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PROGRAMME

Title: **SPORTWELL ADRIA**

Organized by: Erasmus+ Consortium “Uniadrion Italy” and “Džemal Bijedić” University of Mostar

Location: “Džemal Bijedić” University of Mostar (Bosnia-Herzegovina)

1. Overall Objectives

The SPORTWELL ADRIA program aims to:

- Promote **wellbeing through sport and healthy lifestyles** among students from diverse academic backgrounds
- Foster **intercultural exchange and cooperation** between Italian universities (UniAdrion network) and Džemal Bijedić University of Mostar
- Provide **interdisciplinary knowledge** linking sport with health sciences, nutrition, psychology, and social wellbeing
- Encourage **active participation and learning** through sport-based and workshop-based activities
- Develop students’ **teamwork, communication, and critical thinking skills** in an international environment
- Ensure the acquisition of **3 ECTS credits** through structured academic and practical engagement

2. Overall Structure

The program is designed as a **5-day intensive mobility** in Mostar, combining:

- **Academic component:** seminars, workshops, and interactive lectures
- **Practical component:** organized sport activities (football, volleyball, table tennis, athletics)
- **Intercultural component:** group work, discussions, and cultural exchange

The methodology is based on **blended learning principles**, integrating theoretical input, practical experience, and collaborative reflection.



3. Framework Mobility Plan - 5 Days (from 15 to 19 May 2026)

Day 1 – Arrival, Orientation & Baseline

- Welcome of Italian students in Mostar

Day 2 – Introduction, Sport and Wellbeing

- **Morning:** Arrival, check-in, welcome coffee; campus orientation; safety briefing
- **Icebreaker activities:**
- **Lecture & workshop:** Sport and Wellbeing
- **Afternoon:** Sport activities
- **Evening:** self-organized free time

(Optional): “Stolački cener 2026” – 5k and 10k run – 15euro per person

Day 3 – Health, Nutrition & Sleep

- **Morning:** Seminar: *Healthy Lifestyles: Nutrition, Sleep and Physical Activity*
- **Workshop/Lab:** Healthy Smoothies Workshop
- **Afternoon: Seminar:** Mental health, stress management, and sport
- **Evening:** Sports activities

Day 4 – Integration, Well-being & Cultural Exchange”

- **Morning:** Seminar / Panel discussion / Round table: *Sport and Wellbeing*
- Or interactive Sport and wellbeing quiz
- **Afternoon:** Sports activities
- **Evening:** Self-organized free time or Evening Cultural Activity: Guided city tour of Mostar, including Old Bridge, local heritage, and traditional cuisine tasting

Day 5 – Closing & farewell

- Closing ceremony and certificate

4. Final Deliverables and Outcomes

Student Deliverables

Students are expected to:

- Actively participate in all workshops, seminars, and sport activities, demonstrating engagement and collaboration
- Contribute to reflective discussions, sharing insights from practical and theoretical sessions
- Engage in intercultural activities and demonstrate openness to diverse perspectives

Learning Outcomes



By the end of the program, students will be able to:

- Understand the multidimensional relationship between sport, health, and wellbeing, including physical, mental, and social aspects
- Apply basic principles of a healthy lifestyle, including nutrition, sleep, physical activity, and recovery strategies in everyday life
- Demonstrate intercultural communication skills, effectively collaborating with peers from diverse academic and cultural backgrounds
- Work effectively in international and interdisciplinary teams, managing roles, responsibilities, and shared tasks
- Reflect critically on the social and cultural role of sport, including inclusion, ethics, and community engagement
- Translate theoretical knowledge into practical actions, such as designing personal wellbeing plans, healthy meal or activity strategies, and sport-based exercises

5. Grading and ECTS Recognition (3 ECTS)

Upon successful completion, students will receive **3 ECTS credits**, fully recognized by the sending institutions in accordance with Erasmus+ requirements.

Assessment will be based on:

- **Active Participation in Workshops, Seminars, and Sport Activities**
Engagement in discussions, practical exercises, and sport sessions
Collaboration in team and intercultural activities
Contribution to group reflections and shared learning experiences
- **Intercultural Competence and Collaboration**
Demonstrating openness and respect in intercultural interactions
Participation in intercultural activities, group discussions, and cultural events
Ability to reflect on differences and similarities in perspectives and approaches
- **Reflective Learning and Personal Development**
 - Keeping a reflective journal or log of experiences, insights, and wellbeing strategies
 - Contribution to group debriefs and reflection sessions
 - Demonstrating critical thinking and application of knowledge on sport, wellbeing, and healthy lifestyles