

DESCRIPTION OF THE ACTION (PART A)

COVER PAGE

Part A of the Description of the Action (DoA) must be completed directly on the Portal Grant Preparation screens.

PROJECT	
<i>Grant Preparation (General Information screen) — Enter the info.</i>	
Project number:	101049997
Project name:	Improving the Subjective Wellbeing of Young Women in Balkans through Interventions in their Physical Activity
Project acronym:	Fit-Balkans
Call:	ERASMUS-SPORT-2021-SCP
Topic:	ERASMUS-SPORT-2021-SCP
Type of action:	ERASMUS-LS
Service:	EACEA/A/03
Project starting date:	first day of the month following the entry into force date
Project duration:	36 months

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PROJECT SUMMARY

Project summary

Grant Preparation (General Information screen) — Provide an overall description of your project (including context and overall objectives, planned activities and main achievements, and expected results and impacts (on target groups, change procedures, capacities, innovation etc)). This summary should give readers a clear idea of what your project is about.

Use the project summary from your proposal.

The young women of Balkans have traditionally less physical activity compared to the women of Western Europe and their employment rates are less, so this leads to lower levels of physical activity. The overall aim of the project is to seek ways of improving the subjective wellbeing of young women aged 18 to 30 in Balkans (five countries: Greece, Bulgaria, Romania, Serbia, and North Macedonia) by means of interventions in their physical activity. The project attempts to fulfill the following objectives: (1) providing first-hand research results to be used as a basis for interventions in partner countries towards using physical activity for improving the subjective wellbeing of the target group, (2) informing the target group about the benefits of having an active lifestyle, and (3) providing accessible sources related to intervention methods for the policymakers. A combination of research and awareness-raising activities have been formulated. The research part includes two surveys focusing the personal and socioeconomic as well as physical activity and wellbeing of the participants before and after 6 months of activation in form of increased walking and or biking activity in daily life and reducing screen and sedentary time per day of 1000 participants. The investigation is continued by creating a validated dataset and statistical analysis, leading to scientific publications and policy reports. In each Balkan partner country, 100 participants take part in two awareness-raising events organized by local partners. Moreover, three MOOCs will be designed in about the two sub-topics of “active mobility and wellbeing” and “active lifestyle for women” and a multiplier event in the form of workshop will be held. Finally, the project team will reflect the outputs of the project in non-technical language for the policymakers of the region. The minimum number of audiences including participants as well as information recipients will be 1875.

LIST OF PARTICIPANTS

PARTICIPANTS

Grant Preparation (Beneficiaries screen) — Enter the info.

Number	Role	Short name	Legal name	Country	PIC
1	COO	TUB	TECHNISCHE UNIVERSITAT BERLIN	DE	999986678
2	BEN	NTUA	ETHNICON METSOVION POLYTECHNION	EL	999978142
3	BEN	URE	URBAN RESEARCH AND EDUCATION UG (HAFTUNGSBESCHRANKT)	DE	893241088
4	BEN	COURAGE	FONDATSIYA KURAZH	BG	948110981
5	BEN	CG	ASOCIATIA SPORTIVA CORPORATE GAMES	RO	914012668
6	BEN	KOM 018	KLUB ZA OSNAZIVANJE MLADIH 018 UDRUZENJE	RS	949611280
7	BEN	UGD	REPUBLIC OF MACEDONIA GOCE DELCEV STATE UNIVERSITY STIP	MK	972180367