without age division) (2 people)		men	women
Brain ring			

(without age division) (Team - 4 people)			
Chess (without age division) (2 people)		men	women
Mass events without competitions for everyone who wants to participate			
Master class of Ukrainian folk dances	number of people - _____		
Tai Chi Yoga	number of people - _____		
Yoga in a pair	number of people - _____		
Spontaneous dance	number of people - _____		
Zumba dancing	the number of participants is not limited (men, women)		
Art-psychological flash mob	number of people - _____		
Collective dance, without competition	the number of participants is not limited (men, women)		
number of people - _____ Sports contests For everyone who wants to participate, the number of participants is not limited			
	age	men	women
«Universal athlete»	50+ and older		
«Universal forcemen»	50+		
	60+		

Information about the captain of the team:

Surname, name _____

Phone for contact _____

E-mail _____

Signature:

Information about the team:

Number of participants of the Festival _____

Number of fans _____

The artistic amateur activities:

Dance (name of dance) _____

Choral singing (song title) _____

Individual singing (song title) _____

FESTIVAL PROGRAM

1st to 23d, August 2019 –Photo Contest-Exhibition «**Golden Age - the Joy of Life**»

<https://www.facebook.com/UTALutsk/>

<https://www.facebook.com/UTV.fest/>

19-20th, August 2019

Culture Program in Kyiv «ANCIENT AND MODERN CAPITAL: WITH UKRAINE IN HEART»: Bus Excursion around the City; Walking Tour and Visiting sightseeing, Museums; River Dnieper Tour by Boat and other

21st, August 2019

11.00 - 16.00 Arrival of the participants of the Festival;

14.00 – 16.00 Excursion around the city of Lutsk and its Old part.;

17.00 – 22.00 **INTEGRATION PARTY**, cultural program of the participants of the Festival and guests (*each team is expected be in a national costume or with its elements or in artistic suits*)

22nd, August 2019

The III International Summer Seniorsyada «LIFE IS THE MOVEMENT»

10.00 – 10.30 **Official Opening and ignition of the Olympic fire of the III International Summer Seniorsyada «LIFE IS THE MOVEMENT»**

11.00 – 17.00 Sports competitions

17.00 – 19.00 **Official Closing of Seniorsyada and extinguishing the Olympic fire of the III International Summer Seniorsyada «LIFE IS THE MOVEMENT», celebration of winners of prize-winning places, handing of cups to teams.**

19.00 – 23.00 Free time (dinner at the city cafe).

23d, August 2019

The III Art Festival «INSPIRA»

(courtyard of the Lutsk castle)

08.30 – 12.00 acquaintance of the participants of the Festival with the activities of the Universities/Centres of the Third Age (designing the place for presentation materials of each organization);

09.00 – 17.00 Exhibition and sale of handmade products of students of the Universities/Centres of the Third Age;

09.00 – 17.00 Photo Contest-Exhibition «**Golden Age - the Joy of Life**»; Exhibition of pictures from the Numerography «**Numerography - meaningful signal of Health**»;

10.00 – 10.30 **Official opening and greetings of guests of the Art Festival «INSPIRA»;**

11.00 – 12.30 **Roundtable «Silver Age: Challenges and Prospects»** (Leaders and representatives of delegations are invited);

10.30 – 13.00 Master classes of psychological and art techniques;

- 12.00 – 14.00 Master classes of Cosmetology and Visage «Appearance and Soul Inner Beauty» from cosmetic company Oriflame;
- 12.30 – 14.30 Photosession of participants of the Master Class of Cosmetology and Visage;
- 13.00 – 15.00 Master classes of psychological and art techniques;
- 14.00 – 16.00 **Team Work in Strategic Session «Building a Successful UTA»**
- 15.00 – 17.00 Master class of Numerography «**Numerography - meaningful signal of Health**», creation of the participants of the Festival of the common numberphotographic picture
- 17.00 – 17.30 **Official Closing of the III Art Festival «INSPIRA»
Summing up. Exchange of thoughts. Creation of shared photos, celebration of winners of prize-winning places, handing of cups to teams. Awarding winners of Photo Contest-Exhibition «Golden Age - the Joy of Life».**
- 19.00 – 23.00 **CELEBRATION DINNER, CULTURAL PROGRAM OF PARTICIPANTS OF THE FESTIVAL AND INVITED GUESTS.**

24th, August 2019

- 10.00 - 12.30 Bowling tournament - Entertainment Center «Promin»;
- 12.30 – 13.00 Awarding Tournament winners;
- 14.00 – 22.00 participation in events of the city celebration of the Independence Day of Ukraine;
- 18.00 - 19.00 dinner at the city cafe of the city.

25th, August 2019

- 08.00 - 09.00 breakfast at the city cafe of the city;
- 09.00 – 14.00 excursion program of historical places of Volyn;
- 14.00 – 21.00 lunch and active outdoor activities;
- 21.00 Free time.

26th, August 2019

Departure of the Festival participants.

27-28th, August 2019 Culture Program in Lviv «THROUGH CENTURIES IN LVIV: WITH UKRAINE IN HEART»: Bus Excursion around the City; Walking Tour and Visiting sightseeing, museums

PROGRAM OF SPORT EVENTS

Running for a distance of 60 m

individual competitions

Start with a high position.

Participants are divided by age groups 50+, 60+, 70+, 80+ men and women.

Running for a distance of 200 m

individual competitions

Start with a high position.

Participants are divided by age groups: 50+, 60+, 70+, 80+men and women.

Pushing the kernel

individual competitions

Competitions consist in pushing the nucleus to a great distance.

Participants are divided by age groups: 50+, 60+, 70+, 80+men and women.

Arm wrestling

individual competitions

Competitions are to squeeze out their rival hands on the legs at the table.

Participants are divided by age groups: 50+, 60+, 70+, 80+men and women.

Table Tennis

(You need to have your own tennis racket)

(Maximum of 2 people from the team of participants regardless of gender).

Individual competitions for women and men regardless of age category.

Darts

Individual competitions for women and men regardless of age category.

Bicycle figurine

(Bicycles are provided by organizers)

individual competitions

The competition is to overcome the distance of 500 m on a bike in accordance with the layout of the figures, without violating the order of their placement.

Participants are divided by age groups: 50+, 60+, 70+men and women.

Crossover Cross Country

(You need to have your own bikes)

individual competitions

The competition is to overcome the distance of 1000 m at speed on cross-country terrain.

Participants are divided by age groups: 50+, 60+men and women.

Chess

(Maximum of 2 people from the team of participants regardless of gender).

Individual competitions for women and men regardless of age category.

Shooting from a rifle

Participants are divided by age groups: 50+, 60+, 70+men and women.

Sport orienteering is an individual competition for solving a task with the help of a map, a compass, and other instruments for orienting in space.

Individual competitions for women and men regardless of age category.

Kayak competitions - competitions to overcome the distance of 1 km on a kayak at speed.

Individual competitions for women and men regardless of age category.

Sports contest "Universal athlete" - complex game competition for one total result in various sports:

(Tailing the ball with a tennis racket, hit the ball into a basketball basket, accurate kicking the soccer ball at the goal from this distance, frisbee - hit the target, throwing the rings to the goal, etc.)

Individual competitions for women and men regardless of age category.

The number of participants is not limited, everyone can be.

Sports competition "Universal Force" - a complex force competition for one overall result in various sports:

(Tightening on the crossbar or bending and bending of the arms in the back of the lying (men), bending and bending of the hands in the stroke lying with the knees bent (women), lifting the trunk in the gray for 1 minute, 20 squats for 30 minutes, torso forward from sitting positions, lifting weights 16 kg (men), etc.).

Individual competitions for women and men aged 50+, 60+.

The number of participants is not limited, everyone can be.

Checkers

(Maximum of 2 people from the team of participants regardless of gender).

Individual competitions for women and men regardless of age category.

Brain ring

Team competition and guessing questions on erudition, on speed and correctness.

The team consists of 4 people, regardless of age and gender

CONTACT INFORMATION

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