



SECOND CALL

4<sup>th</sup> January 2021

BRIDGING RESEARCH & PRACTICE

# ACTIVE AGING

– new challenges, new opportunities

EGREPA CONFERENCE

19<sup>th</sup>- 21<sup>st</sup> of May 2021, Krakow/Poland

**The conference** will focus on a wide range of themes related to physical activity and aging, including physical activity for special populations such as cognitively impaired people, life space and mobility, big data in exercise and aging, personalized exercise, new technologies in exercise for older adults.

**The program will include** sessions presenting original research as well as practical workshops.

**ACTIVE AGING** – new challenges, new opportunities will be a hybrid conference with maximum flexibility for speakers and participants.

**The city of Krakow** is a fantastic location. The cradle of history, culture & science placed in the heart of Europe, well connected with most of the European capitals, offering comfortable Conference facilities and unique tourist attractions! In this magic city we can organize unforgettable moments of integration ([www.youtube.com/watch?v=PuoWsm2DvYs](http://www.youtube.com/watch?v=PuoWsm2DvYs)).

Co-funded by the  
Erasmus+ Programme  
of the European Union



 Actimentia



European Group for Research  
into Elderly and Physical Activity



PLinEU

**The 1<sup>st</sup> Conference Day (May 19<sup>th</sup>)** in collaboration with the EU-funded Erasmus+ project “Actimentia”: practitioners (representatives of NGOs, Seniors’ Day Care Centers, Medical fitness), volunteers, as well as researchers & students who are interested in practical programs and the use of a special website <https://actimentia.org/>, are invited.

**The 2<sup>nd</sup> & 3<sup>rd</sup> Conference Day (May 20<sup>th</sup> and 21<sup>st</sup>)** in collaboration with Academy of Physical Education in Krakow: researchers, students, and practitioners are invited.

The venue will create a unique opportunity for scientists, researchers and practitioners to exchange and share their experiences and research results on all aspects of physical activity and aging.

### Keynote speakers:

**Prof. Taina Rantanen**, University of Jyväskylä, Finland,  
**Prof. Eling De Bruin**, ETH Zurich, Switzerland and Karolinska Institute, Sweden

### Key dates:

- **20<sup>th</sup> of January 2021** extended deadline for all submissions: Posters & Oral presentations & Symposia
- **20<sup>th</sup> of February 2021**: Notification of acceptance

**For accepted speakers** – make sure to register by 28<sup>th</sup> of February to be in the program!

### Registration and fees:

- Early bird fee: 200 € – for registrations before 15<sup>th</sup> of March 2021
- Standard fee: 250 €
- **a discount of 50 € for:**
  - EGREPA members (membership info at [www.EGREPA2021.org](http://www.EGREPA2021.org))
  - “Low income” and “middle income” countries according to World Bank classification
  - graduate/undergraduate students

### The following Symposia have already been accepted:

1. **Training of cognition and motor performance in very old age and nursing home residents: feasibility and effects of tailored approaches**
2. **Relationship of physical and cognitive performance in community-dwelling older adults and nursing home residents**
3. **Life-Space mobility in old age**
4. **Healthy aging: From the brain to the muscles**

New website:  
[www.EGREPA2021.org](http://www.EGREPA2021.org)

### The Conference is organised in cooperation:

EGREPA, University of Münster, Academy of Physical Education in Krakow, European Advisors’ Association PLinEU  
contact: [akademia@plineu.org](mailto:akademia@plineu.org)

### Scientific Committee:

Prof. Dr. Yael Netz, the Academic College at Wingate, Israel • Prof. Dr. Michael Brach, University of Münster, Germany • Prof. Dr. Heinz Mechling, Emeritus, German Sport University Cologne, Germany • Dr. Timo Hinrichs, University of Basel, Switzerland • PD Dr. Rafał Stemplewski, University School of Physical Education, Poznan, Poland • Dr. Oron Levin, KU Leuven, Belgium • Prof. Dr. Wiebren Zijlstra, German Sport University Cologne, Germany • Prof. Dr. Soledad Ballesteros, Universidad Nacional de Educación a Distancia (UNED), Madrid, Spain, Dr. Magdalena Majer, Poland

### Organizing Committee:

**European Advisors’ Association PLinEU:** Mrs Sylwia Tałach-Kubas, Mrs Elżbieta Zadęcka-Cieślík, Mrs Małgorzata Bednarczyk, Ms Anna Grudzień • **Academy of Physical Education:** Dr. Joanna Gradek • **University of Münster, Germany:** Ms Ellen Bentlage