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**Extended report
Transnational Project Meeting 1**

**FITeens - Promoting physical activity and healthy habits in
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761

Zaragoza - 18th and 19th October 2022



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MINUTES of

1st TPM Zaragoza (Spain)

18th and 19th October 2022

FITeens - Promoting physical activity and healthy habits in sedentary teenagers

2021-1-ES01-KA220-SCH-000027761

Project partners

- P1. Universidad de Zaragoza
- P2. Stichting Kenniscentrum Pro Work
- P3. Instituto Politecnico de Santarem
- P4. Tartu Ulikool
- P5. Innoventum OY
- P6. Jaitek Tecnología y Formación S.L.

People attending the meeting

From **Universidad de Zaragoza**

- Luis García
- Ángel Abós
- Maria Sanz
- Sergio Diloy
- Carlos Mayo
- Rafael Burgueño
- Javier García

From **Stichting Kenniscentrum Pro Work**

- Dylan Adelaar (online)
- Ilaria Vichi (online)

From **Instituto Politecnico de Santarem**

- José Rodrigues
- Luis Cid

From **Tartu Ulikool**

- Henri Tilga
- Andre Koka

From **Innoventum OY**

- Tomasz Szymanski
- Henna Karhapaa
- Janne Leinonen (online)

From **Jaitek Tecnología y Formación S.L.**



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- Mariano Sanz
- Daniel Pérez

Minutes of meeting

The meeting was held in Zaragoza, in the Faculty of Education of the University of Zaragoza. It was a two days hybrid event since some partners attended the meeting virtually too. For that reason, this meeting was followed by these partners through a Google Meet video call. The meeting started with the welcome of Ángel Abós, from the University of Zaragoza who conducted the two days meeting, and a brief of the overview of the project. A **Power Point presentation** was used during these two days to make it easier for partners to follow the different meeting topics and content:

(https://docs.google.com/presentation/d/1sXUNdkm_G92HbhmzBOW0b_yC4k9HNUQx/edit?usp=sharing&oid=111947961851479165315&rtpof=true&sd=true).

One of the first topics that was covered was management and reporting. Partners were asked to upload **travel tickets** (boarding passes, train or bus tickets, etc.), **invoices** and their **travel insurance policy** to the corresponding **Google Drive** folder (<https://drive.google.com/drive/folders/1SHbbr6c4rb9-00oJZClhVtrbjQeOFjdR?usp=sharing>).

Regarding the different project results, some important information was covered during the meeting. UNIZAR shared some examples of the **first result's** content created so far (health related behaviors' theoretical information, videos and teaching resources). Moreover, some **deadlines** were set in order to complete this first result:

- IPS will finish the videos and documents missing: **31/10/2022**
- TARTU and UNIZAR will create the final version of the document: **4/11/2022** • Partners will review this document (some guidelines will be created for this revision): **18/11/2022**
- 5 Secondary Physical Education teachers will review this document: **18/11/2022** •
Jaitek and Innoventum will work on the visual aspect of the document: **2/12/2022** •
Partners will translate the document: **16/12/2022**
- PROWORK will create one flipbook for each partner's version: **30/12/2022** •
All flipbooks will be uploaded on the project's website: **6/1/2022**

The **second result** was also discussed during this two days' event. Innoventum shared this results' concept and the work developed so far.

The **structure** for the **different resources** that will be contained during the app was also established (title, area, importance, description and image).

IPS will share a health-related questionnaire with the rest of the partners that will be included in the application to create the hexagon diagram.

Moreover, partners had a fruitful discussion about the real usefulness and importance of the **badges**, as they could go against users' **intrinsic motivation**. Partners were asked to think about



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this topic deeply and try to find possible solutions and ways to introduce this gamification method without affecting this intrinsic motivation. A short **online meeting** will be held in mid November for partners to share these solutions and ideas (please select the date that best suits you in the following link: <https://doodle.com/bp/%C3%A1ngelab%C3%B3scatal%C3%A1n/fiteens-badges-meeting>).

Regarding **dissemination**, several aspects were discussed during the meeting: • A Facebook

(<https://www.facebook.com/FITeens.eu>) and an Instagram (https://www.instagram.com/fiteens_eu/) profile were created. Partners were asked to **follow** both profiles and **share** them within their institution and with their acquaintances.

- A Youtube channel was also created where all the videos created for the first result (<https://www.youtube.com/channel/UCZwtCsKWEo0hjJayPETFmDw/featured>) will be uploaded.
- The first newsletter was successfully released and uploaded on the website. Different newsletters will be created during the project's lifetime.
- The project's website (<https://fiteens.eu/>) is already created and several tasks were created:
 - All partners will **register** on the website and **translate** the different contents in their own language
 - UNIZAR and Jaitek will create a folder containing some **images** related to the project's concept that will be incorporated into the website.
- Partners were also asked to include the project's concept and information on their organization's website if possible.
- Partners were also asked to **disseminate** the project in **congresses** and other different educational environments. Evidence of these actions (photos, certificates, agendas, etc.) should be uploaded on the corresponding Google Drive folder (https://drive.google.com/drive/folders/1rsnGLF-DJqGwMIK_iYYNXM20eXl8Hcn?usp=sharing)
- Partners were asked to include all these dissemination actions on the Dissemination Log which can be found on Google Drive https://docs.google.com/spreadsheets/d/1GI6xa2Bt0LRyy3EdkGhgQ2W7MJJpptyP/edit?usp=drive_web&ouid=111947961851479165315&rtopof=true).

Apart from the badges' online meeting that will be held in November, partners agreed to have another **online meeting in December**, to check the first result's development. A Doodle will be sent by UNIZAR when the date is closer.

Moreover, it was also agreed that the **second transnational meeting in Burgh-Haamstede**



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(The Netherlands) will be held in April. PROWORK will send a Doodle to decide the exact days.

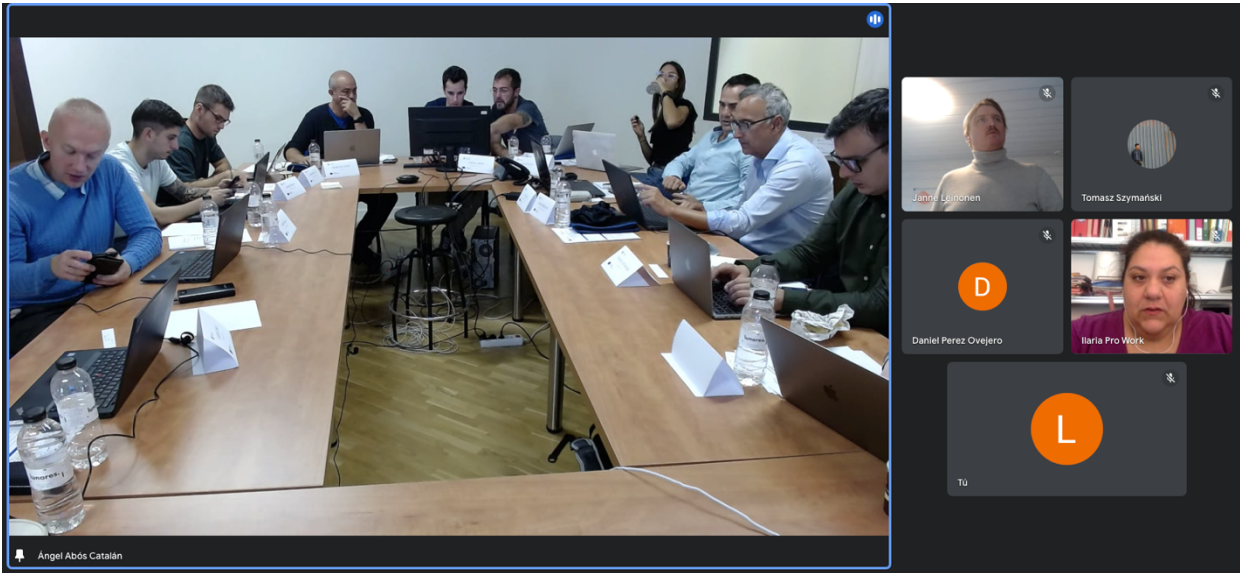
Finally, the last point covered was the **short-term joint staff training event**, which will be held in Rio Maior (Portugal) was also discussed. Partners agreed that the dates of the event will be held the 18th and 22th June (2 travelling days and 3 days of training).



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Pictures of the meeting:





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Presentation of the topics and the work developed:

FITeens Project

1st TPM

18th and 19th October 2022

2021-1-ES01-KA220-SCH-000027761



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FiTeens Project 1st TPM

Agenda 18th

START 9:00h

Welcome!

Partners' presentation

Overview

Management and reporting

Coffee break

R1: FiTeens Toolkit

Social lunch

R2: FiTeens app

R3: FiTeens digital in-service

Training

END 16:00h

Guided Tour

Social dinner



**Universidad
Zaragoza**



jaitok

inn^oventum

**POLITÉCNICO
DE SANTARÉM**



Welcome



Who/what is your organisation?



1. Universidad de Zaragoza - ES
2. Tartu Ilikook - IR
3. Instituto Politecnico de Santarem - PT
4. Stichting Kenniscentrum Pro Work - NL
5. Innoventum Oy - FI
6. Jaitek Tecnología y Formación - ES



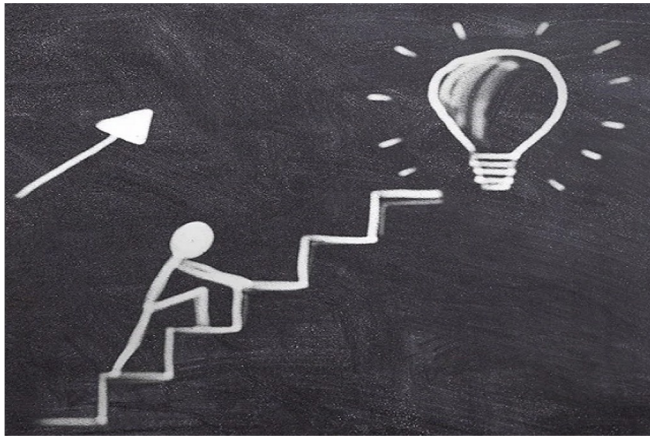


Overview

Main objectives of the project

Overview

Project Objectives



- ▶ Raising awareness on the importance of physical activity and healthy habits.
- ▶ Supporting Physical Education teachers to acquire a wide knowledge on how to develop online lessons and engage their students on physical activity, providing them with useful examples.
- ▶ Promoting the habit of doing physical activity daily and raise teenagers' awareness on the importance of physical activity and healthy habits.
- ▶ Developing an amusing and engaging mobile phone application to motivate teenagers to do physical activity.



Management and reporting

Project duration



**Project Duration:
24 months**

***Project start:
01/11/2021**

**Project end:
01/11/2023**

Project duration



Project Duration:
24 months

*Project start:
01/11/2021

Project end:
01/11/2023

Project extension?

Transnational Meetings

Attendance List signed and Individual Attendance Certificates signed by the hosting organisation

Attendees must have a formal link with the project partner s organizations

Detailed Agenda and documents linked to the meeting
(signature list and any documents used or distributed at the transnational project meeting)

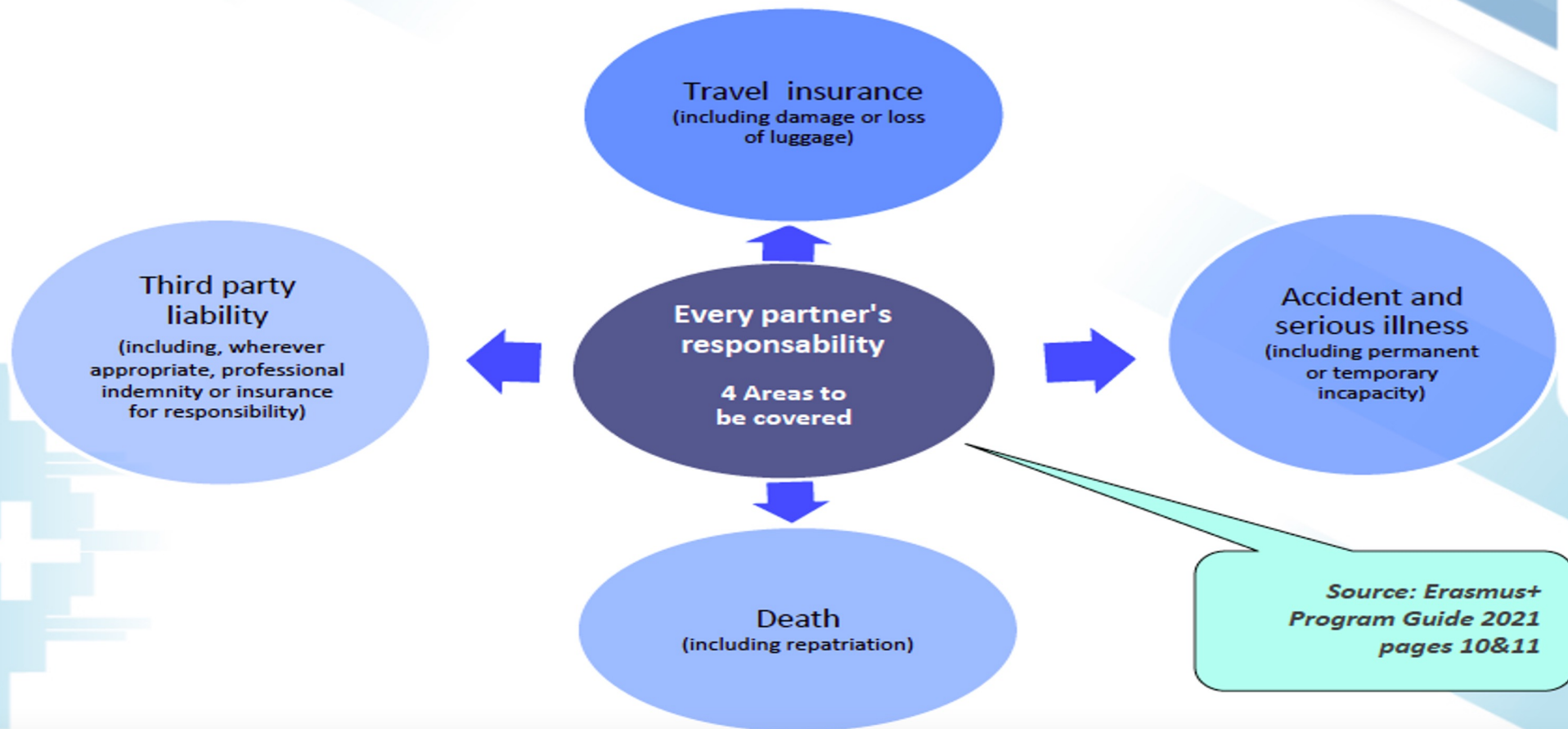
Travel tickets (boarding pass, trains, etc.) AND INVOICES

Travel insurance policy

(*) Grant Agreement: Annex III, Financial and Contractual Rules I.2.B (c) Supporting documents



Protection, health and safety of participants




Source: Erasmus+
Program Guide 2021
pages 10&11

Intellectual Outputs or Project Results



Proof of the intellectual output produced, which must be uploaded in the Erasmus+ Project Results Platform



Time sheets (one per person, category: Teacher/ Researcher or Technician), dates and total number of days claimed to every intellectual output

Proof of the nature of the relationship between the person and the beneficiary (employment contract, SME ownership, etc.), as registered in the official records of the beneficiary

(* Grant Agreement: Annex III, Financial and Contractual Rules I.2.C (c) Supporting documents

Timesheets



**Template provided
by UNIZAR**

**Report every
6 months***

**Must be signed by the
person concerned and by
the legal representative in
the institution where this
person is engaged**

**One sheet per
partner**

(*) Due to the delay on the signature of the Grant Agreement, the first report will comprise 12 months (1/11/2021 - 1/10/2022)



Project Results

Project Results



**R1. FITeens
Toolkit**
UNIZAR
2021-12 | 2022-08

R2. FITeens App
INNOVENTUM
2022-02 | 2023-03

**R3. FITeens
Digital In-service
training for PE
teachers**
JAITEK
2023-04 | 2023-10

R1. FITeens Toolkit

UNIZAR

2021-12 | 2022-08



	RESPONSIBLE	MONTHS	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24
R1. FITeens toolkit	UNIZAR																									
R1/A1 Structure and content development	IPS																									
R1/A2 Content review	TARTU																									
R1/A3 Visual aspect development	PROWORK																									

The first result is the creation of a **toolkit** in a **flipbook** format that will involve the **Big 6** (physical activity, sufficient sleep, low screen time, consumption of alcohol and tobacco, and intake of healthy food).



What has been done so far?



IPS will create the guidelines for content creation. The toolkit will contain different explanations, introductory videos (IPS, Tartu, UNIZAR), exercises/activities and expert testimonies for each of the 6 elements.

- ✓ Guidelines for content creation
- ✓ Research of the content
- ✓ Creation of different explanations, introductory videos, exercises/activities and expert testimonies for each of the 6 elements



What is missing?



IPS will create the final videos and documents **31/10/2022**

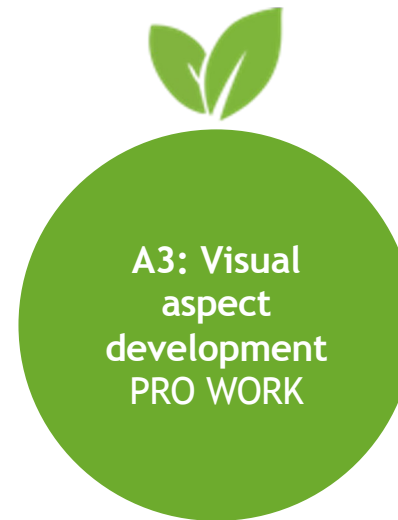
TARTU and UNIZAR will create the final version **4/11/2022**

All Partners will review the content created **18/11/2022**

5 Secondary Physical Education teachers/per partner will review the content created. **18/11/2022**



What is missing?



Jaitek and Innoventum will work on the visual aspect of the document. **2/12/2022**

Partners will translate the document. **16/12/2022**

PROWORK will create one flipbook for each partner's version. **30/12/2022**

All flipbooks will be uploaded on the Project's website. **06/1/2023**

R2. FITeens App

INNOVENTUM

2022-02 | 2023-03



	RESPONSIBLE	MONTHS	M1	M2	M3	M4	M5	M6		M7	M8	M9	M10	M11	M12		M13	M14	M15	M16	M17	M18		M19	M20	M21	M22	M23	M24
R2. FITeens app	INNOVENTUM																												
R2/A1: Development of the platform	INNOVENTUM																												
R2/A2: Creation of the content	UNIZAR																												
R2/A3: Translation phase	INNOVENTUM																												
R2/A4: Handbook creation	PROWORK																												

The second result will consist on the creation of a web application for promoting and improving healthy lifestyles

R2. FITeens App

INNOVENTUM

2022-02 | 2023-03



A1:
Developmet
of the
platform
INNOVENTUM



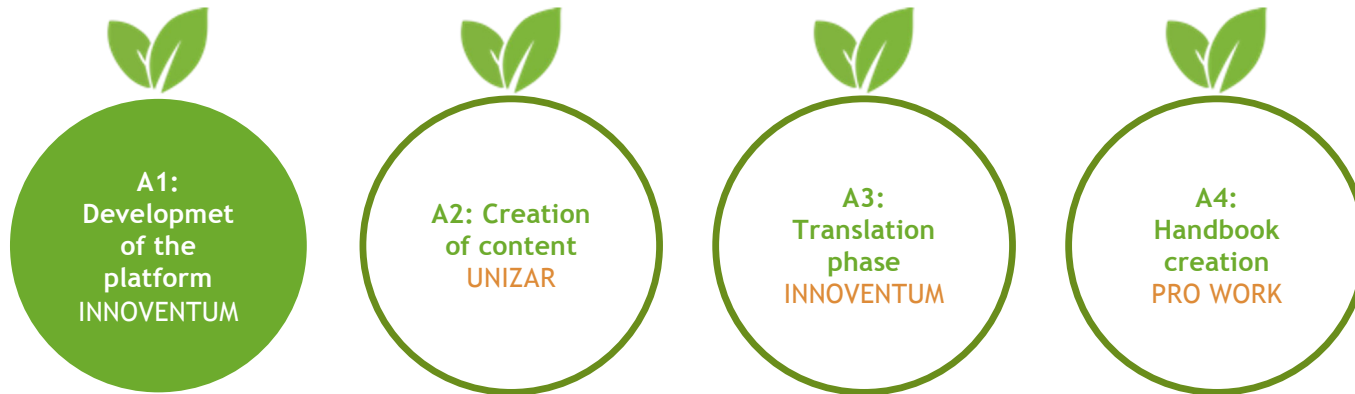
A2: Creation
of content
UNIZAR



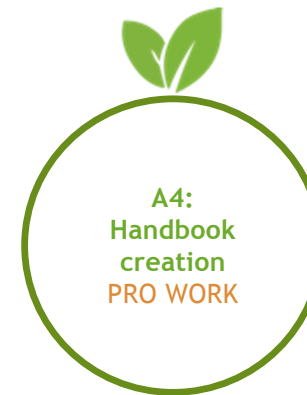
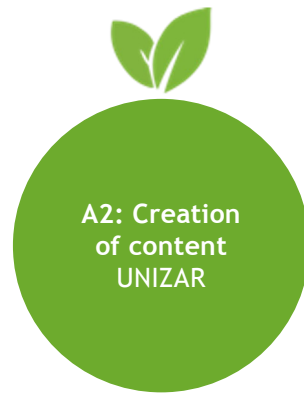
A3:
Translation
phase
INNOVENTUM



A4:
Handbook
creation
PRO WORK



- ▶ **INNOVENTUM** will create the structure of the app and will incorporate the different elements that will be created.
- ▶ **Partners** will translate the different options and menus contained in the app.
- ▶ **PROWORK** will develop the different badges and avatars.
- ▶ **IPS** and **TARTU** will create the questionnaire (Hexagonal graphic representation of the students' lifestyles).



- ▶ **Physical activity:** 30 activities.
- ▶ 10 resources for each of the following elements: **sufficient sleep, low screen time, consumption of alcohol and tobacco.**
- ▶ **20 healthy recipees** that students could prepare themselves.
- ▶ All resources will be evaluated by **2 experts** per country.
- ▶ **IPS, UNIZAR** and **Tartu** will evaluate the resources.

Project Results



**R1. FITeens
Toolkit**
UNIZAR
2021-12 | 2022-08

R2. FITeens App
INNOVENTUM
2022-02 | 2023-03

**R3. FITeens
Digital In-service
training for PE
teachers**
JAITEK
2023-04 | 2023-10

R3. FITeens Digital In-service training for PE teachers

JAITEK

2023-04 | 2023-10



		RESPONSIBLE	MONTHS	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24
R3. FITeens in-service program	JAITEK																										
R3/A1 In-Service training platform development	JAITEK																										
R3/A2 Content creation	UNIZAR																										
R3/A3 Content review	IPS																										
R3/A4 Content translation	JAITEK																										

R3 will consist on the creation of Learning Management System containing some useful knowledge about teaching Physical Education using digital tools and fostering healthy habits among their students

R3. FITeens Digital In-service training for PE teachers

JAITEK

2023-04 | 2023-10



A1: Development
JAITEK



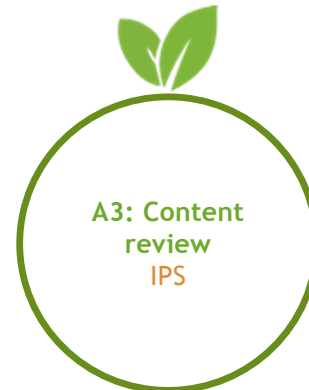
A2: Creation content
UNIZAR



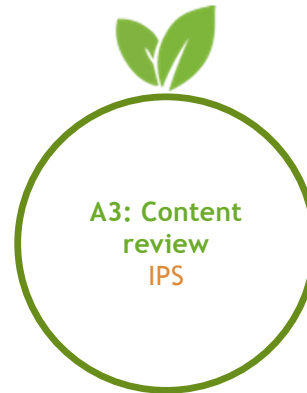
A3: Content review
IPS



A4: Content Translation
JAITEK



- ▶ In-service training platform development by Jaitek



8

Different Modules

- The importance of Physical Education
- The importance of motivation and personalization (playgrounds and inclusive PA)
- PA
- Alcohol and tobacco
- Healthy diet
- Sleep time and sedentary screen time
- Digital tools and new methodologies in PE
- FITeens APP

FI Teens Project 1st TPM

Agenda 19th

START 9:00h

Welcome!

Dissemination

Project's website

Coffee break

Impact plan and impact exercise

Other issues

- Next online and transnational meetings
- Quality assurance
- Next steps
- Questions

END 14:00h

Social lunch



**Universidad
Zaragoza**



jaitok

innOventum

**POLITÉCNICO
DE SANTARÉM**



Dissemination



05 Partners' websites

A green diamond-shaped icon containing a white lightbulb symbol, representing ideas or websites.

04 Youtube

A blue diamond-shaped icon containing a white key symbol, representing access or a key to information.

02 Website

An orange diamond-shaped icon containing a white speech bubble symbol, representing communication or a website.

03 Newsletters

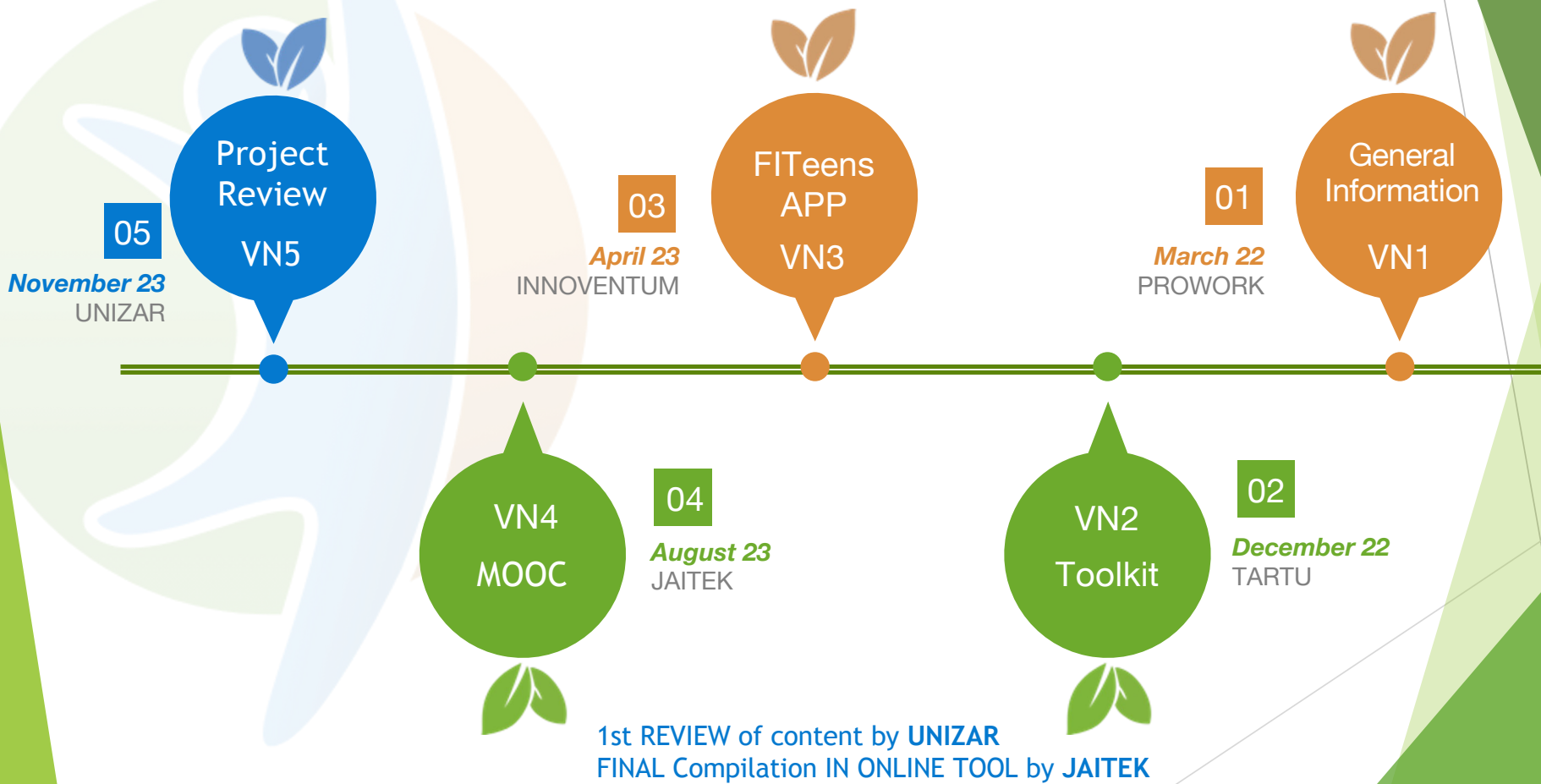
An orange diamond-shaped icon containing a white magnifying glass symbol, representing search or newsletters.

01 Facebook Instagram

A green diamond-shaped icon containing a white magnifying glass symbol, representing search or social media.

https://docs.google.com/spreadsheets/d/1Gl6xa2Bt0LRyy3EdkGhdQ2W7MJJpgtyP/edit?usp=drive_web&ouid=111947961851479165315&itpof=true

Newsletters



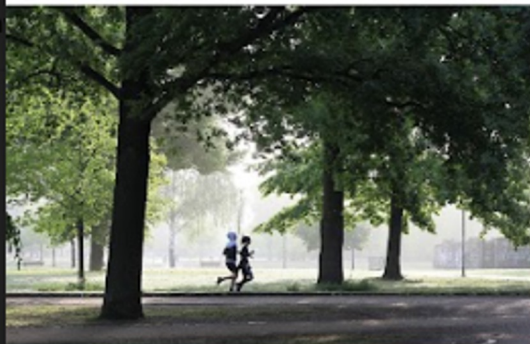


1st August 2022 Newsletter

The project

FITeens is a project co-funded by Erasmus+ that aims to raise awareness among young people about the importance of adopting an active and healthy lifestyle. In the same way, the project aims to provide physical education teachers with health education resources, materials and examples so that they can implement them in their own lessons.

The consortium



Project results

FITeens toolkit

One of the main obstacles to the implementation of programs and activities on physical activity and other healthy habits in schools is the lack of teachers' health education training. Therefore, this result will consist of a complete set of tools, resources and activities to help teachers promote different healthy habits in their lessons.

FITeens application

Technologies are increasingly used in the school environment. Through these technologies, a greater participation and motivation of students can be achieved. Therefore, a mobile application will be created for young people, containing resources to improve different healthy habits in a playful way.

FITeens in-service training

Physical Education teachers' training in the use of motivational tools and digital resources plays a key role in achieving more active and healthy lifestyles among adolescents. For this reason, a training course will be created to help teachers use different tools and activities for health promotion.

<https://fiteens.eu/>

FITeens

@fiteens_eu



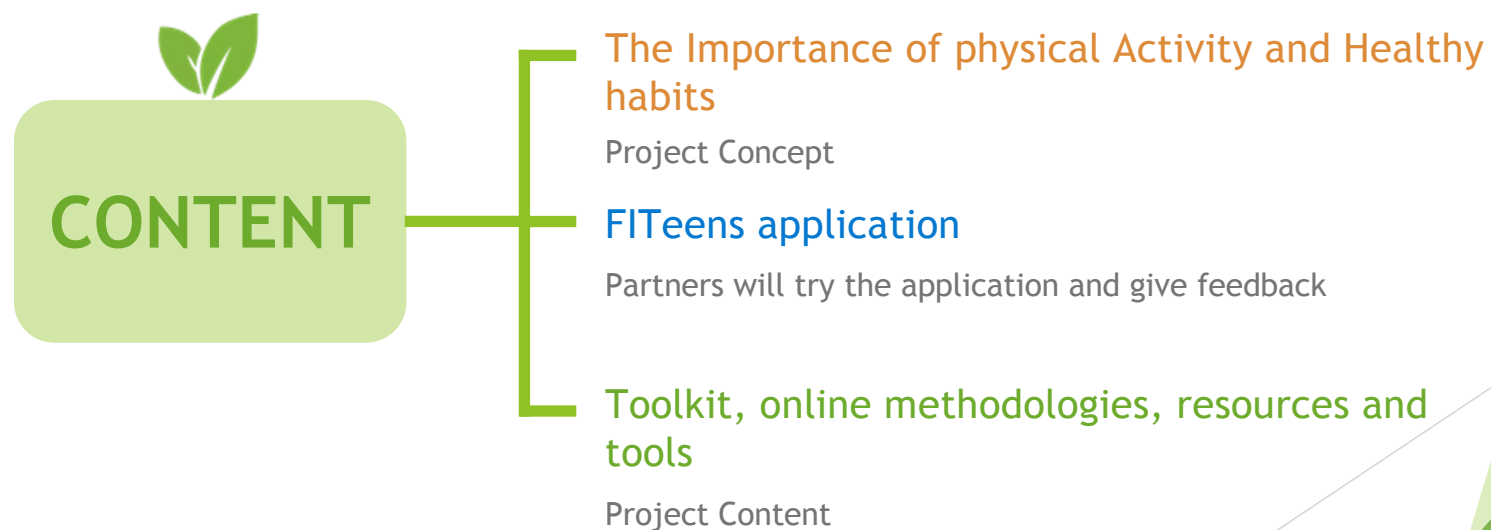
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Short-term joint staff training events



2 people per partner. A minimum total of 12 participants
2 travelling days + 3 days of training. **June 18th to 22nd 2023**
Rio Maior, Portugal



Meetings



2 people traveling per partner to each face to face meeting in application





Final Overview



Next meeting

Minutes of Meeting/Survey



TO DO's

Questions



The End

Thank you!

Let's get things done!

FITeens project



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