



CONTINUOUS INTERGENERATIONAL PLAY FOR NEUROPLASTICITY: THE NEUROPLAY PROJECT

The NeuroPlay project (GA: 101134703) addresses the growing need for innovative approaches to promoting health and well-being across generations. With approximately 1.5 billion grandparents worldwide, this project highlights the untapped potential of intergenerational activities to promote neurological development in children and support healthy aging in older people.

As part of this project, we are exploring the possibilities of intergenerational play as an effective tool for promoting cognitive, physical, and social well-being. These activities create unique opportunities for interaction that allow younger and older generations to learn from each other and develop mutual respect and understanding. Through carefully designed motor-cognitive exercises, NeuroPlay promotes neuroplasticity, the brain's ability to adapt and form new neural connections, which benefits participants of all ages.

NeuroPlay emphasizes collaborative activities that stimulate lateral motor transfer, a method that encourages the application of skills learned in a certain context to other tasks. By incorporating neuroscience principles, the project ensures that its activities are both scientifically sound and practically engaging.

Project Partners:

The project is carried out by a consortium of international experts:

1. Slovenian Association of Kinesiologists (KiSi), Slovenia – Lead partner.
2. Športno društvo Snowpack (Snowpack), Slovenia.
3. Sdruzhenie Balgarsko Ski Uchilishte (Bulgarian Ski School, BSS), Bulgaria.
4. The International Association of Snowsports in Schools and Universities (IAESS), Austria – contribution to knowledge translation and content development.

Goals and Objectives

NeuroPlay aims to achieve the following:

- To promote the neurological development of children and support the cognitive and physical health of seniors.
- Promote intergenerational cooperation through year-round activities.
- To develop and disseminate innovative methods for motor-cognitive training.

Activities and Results

As part of the project, workshops, camps, and joint events were organized in Slovenia and Bulgaria for children and seniors. The main activities included:

- **Workshops** introducing the NeuroPlay method and its neuroscience-based framework.
- **National workshops** focusing on intergenerational activities such as kayaking, balance training, and AcroYoga to improve motor-cognitive skills and strengthen the bonds between generations.
- **Seasonal camps** with various activities such as stand-up paddleboarding and motor-cognitive games designed to promote neuroplasticity and prepare the participants for future challenges.

In all these activities, IAESS from Austria has played a crucial role in the implementation of knowledge and content development. The project also includes a digital platform to track the participants' progress and motivate them to stay engaged.

Impact and Future Directions

NeuroPlay has created a solid foundation for intergenerational collaboration that contributes to healthier aging in seniors and better neurological outcomes in children. By promoting mutual understanding and year-round engagement, this project is in line with the Erasmus+ priorities and demonstrates the transformative power of intergenerational play. Planned activities include additional workshops and camps to further extend the reach and impact of the project.

Recognitions

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Information on the Project

Project: Continuous Intergenerational Play for Neuroplasticity (NeuroPlay)

Grant agreement: 101134703

Call: ERASMUS-SPORT-2023-SSCP

Website: <https://kisi.si/neuroplay/>

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NEPREKINJENA MEDGENERACIJSKA IGRA ZA NEVROPLASTIČNOST: PROJEKT NEUROPLAY

Projekt NeuroPlay (GA: 101134703) se osredinja na naraščajočo potrebo po inovativnih pristopih za spodbujanje zdravja in dobrega počutja vseh generacij. Po vsem svetu živi približno 1,5 milijarde starih staršev, kar ponuja izjemen, toda premalo izkoriščen potencial medgeneracijskih dejavnosti za spodbujanje nevrološkega razvoja otrok in podpiranje zdravega staranja starejših.

V okviru projekta raziskujemo možnosti medgeneracijske igre kot učinkovitega orodja za spodbujanje kognitivnega, fizičnega in socialnega blagostanja. Te dejavnosti ustvarjajo edinstvene priložnosti za interakcijo, ki omogočajo mlajšim in starejšim generacijam, da se učijo druga od druge ter razvijajo medsebojno spoštovanje in razumevanje. Projekt NeuroPlay s skrbno oblikovanimi gibalno-kognitivnimi vajami spodbuja nevroplastičnost – sposobnost možganov, da se prilagajajo in tvorijo nove nevronske povezave, kar koristi udeležencem vseh starosti.

NeuroPlay poudarja sodelovalne dejavnosti, ki spodbujajo lateralni motorični transfer – proces, ki spodbuja prenos naučenih spretnosti z enega konteksta na druge naloge. Projekt z vključevanjem nevroznanstvenih načel zagotavlja, da so dejavnosti znanstveno utemeljene in hkrati privlačne za udeležence.

Projektni partnerji

Projekt izvaja konzorcij mednarodnih strokovnjakov:

1. Društvo kineziologov Slovenije (KiSi), Slovenija – vodilni partner,
2. Športno društvo Snowpack (Snowpack), Slovenija,
3. Združenje Balgarsko Ski Uchilishte (Bolgarska smučarska šola, BSS), Bolgarija,
4. Mednarodno združenje za športe na snegu v šolah in na univerzah (IAESS), Avstrija – prispevek k prenosu znanja in razvoju vsebin.

Cilji in namen

Projekt NeuroPlay si prizadeva doseči te cilje:

- spodbujati nevrološki razvoj otrok ter podpirati kognitivno in fizično zdravje starejših,
- spodbujati medgeneracijsko sodelovanje s celoletnimi dejavnostmi,
- razviti in širiti inovativne metode za gibalno-kognitivni trening.

Dejavnosti in rezultati

V okviru projekta so bili v Sloveniji in Bolgariji organizirane delavnice, tabori in skupni dogodki, pri katerih so sodelovali otroci in starejši. Ključne dejavnosti so vključevale:

- **Delavnice**, ki so predstavljale metodo NeuroPlay in njen nevroznanstveni okvir.
- **Nacionalne delavnice**, osredinjene na medgeneracijske dejavnosti, kot so kajakaštvo, trening ravnotežja in AcroYoga, za izboljšanje gibalno-kognitivnih sposobnosti in krepitev vezi med generacijami.
- **Sezonski tabori** z različnimi dejavnostmi, kot so stoječe veslanje in gibalno-kognitivne igre, ki spodbujajo nevroplastičnost in udeležence pripravljajo na prihodnje izzive.

Pri vseh teh dejavnostih je imelo ključno vlogo pri implementaciji znanja in razvoju vsebine združenje IAESS iz Avstrije. Projekt vključuje tudi digitalno platformo, ki omogoča spremljanje napredka udeležencev in jih spodbuja k nadaljnji vključenosti.

Vpliv in prihodnje usmeritve

Projekt NeuroPlay je postavil trdne temelje za medgeneracijsko sodelovanje, ki prispeva k zdravemu staranju starejših in boljšim nevrološkim izidom pri otrocih. S spodbujanjem medsebojnega razumevanja in celoletnega vključevanja je projekt v skladu s prednostnimi nalogami programa Erasmus+ in dokazuje preobrazbeno moč medgeneracijske igre. Načrtovane dejavnosti vključujejo dodatne delavnice in tabore za nadaljnje širjenje dosega in vpliva projekta.

Zahvala

Podpora Evropske komisije pri pripravi te publikacije ne pomeni odobritve vsebine, ki izraža izključno mnenja avtorjev, in komisija ne more biti odgovorna za kakršnokoli uporabo informacij, ki jih vsebuje ta publikacija.

Informacije o projektu

Projekt: Neprekinjena medgeneracijska igra za nevroplastičnost (NeuroPlay)

Številka pogodbe o donaciji: 101134703

Razpis: ERASMUS-SPORT-2023-SSCP

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