



How can you organise GUM? 5 keys to success



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www.generationsmove.org

COMBINED TRAINING

It seems that linking two different sports or combining different activities works very well; e.g., combining music and movement. Organise these activities in places with easy access (park, near elderly home)

CREATING A BUDDY SYSTEM

Participants feel more engaged if there is a buddy system. i.e., one youngster connected to one older person.

CO-CREATION OF ACTIVITIES

Allowing and guiding participants to co-create an activity seems to have a good impact on successful implementation.

TOOLKITS

Elements of success; toolkits, promotional materials, proper planning and networking opportunities. Use the scientific information ([click here](#)) for successful implementation.

CROSS-SECTORAL TRAINING

It helps to build trust among collaborating parties if there is a common goal. For example, sports and green environment.

GUM

Why should generations move together?

It is known that programmes which bring together young people and the elderly have positive effects on both generations (preventing loneliness, reducing depression, improving self-esteem etc.) This factsheet could lead to a bigger network and more effective projects.

40%

Sadly, 40% of elderly people are feeling lonely and 16% of young people are feeling depressed. Overall, less than 40% of these target groups are reaching the recommended amount of physical activity.

(Cunningham et al, 2020 & Sun et al, 2012); (Surkalim et al, 2022 & Van As et al, 2022)



AIM

The Generations Uniting Through Movement (GUM) Project aims to use games and sports as one way to promote intergenerational relationships and increase physical activity by setting up an innovative and sustainable GUM programme.



MAIN PURPOSES

One of our main purposes as the GUM partnership is to work on a creative and sustainable GUM programme that allows both generations to co-create activities as well as increase the awareness at local and national levels about the importance of intergenerational movement and physical activities.



TARGET GROUPS

- Older people (defined as seniors aged 65 years and over for the purpose of this project) whose participation in physical activity and sport tends to decline as they age.
- Young people (for the purpose of this project defined as those between 16 and 24 years), whose life long physical activity habits are in their formative stage.