



ELF@Home

Elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home

D1.2a Yearly Project Report

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Deliverable nature:	Report (R)
Dissemination level: (Confidentiality)	Public (PU)
Contractual delivery date:	2014/05/31
Actual delivery date:	2014/05/30
Version:	1.0
Total number of pages:	20
Keywords:	elderly, health, activity, fitness, yearly report

Abstract

The ELF@Home project is a research and innovation project running from June 1st 2013 to May 31st 2016 and co-funded by the Ambient Assisted Living Joint Programme (AAL JP) and National Authorities in Spain, Sweden and Germany. The ELF@Home project relies on the use of the proven advantages of elderly fitness to develop a self-care solution based on self-check of health conditions and self-fitness at home. The project uses information and communication technologies (ICT) to build an autonomous fitness system targeting healthy or pre-frail elderly people aged over 65 and living independently at home.

All the activities carried out during the first year of execution of the ELF@Home project (from June 1st 2013 to May 31st 2014) are summarised in this report. The milestones achieved and the lists of tasks executed for each work package are described focusing on the general objectives of the project.

Executive Summary

The ELF@Home project is a research and innovation project running from June 1st 2013 to May 31st 2016 and co-funded by the Ambient Assisted Living Joint Programme (AAL JP) and National Authorities in Spain, Sweden and Germany. The ELF@Home project relies on the use of the proven advantages of elderly fitness to develop a self-care solution based on self-check of health conditions and self-fitness at home. The project uses information and communication technologies (ICT) to build an autonomous fitness system targeting healthy or pre-frail elderly people aged over 65 and living independently at home.

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Document Information

Acronym	ELF@Home
Full Title	elderly sELF-care based on sELF-check of health conditions and sELF-fitness at home
Project URL	http://www.elfathome.eu/
Document URL	http://elfathome.eu/results/public-deliverables

Deliverable	Number	D1.2	Title	Yearly project report
Work Package	Number	WP1	Title	Project management

Date of Delivery	Contractual	M12	Actual	M12
Status	version 1.0		final X	
Nature	prototype <input type="checkbox"/> report X demonstrator <input type="checkbox"/> other <input type="checkbox"/>			
Dissemination level	public X restricted <input type="checkbox"/>			

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Version Log			
Issue Date	Rev. No.	Author	Change
2014/04/24	0.1	Juan Luis Carús	First draft
2014/04/24	0.2	Lucas Lundström	Content added
2014/04/24	0.3	Stefanie Erdt	Content added
2014/05/06	0.4	Frank Bieler	Content added
2014/05/06	0.5	Daniel Tantinger	Content added
2014/05/09	0.6	Juan Luis Carús	Final draft
2014/05/12	0.7	John Waterworth	Review
2014/05/13	1.0	Juan Luis Carús	Final version

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Abbreviations

CMU: Central Management Unit

DoW: Description of Work

ICT: Information and Communication Technologies

WP: Work Package

Milestone M1 [Month 10]: Specifications, requirements and general design ready	
M1	<p><u>Specifications, requirements and general design ready.</u> Specifications and requirements of the participating end-users of ELF@Home. Requirements are split into functional and non-functional requirements and they must be fulfilled in order to satisfy end users and companies expectations. From the user’s point of view the system should be functional and usable, while from the perspective of the companies the system should allow the implementation of a profitable business model.</p> <ul style="list-style-type: none"> • Addressed in: WP2 • Means of verification: D2.1 and D2.3 • Lead by: UMU and CTIC

Table 1. Milestones covered during the reported period

2 Work progress and achievements during the period

This section describes each work package executed during the reported period. The objectives, work and the deliverables are described for each work package focusing on the reported period. Table 2 shows the list of deliverables in the reported period. Every deliverable has been sent to the CMU on time and before the due date.

Deliverable number	Deliverable name	Due date	Responsible partner	Delivery date
D1.1	Project handbook	2013/08/31	CTIC	2013/08/30
D7.1	Web page of the project	2013/08/31	IZER	2013/08/30
D2.1	Service requirements report	2013/11/30	UMU	2013/11/29
D2.2	Methodological process design	2014/02/28	UMU	2014/02/26
D2.3	General architecture design	2014/02/28	CTIC	2014/02/26
D3.1	Bio-medical platform design	2014/05/31	EXP	2014/05/30
D4.1	TV interface and computer vision design	2014/05/31	2DD	2014/05/30
D1.2a	Yearly project report v1	2014/05/31	CTIC	2014/05/30
D7.2a	Scientific and technical contributions in conferences and seminars v1	2014/05/31	INNO	2014/05/06

Table 2. List of deliverables from the reported period

2.1 WP1 – Project management

Table 3 shows the summary of WP1 according to the DoW for the reported period. This WP extends from the start to the end of the project. It is executed throughout the lifetime of the project to control and guarantee the quality of the work.

WP number	1	WP duration:	<i>M1 – M36</i>
WP title	Project Management		
Activity type	<i>Management</i>		
Leader	CTIC		
Participants	CTIC, IZER, SGGPA, UMU, EXP, SKO, IIS, INNO, 2DD		
<p>Objectives of the WP</p> <p>This work package is about the management and co-ordination activities of the project. It will be running all along the project lifetime. Its main objective is to ensure a successful completion of the project goals on time, within budget and with quality standards adequate for European Projects. This general objective comprises the following more specific ones:</p> <ul style="list-style-type: none"> • Detailed project planning, monitoring and reporting • Definition and implementation of the communication procedures to be followed within the project and with external agents. • Scheduling and organising project meetings 			
<p>Description of work</p> <p><u>Task 1.1. Technical and administrative assistance:</u> Financial control, formal revision and submission to the AAL of progress reports, supervising and informing all participants about the project, day to day assistance to the overall Project Management.</p> <p><u>Task 1.2. Consortium meetings:</u> Arrangement of required resources for project meetings and teleconferences.</p> <p><u>Task 1.3. Coordination of technical and financial reports (progress and final reports):</u> Preparing and managing, with the support of the members of the project, the reports, documents and project results and in particular documents required by the AAL or its representatives.</p> <p><u>Task 1.4. Quality assurance and risk management:</u> Quality control on development and implementations by constantly contrasting results with project specifications. Recovery activities. Project failures have been considered in the Risk Management tables</p>			
<p>Role of partners:</p> <ul style="list-style-type: none"> • All partners: All partners are involved in the management and project monitoring 			
<p>Deliverables of the WP:</p> <ul style="list-style-type: none"> • D1.1. Project HandBook (M3) • D1.2a Yearly Project Report (M12) 			

Table 3. Summary of “WP1 – Project management”

During the reported period the coordinating person changed on 2013/12/31 from Eduardo Álvarez to Rodrigo García. The contact persons of the project are now Rodrigo García and Juan Luis Carús.

The kick-off meeting of the project was held on the 1st and 2nd of July in Gijón (Spain) and was hosted by CTIC. Figure 2 shows a picture from the meeting and Table 4 the list of attendants. A representative person from each partner attended to this meeting.

Some important things about the project consortium were discussed and decided during the kick-off meeting:

- Follow-up meetings were to be held every 15 days: Wednesdays at 10:00 a.m.
- A representative from each country was selected: CTIC from Spain, UMU from Sweden and IIS from Germany
- A deliverable procedure to assurance the quality was established
- Templates for presentations, deliverables and meeting information were designed
- Two mailing lists (technical and management) were deployed to facilitate consortium communication

- A closed collaborative platform was deployed to upload all the project documents and internal information about the project

After the kick-off meeting, the logo of the project was selected by a survey process involving all the partners. The logo, shown in Figure 3, was designed by CTIC with IZER collaboration.



Figure 2. Picture taken during the kick-off meeting

Name	Partner	Contact
Víctor M. Peláez	CTIC	victor.pelaez@fundacionctic.org
Juan Luis Carús	CTIC	juanluis.carus@fundacionctic.org
Paula Álvarez	SGGPA	palvareznor@hotmail.com
Carlos Cosme	IZERTIS	ccorme@izertis.com
John Waterworth	Umeå University	jwworth@informatik.umu.se
Åke Holmlund	Umeå University	holm@informatik.umu.se
Tomas Hedstrom	Skellefteå Kommun	tomas.hedstrom@skelleftea.se
Johan Olsson	EXPLIZIT AB	johan.olsson@explizit.se
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Daniel Tantinger	IIS	daniel.tantinger@iis.fraunhofer.de
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Stefanie Erdt	IM	se@innovationsmanufaktur.com
Eckehard Fozzy Moritz	IM	efm@innovationsmanufaktur.com

Table 4. List of attendants to the kick-off meeting



Figure 3. Logo of the project

During the reported period, eighteen teleconferences have been held by the consortium to discuss all issues related to the project (see dates on Table 5). CTIC, as coordinator, managed all the follow-up meetings sending reminders to all the partners, designing the agenda, taking minutes and sending the minutes after the meeting to the general mailing list.

Date		Date	
1	2013/07/24	10	2013/12/04
2	2013/08/13	11	2013/12/18
3	2013/08/28	12	2014/01/29
4	2013/09/11	13	2014/02/12
5	2013/09/25	14	2014/02/26
6	2013/10/09	15	2014/03/12
7	2013/10/23	16	2014/04/09
8	2013/11/06	17	2014/04/23
9	2013/11/20	18	2014/05/14

Table 5. Follow-up meeting held by teleconference

A second face-to-face meeting was held on the 14th and 15th of January in Skellefteå (Sweden) and hosted by EXP. The objective of this face-to-face meeting was to discuss all the issues related to the end of WP2 and the start of WP3, WP4 and WP5. The requirements gathered during the WP2 execution and the work plan for WP3, WP4 and WP5 were discussed. The general architecture of the ELF@Home was also discussed focusing on technical and user aspects. Figure 4 shows a picture taken during the face-to-face meeting and Table 6 the list of attendants. A meeting with the end-users of the solution (SKO) was also held during the face-to-face meeting (see Figure 5).

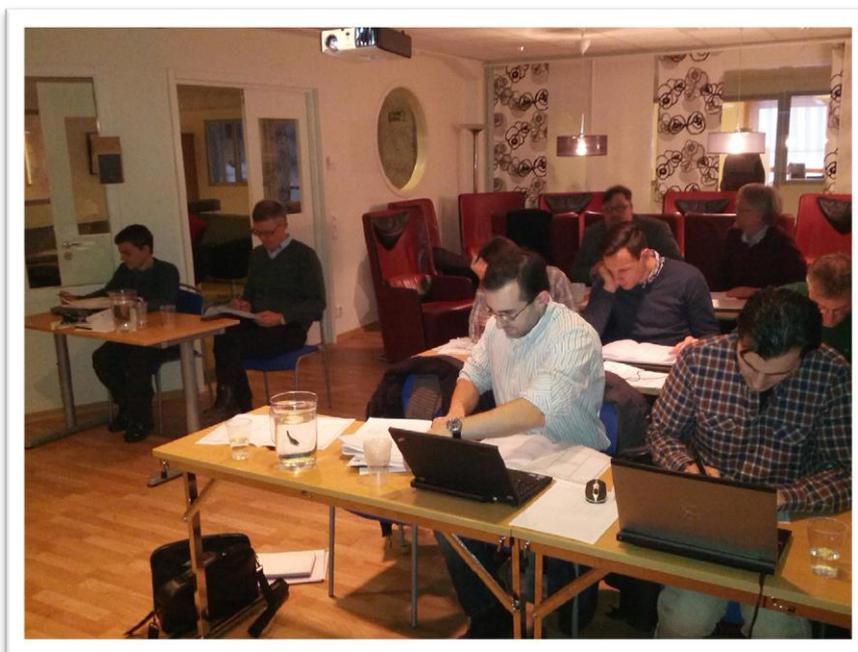


Figure 4. Picture taken during the face-to-face meeting

Name	Partner	Contact
Juan Luis Carús	CTIC	juanluis.carus@fundacionctic.org
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Table 6. List of attendants to the face-to-face meeting



Figure 5. Picture taken during the face-to-face meeting with elderly end-users

The annual progress report was sent to the CMU on 2014/02/28 by CTIC with all the technical and financial information gathered from all the partners involved in the project.

2.2 WP2 – Requirements gathering, user involvement and general architecture

Table 7 shows the summary of the WP2, which started in June 2013 and finished in February 2014. WP2 was focused on requirements gathering (Tasks 2.1, 2.2, 2.3). Technical and functional requirements were summed up in the Deliverable D2.1. The methodology used to identify and define the requirements addressed the needs of primary end-users through focus groups, and secondary/tertiary users by care professional interviews and companies analysing user requirements and technical implications.

Ethical issues (Task 2.4) were also analysed during this work package and described in Deliverable D2.2. A first version of the general architecture of the ELF@Home solution (Task 2.5) was included in Deliverable D2.3. All technological partners were involved in the design.

WP number	2	WP duration:	<i>M1 – M9</i>
WP title	Requirements gathering, user involvement and general architecture		
Leader	UMU		
Participant	UMU, CTIC, IZER, SGGPA, EXP, SKO, IIS, INNO, 2DD		
Objectives of the WP			
<p>The objective of this work package is to define the functionalities and technical characteristics of the service by studying user requirements and service exploitation requirements. Other important objective is the involvement of end-users in the specification, design and development of the service. The expected output of this work package is the design of the general architecture according to user and technical requirements.</p>			
Description of work			
<p><u>Task 2.1. User functional requirements:</u> Establishing the functionalities of the complete service by taking into account end users opinions and enterprises expertise. The objective of this task is to describe use-cases and to capture, characterize and classify user functional requirements by a use-case analysis along with several brainstorming meetings with the elderly and interviews with stakeholders.</p> <p><u>Task 2.2. User interface requirements:</u> Analysing user interface requirements by interviewing end-users. In this task we will test the home-fitness idea and motion based interfaces conducting focus groups with the elderly to collect the requirements and recommendations to the designers. Then, software designers will propose to the elderly different designs for each part of the interface in order to get their advice and feedback.</p> <p><u>Task 2.3. Technical requirements:</u> Defining the technical specifications and functionalities according to the user requirements and the exploitation requirements of the service.</p> <p><u>Task 2.4. Detailed definition of the methodological process, including ethical issues:</u> Definition of the evaluation methodology for the field trials: definition of the study variables, ethical issues study, consent-form definition and technical requirements for the evaluation process.</p> <p><u>Task 2.5. General architecture design:</u> Establishing the general architecture design and the communication interfaces between the main functional blocks and the modules inside these functional blocks.</p>			
Role of partners:			
<ul style="list-style-type: none"> • IZER, EXP, 2DD, CTIC, IIS: technical requirements and global architecture design (T2.3 and T2.5) • SGGPA, SKO: User requirements (T2.1 and T2.2) • UMU, INNO, SGGPA: Methodological process definition including multidisciplinary requirement analysis (T2.4) 			
Deliverables of the WP:			
<ul style="list-style-type: none"> • D2.1. Service requirements report (M6) • D2.2. Methodological process design (M9) • D2.3. General architecture design (M9) 			

Table 7. Summary of “WP2 – Requirements gathering, user involvement and general architecture”

2.3 WP3 – Sensing platform

Table 8 shows the summary of WP3 which started on January 2014 and will finish in May 2014.

According to the requirements gathered in WP2, the bio-medical sensors selected for usage are the blood pressure sensor and the pulse oximeter sensor. In this work package (Task 3.1), the platform to collect the

data from the health sensors was designed and implemented using the Windows operating system. The Bluetooth protocol is used for the data collection.

The main focus of the work of 2DD during the reported period was the requirements definition for the activity sensor and its initial design (Task 3.2). A sensor which can detect body position and type of movement (running, walking) was designed. During the reported period, a prototype activity sensor was developed and test measurements were made.

WP number	3	WP duration:	<i>M10 – M24</i>
WP title	Sensing platform		
Leader	EXP		
Participants	EXP, SGGPA, UMU, SKO, 2DD		
Objectives of the WP			
<p>The objective of this workpackage is the design and development of the health related sensors needed to acquire a health profile of the end-users. Two types of sensors are needed: general bio-medical sensors (weight scales, blood pressure sensors, pulse oximeters, heart rate sensors, etc.) and a wearable activity sensor. The approach for the biomedical sensors will be the integration and/or adaptation of existing commercial devices (EXP) while the wearable activity sensor will be completely designed and developed from scratch (2DD). Both types of devices will be integrated with a communication platform able to send the data to the intelligent service platform (WP5).</p>			
Description of work			
<p><u>Task 3.1. Bio-medical sensors:</u> EXP in collaboration this SGGPA will determine the set of medical sensors necessary to acquire end-user health status and to personalize fitness exercises. EXP will develop and/or integrate the necessary sensors.</p> <p><u>Task 3.2. Wearable activity sensor:</u> 2DD will design and develop the wearable activity sensor based on the usability requirements of the end-users and the requirements of the intelligent platform system (WP5). This activity sensor will be based on accelerometers and its design will have into account usability restrictions such as size or battery maintenance.</p>			
Role of partners:			
<ul style="list-style-type: none"> • EXP: work-package coordination • EXP: T3.1 • 2DD: T3.2 • SGGPA, SKO and UMU will take part in requirements gathering. 			
Deliverables of the WP:			
<ul style="list-style-type: none"> • D3.1. Bio-medical platform design (M12) • D3.2. Wearable activity sensor design (M12) 			

Table 8. Summary of “WP3 – Sensing platform” for the reported period

2.4 WP4 – Fitness box – TV interface and computer vision

Table 9 shows the summary of the WP4 started in March 2014 and that will finish in May 2015. During the reported period, CTIC and INNO participated in the TV interface design (Task 4.2) sending several proposals to the consortium. UMU gathered end-users’ feedback to improve the design. The latest version of the TV interface design and the computer vision design is included in D4.1.

Voice interface has been tested and designed using recordings from end-users. Voice commands were selected to be simple and as intuitive as possible. Gestures to control the TV interface were selected based on UMU and SGGPA feedback (Task 4.1). A starting motion recognizer was also developed during the reported period.

WP number	4	WP duration:	<i>M10 – M24</i>
WP title	Fitness Box - TV interface and computer vision		
Leader	CTIC		
Participants	CTIC, IZER, SGGPA, UMU, SKO, INNO		
Objectives of the WP			
<p>The main interface to the end-user will be a TV-based application that will be controlled using natural interaction modes (speech and gestures). The interface will guide end-users through the use of biomedical sensors and will also work as a fitness assistant. The fitness assistant will show to the end users the exercises to do and will check the execution of them. This component will be based in computer vision techniques and the special attention will be paid to elderly requirements.</p>			
Description of work			
<p><u>Task 4.1. Motion and gesture recognizer:</u> The objective of this task is to design a computer vision module able to recognize user movements and to identify gestures. The gesture recognition will be used as the main interaction channel of the system with the user. The recognizer will be able to identify complete body movements and the position of arms and legs in order to check fitness exercise execution. Different computer vision techniques will be applied and the necessary algorithms will be developed.</p> <p><u>Task 4.2. TV and voice interface:</u> The objective of this task is to design a usable and useful user interface based on a TV screen. This interface will guide the user in the use of the biomedical sensors and will present the fitness exercises. Special attention will be paid to usability and accessibility questions as well as to the metaphor of the user interface. In addition to the gesture based control this task will research the inclusion of voice interaction.</p>			
Role of partners:			
<ul style="list-style-type: none"> • CTIC: work-package coordination and technical research and development in T4.1 and T4.2. • IZER: T4.2 • INNO, SGGPA, UMU: Expert feedback about the design developed in T4.1 and T4.2 			
Deliverables of the WP:			
<ul style="list-style-type: none"> • D4.1. TV interface and computer vision design (M12) 			

Table 9. Summary of “WP4 – Fitness box, TV interface and computer vision” for the reported period

2.5 WP5 – Intelligent service platform

The tasks and work defined in WP5 for the reported period can be seen in Table 10. This work package started in March 2014 and will run until the end of May 2015. Within T5.1 the design and specification of the Intelligent Service Platform (ISP) is currently in progress. Especially, the specification of the interfaces to the health and activity sensors was part of the work. Therefore, IIS, EXP and 2DD were in close contact. IIS is currently working on the internal software architecture of the evaluation and planning unit, which is part of the ISP. Besides this, the specification, planning and evaluation of the activity sensors test were done, which will give feedback about feasibility of a wrist-worn activity sensor and its respective algorithms.

WP number	5	WP duration:	<i>M10 – M24</i>
WP title	Intelligent service platform		
Leader	IIS		
Participants	IIS, IZER, SGGPA, EXP, 2DD		
Objectives of the WP			
The objective of this work package for the reported period is to design and specify a service platform which is able to receive and to evaluate the information coming from all the sensor devices. Based on the gathered sensor data sophisticated knowledge-based methods should be developed to generate personalized fitness plans according to end-user's health status.			
Description of work			
Task 5.1. Design and specification of the platform architecture: In cooperation with the relevant partners IIS will determine the specification and design of the service platform in order to generate fitness plans according to the end-users health status and activity profile.			
Role of partners:			
<ul style="list-style-type: none"> • IIS: Work package coordination • All work package partners will be involved in T5.1 			

Table 10. Summary of “WP5 – Intelligent service platform” for the reported period

2.6 WP7 – Dissemination and exploitation

Table 11 shows the summary of WP7 according to the DoW for the reported period. This WP7 spans from the start to the end of the project and it is executed during all the lifetime of the project to disseminate all the results of the project and develop a useful business plan.

The webpage of the project (www.elfathome.eu) was launched on 2013/08/31. It has during this period been used to upload news about the project and all the public deliverables.

All the dissemination and exploitation activities of the first project year are in detail reported and described in the public deliverable D7.2a.

WP number	7	WP duration:	M1 – M36
WP title	Dissemination and exploitation		
Leader	INNO		
Participants	INNO, CTIC, IZER, SGGPA, UMU, EXP, SKO, IIS, 2DD		
<p>Objectives of the WP The objectives of this work package are:</p> <ul style="list-style-type: none"> • To coordinate and carry out dissemination of project results. The aim is to promote and empower the dissemination, transfer, assessment and adoption of the project results to the target audience and stakeholders. • Development of the business plan. The plan will cover key product achievements as well as the identification of target markets and potential target customers for the partners. The aim is to maximise project impact and exploitation opportunities. 			
<p>Description of work Task 7.1. <u>Launch of the project web site:</u> Designing, developing and hosting a web site with information about the project. This web site will be updated with new content during the project life. Task 7.2. <u>Diffusion and dissemination of project results:</u> This task will define a dissemination and diffusion plan with conferences, seminars and events in order to send scientific and technical contributions.</p>			
<p>Role of partners:</p> <ul style="list-style-type: none"> • IZER: T7.1 • CTIC, UMU, IIS: Diffusion and dissemination of results (T7.2) 			
<p>Deliverables of the WP:</p> <ul style="list-style-type: none"> • D7.1. Web page of the project. (M3) • D7.2. Scientific and technical contributions in conferences and seminars (M12) 			

Table 11. Summary of “WP7 – Dissemination and exploitation” for the reported period

3 Conclusions

This yearly report describes all the work carried out during the first year of the ELF@Home project (from 1st June 2013 to 31st May 2014).

The project is progressing in line with the valid description of the work sent to the CMU on 2013/08/16.