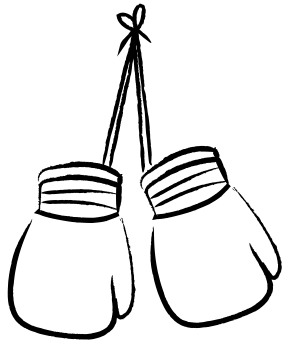
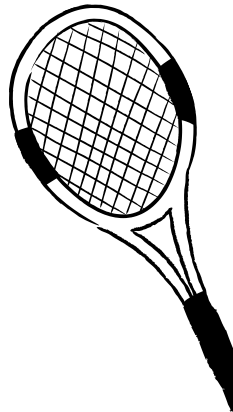
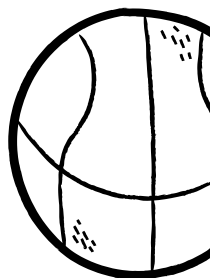
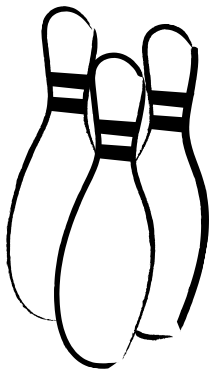
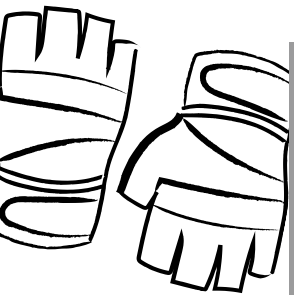


SIMBIOZA
GIBA

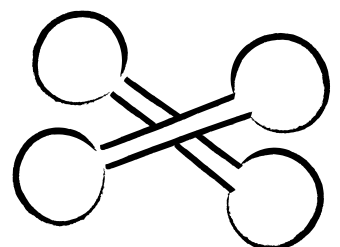
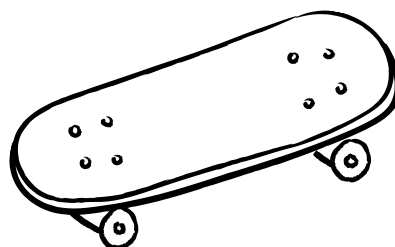
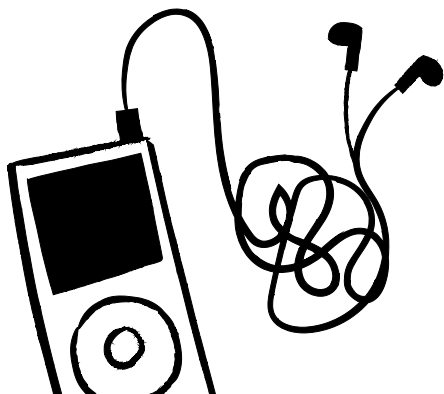
SIMBIOZA GIBA 2024

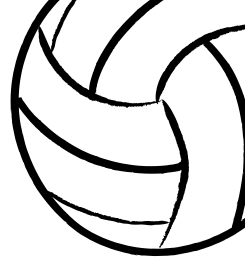
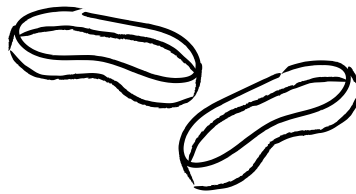
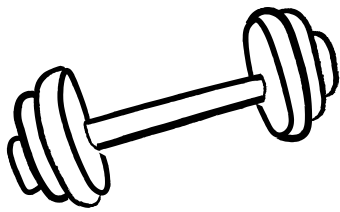


**KNJIŽICA NASVETOV
IN IDEJ**



APRIL, 2024

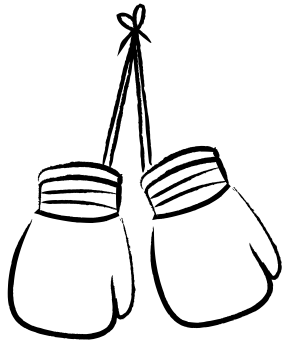




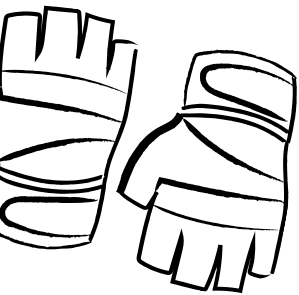
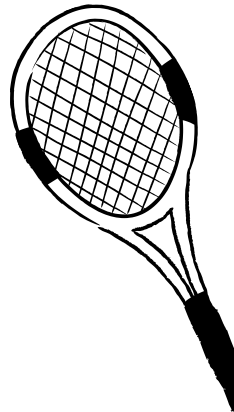
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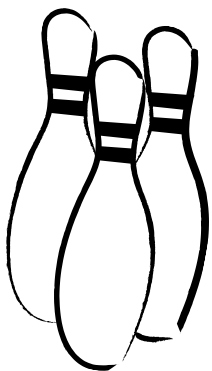
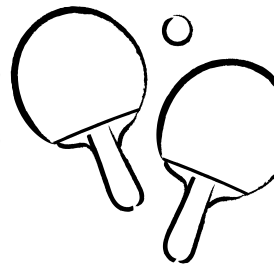
O PROJEKTU:



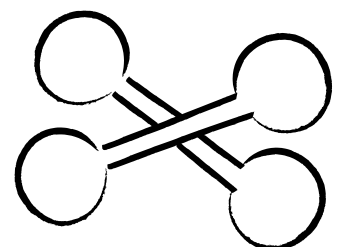
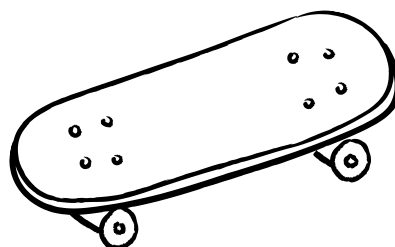
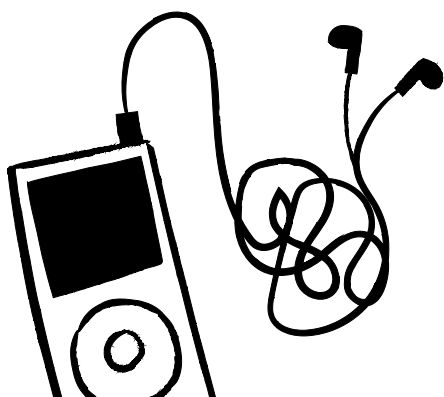
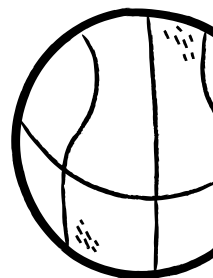
Simbioza Giba je največja vseslovenska akcija, ki združuje idejo medgeneracijskega sodelovanja, prostovoljstva in gibanja.

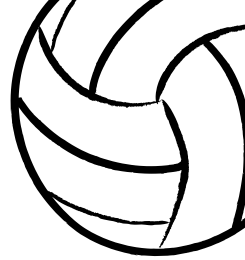
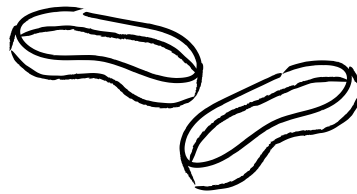
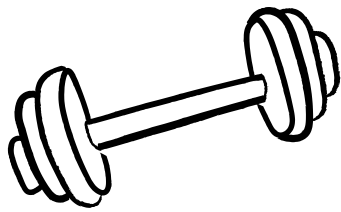


Spodbujamo zdrav življenjski slog vseh generacij, ustvarjamo medgeneracijsko sodelovanje, omogočamo brezplačno spoznavanje novih gibalnih, rekreativnih in športnih aktivnosti in spodbujamo aktiven in zdrav način življenja v vseh življenjskih obdobjih.



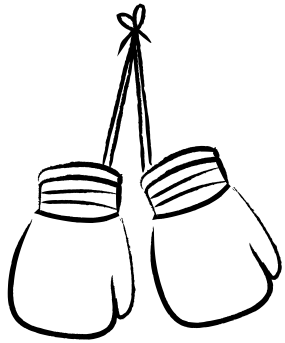
Vseslovenska akcija bo v letu 2024 potekala cel mesec maj, zaključila pa se bo 1. junija v Mozirskem gaju na praznovanju 10. obletnice Simbioze!



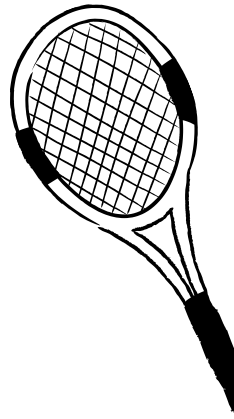


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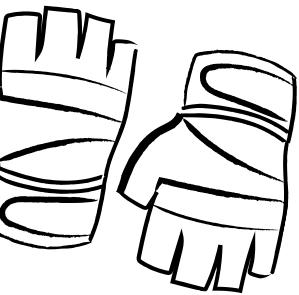
GIBA



POTEK IZVAJANJA AKCIJE

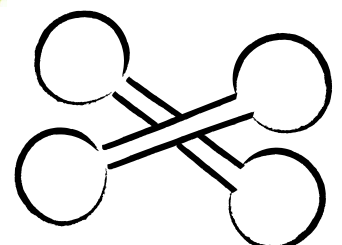
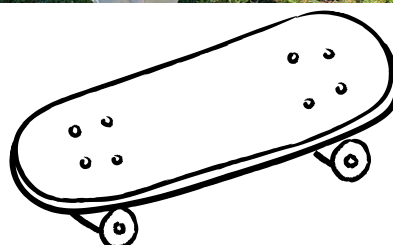
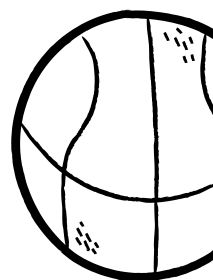
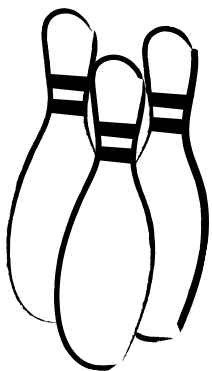
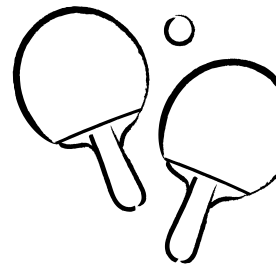


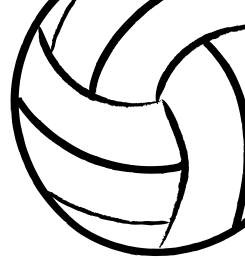
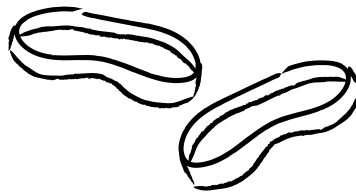
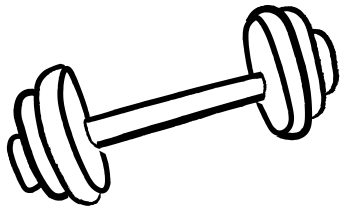
Simbioza GIBA se izvaja v lokalnih okoljih, na dva načina:



1) preko organiziranja in izvajanja brezplačnih športnih dogodkov v vaših skupnostih,

2) preko sodelovanja z uporabo GIBAlnih paketov, ki vam jih vsak teden pošljemo na vaše elektronske naslove.

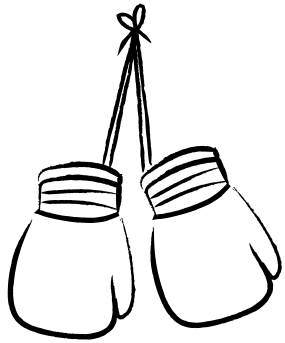




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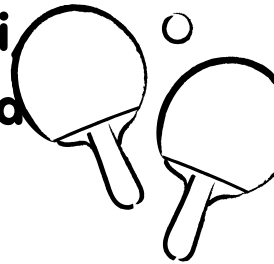
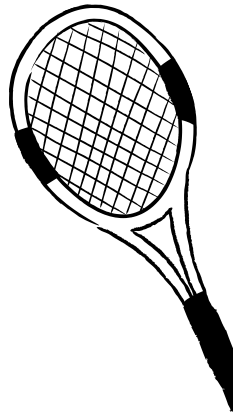
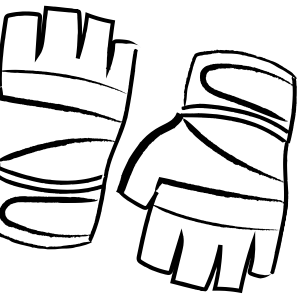
GIBA

Ideje za izvajanje akcije:

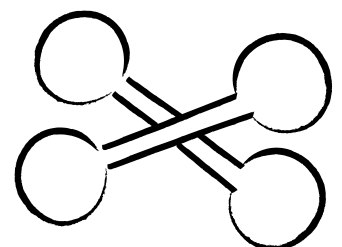
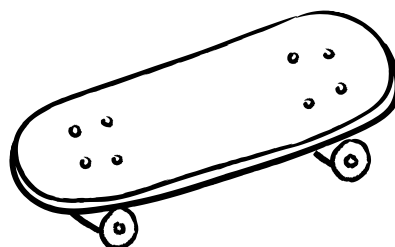
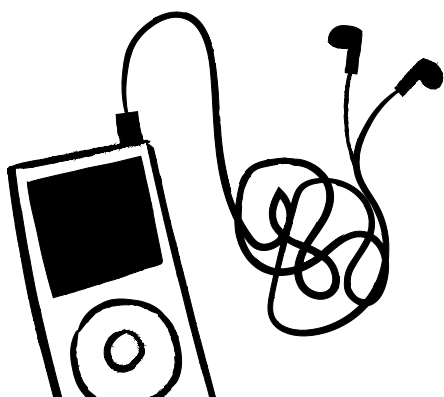
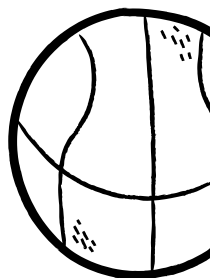
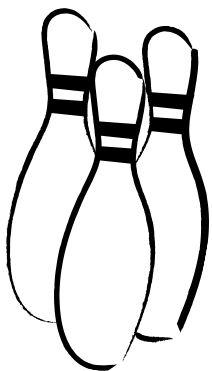


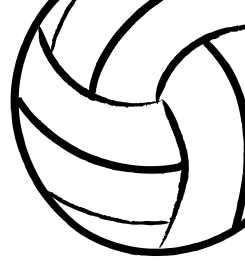
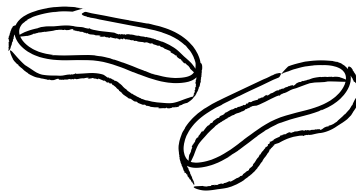
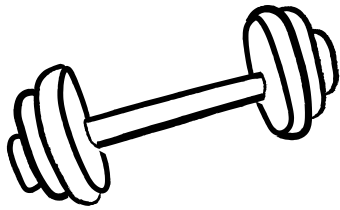
Skupinske vadbe na prostem:

Organizirajte skupinske vadbe na prostem, kot so joga v parku, skupinske tekaške ali sprehajalne skupine, aerobika na prostem ali druge skupinske aktivnosti, ki spodbujajo gibanje in druženje na svežem zraku.



Medgeneracijske športne igre: Pripravite dogodek, kjer se lahko različne generacije pomerijo v športnih igrah, kot so nogomet, košarka, odbojka, namizni tenis ali druge športne aktivnosti, ki so primerne za vse starosti.

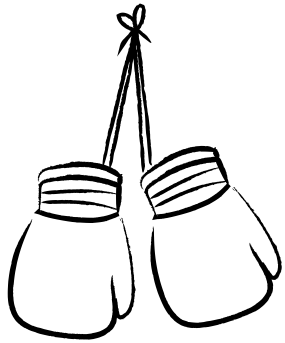




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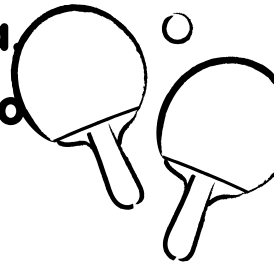
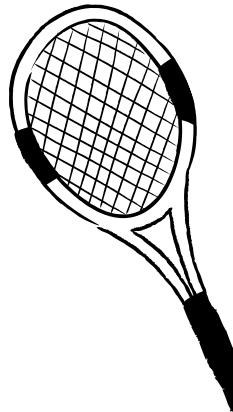
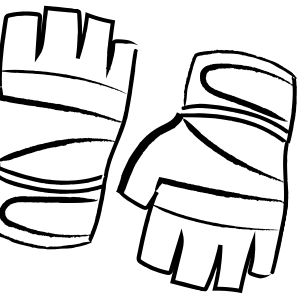
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Ideje za izvajanje akcije:



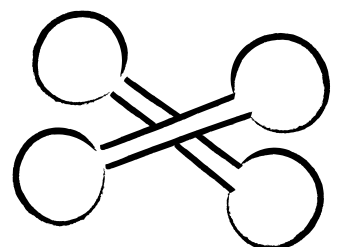
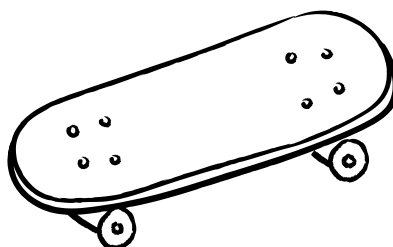
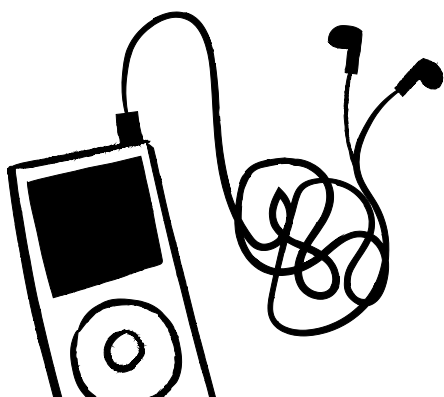
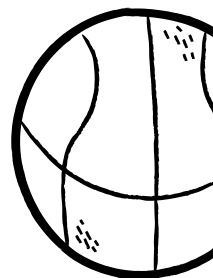
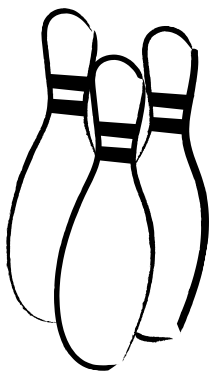
Delavnice o zdravem načinu življenja:

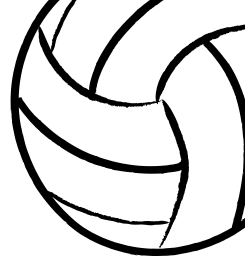
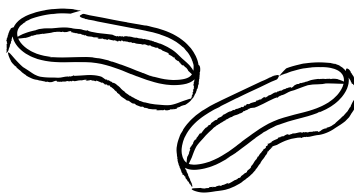
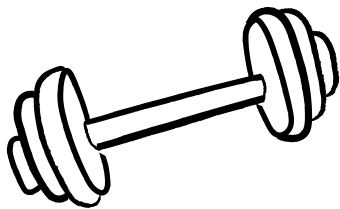
Organizirajte delavnice, kjer se lahko ljudje naučijo o pomenu zdrave prehrane, redne telesne vadbe, pravega počitka in drugih vidikov zdravega načina življenja. Vključite praktične aktivnosti, kot so kuhanje zdravih obrokov ali vadba doma.



Pohodniške ali kolesarske ture:

Organizirajte skupinske pohodniške ali kolesarske ture po naravnih poteh ali mestnih parkih. To je odlična priložnost za raziskovanje okolice, spodbujanje gibanja in druženje med generacijami.





SIMBIOZA

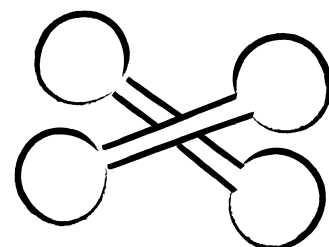
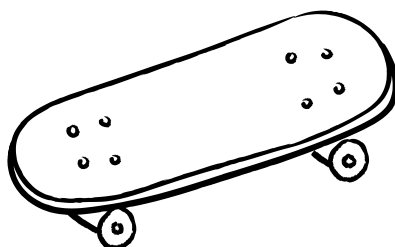
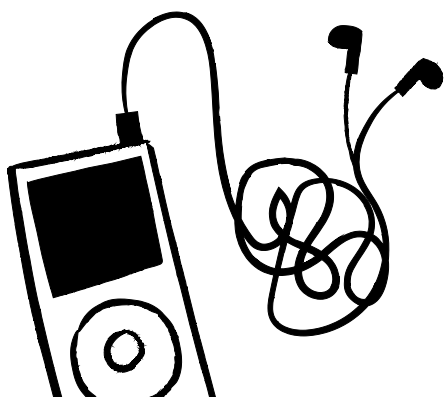
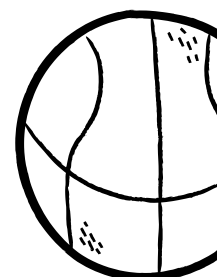
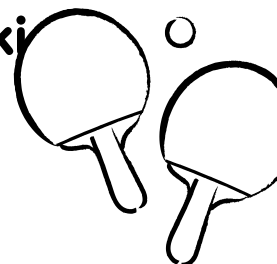
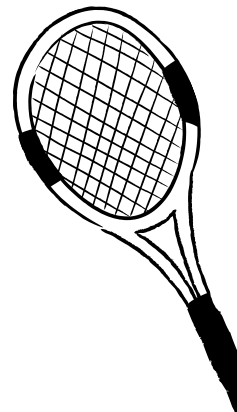
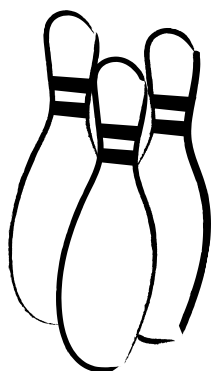
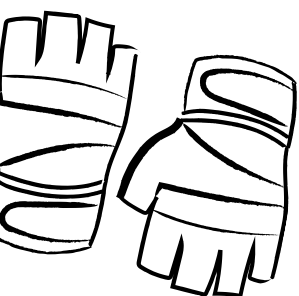
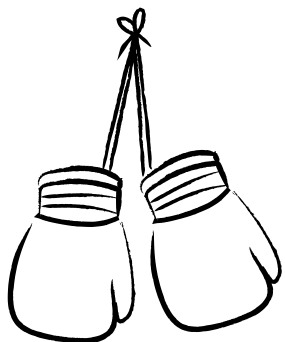
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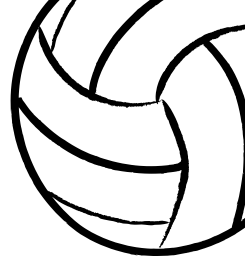
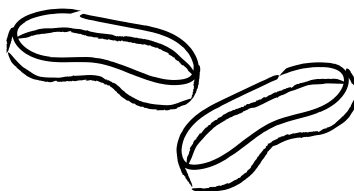
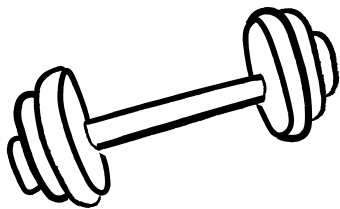
Ideje za izvajanje akcije:

Sodelovanje z lokalnimi športnimi klubi:

Povežite se s lokalnimi športnimi klubi in organizirajte dogodke ali vadbe v njihovih prostorih. Lahko organizirate ogled tekem, vadbe v dvorinah ali druge aktivnosti, ki jih ponujajo športni klubi.

Tematski dogodki: Pripravite tematske dogodke, kot so dan plesa, dan nordijske hoje, dan vodnih športov ali dan borilnih veščin. Vsak dogodek naj bo osredotočen na določeno vrsto vadbe in spodbuja aktivno življenje.





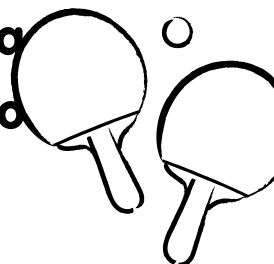
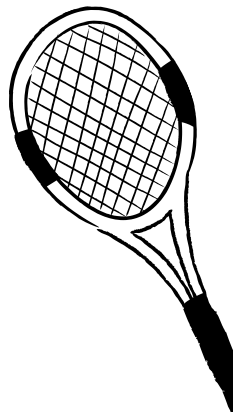
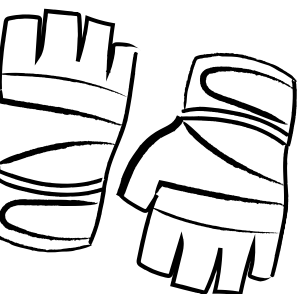
SIMBIOZA

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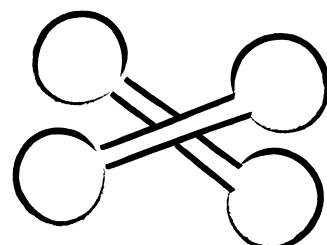
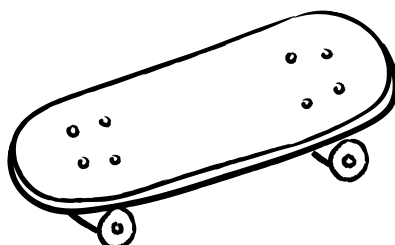
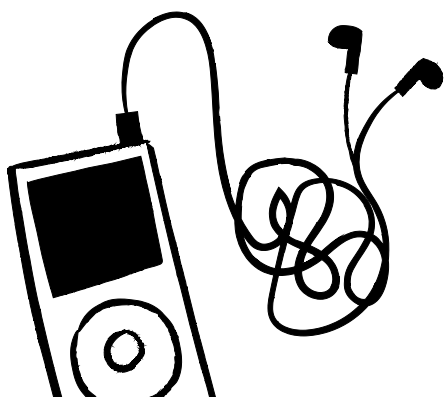
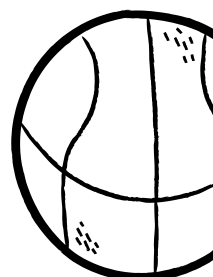
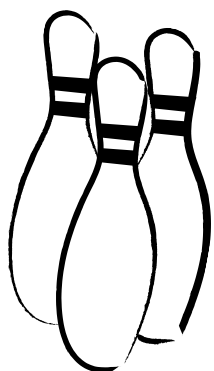
Ideje za izvajanje akcije:

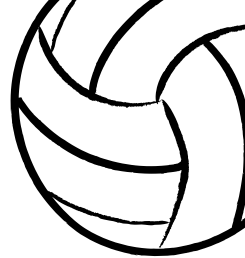
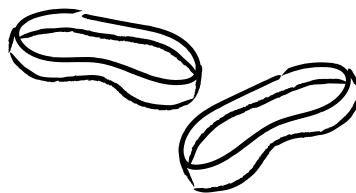
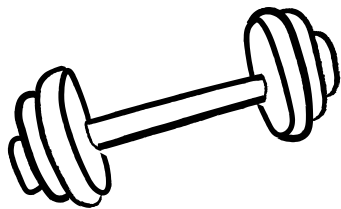


Tekmovanja in izzivi: Organizirajte tekmovanja ali izzive, ki spodbujajo ljudi k redni telesni dejavnosti. Lahko organizirate tekmovalne dogodke, kot so maratoni, športni turnirji ali izzivi na socialnih omrežjih, kjer ljudje beležijo svojo aktivnost.



Vadba za posebne skupine: Pripravite vadbo, ki je prilagojena posebnim skupinam, kot so starejši, invalidi ali ljudje z določenimi zdravstvenimi stanji. To lahko vključuje prilagojene vadbene programe, ki so varni in učinkoviti za vse udeležence.





SIMBIOZA

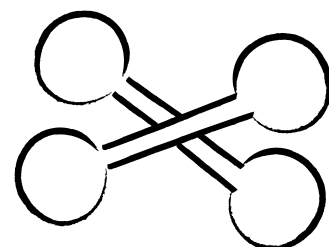
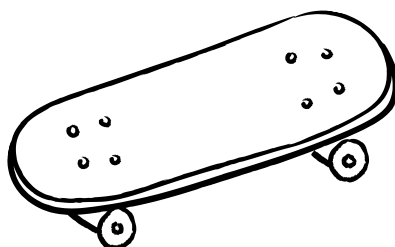
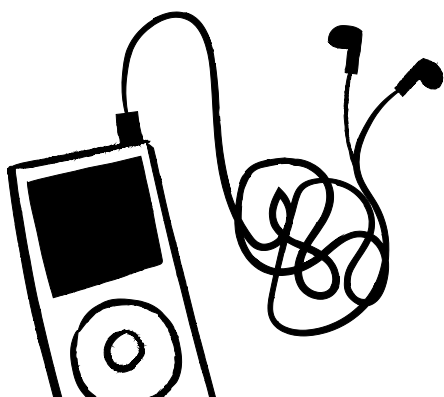
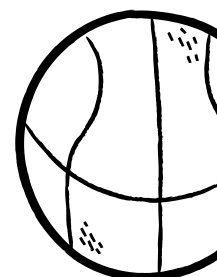
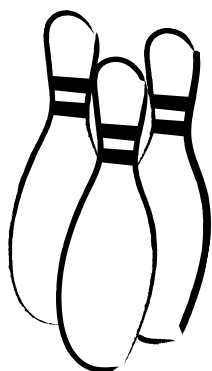
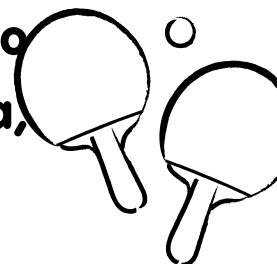
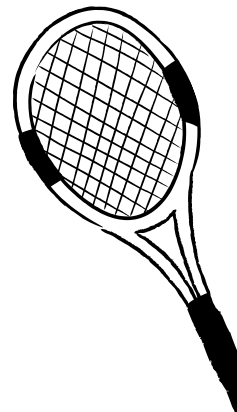
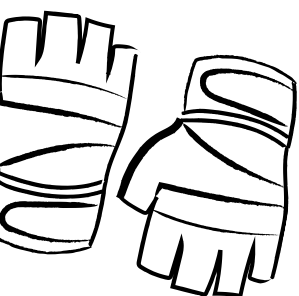
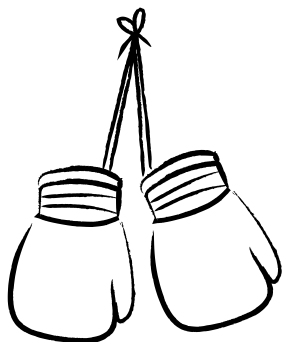
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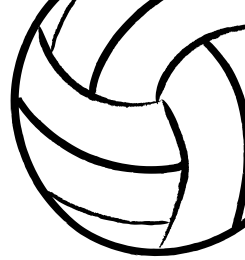
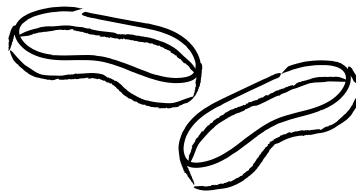
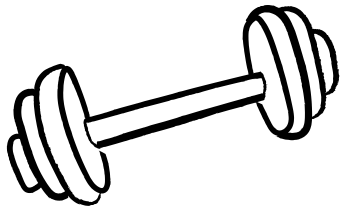
Ideje za izvajanje akcije:

Online vadba in delavnice: Organizirajte online vadbe in delavnice, ki so dostopne preko spleta. To omogoča širšemu krogu ljudi, da se udeležijo aktivnosti, ne glede na njihovo lokacijo ali urnik. Lahko vključite različne vrste vadbe, kot so joga, pilates, funkcionalna vadba itd.

Družinske športne aktivnosti:

Organizirajte dogodek, kjer se lahko družine udeležijo skupinskih športnih aktivnosti. To lahko vključuje družinske turnirje v badmintonu, piknik z aktivnostmi na prostem ali družinske pohodniške izlete.

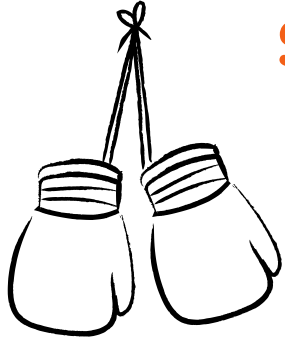




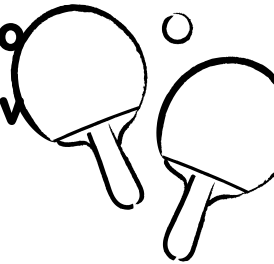
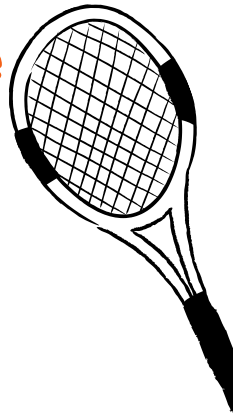
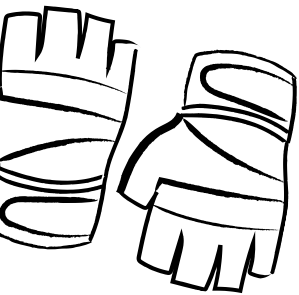
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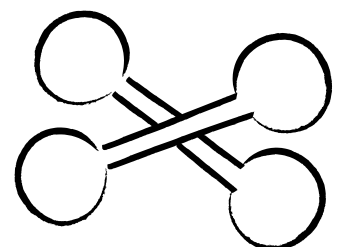
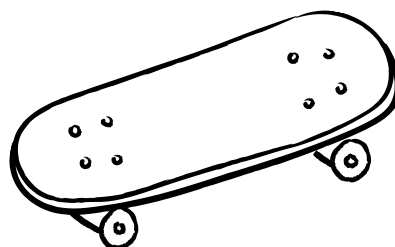
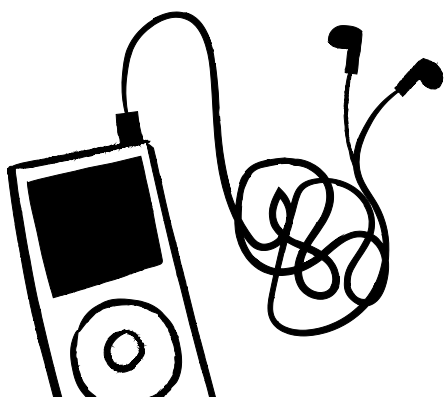
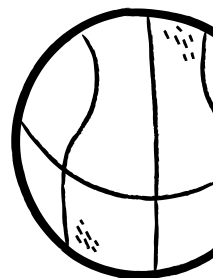
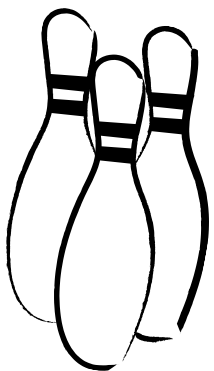
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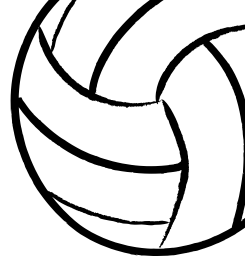
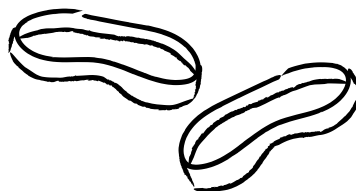
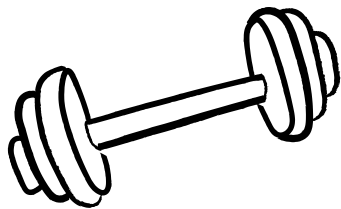


Vključite lokalno skupnost: Vključite lokalne šole, vrtce, domove za starejše, športna društva, zdravstvene ustanove in druge organizacije v vašem okolju. Sodelovanje z različnimi skupinami lahko prinese bogatejše izkušnje in poveča vpliv vaše akcije.



Promocija dogodkov: Poskrbite za ustrezno promocijo vaših dogodkov. Uporabite družbena omrežja, lokalne medije, plakate, letake in druge kanale komunikacije, da dosežete čim več ljudi v vaši skupnosti.

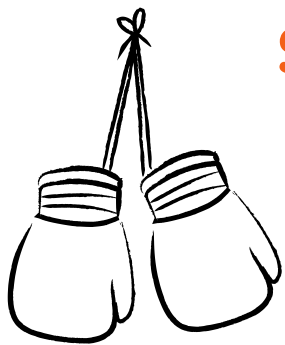




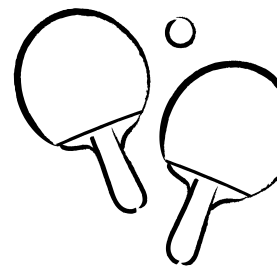
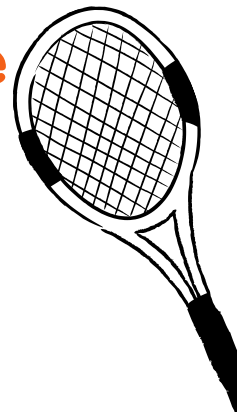
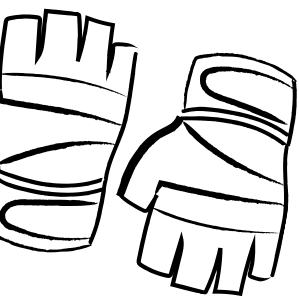
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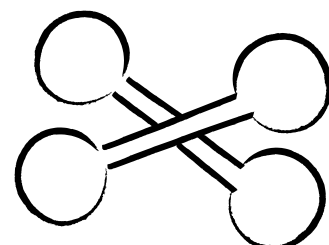
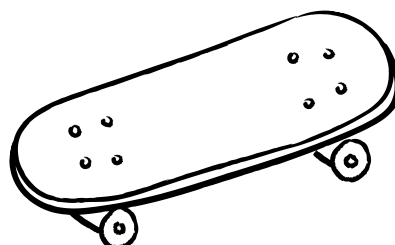
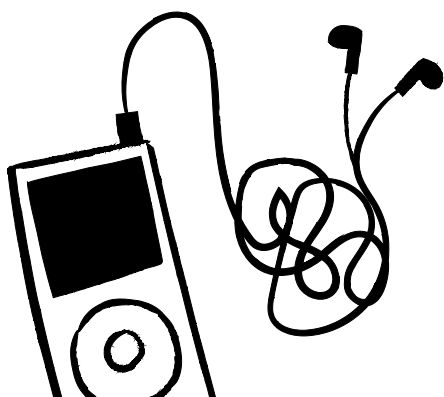
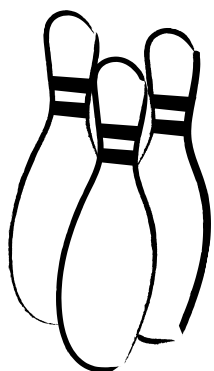
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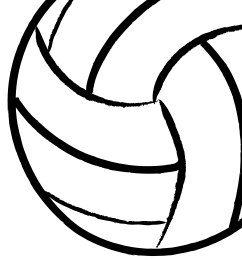
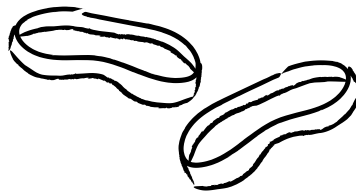
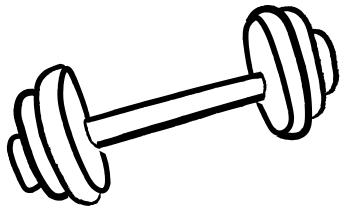


Prilagodite aktivnosti: Upoštevajte različne potrebe in interese različnih skupin ljudi. Prilagodite aktivnosti, da so primerne za vse starostne skupine, sposobnosti in interese.



Varovanje zdravja: Poskrbite za varnost in zdravje udeležencev. Zagotovite, da so prostori in oprema varni za uporabo, in upoštevajte smernice za preprečevanje poškodb in nalezljivih bolezni.

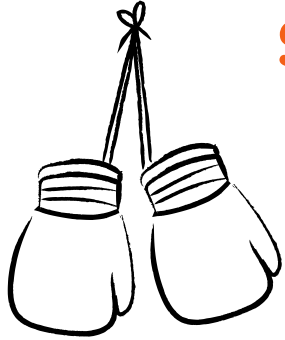




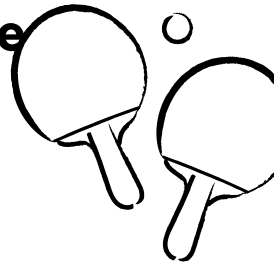
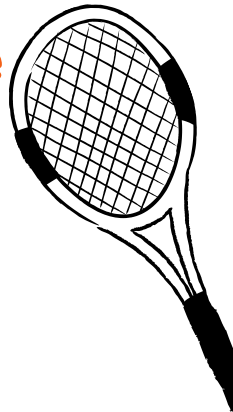
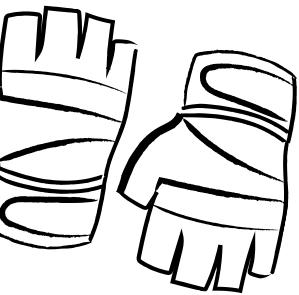
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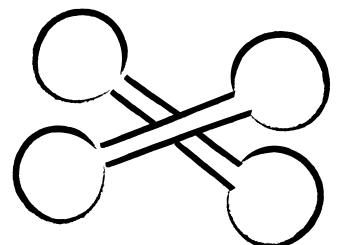
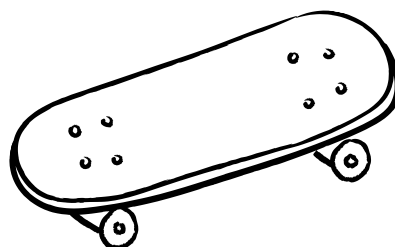
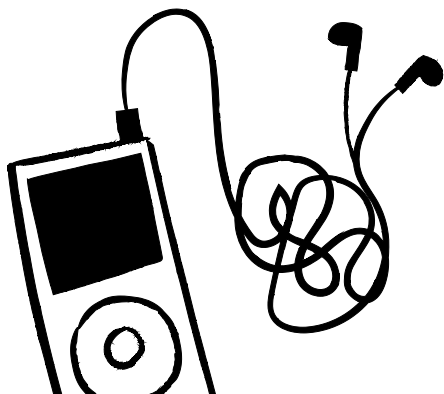
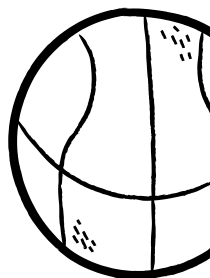
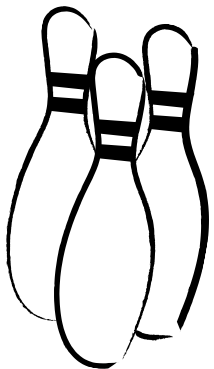
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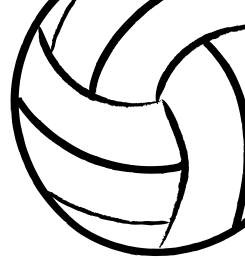
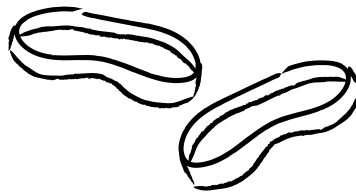
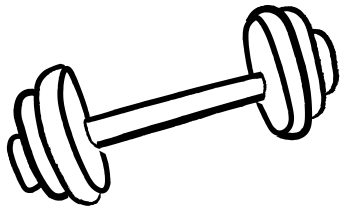


Evalviranje in povratne informacije: Po vsakem dogodku zbirajte povratne informacije od udeležencev. To vam lahko pomaga izboljšati prihodnje dogodke in prilagoditi aktivnosti glede na potrebe vaše skupnosti.



Trajnost: Razmislite o trajnostnih praksah pri organizaciji vaših dogodkov. Uporabite okolju prijazne materiale, spodbujajte trajnostne načine prevoza in zmanjšajte odpadke kolikor je mogoče.

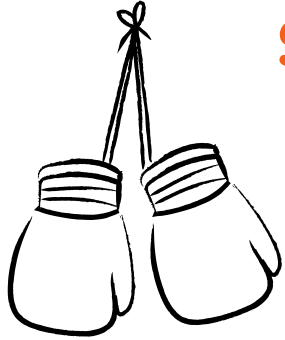




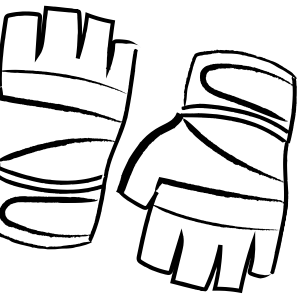
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Splošni nasveti za uspešno izvajanje akcije Simbioza Giba:



Zabava in povezovanje: Ne pozabite, da je namen Simbioza Gibe tudi spodbujanje zabave, povezovanja in pozitivne energije. Poskrbite, da bodo vaši dogodki prijetni in prijazni za vse udeležence.



Sodelovanje prostovoljcev: Vključite prostovoljce pri organizaciji in izvajanju vaših dogodkov. Prostovoljci lahko pomagajo pri različnih opravilih, kot so postavljanje opreme, vodenje skupin, oskrba udeležencev in še več. Sodelovanje prostovoljcev lahko prinese dodatno podporo in dinamiko vašim aktivnostim ter poveča povezanost skupnosti.

