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MAIN OBJECTIVE

Encourage the practice of physical activity for all (cf: *Healthy Lifestyle*) & fight against sedentary lifestyles

TARGET GROUPS

- University students
- University staff members

DURATION

3 years

01/10/2025 to 30/09/2028



PROJECT PARTNERS



UNIVERSITÀ
DI TORINO



Universidad
Zaragoza

UNIVERSIDADE
BEIRA INTERIOR



UNIVERSITÉ
SAVOIE
MONT BLANC

Membre
de l'alliance
européenne



UNIVERZA
V LJUBLJANI

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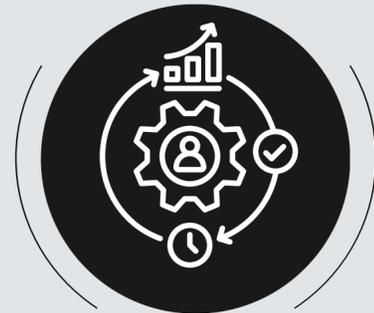


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PROJECT STEPS

5 workpackages



WP1
PROJECT
MANAGEMENT

Coordination:
USMB



WP2
DIAGNOSIS AND
SURVEY ON BARRIERS
TO PHYSICAL ACTIVITY

Coordination:
UBI

- Drafting of the survey : **USMB**
- Dissemination of the survey: **all**
- Analysis and synthesis: **UBI**



WP3
EXPERIMENTING WITH
SOLUTIONS FOR
DIFFERENT TARGET
GROUPS

Coordination:
UNILJ

- Connected challenges: **USMB**
- Summer sports activities: **UNITO**
- Winter sports activities: **UNILJ**
- Personalized coaching & other activities: **UBI**



WP4
ASSESSMENT AND
RECOMMENDATIONS

Coordination:
UNITO

- Collecting data: **all**
- Analysing results: **UNITO**
- Designing toolkit: **UNIZAR**



WP5
COMMUNICATION AND
DISSEMINATION

Coordination:
UNIZAR

- General communication: **UNIZAR**
- Awareness-campaign: **UNILJ**
- Scientific publications: **UNITO**
- Final event: **USMB**

WP1 - PROJECT MANAGEMENT

Coordination: **USMB**



Coordination of the consortium

Coordination of the project:
USMB

1 project leader (= sport referent)
/ partner university

*Online **meetings of the Steering committee**: every 2 months +
annual meetings in presence*



Budget management

TOTAL BUDGET: 400 000€ max

Pay-back agreements

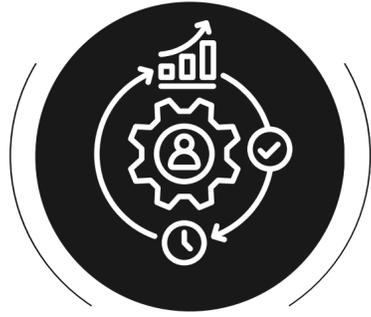
1 administrative project
manager/ university



Follow-up of deliverables & reporting

Main deliverables :

- Report of the survey on **barriers to physical activity**
- Good practice guide with **pedagogical and sports recommendations**



**WP1
PROJECT MANAGEMENT**

	USMB (General coordinator of the project)	UNITO	UNILJ	UNIZAR	UBI
project manager	Emilie VT	Paolo	Katjusa	Borja	Kelly
sports referent	Olivier F	Alex	Tadej	Diego	Sergio
	WP coordinator				

WP2 - DIAGNOSIS AND SURVEY ON BARRIERS TO PHYSICAL ACTIVITY

Coordination: **UBI**

ACTIVITIES

1. drafting of the survey **[USMB]**
2. dissemination **[all]**
3. analysis and synthesis: **recommendations for experimentations [UBI]**

Deliverable:

- **survey report with analysis and recommendations**

Indicators:

- **5,000+ answers to the survey**
- **scientifically validated survey with comparative insights from partner universities**





WP2
DIAGNOSIS AND SURVEY ON BARRIERS TO PHYSICAL ACTIVITY

	USMB	UNITO	UNILJ	UNIZAR	UBI
WP Leader	Pierre S & Olivier C				Kelly & Dina
specific tasks responsibilities	drafting of the survey & dissemination	dissemination	dissemination	dissemination	dissemination & analysis and synthesis
					WP coordinator

WP3 - EXPERIMENTING WITH SOLUTIONS FOR DIFFERENT TARGET GROUPS

Coordination: **UNILJ**

Each member of the consortium will experiment several kinds of innovative solutions aimed at specific target groups.

This pre-project is based on different hypothesis made by the project team. The experiments made during the project may change depending on the results of the survey and the recommendations made by the analysts.

Deliverables:

- **new outdoor activities and adapted programs targeting sedentary students and staff**

Indicators:

- **1,100+ staff members and students participating in pilot activities**





WP3
EXPERIMENTING WITH SOLUTIONS FOR DIFFERENT TARGET GROUPS

	USMB	UNITO	UNILJ	UNIZAR	UBI
WP Leader	Olivier F & Pauline J		Tadej & Domen		
specific tasks responsibilities	coordination of connected challenges	coordination of summer sports activities & cross-border challenges	coordination of winter sports activities & cross-border challenges		coordination of personalized coaching & other activities
			WP coordinator		

SOLUTION TYPE N°1: CONNECTED CHALLENGES

Task coordination: **USMB**

- Organize **virtual sports challenges** using apps like *Strava* or *Kiplin*, allowing participants from different countries to compete together.
- **Examples** include hiking distance challenges, elevation gain competitions, and virtual group hikes.

Deliverables:

- **2+ connected challenges (in spring 2026 and 2027)**

Indicators:

- **500+ participants (2 × 250)**



SOLUTION TYPE N°2: SUMMER SPORTS ACTIVITIES & CROSS-BORDER CHALLENGES

Task coordination: **UNITO**



- Plan **outdoor activities** such as hiking, climbing, and other mountain sports during the summer months.
- Organize **2 cross-border summer events** on the France-Italy and Spain-Portugal borders, promoting international cooperation.

Deliverables:

- **3+ new outdoor activities per partner university**
- **2+ cross-border summer challenges**

Indicators:

- **Outdoor activities: 15+ participants per activity and per university (225+ participants)**
- **Cross-border summer challenges: 100+ participants**

SOLUTION TYPE N°3: WINTER SPORTS ACTIVITIES & CROSS-BORDER CHALLENGES

Task coordination: **UNILJ**

- Organize **winter sports activities** like snowshoeing, ski touring, and ice climbing.
- Plan a **cross-border winter challenge** on the Italy-Slovenia border, encouraging participation from multiple countries.

Deliverables:

- **2+ new winter activities per partner university**
- **1+ cross-border winter challenge**

Indicators:

- **Winter activities: 15+ participants per activity and per university (150+ participants)**
- **Cross-border winter challenge: 60+ participants**



SOLUTION TYPE N°4: PERSONNALIZED COACHING & OTHER ACTIVITIES

Task coordination: **UBI**

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- Offer **one-on-one or small group coaching sessions** tailored to individual needs and goals, focusing on outdoor activities like hiking and climbing.
 - Develop **personalized training plans** for participants based on their fitness levels and preferences.
 - Create **support groups and educational workshops** on topics like outdoor safety, nutrition, and stress management.
 - Set up **outdoor teaching initiatives**.
 - **“Sports Ambassadors”** challenges.

Indicator:

- **100+ participants**
- **nb of coaching sessions implemented**
- **nb of training plans**
- **nb of outdoor teaching sessions or workshops**

WP4 - ASSESSMENT & RECOMMENDATIONS

Coordination: **UNITO**

ACTIVITIES

- **Collecting data:** Assessing the impact of the solutions tested in WP3 through quantitative and qualitative data collection **[all]**
- **Analysing results:** Identifying best practices and lessons learned to refine future interventions **[UNITO]**
- **Designing toolkit:** Compiling a good-practice guide (toolkit) to support European universities in implementing similar initiatives **[UNIZAR]**

Deliverables:

- **Evaluation of the results of the experiments and drafting of a toolkit/good practice guide with pedagogical and sports recommendations**

Indicators:

- **800+ responses to post-activities surveys**
- **Nb of toolkit downloads and distribution rate**





WP4
ASSESSMENT AND RECOMMENDATIONS

	USMB	UNITO	UNILJ	UNIZAR	UBI
WP Leader	Pierre S & Olivier F	Alex & Paolo			
specific tasks responsibilities	collect data	collect data & analyse results	collect data	collect data & design toolkit	collect data
		WP coordinator			

WP5 - COMMUNICATION & DISSEMINATION

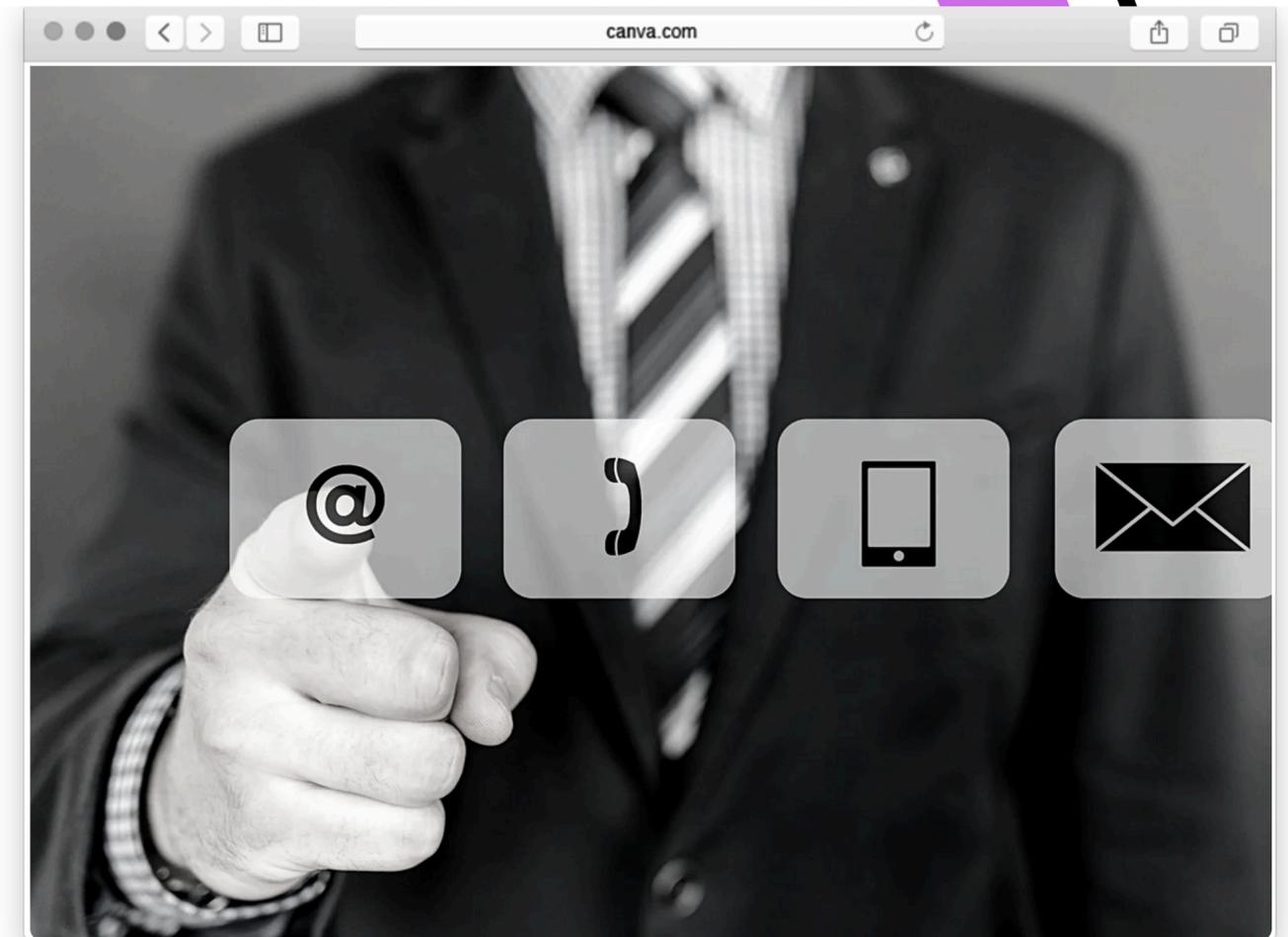
Coordination: **UNIZAR**

ACTIVITIES

1. Designing and implementing a **communication and dissemination plan** [UNIZAR]
2. Publishing **scientific papers** [UNITO]
3. Designing and disseminating an **awareness campaign** on the benefits of sports [UNILJ]
4. Organizing a final dissemination event (**staff week**) [USMB]

Deliverables:

- **Communication plan**
- **Awareness-campaign on the benefits of sport**
- **Scientific publications (2+)**
- **Dissemination event (40+ participants)**





WP5
COMMUNICATION AND DISSEMINATION

	USMB	UNITO	UNILJ	UNIZAR	UBI
WP Leader	Emilie VT & Sophie P				
specific tasks responsibilities	organise final dissemination event	publish scientific papers	design awareness campaign	design & implement communication plan	
				WP coordinator	

2025-2026

September

November

January

March

May

July

WP1 - Kick-off meeting in Chambéry



WP2 - **DRAFTING OF THE SURVEY ON BARRIERS TO PHYSICAL ACTIVITY**

WP5 - **Communication plan**

WP1 - Steering committee **online meetings**



WP2 - **DISSEMINATION OF THE SURVEY TO STUDENTS AND STAFF OF THE UNIVERSITIES**

WP5 - **Scientific publication**

WP2 - **ANALYSIS AND SYNTHESIS: RECOMMENDATIONS FOR EXPERIMENTATIONS**

WP2 - **REPORT**

WP1 - **Intermediate report n°1**

WP3 - **EXPERIMENTING WITH SOLUTIONS PART 1**

WP3 - **Summer sports activities**

2026-2027

WP1 - Steering committee meeting in Ljubljana



WP4 - Data collection and assesment

WP3 - **EXPERIMENTING WITH SOLUTIONS PART 2**

WP5 - Awareness campaign on the benefits of sports

WP3 - **Connected challenge**

WP3 - **EXPERIMENTING WITH SOLUTIONS PART 3**

WP3 - **Winter sports activities**

WP4 - Data collection and assesment

WP3 - **EXPERIMENTING WITH SOLUTIONS PART 4**

WP3 - **Summer sports activities**

WP1 - **Intermediate report n°2**

2027-2028

WP1 - Steering committee meeting in Turin



WP4 - Data collection and assesment

WP3 - **EXPERIMENTING WITH SOLUTIONS PART 5**

WP3 - **Connected challenge**

WP4 - **TOOLKIT DESIGN**

WP4 - **TOOLKIT**

WP5 - **Scientific publication**

WP5 - **STAFF WEEK IN CHAMBERY**

WP1 - **FINAL REPORT**

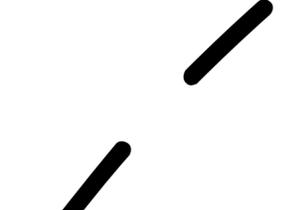
80% of total costs covered by Erasmus+KA220
20% of total costs as co-financing of partner institutions

Detailed budget here: https://univsmb.sharepoint.com/:x:/r/sites/CLIMBUNITED/_layouts/15/Doc2.aspx?action=edit&sourcedoc=%7B97a6bc87-a97b-47b7-818e-0f966adc65ef%7D&wdOrigin=TEAMS-MAGLEV.teamsSdk_ns.rwc&wdExp=TEAMS-TREATMENT&wdhostclicktime=1756886328725&web=1

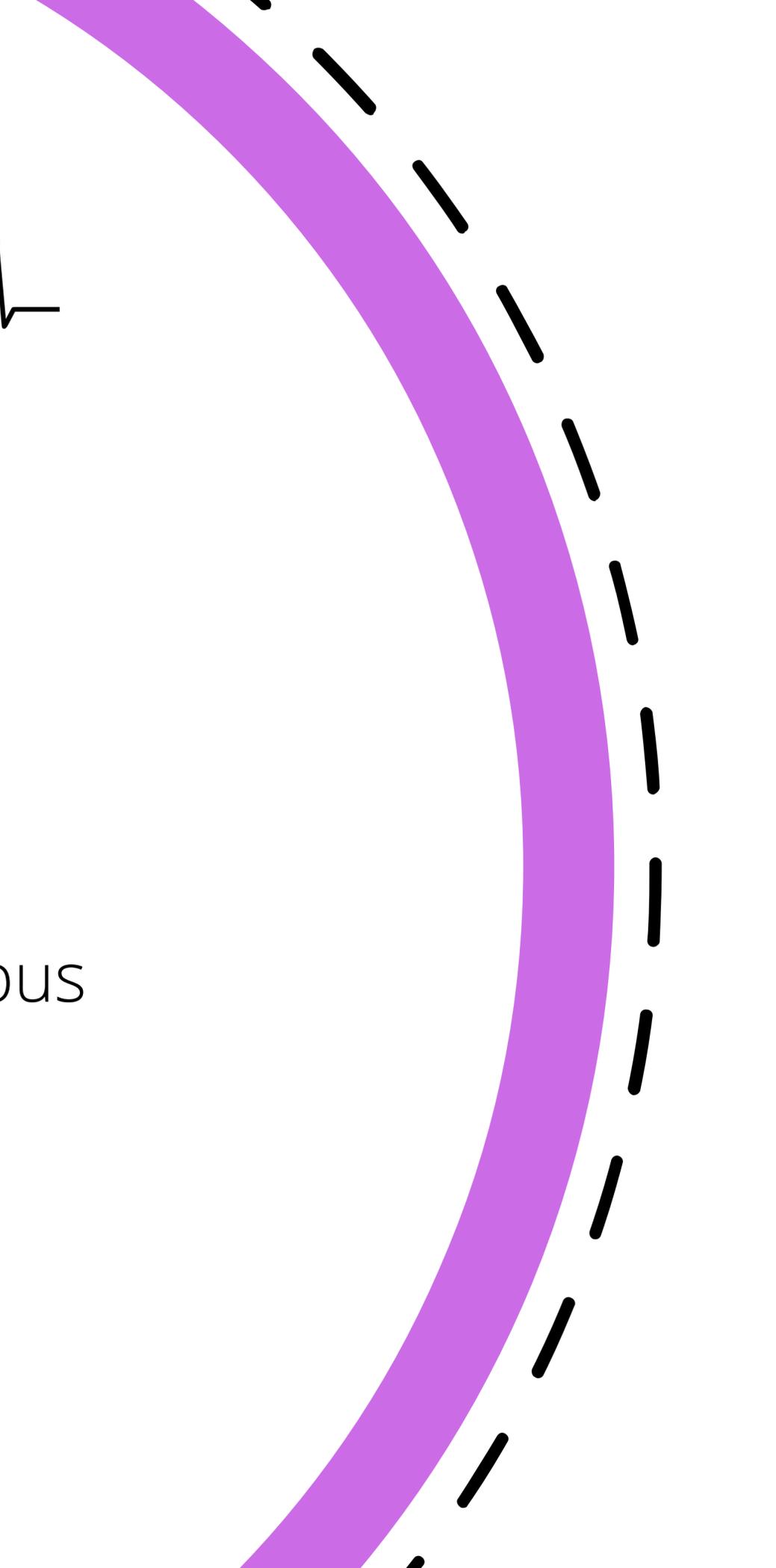
Distribution of the grant amount among participating organisations

	Work package No.1 'Project Management'	Work package No.2 - Diagnosis and survey on barriers to physical activity	Work package No.3 - Experimenting with solutions for different target groups	Work package No.4 - Assessment and recommandations	Work package No.5 - Communication and dissemination	Total (EUR)
UNIVERSITE SAVOIE MONT BLANC	16 960,00	9 080,00	61 640,00	5 968,00	10 320,00	103 968,00
UNIVERSITA DEGLI STUDI DI TORINO	5 440,00	4 200,00	48 040,00	11 248,00	9 760,00	78 688,00
UNIVERZA V LJUBLJANI	5 440,00	4 200,00	50 600,00	5 968,00	10 320,00	76 528,00
UNIVERSIDAD DE ZARAGOZA	6 720,00	4 200,00	37 320,00	7 728,00	15 600,00	71 568,00
UNIVERSIDADE DA BEIRA INTERIOR	6 720,00	9 480,00	40 840,00	5 968,00	6 240,00	69 248,00
Total (EUR)	41 280,00	31 160,00	238 440,00	36 880,00	52 240,00	400 000,00
Project lump sum (EUR)						400 000,00

KICK-OFF MEETING



at USMB



Thursday 9th October

2pm

Building n°14 - Jacob-Bellecombette campus