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## D9.15 – Report on the Final Conference

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e-VITA – European-Japanese Virtual Coach for Smart Ageing

e-VITA (EU PROJECT NUMBER 101016453)

Work-package 9 – Dissemination & Exploitation

**D9.15 Report on the final conference of the project**

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2021-2024 Participants in project e-VITA

## Executive Summary

This document is a report of the e-VITA Final Conference that was organised online on March 7-8<sup>th</sup> 2024 by AGE and IMT and hosted by IMT in Evry (France). The conference was a successful two-days event based on six main sessions and six sub-sessions inside, with two invited speakers for the main sessions, 11 invited speakers for the satellite event on Knowledge Graphs and LLMs, twenty-seven other speakers in overall inside the six sub-sessions, a demonstration of the e-VITA coach and a presentation of preliminary project results of the proof-of-concept study (Wave2) experiments. The conference had 215 registered participants on site (91) and online (124), and the presentations were interpreted between Japanese and English.

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## 1 Purpose of the final conference

The e-VITA project has an elaborated dissemination plan which is to support the main objectives of WP9: to develop the basis for exploitation of the project results within the project's business strategy and IPR framework, and to build and manage a community for the project by establishing a network for dissemination of the scientific results and conducting communication activities in Europe and Japan. The secondary objective of WP9 is to disseminate the idea of active and healthy ageing and smart living to the primary end users and secondary stakeholders, and thus be able to generate an impact for research projects in the public and scientific communities in Europe and Japan.

To support these goals, the project plan includes two workshops in the project's life-time: an intermediate or mid-term conference in Japan at M18, and a final conference in Europe at M36. The intermediate conference was agreed to be organized in Tokyo by AIST, and the final conference will be organized in Evry (south-east of Paris) by IMT. The purpose of the Final Conference was to disseminate the results from Living Labs (in particular intercultural studies though Europe and Japan) and the final wave 2 field trials operated with the final e-VITA Coach prototype, and also to propose perspectives as well as in the research domain related to AI, Large Language Models, well-being sensors and devices but also into the business AgeTech area with the barriers due to data security, privacy-preserving and acceptance for older adults.

Moreover, the goal of the Final Conference was to strengthen international cooperation and synergies with other EU and Japanese funded projects as well as to liaise with relevant initiatives in both continents, such as the European Innovation Partnership on Active and Healthy Ageing and the Silver Economy Strategy. The target number of participants was set to 120, and as it turns out we well achieved this target by attracting 215 registered participants on site (91) and online (124) from Japan and Europe. The presentations were interpreted between Japanese and English, with 2 invited speakers, one from Japan, one from Europe, 11 other invited speakers for the satellite event on Knowledge Graphs and LLMs and 27 other speakers in overall inside the six sub-sessions.

## 2 Practicalities

### 2.1 Organization

The Final Conference was organized in Evry (France) at the IMT-Telecom SudParis Campus and IMT-Business school. Evry is located at about 30 kms South-East of Paris.

The main organizers of the Final Conference were AGE Platform and IMT, sharing respectively the event programming and the infrastructure hosting on site. For the early preparation of the event and also particular assistance to particular aspects (invited speakers, contents of the sessions...) they could manage the Final Conference organization in collaboration with the whole project Partners support as well as from Japan as Europe.

### 2.2 Tasks

- **Programme**

The program was developed together with the partners who suggested invited speakers and selected the topics.

- **Interpretation services**

The interpretation was outsourced. Offers were received and a company was selected. AGE and TOHOKU took care of the practical issues. The translation service was excellent help.

- **Zoom hosting**

We used SNAPCOM webinar system, as a subcontractor of the audio-visual management with different translation channels (English-Japanese / Japanese-English, onsite participants). This was managed by AGE and supported by IMT technical teams on site in accordance to SNAPCOM.

- **Recordings**

Recordings of the seminar was made only for the internal use and permission from the speakers, interpreters, and audience was asked in advance and in each of the sessions.

- **Slides**

The speakers' slides were collected in advance so the interpreters could familiarize themselves with the topics. Also, scripts of the chair speeches were produced to support excellent quality interpretation. The slides and the scripts were stored in the project MS Teams files. They were not generally distributed to the audience but in case of requests, the permission will be asked from the speaker.

- **Material production**

- Program and invited talk abstract's
- Instructions for the presenters (KJ draft)
- Instructions for the participants (KJ draft)
- Speaker slides (-> consent from the presenters)



## 2.3 Time-schedule for materials

- **Slides**
  - Presenter slides to us: February 29 (CET time – Saturday in JST)
  - Presenter slides to translation company/interpreters: March 1, by 5pm CET time (Friday morning JST)
  - Translated presenter slides: March 5, by 5pm CET time
- **Other conference material**
  - Instructions ready: December 7 by 5pm CET time (after Consortium Meeting approved)
  - Other conference material to translation company: January 8 (CET time)
  - Other conference material back to us: February 11, by 5pm CET time
- **Final conference material**
  - To the audience March 2 CET time, including
    - Final programme
    - Instructions how to join zoom
    - Presenter abstracts – we will not share slides with the audience (if someone asks for this, we need to specifically ask the presenter to give a permission for this)
- **Email sending**
  - Translation Company – AGE will take care
- **Promotion schedule**
  - To be sent not only to registered participants but to mailing lists etc.
  - All members please cooperate in promoting the seminar and share the info with your colleagues, friends, mailing lists, social media etc.
  - 1<sup>st</sup> advert: Week starting December 13
  - 2<sup>nd</sup> advert: Week starting January 27
  - 3<sup>rd</sup> advert: Week starting February 12 – instructions how to join
  - Final reminder February 29 – full information
- Tweets during the seminar about the ongoing seminar

## 2.4 Technical setup

The conference used the webinar system provided by the SNAPCOM company (subcontractor) which is based on the ZOOM system but allows different types of participants to attend the conference (panellists and audience). Instructions of how to use the system were sent to the registered participants and to the speakers separately. The sending of the mail was enabled by AGE to take care of the privacy issues with large mailing lists. We also created a WhatsApp -group for the participants to contact the organisers for technical questions. There was designated time for the speakers to connect to the system and try out that it works with their slides.

The system also allowed simultaneous interpretation which the participants could choose from the panel at the bottom of the screen.

## 2.5 Simultaneous interpretation

The interpretation was outsourced. Offers were received and the French company SNAPCOM was selected to act on site, i.e. in the IMT Amphitheater Régie (operational monitoring rooms). AGE with the support of audiovisual IMT team took care of the practical issues. SNAPCOM provided an excellent and professional service according to AGE expertise.

## 2.6 Website and advertisement

The conference website was <https://www.e-vita.coach/homepage/finalconference/>

Advertisement was taken care of by AGE, and all the partners by tweets, messages to mailing lists and private messages to colleagues.

# 3 Conference setup

## 3.1 Themes of the conference

According to the United Nations, Healthy Ageing is about enjoying good health and well-being in later life, not just “adding years to our lives”. With this motto, the UN dedicated the present decade to Healthy Ageing [2021-2030] aiming to give everyone the opportunity to “add life to years”.

Longer lives are one of humanity's greatest achievements and populations around the world are ageing at a faster pace than in the past. In an era defined by rapid advancements in science and innovation, the narrative surrounding ageing must evolve from one of limitations to boundless potential. As we navigate the complexities of an ageing population, we recognize that embracing innovative technology is not just a choice, but a necessity to empower older people to live their best lives.

This conference provides new concepts of prevention and smart living solutions to support wellbeing in later life by means of smart technology for community-dwelling older adults in Europe and Japan. It aims to serve as a platform for dialogue, exploration, and collaboration at the intersection of ageing and technology. We want to shed light on the transformative potential of innovative solutions, strategies, and approaches to ageing well showcasing our e-VITA virtual coach, developed in a joint European-Japanese cooperation project.

e-VITA is a joint European – Japanese cooperation project (2021-2024) responding to the demographic change of a worldwide ageing population. e-VITA's aim was to design a virtual coach to support older people in remaining active and healthy in their home, providing tailored recommendations to personal needs and wishes.

Consequently, the conference wants to continue to set the pace for international cooperation between Europe and Japan and to share the experience from our 3-years-project following a strong business case for such services in Europe, Japan, and worldwide. We want to contribute with knowledge, technology, and experience to design a society that empowers individuals to lead lives rich in fulfillment, health, and independence, regardless of their age.

### 3.1.1 The SESSION 1 – A society that supports the comfort of living for smart ageing in regions and communities by use of AI based technology.

7 March 2024 (9.15 – 10.00 CET / 17.15 – 18.00 JST)

As our global population ages at an unprecedented rate, the session underscores that ageing well is not merely a desirable aspiration, but a compelling necessity that impacts individuals, communities, and societies at large. A smart city that makes full use of digital technology has the potential to create a new form of welfare through public-private collaboration through its relationship with next-generation technology and finance. Five Possibilities for welfare in smart cities: <https://kpmg.com/jp/ja/home/insights/2023/02/smartcity-sdgs-21.html> (in Japanese),

[スマートシティで進展する都市の福祉のかたち - KPMG ジャパン](#)

[Urban Welfare Progressing through Smart Cities - KPMG Japan](#) (in English)

#### The session will answer these questions:

1. How can next-generation technology be strategically employed in smart cities through public-private collaboration to address the challenges of an aging global population?
2. What are the opportunities of an ageing society in Japan?
3. How to prioritize and facilitate community engagement to empower local communities in actively participating in and benefiting from smart ageing initiatives?

#### Expected audience:

1. Healthcare providers: private and public sector like municipalities
2. Policymakers
3. Universities/research centers
4. Start-ups

### 3.1.2 The SESSION 2 – Ageing well in a Digital World – Europe-Japan Joint e-VITA Virtual Coach

7 March 2024 (10.00 – 13.00 CET / 18.00 – 21.00 JST)

Real-world examples of successful technology implementations in our e-VITA project will take center stage during this session. Through sharing the journey of designing to proof of concept of our e-VITA virtual coach, attendees will witness inspiring stories of how older adults in France, Germany, Italy and Japan have embraced technological solutions to age actively, overcome limitations, and continue pursuing their passions with unwavering enthusiasm.

This session was decomposed into 3 sub-sessions as follows:

10h00-11h00 – 2.1 Practice-based design for wellbeing with end-users and stakeholders in the loop (WP2 and WP3)

11h30-12h15 - 2.2 Multicenter Comparative Study of the Japan-Europe Joint Virtual Coaching System (eVITA) to Improve the Quality of Life of the older adults - A Proof-of-concept Study

12h15-13h00 - 2.3 Co-design experiences through Living Labs in Europe and Japan.

**The session will answer to these questions:**

1. How to codesign a virtual coach with older adults?
2. Which questions and concerns about privacy, data security, and ethical considerations were associated with using AI-driven virtual coaches like e-VITA?
3. How to adapt a virtual coach to different cultural contexts?
4. How to foster partnerships among older adults, researchers, developers and other stakeholders in a living lab scenario?

**Expected audience:**

1. Healthcare providers: private and public sector like municipalities
2. Policymakers
3. Universities/research centers
4. Start-ups

### 3.1.3 Dedicated part of SESSION 2 to Demonstration of e-VITA Coaching Devices

This session aims to introduce participants to a range of innovative technologies developed during our e-VITA project specifically designed to support the needs and aspirations of older adults. From smart home systems to wearable devices and robots, the audience will gain insights into how these technologies can feed a virtual coach and can be seamlessly integrated into daily life to enhance autonomy and engagement.

Participants will have the opportunity to ask detailed questions about the development, capabilities, and future potential of e-VITA virtual coach. In a parallele session, participants will be able to know

more about the IMT Incubator (Institut Mines-Télécom Incubator) and the challenges and opportunities for companies to reach the market.

To this aim there were three parallel sessions on :

1. Visit to the Living Lab EVIDENT of Evry Campus with several e-VITA devices demonstrations
2. IMT Starter Incubator presentation made in the Amphitheater by Dr. Augustin RADU, co-director of the Telecom SudParis / IMT-BS Incubator “IMT Starter”.
3. Networking parallel events in a free mode.

**The session will answer to these questions:**

1. What technological devices are needed to offer a virtual coach personalized experience?
2. What kind of prototype functionalities and interactive features are needed to support older adults in their daily lives?
3. How can a virtual coach harness the power of artificial intelligence, personalization, and interactivity to guide and support seniors in making informed choices for their physical, mental, and emotional well-being?
4. What makes a successful start-up in AgeTech field?

**Expected audience:**

1. Healthcare providers: private and public sector like municipalities
2. Policymakers
3. Universities/research centers & Start-ups

### 3.1.4 The SESSION 3 – Empowering Older Adults: unravelling the Potential of Large Language Models in Well-being Applications

8 March 2024 (9.15 – 10.00 CET / 17.15 – 18.00 JST)

This session seeks to illuminate the myriad possibilities that arise when language models are harnessed to cater to the diverse needs of older adults. These models, powered by vast pools of knowledge and natural language understanding, offer a bridge between technology and human experience—a bridge that can empower older adults to better accept the use technologies to create more connected, fulfilled and healthy lives. e-VITA was a successful case in using natural language understanding to offer a personalized robotic experience.

**The session will answer these questions:**

1. How can large language models be effectively used to address the diverse needs of older adults?
2. In which ways can language models contribute to the overall wellbeing of older adults, and how has the successful case of e-VITA demonstrated the positive impact of natural language understanding in creating personalized and fulfilling experiences?
3. What is the role of language models in connecting technology and human experience?

**Expected audience:**

1. Universities/research centers
2. Start-ups and tech companies
3. Healthcare providers: private and public sector like municipalities

### 3.1.5 The SESSION 4 – How Advanced Technologies contribute to a better Ageing Society: Artificial Intelligence and IoT technology.

8 March 2024 (10.00 – 10.45 CET / 18.00 – 18.45 JST)

In this session, we will deepen the technological approach to the e-VITA virtual coach and what made it possible to be a success case-story among older adults.

#### The session will answer these questions:

1. What kind of technologies were used in the creation of the e-VITA virtual coach?
2. How to foster partnerships among older adults, researchers, developers and other stakeholders in a living lab scenario?

#### Expected audience:

1. Universities/research centers
2. Start-ups and tech companies
3. Healthcare providers: private and public sector like municipalities

### 3.1.6 The SESSION 5 – Global Perspectives on Exploitation and Business Modelling of Age-Tech Innovations

8 March 2024 (11.00 – 12.00 CET / 18.00 – 20.00 JST)

This session aims to discuss the state and potential of the Age-Tech market in Europe and Japan. The audience will gain insights on how to enter the Age-Tech market, what makes a product successful among older adults and why to invest in the longevity economy. Participants will have the opportunity to ask detailed questions to our recognized experts.

#### The session will answer to these questions:

1. How has the technology market targeting older people evolved in the past decade in Europe and Japan? What are the key trends shaping its current landscape?
2. How might companies ensure sustainable business models that guarantee affordability of their solutions to older adults?
3. What are prospects and potential disruptions expected in the age technology market and how should companies prepare for them?

#### Expected audience:

1. Healthcare providers: private and public sector like municipalities
2. Start-ups and private companies
3. Investors and policymakers

### 3.1.7 The SESSION 6 – A rights-based approach for developing Public Policies embracing AgeTech Innovations

8 March 2024 (12.00 – 12.45 CET / 20.00 – 20.45 JST)

This session focus on the current status of technology adoption at municipal and regional level, particularly in supporting older people, and learn about ongoing initiatives for integrating technology into healthy aging. We will discuss adapting local policies to create age-friendly environments and understand the facilitators and barriers for implementing such initiatives at the local level.

#### The session will answer to these questions:

1. How can municipal or regional policies be adapted to better support Age Friendly Environments?
2. What emerging technologies are foreseen to play a significant role in shaping Age Friendly Environments in the future?
3. How can policymakers stay ahead of technological advancements to ensure ongoing support for the older population?

#### Expected audience:

1. Policymakers and influencers
2. Start-ups and private companies
3. Researchers.

### 3.1.8 Satellite Workshop – Knowledge Graphs and LLMs

8 March 2024 (14.00 – 17.00 CET / 22.00 – 01.00 JST)

**Abstract :** This introduction intends to motivate the workshop. It reports on recent publications demonstrating the complementarity of symbolic and stochastic approaches to language and world modelling. The number of publications is increasing exponentially ! 18 papers have been published on this topic since the 1st of January 2024. More than 160 papers have been published last year. Particular attention is focussed on the automatic construction of Knowledge Graphs using Large Language Models.

**Biography :** Gérard Chollet studied Linguistics, Electrical Engineering and Computer Science at the University of California, Santa Barbara where he was granted a PhD in Computer Science and Linguistics. In 1983, he joined a newly created CNRS research unit at ENST (now Institut Polytechnique de Paris). He supervised more than forty doctoral theses. He is currently Emeritus researcher within SAMOVAR (TSP) and consulting for Intelligent Voice Ltd, Speech Morphing Inc and Zaion.ai. Publications : <https://scholar.google.com/citations?user=ttVRIi8AAAAJ&hl=fr&oi=ao>

The detailed program of the nine presentations given by scientific researchers and experts are provided on the following link : [https://www.e-vita.coach/wp-content/uploads/2024/02/2024-03-Evry-LLMKG\\_v4.pdf](https://www.e-vita.coach/wp-content/uploads/2024/02/2024-03-Evry-LLMKG_v4.pdf)



## 3.2 Agenda of the conference

See website: <https://www.e-vita.coach/homepage/finalconference/>



Figure 1 Day 1 Programme



Figure 2 Day2 Programme.

### 3.3 Feedback and reflections

The conference was expected to support the uptake of the combined smart living and coaching technology, international standards for interoperability, and the interest of the healthcare institutions, local communities, policy builders, and care industry for commercialization in Europe and Japan.

At the same time, attention was directed to both the scientific community and for the general public.

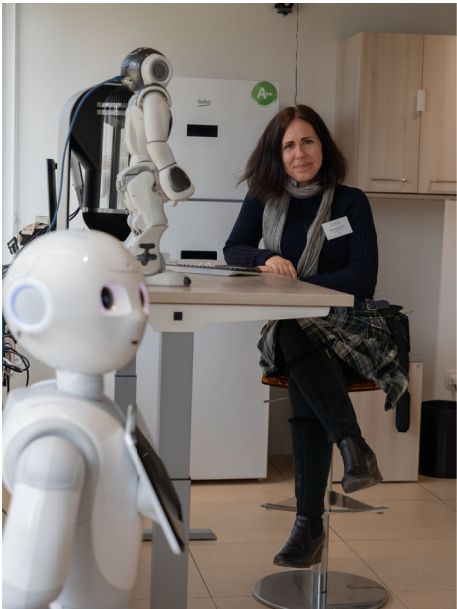
The conference provided interesting results for important stakeholders at different levels (e.g., health systems, patient associations, community services, policy builders, companies, SMES and NPOs), and created lively discussion among the participants, in particular during the two round-tables of the Day-2 (March 8<sup>th</sup>) devoted to e-VITA results exploitation and public policies to introduce these new technologies in the Cities in Japan and in Europe. As for the Mid-term Conference in Japan almost 2 years ago, this Final conference also fostered international cooperation between Europe and Japan, in the field of smart technology for ageing well of community-dwelling older adults.

## 4. Conclusion

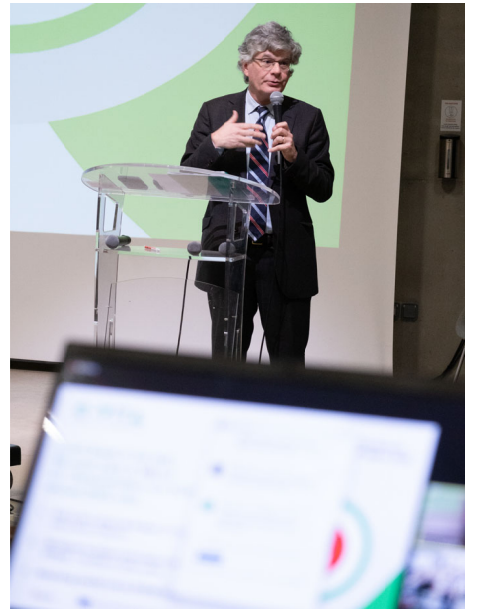
This document has described the e-VITA Final Conference, its organisation and setup, and reflected on its importance with respect to the objectives set for the dissemination of the project results. It can be said that the Conference was successful, with excellent invited talks, interesting project related presentations, and lively discussions that support and open new plans for the future of the e-VITA project through different kinds of follow-ups, either on new proposals of Research Innovation Actions (RIA), or more focused RTD projects towards higher TRL devices prototypes for pre-industrialisation. To this aim a next Appointments are taken by the e-VITA Consortium, for instance at the next “German Alten-Pflegemesse” in Essen, 23-25 April 2024 and at ICCHP’2024 Conference in Linz 8-12 July 2024 where the e-VITA project will be presented and disseminated. Therefore, as a very positive impact of these both conferences (mid-term and final) it can be considered that it stimulates Partners to undertake new actions in the follow-up of e-VITA!

## Annex: Pictures from the Conference Day 1 & 2











### Analysis of Factors Preventing Fukuoka Residents from Needing Long-term Care

Physical Condition and Lifestyle	Risk of Needing Long-term Care
Underweight	2.17 times
Slow walking speed compared to those of similar age	1.86 times
Difficulty chewing	1.51 times
Smoking	1.29 times
Eats breakfast less than 3 times a week	1.27 times

A survey of 13,480 Fukuoka City residents (aged 57-84 in April 2012) who were not certified as requiring support or long-term care, underwent medical checkup in the same year, and could be tracked until FY2020.

### The problem structure for digital transformation of local social service systems

#### Challenges related to social service infrastructure and its needs for modernisation

- Societal and demographic changes
- Increasing demand for social services
- Increasing number of social services with urban-rural imbalances
- Sectoralization of services fields
- Confusion among clients about who to address
- Staff shortage in services

#### Challenges related to assistive technology and its use by persons 'distant to technology'

- Dynamic development of assistive technologies creates new options for independent living of persons with minor and major social dependencies
- „Digital gap“
- Prevailing analog routines in social service systems



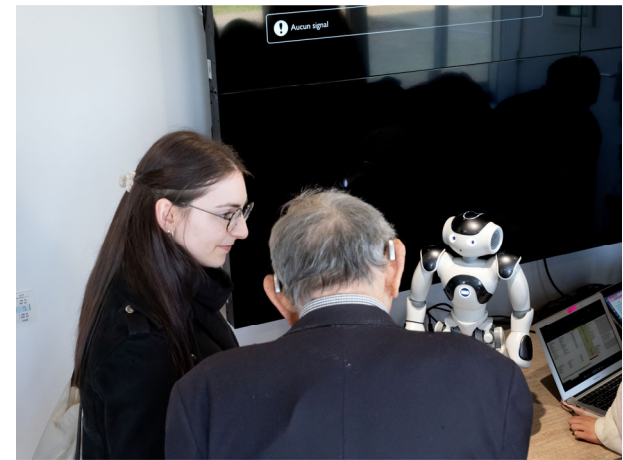
### Tabletop ordering system and delivery robots

### How heavy is the issue?

2000: 9 productive people for 2 elderly people

2050: 2.5 productive people for 2 elderly people

...and with an ever lower birth rate, also due to the flight of young people in search for better life opportunities



### Misawa Homes' core business - Industrialized housing construction - 1.3 million in total

### Definitions to clarify

- Ethics** - principles for a good life according moral values of the society
- Good life** - physical and mental fitness, happiness, pleasure, self-esteem, empathic social relations security and safety in our daily environment.
- Ethical regulations** - protective necessary rules of citizens to be respected by organisations and companies with regard to human rights.
- General Data Protection Regulation (GDPR)** VS Member states' implementation
- Artificial Intelligence Act, 2025** - The first regulation of Artificial Intelligence for Member states to implement
- Politic Strategies** - According to the global virtual prevention and local development, it is difficult to find the right balance between innovation - business, freedom of trade, growth, and ethical data protection by regulation.

"A difficult compromise to find and negotiate in order that regulation should not be an obstacle but human capital asset for innovation business and growth"

### Platform

of e-VITA Platform:

integrate the different typologies of (rs, robots, wearable etc) via a set of

ration and Data Analysis capabilities, devices' data, provided by specific (AI)

general capabilities for security and data

user interface for the usage and the platform.



