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Extended report
27.11.23-30.11.23
3rd Face-to-face meeting
Ujula 4, Tartu, Estonia

**FI Teens - Promoting physical activity and healthy habits in
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761

FITeens

Promoting physical activity and healthy habits in sedentary teenagers

Third transnational project meeting

28th- 29th November 2023



UNIVERSITY
OF TARTU

**Institute of Sport Sciences
and Physiotherapy**

Room 3014
Ujula 4, Tartu
Estonia



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**MINUTES of
27.11.23-30.11.23
3rd Face-to-face meeting
Ujula 4, Tartu, Estonia**

**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.

Minutes of meeting

See below the agenda of the meeting, the topics addressed, and the presentations of contents.



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FiTeens - Promoting physical activity and healthy habits in sedentary teenagers

2021-1-ES01-KA220-SCH-000027761
27.11.23-30.11.23
Face-to-face meeting
Ujula 4, Tartu, Estonia

Meeting agenda:

Room 3017 at Ujula 4, Tartu is booked for 2 days 8:00-18:00

Room 3027 at Ujula 4, Tartu is booked for multiplier event 29.11 15:00-17:00

27.11 – travel day

28.11

09:45-10:15 – Reception and welcome

10:15-11:00 – visit to the Institute of Sport Sciences and Physiotherapy, University of Tartu

11:00-11:15 – coffee break (corridor)

11:15-12:45 – FiTeens smartphone application (R2) (progress and future steps)

12:45-14:30 – lunch break (room 3016)

14:30-15:45 – FiTeens website (progress and future steps)

15:45-16:30 – walking break to museum

16:30-18:30 – Visit to Estonian National Museum (Muuseumi tee 2, Tartu)

18:30-19:00 – walking break to social dinner

19:00-20:30 – Social dinner (Püssirohukelder, Lossi 28)

29.11

09:30-11:00 – MOOC (R3)

11:00-11:15 – coffee breaks (corridor)

11:15-12:45 – Impact activity (Pro-Work). Quality assurance. Reporting about dissemination activities. Specific dissemination of the Toolkit (R1).

12:45-14:30 – lunch break (room 3016)

14:30-15:00 – preparation for multiplier event (room 3027)

15:00-17:00 – multiplier event (room 3027)

- Overall introduction of the project (website and social media) 20 min – P4 (Tartu)
- Introduction of the FiTeens toolkit 30 min – P1 and P6 (Unizar and Jaitek)
- Some more specific and practical approach from the toolkit 30 min – P3 (IPS)
- Introduction of the smartphone application 20 min – P5 (Innoventum)
- Introduction of the MOOC 20 min – P6 (Jaitek)

17:00-18:00 – Ending, conclusions.

30.11 – travel day



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Some pictures of the meeting:



FITeens Project

3rd TPM

28th and 29th November 2023

2021-1-ES01-KA220-SCH-000027761



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FITeens Project 3rd TPM

28.11

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- 17:00-18:00 - Ending, conclusions.



**Universidad
Zaragoza**

inn^oventum

jaitek

**POLITÉCNICO
DE SANTARÉM**

Discover Tartu



Discover University of Tartu



Thank you!

Let's get started!

FITeens project



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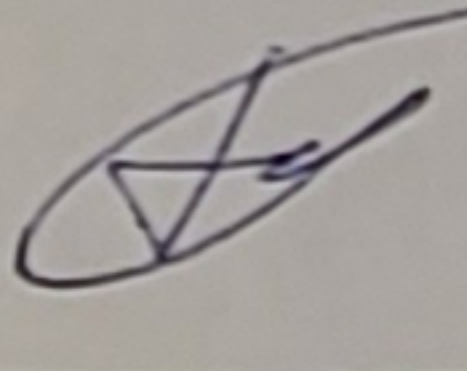
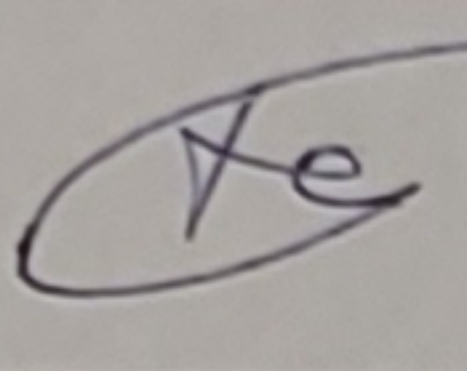
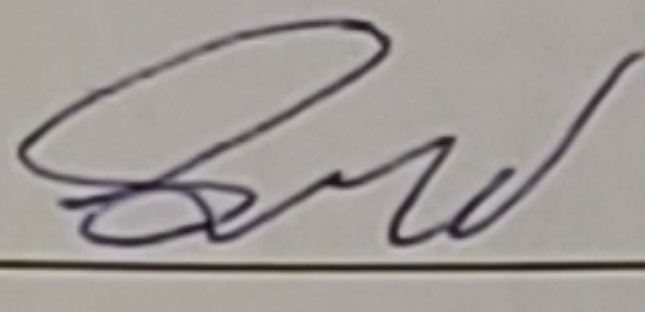
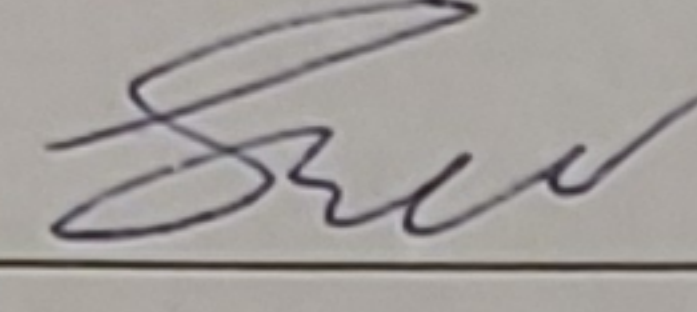
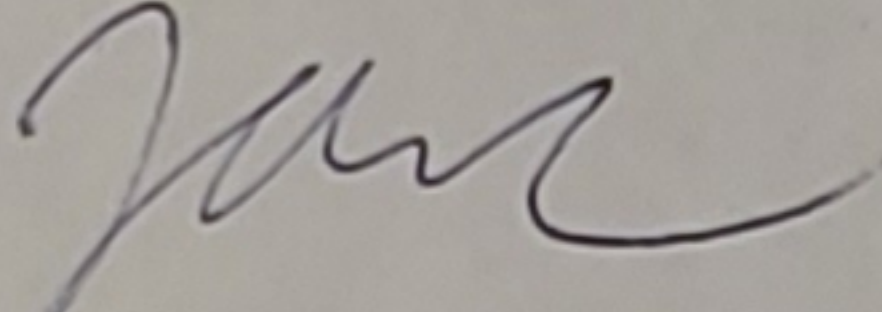
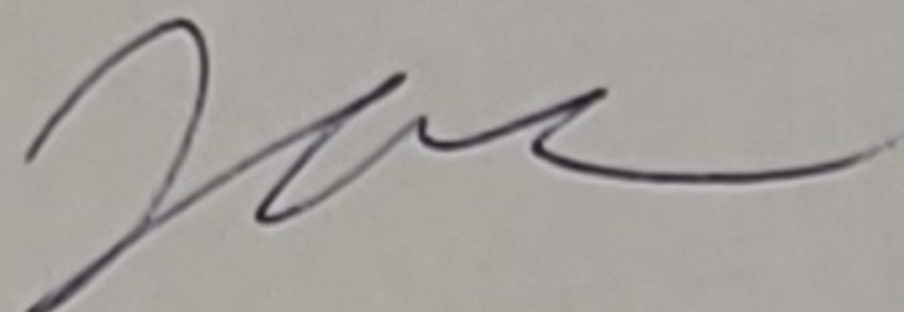
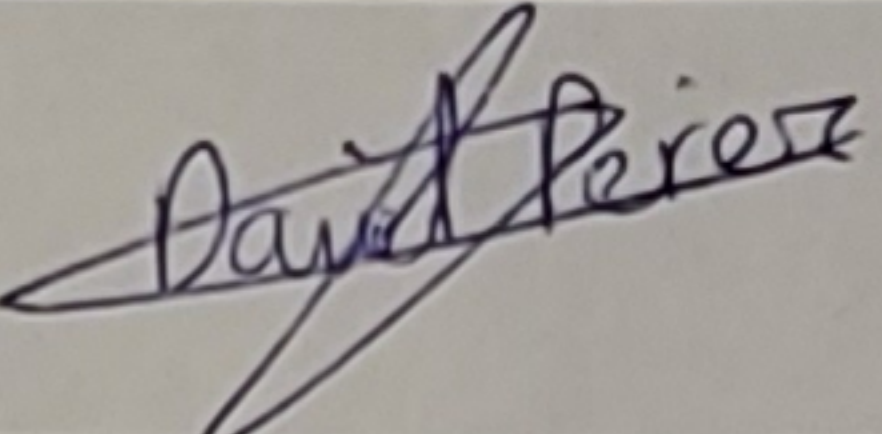
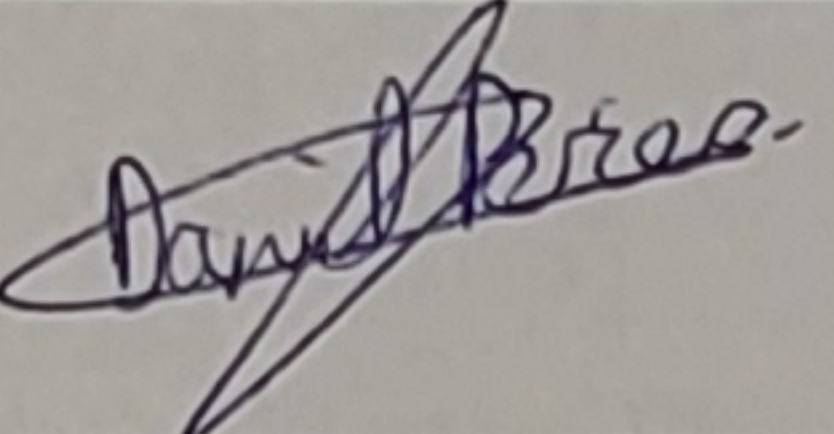
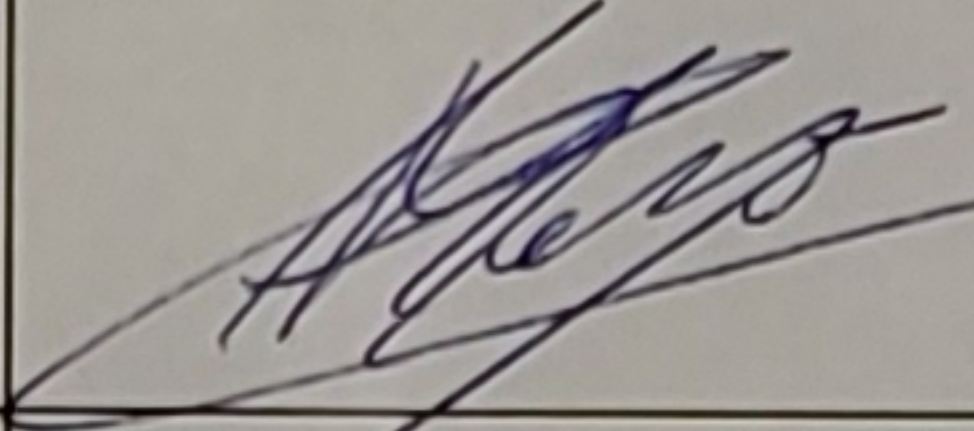
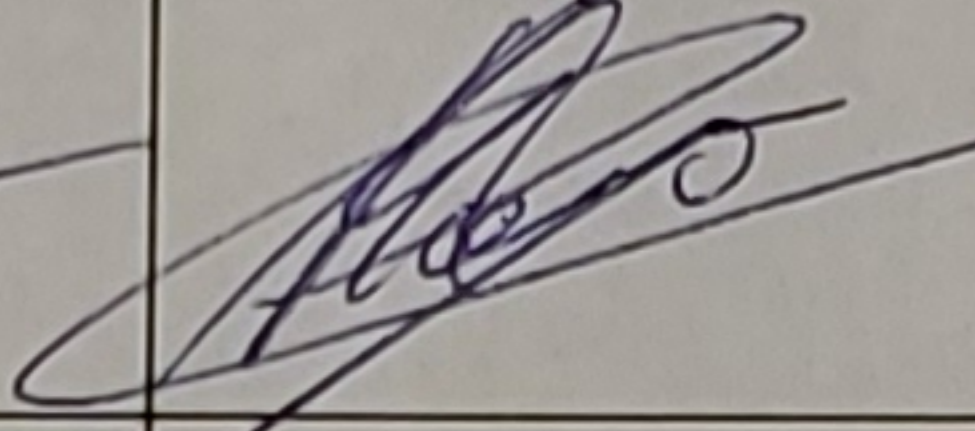
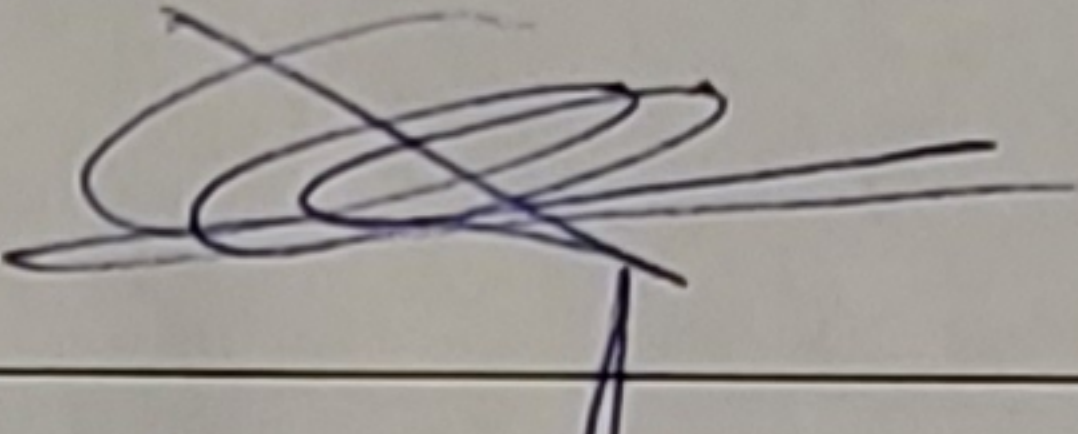
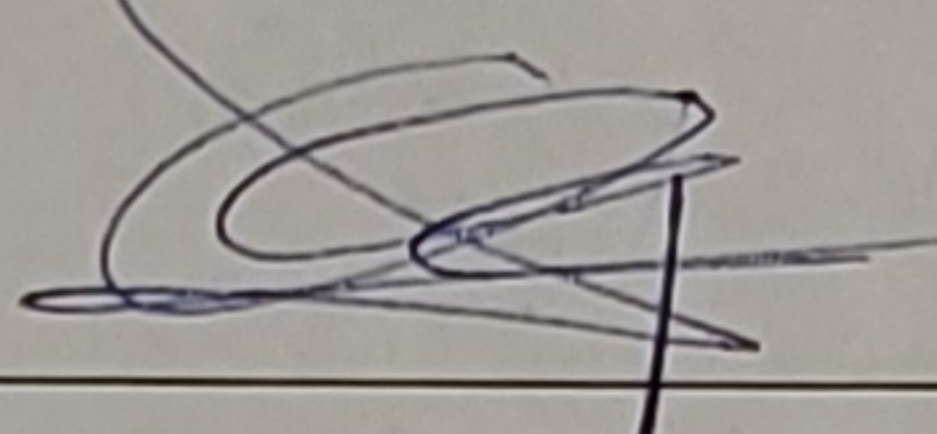
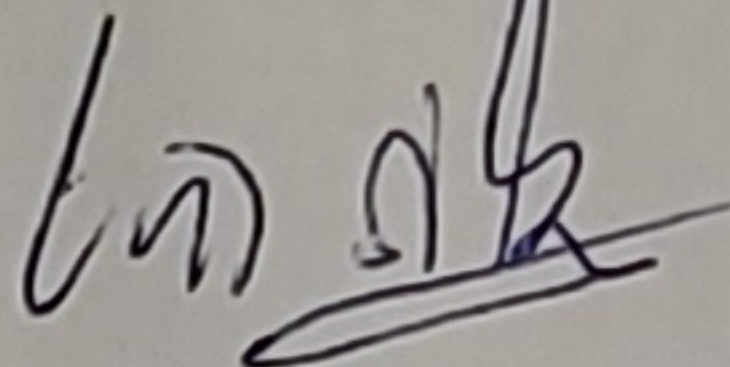
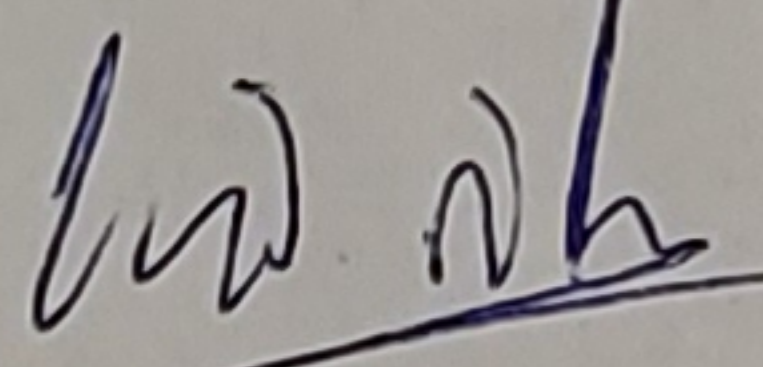
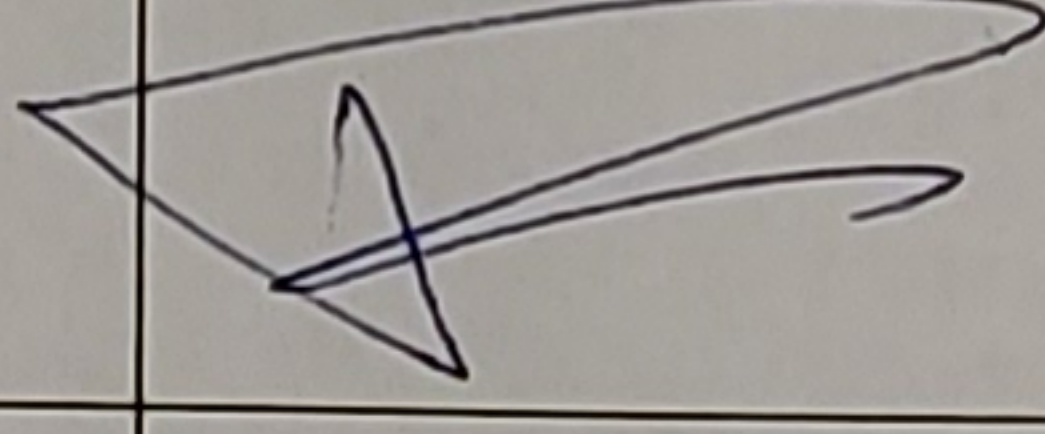
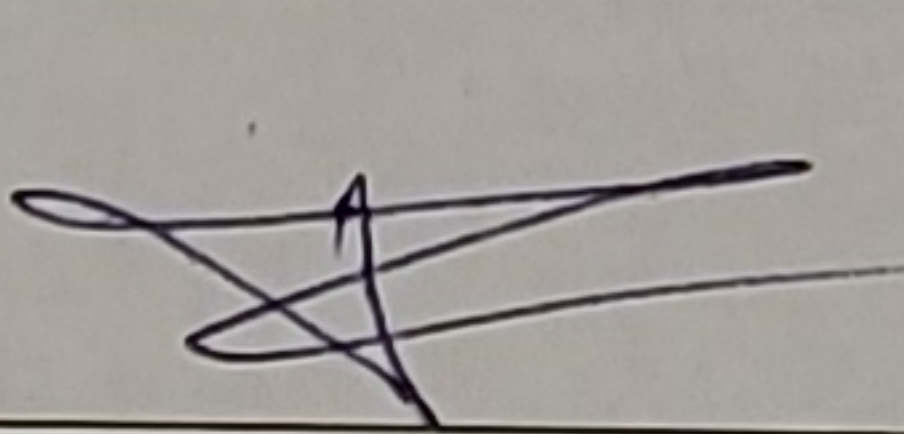
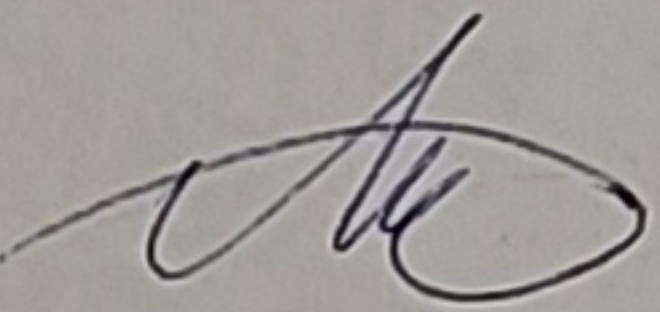
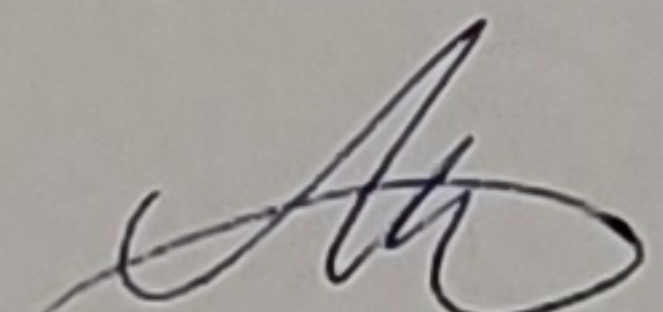


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2021-1-ES01-KA220-SCH-000027761

TPM - Tartu 28-29 November 2023

List of Participants

Participant	Organization	Signature (28/11/2023)	Signature (29/11/2023)
Henri Tilga	University of Tartu		
Tomasz Szymoniak	INNOVENTUM Oy		
Janne Lehto	Innoventum Oy		
Daniel Pérez Ovejero	JAITEK Tecnología y Formación SL		
Carlos Mayo Rada	Universidad de Zaragoza		
Javier García Cejeda	University of Zaragoza		
Luis Sid	IPSANTARÉM		
Filipe Rodrigues	IPSANTARÉM		
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