

EXAMPLE PROJECTS *in brief*

EXAMPLE TWO

Organisation:	Royal Life Saving Society (SA)
Target Group:	Mature aged, culturally and linguistically diverse background, non/limited swimming skills.
Partnerships:	Royal Life Saving Society – National Body, Vietnamese Community in Australia, SA Chapter, Adelaide Aquatic Centre
Barriers:	Language Motivation Transport Cultural Lack of confidence
Program:	Introduction of Water Familiarisation to the Senior Vietnamese Community The aim of this program is to assist the mature aged predominantly from culturally and linguistically diverse backgrounds with a particular focus on those with non/limited swimming skills in the Adelaide metropolitan area become more physically active by facilitating an aquatic program servicing the senior Vietnamese community.
Barriers Addressed:	<i>Language</i> Bi-lingual presenter. <i>Motivation</i> The structure of the program allows social interaction between participants and encourages physical activity. <i>Transport</i> Vietnamese Community van was arranged at no cost to participants through the Vietnamese Community in Australia, SA Chapter. <i>Cultural</i> Culturally acceptable and comfortable swim wear for elderly participants were made. <i>Lack of confidence</i> Adult water familiarisation and basic water safety techniques were incorporated into the program.
Items Funded:	Transport Training of bi-lingual presenters Pool costs Advertising Salaries