

February 2024

**CSIT Formation Course' *Physical activities for seniors*'****14. -16. June 2024 in Maria Enzersdorf Südstadt, Austria**

Dear friends,

It's a pleasure for the CSIT working group "Physical activity for seniors 55+ and ASKÖ" to invite you to participate in a formation course 14.-16. June 2024 in Maria Enzersdorf Südstadt, Austria.

**Background and purpose to the formation course**

Scientists have found out, that no matter how old or weak people have become, they are still trainable. This means that they are able to adapt and respond to physical training in a positive way – very much like any other age group. Participation in a regular exercise program is an effective way to reduce or prevent a number of functional declines associated with aging.

For many reasons formation is a crucial choice for all offering activities for seniors. We have extensive experiences and knowledge in some of the member organisations of CSIT and the formation course is a great opportunity to provide inspiration for new activities and to offer "tools" for planning activities for seniors.

**Target group**

Anyone, who would like to gain international inspiration as an organiser or instructor on physical activities for seniors.

**Language**

The course language is English, with partly translation to French and German.

**Preliminary contents**

- Good Practice examples in Austria
  - "Klein & Groß" - children and the elderly - intergenerational movement)
  - "Sesselgymnastik" - Exercises with, on and around the chair, from simple exercises to advanced execution
  - "Aufbau-Fit, Jumping Fit" – training with ergometers and trampolines
  - "BeA – Betreut Aktiv-Fit" - senior fit project for assisted living facilities
- Walking Football, Krolf, best practice from Anneliese

**Preliminary program** (timetable: also see last page)

14. June 2024: Arrival in Vienna. Transfer to Maria Enzersdorf Südstadt (30 minutes)  
12.00 Lunch and course program,  
18.00 Dinner and transfer to the hotel
15. June 2024: Morning and afternoon: program  
16.00 City tour to Vienna  
Evening: Lunch in the City (by your own)
16. June 2024: Morning: Networking and departure from the hotel and transfer to Vienna Airport

**Where:** BSFZ Südstadt  
Liese Prokop Platz 1  
2344 Maria Enzersdorf  
[www.suedstadt.bsfz.at](http://www.suedstadt.bsfz.at)

**Fee per person:** 350.- Euros in double room (2 nights);  
380.- Euros in single room (2 nights)

This includes the formation course, accommodation for 2 nights, meals and transfers between Airport, hotel, gymnastic room and Vienna sightseeing

**Registration:** to Peter Staribacher: [peter.staribacher@gmail.com](mailto:peter.staribacher@gmail.com)  
with copy to Sylvia Laukes: [Sylvia.laukes@askoe.at](mailto:Sylvia.laukes@askoe.at)

**Final registration:** to Peter Staribacher, together with payment

**Information:** Peter Staribacher e-mail: [peter.staribacher@gmail.com](mailto:peter.staribacher@gmail.com)

**Acceptance**

Since the number of places is limited **to about 25 persons**, it must be emphasised that we may limit the number of participants from each union. The calculated **minimum of participants are 20 persons**.

We will confirm your participation and inform about the final program and the payment after **25<sup>th</sup> April 2024**

**Welcome to the CSIT Formation Course 2024****Birthe Henriksen**CSIT Vice-President / Sport for All & Sport  
for Elderly People**Peter Staribacher**

ASKÖ and CSIT Working Group 55 +

### Timetable (1. Draft)

Status 09.02.2024			Friday 14.06.2024	Saturday 15.06.2024	Sunday 16.06.2024
07:30	08:00		Arrival	Breakfast	Breakfast
08:00	08:30				
08:30	09:00				
09:00	09:30			Walking Football France / ASKÖ	Networking Departure
09:30	10:00				
10:00	10:30				
10:30	11:00				
11:00	11:30				
11:30	12:00				
12:00	12:30		Lunch	Lunch	
12:30	13:00				
13:00	13:30		Project "Groß und Klein" Steffanie Spörl	Kroft Denmark	
13:30	14:00				
14:00	14:30				
14:30	15:00		Break, change clothes		
15:00	15:30		Project "Aufbau-Fit, Jumping Fit" Petra Höllhuemer	Break, change clothes	
15:30	16:00				
16:00	16:30		Break, change clothes	City visit Dinner	
16:30	17:00		"Sesselgymnastik" Petra Höllhuemer		
17:00	17:30				
17:30	18:00				
18:00	18:30		Dinner		
18:30	19:00				
19:00	19:30				
19:30	20:00		Project "BeA - Betreut- Aktiv-Fit" (Tirol) Petra Höllhuemer		
20:00	20:30				
20:30	21:00				

**Preliminary Registration form**

**CSIT formation course 'Physical activities for seniors'**

**14.-16. June 2024 Maria Enzersdorf Südstadt, Austria**

**Member Union:**

**Contact person:   Name:**  
**e-mail:**  
**Phone:**

**Number of participants:**

**Date:**

**Responsible in the union:**

**Registration:**       to Peter Staribacher e-mail: [peter.staribacher@gmail.com](mailto:peter.staribacher@gmail.com)

**Bank account and payment requirement:**

IBAN: AT85 1200 0006 7507 8000;

BIC: BKAUATWW

Money transfer reference in the systems must be: "CSIT Seniors 2024"