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## REPORT FROM THE INTERNATIONAL WORKSHOP IN SPAIN

**Project:** JUDO – *Judo as a Trigger to Shape Youth Pro-Health and Pro-Social Attitude*

**Project Number:** 2023-2-PL01-KA220-YOU-000177031

**Location:** Granada, Spain

**Host Organisation:** Inercia Digital

**Dates of the meeting:** 30 June – 4 July 2025

**Workshop days:** 1–3 July 2025 (three full working days)



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# 1. Introduction

The International Workshop in Granada was organised as part of the Erasmus+ project *JUDO – Judo as a Trigger to Shape Youth Pro-Health and Pro-Social Attitude*, implemented within the Cooperation Partnerships in Youth (KA220-YOU) action. The meeting brought together representatives of all partner organisations to review the progress of the project, analyse the results of the research phase, and coordinate the development of the educational materials and pilot activities foreseen in the project.

The workshop had both strategic and operational character. It served as a platform for exchanging experiences among partner organisations, discussing research results related to health behaviours among young judo practitioners, improving research tools, and planning the next steps in the development of project outputs. Particular attention was devoted to the preparation of educational resources and pro-health intervention scenarios to be implemented in judo clubs in partner countries.

The meeting also strengthened cooperation between partners and ensured a shared understanding of the project's objectives, expected results and implementation methodology.

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## 2. Participants

The workshop was attended by representatives of all project partners.

### **Inercia Digital (Spain)**

Francisco Javier García Gómez  
Marta Mármol Muñoz

### **WSB University (Poland)**

Prof. Olga Nowotny-Czupryna  
Dr Krzysztof Czupryna  
Łukasz Łój

### **Campus Pro Patria Judo (Italy)**

Paolo Quaglia  
Claudio Zanesco

### **Oxelösunds Judoklubb (Sweden)**

Krister Lundström  
Tuula Lundström

### **Tělocvičná jednota Sokol Praha Vršovice (Czech Republic)**

Dagmar Banzelová  
Jaroslav Banzel

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### 3. Objectives of the workshop

The main objective of the workshop was to coordinate the next stage of project implementation and to further develop the educational materials designed to promote pro-health and pro-social attitudes among young people practicing judo.

More specifically, the workshop aimed to:

- review the progress of the project and current implementation status;
  - analyse the results of surveys and interviews conducted among judo coaches and educators;
  - refine the research tools used in the project, particularly the questionnaires addressed to educators and young participants;
  - develop the concept and structure of educational materials prepared within Work Package 2;
  - coordinate the preparation of pilot pro-health actions to be implemented in partner countries;
  - discuss dissemination strategies and potential scientific publications;
  - clarify the roles and responsibilities of partner organisations in the upcoming phase of the project;
  - strengthen cooperation within the international consortium.
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### 4. Structure of the meeting

The international meeting took place between **30 June and 4 July 2025** in Granada, Spain. The programme included **three full workshop days (1–3 July 2025)** dedicated to project work, while **30 June and 4 July** were reserved for arrival, organisational coordination and departures.

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## 5. Course of the workshop

Day 1 – 1 July 2025

The first workshop day began with a welcome session hosted by **Inercia Digital**, followed by an introductory coordination meeting led by **WSB University**, the project coordinator. Participants introduced their organisations and presented their experience in youth work, sports education and health promotion within judo clubs.

The partners exchanged information about their local contexts and discussed how judo clubs currently promote healthy lifestyles and social inclusion among young practitioners. This exchange allowed the consortium to better understand differences in organisational structures and training practices across partner countries.

A significant part of the discussion focused on **Work Package 2 – Educational materials** and on the results of the research phase conducted within the project. Partners analysed the surveys and interviews carried out among judo coaches and educators. These results provided valuable insight into the level of knowledge of healthy lifestyle principles among trainers and how such principles are implemented in everyday training practice.

The first workshop day concluded with a discussion on the overall direction of the project and the practical applicability of the planned educational materials.

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Day 2 – 2 July 2025

The second workshop day was devoted primarily to the improvement of research tools and methodological aspects of the project.

The team from **WSB University** presented a detailed overview of the collected research data and initiated a discussion on the interpretation of the results. The presentation highlighted several important observations regarding the role of judo coaches in shaping healthy behaviours among young people.

Participants reviewed the questionnaires used during the research phase and discussed possible improvements aimed at increasing their clarity and usability. It was agreed that the surveys should be simplified and shortened in order to make them easier for respondents to complete while maintaining their analytical value.

The consortium also discussed the need to adapt the research tools to different national contexts. It was agreed that the questionnaires would be finalised in English and subsequently translated and adjusted by each partner organisation to ensure linguistic accuracy and cultural relevance.



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The discussions during the second day also addressed the role of judo educators as role models for young athletes and the importance of integrating health education into everyday training activities.

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Day 3 – 3 July 2025

The third workshop day focused on the development of educational outputs and on planning the implementation of pilot activities.

Participants discussed the structure and purpose of the **Practical Guide** that will be prepared within the project. The guide is intended to provide practical recommendations and methodological support for judo clubs interested in promoting healthy lifestyles among young practitioners.

The consortium also worked on the concept of **Short Instructional Videos**, which will complement the written materials and present key pro-health messages in an accessible and engaging format for young audiences.

Another important topic of discussion was the preparation of **pro-health intervention scenarios** to be implemented in judo clubs in partner countries. These scenarios will include activities related to healthy nutrition, physical activity beyond regular judo training, stress management and peer-based promotion of healthy behaviours.

The partners also discussed the dissemination of project results and the possibility of preparing scientific publications based on the research and implementation outcomes of the project.

The final session of the workshop summarised the main conclusions of the meeting and confirmed the responsibilities of partner organisations in the next stage of project implementation.

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## 6. Main outcomes of the workshop

The workshop produced several important outcomes for the further implementation of the project.

Firstly, the consortium reviewed the results of the research phase and used them to refine the methodological and educational assumptions of the project.

Secondly, the partners agreed on improvements to the research tools used in the project, ensuring that the questionnaires are more accessible and easier to use in the upcoming stages of implementation.

Thirdly, the workshop advanced the development of educational outputs, including the Practical Guide, Short Instructional Videos and initial scenarios of pro-health actions to be implemented in partner countries.

Fourthly, the meeting enabled the partners to clarify their responsibilities and coordinate the next steps related to the preparation of project materials and the implementation of pilot activities.

Finally, the workshop strengthened cooperation among partner organisations and provided a clear framework for the continuation of the project.

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## 7. Conclusion

The International Workshop in Granada constituted an important milestone in the implementation of the Erasmus+ project *JUDO – Judo as a Trigger to Shape Youth Pro-Health and Pro-Social Attitude*. The meeting enabled partners to exchange experiences, analyse research results and coordinate the development of project outputs.

Through joint discussions and collaborative work, the consortium strengthened the methodological basis of the project and prepared the next phase of activities related to educational materials and pilot pro-health interventions in judo clubs.

The outcomes of the workshop will contribute to the development of practical tools supporting the promotion of healthy lifestyles and socially responsible attitudes among young people practicing judo across Europe.



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## 8. Follow-up actions and next steps

During the final session of the workshop, the consortium agreed on a number of follow-up actions necessary for the next stage of project implementation.

First, the partners confirmed the need to finalise the revised versions of the research questionnaires. The improved survey tools will be used for further data collection and for supporting the preparation of educational materials. The questionnaires will be finalised in English and subsequently translated and adapted by each partner organisation to their national context.

Second, the consortium agreed to proceed with the development of the educational outputs planned within Work Package 2. This includes the preparation of the **Practical Guide**, which will provide methodological support for judo clubs interested in promoting healthy lifestyles among young practitioners. Partners will contribute content based on their experience and national contexts, while ensuring that the final material remains accessible and applicable in different organisational environments.

Third, work will continue on the preparation of **Short Instructional Videos** aimed at presenting key pro-health messages in an engaging and understandable form for young people practicing judo. Partners will collaborate on the thematic content of the videos and coordinate their preparation in order to ensure consistency across the materials.

Fourth, the partners will begin preparations for the implementation of **pilot pro-health actions** in judo clubs in their respective countries. These pilot activities will test the developed educational approaches and intervention scenarios, including initiatives related to physical activity, healthy nutrition, stress management and peer-led promotion of healthy behaviours.

In parallel, the consortium will continue to work on **dissemination and exploitation activities**, including the promotion of project results among local judo communities, youth organisations and educational institutions. Partners also confirmed their intention to prepare scientific publications presenting the research findings and methodological framework developed within the project.

Finally, the partners agreed to maintain regular communication and coordination through online meetings and internal project communication channels in order to monitor the progress of activities and ensure the timely completion of project tasks.