

PROJECT TIMETABLE

Project activity	2015												2016												DIVISION OF TASKS	
	MO	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23		M24
COORDINATION, EVALUATION, FOLLOW-UP																										Each partner coordinate regional and nationally
Kick off meeting																										By Skype. Participation of all.
Coordination meetings																										Spain/Italy/France/Uk/Germany
Evaluation and Internal Reports																										UPNA
Contingency Plan																										UPNA
Follow-up																										UPNA
GUIDELINES FOR PRESCRIPTION OF PHYSICAL EXERCISE PROGRAMMES																										Each study visit/each host country
STUDY VISITS (SPAIN) 5 days (Pamplona)					SP																					UPNA
STUDY VISITS (ITALY) 5 days										IT																Milan
STUDY VISITS (FRANCE) 5 days											FR															Toulouse
STUDY VISITS (UK) 5 days																			UK							Kingston
STUDY VISITS (GERMANY) 5 days																DE										Ulm
GUIDELINES E-BOOK EDITION																										Toulouse and CDOP
LOCAL TRAINING FOR HEALTH PROFESSIONALS																										Each partner in own region. General coord: Milan
4 week update training for health center professionals																										Spain/Italy/France/Uk/Germany
4 week update training for home care assistants.																										Spain/Italy/France/Uk/Germany
4 week update training for retirement homes staff																										Spain/Italy/France/Uk/Germany
4 week update training for elderly leisure time and sport facilitators																										Spain/Italy/France/Uk/Germany
4 week update training for vocational education training staff																										Spain/Italy/France/Uk/Germany
PROTOCOLS TO BE IMPLEMENTED WITH PATIENTS																										Germany general coordination
Creation of regional groups for e-meetings (twice each month)																										General coordination meetings and contents: Germany
Pilot work with elderly at hospitals and retirement homes (20 p/partner)																										UPNA coord. Each partner coordinates pilots in own country.
European expert conference (3 days) in Spain (Madrid)																										Madrid
APP Tele-based training programmes																										Toulouse and CDOP
AWARENESS MATERIALS																										Each partner in own region. Specific materials by Spain
Brochures																										UPNA
Posters																										UPNA
Web 2.0																										UPNA
Guides																										Madrid
Local and Regional Media Campaign (radio, tv...)																										Each partner regional and national level

PARTNERS

- P1 UNIVERSIDAD PUBLICA DE NAVARRA - Pamplona - Spain
- P2 UNIVERSITAET ULM - Ulm - Germany
- P3 NICHE SCIENCE & TECHNOLOGY LTD - Kingston upon Thames - UK
- P4 SERVICIO MADRILENO DE SALUD - Madrid - Spain
- P5 CENTRE HOSPITALIER UNIVERSITAIRE DE TOULOUSE - Toulouse - Francia
- P6 UNIVERSITA CATTOLICA DEL SACRO CUORE - Milan - Italia