



INVITATION

Asociatia Babilon Travel is partner to the Erasmus+ sport project “Swim to Live 3” coordinated by ŠD Riba Slovenia.

The target group are adults older than 50, who are already active in their life (in various areas).

We invite you to be involved in the project. All of the participants will have the opportunity to swim one hour per week (Palatul Copiilor Cluj-Napoca, each Monday 20:30-21:30 PM) and have one lesson of strength training combined with mindfulness (Liceul Special pentru Deficienti de Vedere Cluj-Napoca, each Thursday 17:00-18:00) per week for 6 months for free.

All of the participants will occasionally be filmed and photographed during training and will do two interviews, since the goal of the project is to spread the idea of an active lifestyle between adults especially “young” pensioners. The material will be used on our web portal (www.swimtolive.org) and on our Facebook and Instagram page. We will make sure that the material will be of quality and that you will like yourself. We will also organize 4 Open House events during the project, where you will be able to invite your friends and beloved ones to join the fun.

Five participants will be invited to travel with us to two transnational meetings to Italy and Slovenia and all of you will be invited to attend the transnational meeting in Romania. The first meeting will be in Romania (May 3-6, 2019, Sungarden Resort 5*, near Cluj-Napoca). The second meeting will be in Italy (October 4-7, 2019, Bacoli). The last meeting will take place in Slovenia (November 8-11, 2019). You will be able to meet and mingle with the rest of the participants on the project and during the final event, we will perform on a masters swimming event - competitive or noncompetitive.

If you are interested in cooperating in the project, please send us an e-mail to office@babilontravel.net. We will have a meeting before we start the project on Thursday, March 7, 17:00 PM at the Special High School for Visually Impaired, Calea Dorobantilor nr. 31, Cluj-Napoca, to discuss the details and start exercising.

THANK YOU



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

