

# EUFITMOS NEWSLETTER

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i4EU  
FITMOS

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## i4EUFITMOS project team hosts multiplier sports events (MSE) across six European countries

- Albanian Sports Science Association  
• Tirana, Albania
- Aristotle University of Thessaloniki  
• Thessaloniki, Greece
- Faculty of Sports and Physical  
Education, University of Montenegro  
• Nikšić, Montenegro
- Faculty of Human Kinetics,  
University of Lisbon  
• Lisbon, Portugal
- Sports Union of Slovenia  
• Ljubljana, Slovenia
- Deutsche Gesetzliche  
Unfallversicherung (DGUV)  
• Berlin, Germany

## First Multiplier Sport Event (MSE) of the i4EUFITMOS project

On May 7 and 8, 2025, the i4EUFITMOS project launched its first Multiplier Sport Event at the premises of the **Albanian Sports Science Association in Tirana, Albania.**

The event was opened by **Mr. Florian Muca**, President of the ASSA Association, who welcomed participants and highlighted the importance of collaboration in youth fitness promotion. Three leading experts in physical education and sport shared key insights on building a healthier, more active generation.



Participants received an overview of the i4EUFITMOS project, followed by a discussion on potential digital upgrades and solutions to improve the platform's functionality and overall project effectiveness.

## The second MSE took place in Greece

Second Multiplier Sport Event within the i4EUFITMOS project was successfully held in Greece, organised by the **Aristotle University of Thessaloniki (AUTH)**.

The event was led by **Associate Professor Thrasivoulos Tsiatsos**, a professor at AUTH and the coordinator of the i4EUFITMOS project. The meeting took place on 9 May at the Olympic Museum in Thessaloniki.

Participants received an overview of the i4EUFITMOS project, followed by a discussion on potential digital upgrades and solutions to improve the platform's functionality and overall project effectiveness.

## Third MSE in Montenegro

On May 12 and 13, 2025, the third Multiplier Sport Event of the project was held in Montenegro. The event was led by Dr. Stevo Popović, Full Professor at the Faculty of Sports and



Physical Education, University of Montenegro in Nikšić, which also served as the venue for the event.

The two-day event brought together **46 participants** of various age groups and educational backgrounds, all sharing a common interest in advancing the fields of sport, health, and education.

Through four thematic working groups, participants actively engaged in interactive workshops, where they exchanged ideas, identified user needs, and formulated recommendations for the project's future activities.



The fourth Multiplier Sport Event of the project, organized by the Sports Union of Slovenia, took place in May in Ljubljana. The event was divided into two parts, both facilitated by **Žiga Sodržnik**, Secretary for Programme Implementation at SUS.

On Tuesday, May 27, the first part was held in the SUS meeting room, in collaboration with a small group of **five physiotherapists** and coaches. The aim was to gather insights and suggestions from professionals who primarily work with adults.

## The Portuguese MSE took place in Lisbon

The Portuguese national workshop was held on May 14th, 2025, at the **Faculty of Human Kinetics, University of Lisbon**. The event was aimed at both current and future Physical Education teachers, recognizing their key role in fitness assessment in schools.

The programme was divided into three main parts: an introduction to the



i4EUFITMOS project, a presentation of the national results from the stakeholder survey, and a group discussion session dedicated to exploring possible enhancements to the EUFITMOS digital platform.

## Ljubljana hosted the fourth MSE of the project

The fourth Multiplier Sport Event of the project, organized by the Sports Union of Slovenia, took place in May in Ljubljana. The event was divided into two parts, both facilitated by **Žiga Sodržnik**, Secretary for Programme Implementation at SUS.

The second part took place on Wednesday, May 28, in the SUS Eurofitness sports hall and was attended by 35 participants, mostly physical education teachers, who work with children and adolescents.

Both parts of the event focused on the same topic: a presentation of the EUFITMOS and i4EUFITMOS projects, an overview of the questionnaire results, followed by the main segment – a discussion on potential digital upgrades and solutions to enhance the platform's functionality and the overall effectiveness of the project.

## German MSE was held in Berlin

The German national workshop took place on June 13th, 2025, at the headquarters of the Deutsche Gesetzliche Unfallversicherung (DGUV) in the centre of Berlin, as part of the MSE.

The event brought together 35 participants, including the presidents of the DSLV state



associations, Physical Education teachers as well as representatives of the German School Sport Federation (Deutsche Schulsportstiftung, DSSS), (Deutscher Turnerbund, DTB) and the Hungarian School Sport Federation (DSSS) including the national coordinators of the European week of Sport (EWoS) from Germany and Hungary.

The workshop was opened by DSLV president Dr Daniel Möllenbeck and facilitated by DSLV vice president Martin Holzweg. The workshop began with an introduction of the i4EUFITMOS project, followed by a Q&A part, leading to a discussion with the participants related to the need analysis part of the project. The workshop was closed with a survey (the same that had been conducted online some weeks before with Physical Education teachers).

The results of the survey with the workshop participants were in line with the results from of the online survey with the Physical Education teachers. The workshop participants mostly preferred a mobile app (data collection), PDF reports (data downloading), interactive dashboards (visualisation), individual progress tracking (comparison), customizable charts as well as automated insights (additional features).

# ASSA Association Featured by the EU Delegation to Albania

We are very happy to announce that the EU Delegation to Albania has highlighted the Albanian Sports Science Association (ASSA) as an example of innovative sport and health projects that are improving the lives of children in Albania and beyond.

Through EU support, ASSA has become a driving force in combining sport, fitness, education, and artificial intelligence to promote children's health and well-being.

## Key projects featured:

USSI – Inclusive sport modules, such as adapted judo for children with disabilities, fostering coordination, confidence, and social inclusion.

EUFITMOS – Large-scale fitness monitoring in Albanian schools, establishing European standards for children's health and wellness.

i4EUFITMOS – Next-generation digital tools powered by artificial intelligence, providing teachers, parents, and policymakers with actionable insights on children's physical activity.

With 14% of schoolchildren overweight and 7–8% facing obesity in Albania, these projects are helping build a healthier and more active future.

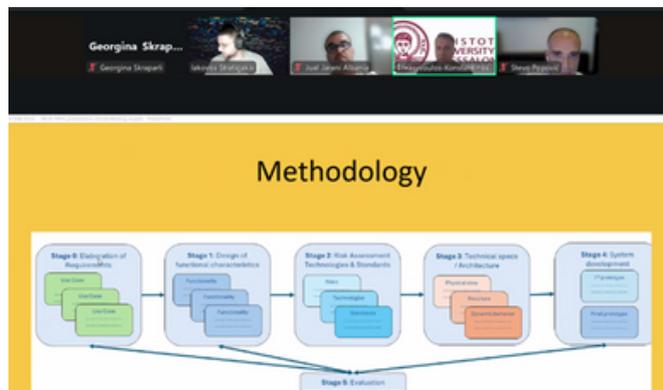
Learn more in the official EU Delegation feature: <https://shorturl.at/i7CpO>



# Progress Meeting on Application Development

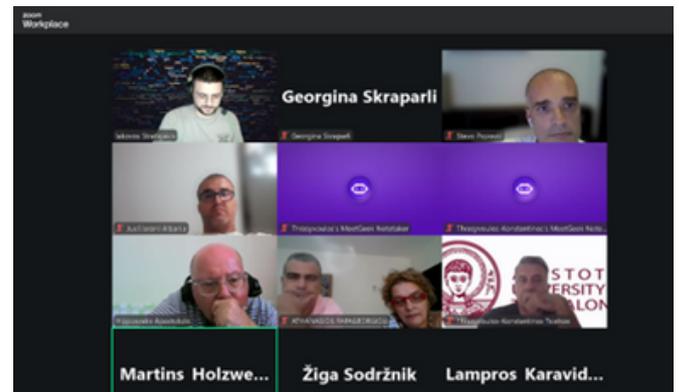
On Tuesday, 16 September, the i4EUFITMOS consortium held an online meeting to discuss the project's next steps.

The main focus was the development of the application, with the goal of preparing the prototype scheduled for January 2026.



AUTH presented the app's use cases, prompting discussions on key topics such as data entry, child access, the researcher portal, and the inclusion of a chatbot. Detailed use cases will be shared at the next meeting in October to guide the prototype's development.

Participants also discussed potential dates for the next in-person TPM, which will take place in Berlin in the first half of 2026 and will be hosted by DSLV.



## Two EU Projects to Be Presented at PASTECHL Podgorica 2025 Conference

At the PASTECHL Podgorica 2025 Conference, participants will have the opportunity to learn about two innovative EU-supported initiatives:

- Universal Sports for Social Impact (USSI): Promoting inclusion, values, and personal development through martial arts in sport.
- i4EUFITMOS: Enhancing the European Fitness Monitoring System with intelligent digital services to support better health and policy-making.

Both projects will be showcased as part of the conference's official programme, underlining PASTECHL Podgorica 2025's role as a hub for dialogue, innovation, and knowledge exchange.

The project outlines [are available here](#).

Discover [more about it here](#).

The graphic features two project cards on a green background. The first card is for 'UNIVERSAL SPORTS', which promotes inclusion, values, and development through martial arts in sport. The second card is for 'i4EUFITMOS', which provides intelligent digital services for supporting the European Fitness Monitoring System. Both cards include the European Union flag and the text 'Co-funded by the European Union'.