

## ANNEX III

### Report on the action's implementation and Summary report for publication (IR2)

### T E M P U S Joint European Project

**CD – JEP – 40087-2005**

(Agreement n°)

		<u>DEADLINE</u>
2-year JEP	Grant Agreement received <u>before</u> December 2006	15/01/2008
	Grant Agreement received <u>after</u> December 2006	30/03/2008
3-year JEP	Grant Agreement received <u>before</u> December 2006	15/03/2008
	Grant agreement received <u>after</u> December 2006	15/09/2008

#### Structure of the Report

- Annex III/2: Declaration  
Annex III/3-5: Report on the action's implementation  
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Annex III/10: Example on how to fill in the outcome tables  
Annex III/11: Table of achieved/planned outcomes  
Annex III/12-13: Summary Report for publication  
Annex III/14: Acknowledgement of receipt

One original (with original signatures) and three copies are to be sent by the deadline with registered mail (date as per postmark) to:

Klaus Haupt  
Deputy Head of Unit  
Cooperation and International programmes  
MADO – 08/90  
Directorate-General Education and Culture  
European Commission  
B – 1049 Brussels

## DECLARATION

This declaration should be completed and signed by the following people:

1. the grantholder of the Joint European Project;
2. the person who is legally authorised to represent the grantholder institution.

*We, the undersigned, certify that we have submitted all the required documentation, including the documents listed in the checklist.*

*Furthermore, we certify that the information given in this implementation report is correct to the best of our knowledge and complies with the requirements of the provisions of Articles 1.6 and II.15 of the grant agreement.*

*We are aware that amendments to these documents will not be accepted after the date of submission.*

Name of the grantholder institution: ISTITUTO UNIVERSITARIO DI SCIENZE MOTORIE - IUSM

Name of the grantholder: PAOLO PARISI

Name of the legal representative: PAOLO PARISI

Function: Professor, Rector

Function: Rector

Done at: ROME

Done at: ROME

Date: 26 June 2008

Date: 26 June 2008

Signature: ..... Signature: .....

Seal of the grantholder institution:

## LEVEL OF EXPENDITURE

Please, tick the appropriate box below.

YES, we have spent **70 % of the first instalment** and the 'Payment Request' form has been sent (see Tempus website under Selection 2005 contractual documents).

NO, we have not yet spent **70 % of the first instalment**.  
Approximately ..... % of first instalment has been spent until now.

## Report on the action's implementation

Please provide an overview on **the project's implementation**, by responding to the questions below:

### Overall achievement level

Please provide a description of activities carried out since the previous report. Please describe to what extent the obtained results since the beginning of the project are contributing to the project objectives.

- The development of the new 3-year undergraduate Curriculum in Sport Science (180 ECTS) in line with Bologna process and job market has been completed (April 2007 – September 2007).
- Official meeting with National Agency for the Accreditation of Higher Education.
- Dissemination of the Project in University of Shkodra and University of Korca in May 2007 with participation of the EU and Partner Country Staff.
- Participation to the EU College of Sport Science Conference in Jyvaskyla (Finland) by the Head of the International Office of the Academy, supported from the Albanian Ministry of Education and Sciences.
- Participation of the 5 students, junior academic staff, to the 2<sup>nd</sup> year Internship of the European Master in Health and Physical Activity, developed in Odense (Denmark), Cologne (Germany) and Vienna (Austria) (May – June 2007).
- Purchase of most of the administrative and teaching equipments generally in the support of the project development (tables, chair, PC, video projector) and the organization of the Informatics and Language Centers, completed with the support of the institutional budget to fulfill in the same time the financial contribution obliged for the academy, 5%, from the project (December 2007).
- Purchase of most of the scientific equipments and teaching material for the new teaching facilities available for AEFS staff and students: an electronic English Basic Course and an E-learning course on “English Academic writing”, both focusing on sport science themes, developed in collaboration with IUSM Language Center and co-financed by JEP-33070 and IUSM (April 2007 – December 2007) .
- The project website has been created (: <http://www.tempusport.eu/>) and the PC Institution web site has been implemented ([www.aefs.edu.al](http://www.aefs.edu.al)).
- **The new 3-year Undergraduate Curriculum (180 ECTS) has been introduced and replaced the previous one from the academic year 2007-2008.**
- Selection of the 7 new students to be enrolled in the 2007–2009 EU Master in PA and Health program (September 2007). Their participation will be partly supported (50% ) by Tempus budget (Approved by EU on 6 June 2008).
- 70 % of the first instalment has been spent and the ‘Payment Request’ form for the second pre-payment has been sent to EU as detailed in the Tempus website under Selection 2005 contractual documents (December 2007).
- **Development of a second 3-year Undergraduate Curriculum in “Physical Activity and Recreation” (180 ECTS) in line with Bologna process and job market and projection for the development of 2-year post-graduate programs (120 ECTS) in Physical Education, Health and Physical Activity, Sport and Coaching.**
- Participation and presentation of the outcomes of the project to the 5<sup>th</sup> Balkan Rectors Conference in Tirana, 26 – 29 March 2008.
- **The second Undergraduate Curriculum in “Physical Activity and Recreation” has been approved by the Ministry of Education & Science and from Albanian Agency for Higher Education Accreditation (May 2008), waiting for the implementation in the 2009 – 2010 academic year.**
- Academic staff from Faculties of Physical Education in Prishtina (Kosovo) and Tetovo (FYRoM), interested in the implementation of the 2<sup>nd</sup> Cycle of Bologna process in their own Institutions, contacted the partners of the current Tempus Project, and, with the official endorsement of the three Ministries of Education & Science, developed a new Regional Project (BALKANSPORT) submitted to the Tempus IV Call Project (October 2007 - March 2008).
- The exercise physiology lab has been fully renewed and activated. Treadmill “Cosmed” – T 150 DE, F T-2 Analyser, Digital Centrifuge 6000 REM, Electrode Paint Cable RS 232 TM, Quark C12 INT plus resting 12 LEAD, PCMICIA Card Drive, Pipette 20-100 & 100-1000 UL, ECG paper A4 200 sheets, PC desktop + monitor 17” + Printer laser (April 2007 – March 2008).
- The budget referring to the second pre-payment has been transferred and made available to the Coordinating Institution (May 2008).
- Selection of the books that are going to be purchased for the new library, PC + GC (April – May 2008).
- Intensive Course in Tirana. Four days lecturing by 12 Faculty of the European Master in Health and Physical Activity, also including Tempus European Partners. Lectures from each of the 5 Junior staff attending the 2006-2008 EU Master program have been also included (June 2008).
- Thesis Session of the European Master in Health and Physical Activity hosted by AEFS, Tirana. 4 Albanian students, 1 student from Malta and 1 student from Norway defended their Thesis and graduated (June 2008).
- Organization of a Final Workshop in Tirana, disseminating the main objectives and achievements of the project

- "10<sup>th</sup> June 2008 FORUM – AEFS Towards University of Sport", with the participation of the Ministry of Education and Science, Mr. Pollo and the vice-Ministry of Sport. (June 2008).
- Tempus coordination meeting in Tirana for the last arrangement (June 2008).

### **Coherence with the workplan and comments on deviations and modifications**

Please write in this section any change occurred in comparison with the original plans described in the proposal.

- Very high dissemination through seminars, workshops, national TV interviews and mass media promotion for the results, present and future perspective from the impact of the project. Target groups has been students, academic staff, in-service teachers, operators of the fields, national sport federation, governmental bodies involved in the matters of sport, physical activity, health promotion and prevention, regional universities in Balkan area, Uni. Prishtina & Uni. Tetova, international nongovernmental bodies as are UNDP, UNICEF, WHO, UNESCO and diplomatic bodies working in Albania especially Italian one.
- Very high involvement and support from the Ministry of Education and Science, which closely monitored the Tempus project steps and the implementation of the AEFS Academy, considered and proposed as referent model to the others Albanian Universities.
- EU activity, local visits.
- Roma Workshop – Internationalization of the University System in the Area of Sport Science, 1 – 5 October 2007.
- Seven new students to the EU Master partially supported by Tempus budget.

### **Development of training programme**

Please provide a description of the teaching/training programme(s) (undergraduate programmes, postgraduate programmes, intensive courses, training modules to university or non-academic staff, etc.) that the consortium is developing, the state of play of these developments and introduction of the programmes at the time of submitting the report.

Composition of the new curricula has been one of the main objectives of the project. Implementation of the new curriculum - "sport and movement sciences" after an intensive time of consultation and discussion between PC and EUP + Albanian Ministry of Education and Albanian Agency for the Accreditation of Higher Education, June 2007.

- Completed the details for the implementation of new 3-year curriculum of sport science 180-ECTS, which is running in the academic year 2007 – 2008.
- Proposal of the framework for the new master degree curricula in Physical Activity and Health, May 2008.
- Second curricula Physical activity and recreation organized by PC in collaboration with EU approved by Ministry of Education and Science of Albania, waiting for running.
- E-Learning Course in "English Academic Writing, an Interactive Site".

### **New/Restructured institutions**

Please provide information on the institutional changes that the project aims to introduce in the partner country consortium institution(s). Examples: establishment of units, new faculties, upgrade and/or establishment of libraries, establishment and/or restructuring of international relation offices and such like. If this entry is not relevant for your project, please write 'Not Applicable'.

- Establishing of the International Office. January – February 2007.
- New language and informatics lab with cable internet connection and free access for students and staff of the academy. March 2008.
- Totally renewed lab of exercise physiology lab. March – April 2008
- Establishing of a interactive website for the academy, [www.aefs.edu.al](http://www.aefs.edu.al), really a new dimension in the communication and dissemination aspects for the academy. September – November 2007.
- New library of Sport – Book purchase from project (already we have selected the titles and we are doing all the preparation to purchasing books) the new hall from Ministry of Education of Albania, March 2008.
- New Sport Multifunctional Gym (ball-games) – Ministry of Education and Science of Albania, as a support for the new developments based and caused from project, September 2007 – July 2008.

- New psychomotrics lab – Ministry of Education and Science of Albania, as a support for the new developments, March 2008.

### **Staff (re-)training**

Please provide a description of the activities carried out and/or planned to be carried out in order to train the staff of the partner country consortium institution(s). Please provide also an outline of the selection criteria for the different groups of persons that have participated and/or will participate in the development of these activities.

Training or retraining through the European Master program being the core activity of the entire project, upon which all other activities and achievements are largely based, and accounting for the great enthusiasm and expectations this has raised so far, an effort will be undertaken in order to maximize benefit and admit to the Master more students than originally planned.

- 5+1 new staff member qualification – EU Master “PA & Health”, 2006 – 2008. One staff member is involved partially in two of the modules of the EU Master, updating and upgrading his knowledge.
- Academic and administrative staff participation in coordinating meetings and seminars in Roma (October – November 2007), Vienna (March 2007), Tirana (March 2007, September 2007, December 2007, January 2007, March 2008, June 2008).
- The head of the international office participation in the Conference of the EU College of Sport Science in Jyvaskyla Finland financially supported from Ministry of Education and science of Albania July 2007.
- Different seminars with the staff of the Academy after the coordinating meeting of Roma and Vienna, as well during the coordinating meetings of Tirana.
- Four-days from the EU Staff lecturing, European Master Intensive Course in Tirana, 9 – 12 June 2008 – PA and Health. In the lessons took part except of the staff member and all the students of the master courses (“old” curriculum) that are actually ongoing in the Academy.

### **Staff mobility**

Please provide an outline of the staff mobility scheme and the selection criteria for the different groups of persons that have participated and/or will participate in mobility flows. Please describe how dissemination activities have been or will be organised by home institution and explain how mobility helped and/or will help in achieving the project objectives. Information about how the home institutions recognise the mobility should also be provided. If unforeseen changes in your original plan occurred, please indicate the type of changes and the measures taken to address them.

- 5+1 new staff member qualification – EU Master 2006 – 2008. One of new staff member has been partially involved in two modules of the course for updating and upgrading of his knowledge.
- Two dissemination and qualification meetings in May 2007 in the University of Shkodra & Korça. Two workshops in the respective universities are organized (PC, GA, GC, EC).
- Coordination meeting in September 2007, GA + GC + EC, selection of the second group of the master students, a workshop with the academic and non-academic staff is organized to be aware and sharing the ideas and experiences between EUP and PC for the implementation of the new curriculum that was starting to run right in the September 2007.
- International workshop in Rome, October 2007. Focused in the Bologna Process and internationalization of the university system and especially sport science one as well as results of Albanian and Egypt project and perspectives for the new project development. In this activity has taken part and a delegation from University of Prishtina – Kosova (PC) .
- 4 administrative staff member visit in the end of October 2007 in Rome, to get experiences in different aspect of administration such as students services, IT services, human resources, lab and facilities management etc (PC).
- Intensive Course, Final Workshop, European Master Thesis session in Tirana (GA, EC, GC + EU).

### **Student mobility**

Please provide an outline of the student mobility scheme and the selection criteria for the different groups of persons that participated and/or will participate in mobility flows. Information about how the home institutions recognise the mobility (credit transfer, double diploma, diploma supplement, etc.) should also be provided. If unforeseen changes

in your original plan occurred, please indicate the type of changes and the measures taken to address them. Finally, if this entry is not relevant for your project, please write 'Not Applicable'.

The mobility of the students have had a normal way of development, in the line with original plans and other arrangements made in agreement with the European Commission.

- Participation of the EU Master 2006-2008 to the internship of Odense, Cologne and Vienna, May – June 2007.
- 7 students, after selection examination, are involved in the European Master Course "PA & Health", 2007 – 2009. They are partially supported from the project. On 5 May 2008, Grand holder submitted a formal request to introduce some amendments to the grant conditions in order to increase the student mobility activities. This proposal has been approved by the European Commission on 6 June 2008 (Ref: ETF/08/TEM-DMjepc/KVD/3.1-50224)

### **Academic co-ordination and administrative management**

Please describe the division of tasks between the various consortium institutions for both aspects concerning academic co-ordination and administrative management. Particular attention should be paid to the description of how this division of tasks will be managed in terms of communication and decision making process. Please also describe your methodology for the day-to-day management of the project activities, indicating what kind of administrative support or other support you have received from your institution. If you encountered difficulties related to the management of the project, please indicate the type of problems and the solutions identified to address them.

- Seminars with Academic staff for explanation and giving the guidelines for new curriculum implementation.
- Dissemination of the project in general and especially new curriculum to the University's of Albania (Shkodra-Korca) National Sport Organization, and Governmental Organization involved in Sport and Health issues. As well as introducing the new curricula in the system of Education, high schools. May 2007
- Pre-selection examination made from the staff of the Academy for students candidates for the EU Master. Are selected 11 from 27 participants, August 2007.
- Proceeding with the selection exam for new EU Master Students 01 - 03 September 2007 with participation of the GH + GM + GC and PC court team. There were selected 7 from 11 candidates pre-selected by AEFS..
- Restructure of the infrastructure of the Academy, offices, classrooms, gyms, surrounded environment all supported by the budget of the Academy (covered by Ministry of Education extension budget, provide in support of the new development caused by the project).
- After starting with new curricula of sport science in September 2007, organization of the workshops and seminars with the academic staff, from different departments of the Academy, September – December 2007 for the implementation and first feedbacks.
- Participation in the Balkan Conference of Rectors in Tirana 26 – 29 March 2008, Executive Coordinator + PC court team and the major part of the Academic staff + Participation of University of Prishtina and Tetovo.
- Workshop with representatives of the University of Prishtina and Tetovo in framework of providing and using all the possibility to apply for a Tempus four project, Regional one.
- Purchase of 8 PC, 2 photocopies, 4 printers, 1 fax machine all in one and 5 video projectors, December 2007..
- Organisation the intensive course and EU Master Thesis session and Forum 09 – 13 June 2008.

### **Equipment**

Please provide an outline of the equipment purchased and explain where the equipment has been installed and who has access to it. If this entry is not relevant for your project, please write 'Not Applicable'.

- The development and/or upgrading of IT technology and laboratory equipment is one of the relevant aspects of the project. An independent effort by the Academy, based on governmental support prompted by the European project, has already allowed an initial upgrading office facilities and teaching equipments.
- Purchase of the equipment for exercise physiology lab, Treadmill "Cosmed" – T 150 DE, F T-2 Analyser, Digital Centrifuge 6000 REM, Electrode Paint Cable RS 232 TM, Quark C12 INT plus resting 12 LEAD, PCMICIA Card Drive, Pipette 20-100 & 100-1000 UL, ECG paper A4 200 sheets, PC desktop + monitor 17" + Printer laser, April 2008. Accessible mainly to academic staff and to post-graduate students.
  - Purchase of 8 PC, 2 photocopies, 4 printers, 1 fax machine all in one and 5 video projectors, December 2007. Available for administrative and academic staff and to students.
  - Book selection, to be purchase in the next actions. Selection of the books that are going to be purchase for the new library, PC + GC April – May 2008. The books will be organized in the new Library, accessible to Faculty staff and students.

### **Dissemination**

Please describe what actions have been or are planned to be undertaken for the dissemination of the results of the different activities, both within the project framework and outside the project itself. In particular you should refer to definition of tasks and concrete dissemination channels to make the project results available to larger beneficiary groups. If a web site for the project has been created, please provide the address. If there have been any unexpected positive secondary effects of the project activities, please describe them under this section.

Regular meetings have been held with the President and officials of the Olympic Committee and the Sport Medicine Association, and their full support been obtained from the beginning of the project. Numerous sport clubs, operators, personal trainer, and related facilities have been visited. Informative meetings for all stakeholders have been held at the Academy and publicized throughout the country.

- April 2007 to June 2008, local dissemination with students and academic staff, Albanian Universities, National Sports Organizations, and Governmental Institutions involved in sport and health issues. Contact with Regional Universities, Prishtina and Tetovo.
- Different interview with local and national mass media in the way of promoting the new developments in the Academy.
- Participation in the Balkan Conference of Rectors in Tirana 26-29 March 2008, executive coordinator + PC court team and the major part of the Academic staff + Participation of University of Prishtina and Tetovo. EC of the project introduce the project and all the achievements obtain and the perspectives into the Conference.
- Organization the intensive course, EU Master Thesis session and Forum 9 – 13 June 2008. In the Forum participated Minister of Education and Science of Albania, Adviser of the Prime Minister for Education and Research issues, Deputy Minister of the Ministry of Culture and Sport, Kosovo and FYROM Universities, Albanian Universities, National Sports Organizations, International Bodies non Governmental Organizations as WHO, UNDP, UNICEF, UNESCO etc. The activity has had a wide national broadcasting from the National TV.
- Dissemination and contact from the new interactive web site of the Academy and Tempus project web site.

### **Sustainability**

A project is sustainable when it continues to deliver benefits to the project beneficiaries and/or other target groups for an extended period after the EU's financial assistance has been terminated. Sustainability may not concern all the aspects of a project; in each project some activities or results may be maintained, while others may not be so necessary to maintain. Please explain which of your planned activities and results must be maintained to make your project sustainable. Describe which measures you foresee to realistically ensure the continuity of those activities and results beyond the lifetime of the project (even under conditions of financial autonomy). The sustainability plan should refer to such issues as: academic/socio-economic/national support (describe the measures undertaken to formalise or institutionalise any links with local non-university partners), involvement of consortium members (ownership/motivation), effective management and leadership, active participation of the target group, forecast of needs, availability of resources for continuation, capitalisation of achieved results and measurable medium/long term impact (long-lasting effect of the project cooperation as well as impact on partner institutions and target groups).

- Approval from the Ministry of Education and Science & implementation of the new curricula of "Sport Sciences" in the structure 3 + 2, starting from the 2007 – 2008 Academic year.
- The second curriculum, Physical Activity and Recreation, for the second faculty is already principally approved from the Ministry of Education and Science and is under the elaboration to be fully implemented in the academic 2009 – 2010.
- All the restructuring and new establishment structures based on the project are fully supported from the Ministry of Education and Science, further more in line with the Albanian Master Plan for Higher Education Development in Albania, 2006 – 2016.
- New application for the Tempus Project IV, a regional one, involving and University of Prishtina and Tetova, that aims to harmonize the university standards in the Balkan area and for the further development of the master degree curricula, as well as in the new approaches to research, all this in full compliance with the European standards and Bologna Process, and with European policy on pre-accession countries.

### **Quality control and monitoring**

Please describe what monitoring activities the consortium carries out in order to assess whether the project proceeds according to the workplan. Please describe the strategy for internal and external evaluation of the project results and include measurable quality indicators for progress. In addition to the project results (courses, publications, new institutional structures, etc), you should pay attention also to the strategy for project management. In particular, explain what instruments you use to ensure effectiveness of the quality control (i.e. Logframe approach, feedback questionnaires for evaluation or survey, swot analysis, etc.) and the bodies involved in evaluation (i.e. committee(s), validation commission(s), accreditation board(s), etc.). For external evaluation, you may indicate the role of independent experts or peer reviewers providing a summary of their evaluation plan and report(s).

- Monthly report to the Grand Coordinator and Executive Coordinator.
- Monthly coordinating meeting of the PC core team to evaluate and doing feedback for all phenomenon, newest and unacceptable realities that has been faced during the process implementation and development of project.
- Approval of the first report from European commission, June 2007.
- Approval from the Albanian Accreditation Agency for all restructuring steps made up based to the project and especially for the new curricula.
- Coordination meetings between EU partners (GA + GC + EC) in Tirana May 2007, in Tirana 2 – 3 September 2007 combined and with selection examination for the students of the European Master 2007 – 2009.
- Coordination meeting in Roma 1 – 5 October 2005.
- Introduction and facing of the project from Executive Manager of the project to the 5<sup>th</sup> Balkans Rectors Conference, 26 – 29 March 2008 in Tirana.
- Establishment of the: international office, language & informatics lab, renewal of the exercise physiology lab, the new lab of psicomotorics, new library, January 2007 – May 2008.
- New curriculum, prepared from the academy, PC, and EUPs approved by the Albanian Ministry of Education and Albanian Agency for the Accreditation of the Higher Education, is now ongoing, even more has completed successfully the first year of implementation, 2007 – 2008.

Any other comment

Please provide in this entry any relevant information you think to be useful for the assessment of your project implementation (i.e. synergies with other projects, any support from outer environment, networking with professional bodies, etc.).

Despite minor delays derived from bureaucratic procedures related to International mobility, Equipment purchase and EU agency management, the Project Workplan has been respected.

The Academic and Administrative staff of the PC Institution recognized the priority of study curricula reform, and joined the Tempus Project 's objectives and outcomes, fully collaborating with the PC and EUP coordinators. The overlapping of the Tempus Project's wider objective with the Albanian National Policy towards University reform and the capacity demonstrated by AEFS Academic staff in following the process, determined the strong support of the Ministry of Education and Science, leading to reconstruction or new-construction of University infrastructural facilities (main building, Library, Multi-functional Gym).

The synergy of this project with a similar Tempus project (JEP-33070, EGYSPORT) coordinated by IUSM-Rome, allowed to add value to specific activity (coordinating meeting, development of Language courses, ecc), increasing mutual learning between regions and peoples and understanding between cultures.

## Statistics and Indicators

This section aims to gather statistical data and indicators of performance. Please provide information strictly focusing on the present state of play of your project.

### Staff training

Number of teaching staff trained or retrained 6  
Please indicate the number of teaching staff (professors, assistants with teaching tasks, etc.) trained and/or retrained to the date of the report submission.

Number of trainers trained 55  
Please indicate the number of trainers (persons performing teaching activities either targeted to other trainers or not performing it as staff of a University) trained to the date of the report submission.

Number of trainees trained 200  
Please indicate the number of trainees (persons attending training and/or retraining courses that cannot be considered as University students. I.e. staff of a local public administration office, members of an association and/or local NGOs, etc.) trained to the date of the report submission.

Number of administrative staff trained or retrained 5  
Please indicate the number of University administrative staff (librarians, international office's staff, IT specialists, etc.) trained and/or retrained to the date of the report submission.

### Mobility

Number of partner country - EU/Acceding/Candidate mobility flows 5  
Please indicate the number of staff mobility flows performed from the partner country/ies to the European Union and or Acceding/Candidate countries to the date of the report submission.

Number of EU/Acceding/Candidate - partner country mobility flows 24  
Please indicate the number of staff mobility flows performed from the European Union and or Acceding/Candidate countries to the partner country/ies to the date of the report submission.

Number of partner country internal mobility flows 4  
Please indicate the number of staff mobility flows performed within the same consortium partner country to the date of the report submission. In case more than one partner country participates in your project, please provide the total number of internal mobility flows resulting from the addition of flows performed in each partner country. (Ex: 2 internal flows in Albania and 3 internal flows in Croatia = 5).

Number of EU internal mobility flows 6  
Please indicate the number of staff mobility flows performed within the same EU and/or acceding/candidate country to the date of the report submission. Please provide the total number of internal mobility flows resulting from the addition of flows performed in each partner country. (Ex: 2 internal flows in Sweden and 1 internal flow in Slovakia = 3).

Number of administrative mobility flows 11  
Please indicate the number of mobility flows performed for strictly administrative reasons (co-ordination meetings, etc.) to the date of the report submission. In case this activity is linked to other project content activities, please include this mobility within the above-mentioned categories.

Other

Number of publications   
Please indicate the number of publications (books, compendia, articles, papers, etc.) produced to the date of the report submission.

Number of developed curricula   
Please indicate the number of curricula produced to the date of the report submission.

Number of new institutions   
Please indicate the number of new institutions created in the framework of your project (new university library, new international relation office, new association of experts and/or professors, new university career centre, etc.) to the date of the report submission.

Number of restructured institutions   
Please indicate the number of institutions restructured in the framework of your project (upgrade of university libraries, re-organisation of the international relation office, revision of the mandate of research centres, etc.) to the date of the report submission.

	YES	NO	N/A
Difficulties in financial management	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate whether you experienced any sort of difficulty while managing your project from the financial point of view.  
Comments if any: Bureaucratic procedures for bank transfer and VISA , high costs of mobility.

Bologna Process	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether your project contributes to the achievement of the Bologna Process' objectives in the consortium partner country(ies). For information on the Bologna Process:  
[http://ec.europa.eu/education/policies/educ/bologna/bologna\\_en.html](http://ec.europa.eu/education/policies/educ/bologna/bologna_en.html)  
Comments if any:

Adoption of a system of easily readable and comparable degrees	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether your project contributes to the achievement of readable and comparable degrees.  
Comments if any:

Diploma supplement	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether the project contributes to the introduction of procedures for the issuing of diploma supplements in the partner country university/ies. For information on the diploma supplement:  
[http://europa.eu.int/comm/education/policies/rec\\_qual/recognition/diploma\\_en.html](http://europa.eu.int/comm/education/policies/rec_qual/recognition/diploma_en.html)  
Comments if any:

Adoption of a system based on two main cycles, undergraduate (Bachelor) and postgraduate (Master)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether your project contributes to the achievement of the adoption of a system based on two main cycles.  
Comments if any:

Introduction of a double or joint degree	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether in the framework of your project the involved institutions agreed to issue double or joint degrees.  
Comments if any:

Establishment of a system of ECTS to promote student mobility	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please indicate whether your project contributes to the introduction and/or development of the European Credit Transfer System at the consortium partner University(ies). For information on ECTS:  
[http://europa.eu.int/comm/education/programmes/socrates/ects/index\\_en.html](http://europa.eu.int/comm/education/programmes/socrates/ects/index_en.html)  
Comments if any:

Promotion of European co-operation in quality assurance 

	X	
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Please indicate whether your project promotes European co-operation in quality assurance. For information on the 'Standards and guidelines for quality assurance in the European higher education area: [http://www.bologna-bergen2005.no/Docs/00-Main\\_doc/050221\\_ENQA\\_report.pdf](http://www.bologna-bergen2005.no/Docs/00-Main_doc/050221_ENQA_report.pdf)

Comments if any:

Lifelong learning as an essential element of the European Higher Education Area 

	X	
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Please indicate whether your project contributes to lifelong learning.

Comments if any:

Promoting the attractiveness of the European Higher Education Area 

X		
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Please indicate whether your project promotes the attractiveness of the European Higher Education Area.

Comments if any:

Other credit systems 

	X	
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Please indicate whether your project contributes to the introduction and/or development of a credit transfer system (other than ECTS) at the consortium partner University/ies.

Comments if any:

Modular structure of curriculum 

X		
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Please indicate whether the curriculum/curricula which is to be developed in the framework of your project has/have a modular structure.

Comments if any:

New teaching and learning methods 

X		
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Please indicate whether the project contributes to the development of new teaching/learning methods at the partner country university/ies.

Comments if any:

Quality assurance 

X		
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Please indicate whether the project contributes to the enhancement of the partner country university/ies strategies for quality assurance.

Comments if any:

e-Learning 

X		
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Please indicate whether the project contributes to the development of an e-learning strategy at the partner country university/ies.

Comments if any:

University/Enterprise cooperation 

X		
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Please indicate whether the project foresees the implementation of co-operation activities between the partner country university/ies and the entrepreneurial sector.

Comments if any:

Links to the labour market in degree programmes 

X		
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Please indicate whether the new/restructured curriculum/curricula has/have been developed in order to respond directly to the needs of the local and national labour market through internships, intensive training in the field, etc.

Comments if any:

Links with other EU education programmes 

X		
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Please indicate whether your project is linked to other EU educational programmes other than Tempus. For information on the EU educational programmes: [http://europa.eu.int/comm/education/index\\_en.html](http://europa.eu.int/comm/education/index_en.html).

If yes, please indicate to which EU educational programme your project is linked.

Comments if any:

Set up of project website 

X		
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Please indicate whether a project website has been created and provide its web address.

Project Web address: <http://www.tempusport.eu/>  
PC Institution Web address: <https://www.aefs.edu.al>

Qualification frameworks

	X	
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Please indicate whether the project contributes to the development of an educational policy and/or strategy in the partner country university/ies that takes into consideration the European Qualification Framework's principles. For information on the European Qualification Framework:

[http://europa.eu.int/comm/education/policies/2010/consultations\\_en.html](http://europa.eu.int/comm/education/policies/2010/consultations_en.html)

Comments if any:

Teacher training in: Health and Physical Activity

Please indicate whether your project has links with Vocational Education and Training and if so, whether it is within the one of categories listed below.

Language

X		
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Numeracy

	X	
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Literacy

	X	
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IT skills

X		
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Social and inter-cultural skills

	X	
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Comments if any:

Links with VET in:

Please indicate whether your project has links with Vocational Education and Training and if so, whether it is within the one of categories listed below.

Adult training

	X	
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Non-formal and informal education

	X	
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Active citizenship

	X	
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Occupational guidance and counselling

X		
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Comments if any:

### TABLE OF ACHIEVED/PLANNED OUTCOMES

<u>Title and reference number of the outcome:</u>	1. Updated & job-market oriented Curr structure & undergraduate program, implementing Bologna Process, with reform & modernisation of Tirana Academy.
<u>Indicators of achievement and or/performance as indicated in the project proposal</u>	Reform & modernisation of Academy; - Data on health issues & job market; - Undergraduate Curriculum in line with Bologna Process.

Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
1.1	Getting organized, acquire info from EUP, compare PE Curr in Albania with EU & AHESIS	1.01.2007	28.02.2007	EU & PC	Collecting and dissemination curriculum models from the EUPs & AHEESIS reports throughout departments. Looking for changes in the structures of the subject & based on it in the departments structure always being in line with the EU models & respecting as much as it possible the institutional heritage and reality.	New structured subject in all 4 departments of the academy. New re-structural of the department.
1.2	Update admin services, equipment & library; develop IT & website	1.03.2007	30.04.2007	EU & PC	Modernization of the Tirana academy: Website, Language centre, Library, International Relations Office. Further development & implementation of the existing offices and structures.	Evaluation of the Academy and the efficiency of the new services and of the new structures
1.3	Assess socioeconomic & job-market needs	1.03.2007	30.08.2007	EU & PC	Graduate tracking and job-market analysis addressed to the operators of the area and to students and graduates throughout the country. Collecting and analyzing health and social data from the national databank	A1 questionnaire filled out by 220 students. A2 questionnaire filled out by 160 graduates. A3 questionnaire filled out by 35 market operators National data in health and social situation.
1.4	Establish new undergrad Curr, with updated contents & ECTS, accounting for local needs & traditions	1.02.2007	31.12.2007	EU & PC	New curriculum structure, with 3 cycles (3+2+3), ECTS, and modules generally agreed upon by Faculty and adopted by government Master Plan. The team of the Project in collaboration with the 4 groups of the departments has now implement, academic 2007 – 2008.	AEHESIS & other European reference curriculum. Curriculum structure with 2 cycles & ECTS, and new undergrad Curr approved; IT, website, library & language study implem; structures &

						services modernized; Academy reform approved by Ministry; Research lab & equipments available; Master program ready to be implemented.
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Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of progress
1.2	Update admin services, equipment & library; develop IT & websit	1.03.2007	30.04.2007	EU & PC	Modernization of the Tirana academy: Website, Language centre, Library, International Relations Office. Further development & implementation of the existing offices and structures.	Evaluation of the Academy and the efficiency of the new services and of the new structures
1.4	Establish new undergrad Curr, with updated contents & ECTS, accounting for local needs & traditions	1.02.2007	31.12.2007	EU & PC	New curriculum structure, with 3 cycles (3+2+3), ECTS, and modules generally agreed upon by Faculty and adopted by government Master Plan. The team of the Project in collaboration with the 4 groups of the departments has now implement, academic 2007 – 2008. Preparing the basis framework for the second curricula and the master degree course.	AEHESIS & other European reference curriculum. Curriculum structure with 2 cycles & ECTS, and new undergrad Curr approved; IT, website, library & language study implem; structures & services modernized; Academy reform approved by Ministry; Research lab & equipments available; Master program ready to be implemented.

Proposed changes from the previous approved report for the outcome in reference

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### TABLE OF ACHIEVED/PLANNED OUTCOMES

Title and reference number of the outcome:	2. Fac upgrading, promoting mobility, teachers training, research mentality & context, and setting the basis for the implementation of a health-related postgraduate program
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Indicators of achievement and or/performance as indicated in the project proposal	1. Mobility; 2. Teachers training; 3. Research context & definition of postgraduate program
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Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2.1	Promote mobility, implementing tutor's office & free intensive courses of English & Italian	1.02.07	31.12.08	EU & PC	Free intensive course for the academic staff for the improving computer & language. Creating a real tutorial office for student. Promoting and getting all the support to the students & new academic staff for the Eur. Master.	Organizing lessons in power point in reached with new literature, helping & supporting students to cope with new curr. ECTS and European Master.
2.2	Participation to Eur Master & related courses/internships	1.10.07	31.12.08	EU & PC	European Master in Health and Physical Activity 5 + 1 Academic staff member, 2006 - 2008 7 students partially supported, 2007 – 2009	4 of 5 students already has completed their thesis, one is ongoing. One new staff member upgrades his knowledge by participating in two specific modus. 7 students have completed the second year of study, thesis under elaboration.
2.3	Develop new teaching skills & technologies, syllabi & PowerPoint presentations, with scientific equipment & context for postgrad program	1.07.07	31.12.08	EU & PC	Teachers training sessions have been held, addressing such issues as the presentation of the Project, the survey on the job market, curriculum development, new teaching methods, etc.	All the subject of the new curriculum has now a syllabus. Lessons in PowerPoint. New methodologies in the research applied.
2.4	EUP visits, with Intensive Course, training sessions & meetings supporting Acad reform & Curr approval, sustainability & dissemination	1.07.08	31.12.08	EU & PC	Teachers training in Eur courses, visits of EU labs; teaching materials & technologies; research equipment, facilities & programs; postgraduate programs.	Mobility flows from/to EUP; Attendance/completion of Eur Master: degrees obtained, protected theses 4 of 5 students; attendance of Intensive Course; No. of course on PowerPoint;

						Research lab & equipment available; Master program in health-related area defined, discussed with medical & health system & ready to be implem.
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Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
2.1	Promote mobility, implementing tutor's office & free intensive courses of English & Italian	1.02.07	31.12.08	EU & PC	Free intensive course for the academic staff for the improving computer & language. Creating e real tutorial office for student. Promoting and getting all the support to the students & new academic staff for the Eur. Master.	Organizing lessons in power point in reached with new literature, helping & supporting students to cope with new curr. ECTS and European Master.
2.2	Participation to Eur Master & related courses/internships	1.10.07	31.12.08	EU & PC	European Master in Health and Physical Activity 5 + 1 Academic staff member, 2006 - 2008 7 students partialy suportied, 2007 – 2009	4 of 5 students already has completed their thesis, one is ongoing. One new staff member upgrades his knowledge by participating in two specific modus. 7 students have completed the second year of study, thesis under elaboration.
2.3	Develop new teaching skills & technologies, syllabi & PowerPoint presentations, with scientific equipment & context for postgrad program	1.07.07	31.12.08	EU & PC	Teachers training sessions have been held, addressing such issues as the presentation of the Project, the survey on the job market, curriculum development, new teaching methods, etc.	All the subject of the new curriculum has now a syllabus. Lessons in PowerPoint. New methodologies in the research applied.
2.4	EUP visits, with Intensive Course, training sessions & meetings supporting Acad reform & Curr approval, sustainability & dissemination	1.07.08	31.12.08	EU & PC	Teachers training in Eur courses, visits of EU labs; teaching materials & technologies; research equipment, facilities & programs; postgraduate programs. With participation of all academic staff and master students, invited colleagues from Kosovo and FYROM. Mass media promotion.	Mobility flows from/to EUP; Attendance/completion of Eur Master: degrees obtained, protected theses 4 of 5 students; attendance of Intensive Course; No. of course on PowerPoint; Research lab & equipment available; Master program in health-related area defined, discussed with medical & health system & ready to be implem.

Proposed changes from the previous approved report for the outcome in reference

On 5 May 2008, the Grant holder submitted a formal request to introduce some amendments to the grant conditions in order to increase the student mobility activities. This proposal has been approved by the European Commission on 6 June 2008 (Ref: ETF/08/TEM-DMjepc/KVD/3.1-50224)

### TABLE OF ACHIEVED/PLANNED OUTCOMES

Title and reference number of the outcome:	3. Dissemination
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Indicators of achievement and or/performance as indicated in the project proposal	Graduates and operators involved; - Meetings with officials and stakeholders, visits to operators, leaflets and brochures distributed, media involvement
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Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2.4	EUP visits, with Intensive Course,	1.03.07	31.12.08	PC	Organization the intensive course and EU Master Thesis session and Forum 09 – 13 June 2008. 3-days from the EU Staff lecturing, European Master Intensive Course in Tirana, 9 – 12 June 2008 – PA and Health. In the lessons took part except of the staff member and all the students of the master courses (“old” curriculum) that are actually ongoing in the Academy	Lessons are given to the auditory directly in English, without translation, 52 peoples took part operators included. Three days lecturers from EU Consortium members (12 people), as well as one lecture from each of first five EU Master Students, from the 2006 – 2008 edition. European Master Thesis Session for 4 Albanian students and two Europeans, one from Malta and another from Norway.
	Training sessions & meetings supporting Acad reform & Curr approval	1.03.07	31.12.08	EU & PC	Academic and administrative staff participation in coordinating meetings and seminars in Roma (October – November 2007); Vienna (March 2007); Tirana (March 2007, September 2007, December 2007, January 2007, March 2008, June 2008.	New syllabus for which subject, all lessons starting from the academic 2007 – 2008 are given in the PowerPoint, and in the new contexts and methodology. New curriculum approved from June 2007 by Min. Education & Science & Albanian Agency of Accreditation for Higher Education.
	Meetings supporting sustainability & Dissemination	1.03.07	31.12.08	EU & PC	All meetings are covered by mass media promotion. Three official meetings with Minister of Education from September 2006 – June 2008. One leaflet, one post card and one big banner are printed in the way of promotion and dissemination. Two TV interviews of given in the national TV by the Deputy	Full support from Ministry of Education and Science of Albania, introduction from the interviews and printed material to operators, students, public,

					Rector regarding the PA & Health issues and implication on it the new curriculum & new discretion of the Academy	undergraduates & stakeholders.
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Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
2.4	EUP visits, with Intensive Course,	1.03.07	31.12.08	PC	Organization the intensive course and EU Master Thesis session and Forum 09 – 13 June 2008. 3-days from the EU Staff lecturing, European Master Intensive Course in Tirana, 9 – 12 June 2008 – PA and Health. In the lessons took part except of the staff member and all the students of the master courses (“old” curriculum) that are actually ongoing in the Academy	Lessons are given to the auditory directly in English, without translation, 52 peoples took part operators included. Three days lecturers from EU Consortium members (12 people), as well as one lecture from each of first five EU Master Students, from the 2006 – 2008 edition. European Master Thesis Session for 4 Albanian students and two Europeans, one from Malta and another from Norway.
	Trainings sessions & meetings supporting Acad reform & Curr approval	1.03.07	31.12.08	EU & PC	Academic and administrative staff participation in coordinating meetings and seminars in Roma (October – November 2007); Vienna (March 2007); Tirana (March 2007, September 2007, December 2007, January 2007, March 2008, June 2008.	New syllabus for which subject, all lessons starting from the academic 2007 – 2008 are given in the PowerPoint, and in the new contexts and methodology. New curriculum approved from June 2007 by Min. Education & Science & Albanian Agency of Accreditation for Higher Education.
	Meetings supporting sustainability & Dissemination	1.03.07	31.12.08	EU & PC	All meetings are covered by mass media promotion. Three official meetings with Minister of Education from September 2006 – June 2008. One leaflet, one post card and one big banner are printed in the way of promotion and dissemination. Two TV interviews of given in the national TV by the Deputy Rector regarding the PA & Health issues and implication on it the new curriculum & new discretion of the Academy	Full support from Ministry of Education and Science of Albania, introduction from the interviews and printed material to operators, students, public, undergraduates & stakeholders.

Proposed changes from the previous approved report for the outcome in reference

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### TABLE OF ACHIEVED/PLANNED OUTCOMES

Title and reference number of the outcome:	4. Sustainability
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Indicators of achievement and or/performance as indicated in the project proposal	Academy's reform and new curriculum approved by Ministry of Education
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Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
4.1	Academy upgrading to fuller University status, with an increased budget	1.03.07	31.12.08	PC	Two new curriculums are composed, "Movement Sciences" & "Physical Activity and Recreation". The first one is running from September 2007. Supplementary budget is received from the Ministry of Education in support of the new developments + new job place.	16 job places for the academic staff are added in the structure of the Academy starting from May the 2008 to November 2008. Ministry gives official support for the second faculty which will run in the 2009 – 2010 Academic year.
	Regular support of language & computer lab, Library, services & administration	1.03.07	31.12.08	PC	Languages and informatics lab is fully running with the students courses, first and second year of studies, master students and all the academic staff full and part time imploded. The tutorial office is normally running in the 2007 – 2008.	Implementation of new methodologies of language learning based in the new IT, and the special English course method borrowed from IUSM. Students are facilitated with all necessities for the ECTS and new syllabus and courses.
	Faculty staff upgrading and European Master qualification become a new asset for the Institution	1.03.07	31.12.08	EU & PC	5 new staff members involved in the EU master are fully engaged to prepare the new lesson and implementing the new methods and techniques of teaching and research. 1 new staff member has partially followed two modules of the EU master to upgrade his knowledge's in the certain fields.	4 of them have already completed their thesis in 10 of June in Tirana; one of them has to complete the experiment action to conclude the thesis. In their research project are involved as supporter and collaborators other members of staff. Definitely this is a new model to be followed.
	Replacement of the previous Curr with the	1.03.07	31.12.08	PC	In academic year 2007 – 2008 a new curriculum has replaced the old one. Now in the academy you can find the new	Definitely by the official decision from the Ministry of

	new undergraduate Curr, offered on a regular basis				curriculum and new structures 3 + 2 + 3.	Education & Sciences in the Academy you can find only the courses of study based in the new system, in line with Bologna process and AEHESIS standards.
	The value of physical activity in health and prevention more widely recognised, resulting in wider occupability of graduates, possible external funding, higher numbers of students, and related budget increases	1.03.07	31.12.08	PC	Especially in the Form “Academy Towards the University” 10 <sup>th</sup> of June 2008, but and in all promotional “champagne” starting from September 2006 – June 2008, in all publishing materials and mass media interviews and edition made by EUPs and widely from PC is stressed the role and impact of PA o health and the new vision and direction of the curricula of the Academy. Job tread market survey and national social economical statistic was a strong support in the good understanding for new developments.	Approval of from the Ministry of Education and National Accreditation Agency for the second curriculum “PA & Recreation”. Provided financial support in edition for the facilities, labs and library. 16 additional jobs pace for the new academic staff. Following with qualification for the students in the EU Master 2 – 3 for each coming years.

Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
4.1	Academy upgrading to fuller University status, with an increased budget	1.03.07	31.12.08	PC	Two new curriculums are composed, “Movement Sciences” & “Physical Activity and Recreation”. The first one is running from September 2007. Supplementary budget is received from the Ministry of Education in support of the new developments + new job place.	16 job places for the academic staff are added in the structure of the Academy starting from May the 2008 to November 2008. Ministry gives officially support for the second faculty which will run in the 2009 – 2010 Academic year.
	Regular support of language & computer lab, Library, services & administration	1.03.07	31.12.08	PC	Languages and informatics lab is fully running with the students courses, first and second year of studies, master students and all the academic staff full and part time imploded. The tutorial office is normally running in the 2007 – 2008.	Implementation of new methodologies of language learning based in the new IT, and the special English course method borrowed from IUSM. Students are facilitated with all necessities for the ECTS and

						new syllabus and courses.
	Faculty staff upgrading and European Master qualification become a new asset for the Institution	1.03.07	31.12.08	EU & PC	5 new staff members involved in the EU master are fully engaged to prepare the new lesson and implementing the new methods and techniques of teaching and research. 1 new staff member has partially followed tow modules of the EU master to upgrade his knowledge's in the certain fields.	4 of them have already completed their thesis in 10 of June in Tirana; one of them has to complete the experiment action to conclude the thesis. In their research project are involved as supporter and collaborators other members of staff. Definitely this is e new model to be followed.
	Replacement of the previous Curr with the new undergraduate Curr, offered on a regular basis	1.03.07	31.12.08	PC	In academic year 2007 – 2008 a new curriculum has replaced the old one. Now in the academy you can fine the new curriculum and new structures 3 + 2 + 3.	Definitely by the official decision from the Ministry of Education & Sciences in the Academy you can find only the courses of study based in the new system, in line with Bologna process and AEHESIS standards.
	The value of physical activity in health and prevention more widely recognised, resulting in wider occupability of graduates, possible external funding, higher numbers of students, and related budget increases	1.03.07	31.12.08	PC	Especially in the Form “Academy Towards the University” 10 <sup>th</sup> of June 2008, but and in all promotional “champagne” starting from September 2006 – June 2008, in all publishing materials and mass media interviews and edition made by EUPs and widely from PC is stressed the role and impact of PA o health and the new vision and direction of the curricula of the Academy. Job tread market survey and national social economical statistic was a strong support in the good understanding for new developments.	Approval of from the Ministry of Education and National Accreditation Agency for the second curriculum “PA & Recreation”. Provided financial support in edition for the facilities, labs and library. 16 additional jobs pace for the new academic staff. Following with qualification for the students in the EU Master 2 – 3 for each coming years.

Proposed changes from the previous approved report for the outcome in reference

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### TABLE OF ACHIEVED/PLANNED OUTCOMES

Title and reference number of the outcome:	5. Quality Control and monitoring
Indicators of achievement and or/performance as indicated in the project proposal	Coordinating Meetings; - Visits to the Academy and inspection of facilities and services; - Reports - New structures/services introduced at the Academy: IT, website, international office, language teaching, library, labs, etc. - Socio-economic survey completion, questionnaires collected

Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
From 1.2 to 2.4	Meetings, Reports and visits to the Academy	1.04.07	31.12.08	EU & PCC	Meeting in Tirana, March 2009. EC participation , a coordination meeting with the PC core team, introduction of the project to the 5 <sup>th</sup> Balkans Rectors Conference, coordination meeting with the participation of representatives from university of Prishtina and Tetovo in the way of preparing the application for the Tempus IV. Intensive courses, a Forum for dissemination of the project and thesis session, 9 – 13 June 2008. Selection of books for the new library. Books and lactate analyzer purchasing.	Completed the application for and submitting it to the EU Commission. New language and informatics lab, exercise physiology, psicomotorics lab. New gym and new library hall in the last phase of construction.
	Bimonthly Reports	1.04.07	31.12.08	EU & PC	Information bimonthly supply to EC and GC for all developments especially for the problems with the implementation of the new curriculum. As well as for the organization of the intensive course in June 2008. Selection of books and purchasing equipment.	Organization of the intensive course, Forum and thesis session. Selection of books and equipments. Labs running.
	Coordinating Meetings	1.04.07	31.12.08	EU & PC	Coordination meeting in March 2008, and in June 2008. PC + EUPs.	Organization of the intensive course, master thesis and forum 9 – 13 June 2008. Preparation for the publication of the brochure of the project. Coordination actions for selection and purchasing the books and equipments.
	Six-monthly Reports	1.04.07	31.12.08	EU & PC		
	EUP Reviews	1.04.07	31.12.08	EU & PC		



Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
From 1.2 to 2.4	Final Report	1.04.07	31.12.08	EU & PC	Publishing the project report. Purchasing the books. Finalization of the new library organization. Dissemination of the last results from the project.	Publishing brochure of the project. Library running.

Proposed changes from the previous approved report for the outcome in reference

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### TABLE OF ACHIEVED/PLANNED OUTCOMES

Title and reference number of the outcome:	5. Management of the project
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Indicators of achievement and or/performance as indicated in the project proposal	Role and responsibility of the consortium members
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Activities carried out to date for the achievement of this outcome

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
From 1.1 to 2.4	All the activities mentioned above	1.01.07	31.12.08	EU & PC	<p>Seminars with Academic staff for explanation and giving the guidelines for new curriculum implementation.</p> <p>Dissemination of the project in general and especially new curriculum to the University's of Albania (Shkodra – Korca) National Sport Organization, and Governmental Organization involved in Sport and Health issues. As well as introducing the new curricula in the system of Education, high schools. May 2007</p> <p>Pre-selection examination made from the staff of the Academy for students candidates for the EU Master. Are selected 11 from 27 participants, August 2007.</p> <p>Proceeding with the selection exam for new EU Master Students 01 - 03 September 2007 with participation of the GH + GM + GC and PC court team. There were selected 7 from 11 candidates.</p> <p>Restructure of the infrastructure of the Academy, offices, classrooms, gyms, surrounded environment all supported by the budget of the Academy (covered by Ministry of Education extension budget, provide in support of the new development caused by the project).</p> <p>After starting with new curricula of sport science in September 2007, organization of the workshops and seminars with the academic staff, from different departments of the Academy, September – December 2007 for the implementation and first feedbacks.</p> <p>Participation in the Balkan Conference of Rectors in Tirana 26 – 29 March 2008, executive coordinators + PC court team and the major part of the Academic staff + Participation of</p>	<p>New curriculum approved from the Ministry of Education and Sciences and Albanian Accreditation Agency. Second Curriculum principally approved in the way of creating the university of sport. New labs and methodologies and techniques of teaching and research. New staff members qualification through European Master. New facilities gym &amp; library. In reaching and enhancing of the level of the equipment in the respect of the administrative services (computer, printers photo copies, fax machine, video projectors) 4 Entitled EU master degrees from the new academic staff, and 7 students that are on the way of completing the master (already they have finished 4 modules &amp; internship).</p>

					University of Prishtina and Tetovo. Workshop with representatives of the University of Prishtina and Tetovo in framework of providing and using all the possibility to apply for a Tempus four project, Regional one. Purchase of 8 PC, 2 photocopies, 4 printers, 1 fax machine all in one and 5 video projectors, December 2007. Organization the intensive course and EU Master Thesis session and Forum 9 13 June 2008.	
	The Tirana Academy, as the PC	1.01.07	31.12.08	PC	Tirana Academy (PC): local organisation & implementation of planned transformation and reform, social and job market survey, curriculum revision, dissemination, sustainability, with guidelines by GC-GA. Relations with Ministry of Education & other public and private bodies (National Olympic Committee, etc.). Periodic reports to GA-GC and basic contribution for Tempus Report.	The time and the level of the implementation of the project objectives, regarding curriculum, labs, library, facilities, equipments, qualifications and governmental agreements.
	The University of Vienna, as the GC	1.01.07	31.12.08	Vienna	University of Vienna (GC): management, coordination & monitoring, in regular contact with PC, GA and other EUP. Cooperates to Coordinating Meetings and Reports.	Management, coordination & monitoring, in regular contact with PC, GA and other EUP. Revision of undergraduate curriculum and Master with GA. Cooperation to European Master, Intensive Program and Coordinating Meetings and Reports, consulting and coordination of equipment selection, especially books.
	The Rome University of Movement Sciences	1.01.07	31.12.08	Rome	Rome IUSM (GA): general administration and finance, coordination and monitoring in cooperation with GC and PC. Coordination of European Master and other teaching/training activities. Preparation of Coordinating Meetings in cooperation with GC. Revision of Reports	General administration and finance, coordination and monitoring in cooperation with GC and PC. Coordination of European Master and other teaching training activities. Revision of undergraduate curriculum and Master with GC. Preparation of Intensive Program in Tirana for entire Faculty and other parties and stakeholders. Coordinating Meetings in cooperation with GC.

						Revision of Reports.
	The University of Southern Denmark/ Odense and the University of Athens	1.01.07	31.12.08	Odense, Athens	University of Odense + University of Athens: support GA-GC, participate to meetings and teaching sessions. Management, coordination & monitoring, in regular contact with PC, GA and other EUP. Revision of undergraduate curriculum and Master with GA. Cooperation to European Master, Intensive Program and Coordinating Meetings and Reports	University of Odense + University of Athens: support GA + GC, will participate to meetings and teaching sessions, to the revision of curricula and in the European Master and the Intensive Program in Tirana.

Activities to be carried out for the achievement of this outcome (entire project period: 2 or 3 years)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
From 1.1 to 2.4	All the activities mentioned above	1.01.07	31.12.08	EU & PC	<p>Seminars with Academic staff for explanation and giving the guidelines for new curriculum implementation.</p> <p>Dissemination of the project in general and especially new curriculum to the University's of Albania (Shkodra – Korca) National Sport Organization, and Governmental Organization involved in Sport and Health issues. As well as introducing the new curricula in the system of Education, high schools. May 2007</p> <p>Pre-selection examination made from the staff of the Academy for students candidates for the EU Master. Are selected 11 from 27 participants, August 2007.</p> <p>Proceeding with the selection exam for new EU Master Students 01 - 03 September 2007 with participation of the GH + GM + GC and PC court team. There were selected 7 from 11 candidates.</p> <p>Restructure of the infrastructure of the Academy, offices, classrooms, gyms, surrounded environment all supported by the budget of the Academy (covered by Ministry of Education extension budget, provide in support of the new development caused by the project).</p> <p>After starting with new curricula of sport science in September 2007, organization of the workshops and seminars with the academic staff, from different departments of the Academy, September – December 2007 for the implementation and first feedbacks.</p> <p>Participation in the Balkan Conference of Rectors in Tirana 26 – 29 March 2008, executive coordinators + PC court team and the major part of the Academic staff + Participation of University of Prishtina and Tetovo.</p> <p>Workshop with representatives of the University of Prishtina and Tetovo in framework of providing and using all the possibility to apply for a Tempus four project, Regional one. Purchase of 8 PC, 2 photocopies, 4 printers, 1 fax machine all in one and 5 video projectors, December 2007. Organization the intensive cour and EU Master Thesis session and Forum 9</p>	<p>New curriculum approved from the Ministry of Education and Sciences and Albanian Accreditation Agency. Second Curriculum principally approved in the way of creating the university of sport. New labs and methodologies and techniques of teaching and research. New staff members qualification through European Master. New facilities gym &amp; library. In reaching and enhancing of the level of the equipment in the respect of the administrative services (computer, printers photo copies, fax machine, video projectors) 4 Entitled EU master degrees from the new academic staff, and 7 students that are on the way of completing the master (already thy have finished 4 modules &amp; internship).</p>

					13 June 2008.	
	The Tirana Academy, as the PC	1.01.07	31.12.08	PC	Tirana Academy (PC): local organisation & implementation of planned transformation and reform, social and job market survey, curriculum revision, dissemination, sustainability, with guidelines by GC-GA. Relations with Ministry of Education & other public and private bodies (National Olympic Committee, etc.). Periodic reports to GA-GC and basic contribution for Tempus Report.	The time and the level of the implementation of the project objectives, regarding curriculum, labs, library, facilities, equipments, qualifications and governmental agreements.
	The University of Vienna, as the GC	1.01.07	31.12.08	Vienna	University of Vienna (GC): management, coordination & monitoring, in regular contact with PC, GA and other EUP. Cooperates to Coordinating Meetings and Reports.	Management, coordination & monitoring, in regular contact with PC, GA and other EUP. Revision of undergraduate curriculum and Master with GA. Cooperation to European Master, Intensive Program and Coordinating Meetings and Reports, consulting and coordination of equipment selection, especially books.
	The Rome University of Movement Sciences	1.01.07	31.12.08	Rome	Rome IUSM (GA) and EC: general administration and finance, coordination and monitoring in cooperation with GC and PC. Coordination of European Master and other teaching/training activities. Preparation of Coordinating Meetings in cooperation with GC. Revision of Reports	General administration and finance, coordination and monitoring in cooperation with GC and PC. Coordination of European Master and other teaching/training activities. Revision of undergraduate curriculum and Master with GC. Preparation of Intensive Program in Tirana for entire Faculty and other parties and stakeholders. Coordinating Meetings in cooperation with GC. Revision of Reports.
	The University of Southern Denmark/ Odense and the University of Athens	1.01.07	31.12.08	Odense, Athens	University of Odense + University of Athens: support GA-GC, participate to meetings and teaching sessions. Management, coordination & monitoring, in regular contact with PC, GA and other EUP. Revision of undergraduate curriculum and Master with GA. Cooperation to European Master, Intensive Program and Coordinating Meetings and Reports	University of Odense + University of Athens: support GA + GC, will participate to meetings and teaching sessions, to the revision of curricula and in the European Master and the



## Summary Report for Publication

### Project title

***Sport Science Curricula in Albania & Bologna Process (BOLALBA)***

### Project duration (with starting and ending dates)

***01/09/2006 – 31/08/2008***

### Project partners (with contacts details of contact persons in the Partner country/ies and the EU)

**Rome University Institute of Movement Sciences (IUSM)** (Paolo Parisi, Piazza Lauro de Bosis 15, 00164 Rome, Italy, [paolo.parsi@iusm.it](mailto:paolo.parsi@iusm.it))

**University of Vienna** (Norbert Bachl, Auf der Schmelz 6, 1150 Vienna, Austria, [norbert.bachl@univie.ac.at](mailto:norbert.bachl@univie.ac.at))

**Academy of Physical Education and Sports "Vojo Kushi"** (Veisel Rizvanolli, Rr "Muhamed Gjollasha", Tirana, Albania, [contact@aefs.edu.al](mailto:contact@aefs.edu.al))

**University of Southern Denmark** (Karsten Froberg, Campusvej 55, 5230 Odense, Denmark, [kfroberg@health.sdu.d](mailto:kfroberg@health.sdu.d))

**National & Kapodistrian University of Athens** (Nickos Geladas, 41 Ethnikis Antistassis, 172 37, Daphne, Athens, Greece, [ngeladas@cc.uoa.gr](mailto:ngeladas@cc.uoa.gr))

### Project budget (with an indication of budget co-funded)

#### **Estimated budget of the action**

<b>I</b>	STAFF COSTS (INCL. REPLACEMENT COSTS)	81,300.00
<b>II</b>	TRAVEL COSTS AND COSTS OF STAY (INCL. STUDENTS)	91,100.00
<b>III</b>	EQUIPMENT	65,900.00
<b>IV</b>	PRINTING AND PUBLISHING	15,000.00
<b>V</b>	OTHER COSTS	25,000.00
<b>VI</b>	INDIRECT COSTS	19,480.00
<b>VII</b>	PROJECT EXPENDITURE OF THE BENEFICIARIES	15,735.00

**TOTAL ELIGIBLE COSTS** **€313,515.00**

#### **INCOME (€)**

<b>I</b>	OWN RESOURCES	15,735.00
<b>II</b>	MAXIMUM TOTAL TEMPUS GRANT	297,780.00

**TOTAL INCOME** **€313,515.00**

After the amendments to the grant conditions requested in order to increase the student mobility activities and approved by the European Commission on 6 June 2008 (Ref: ETF/08/TEM-DMjepc/KVD/3.1-50224)

### Objectives

**Wider Objective:** To reform sport science Curr in Albania in agreement with Eur system & social needs.

**Specific Project Objective:** To reform Tirana Academy & Curr structure & undergraduate programs, according to job-market needs & Bologna Process, promoting harmonisation with Eur system & mobility, wider occupability, teaching skills & methodology, and a research context for the implementation of postgraduate programs.

### Outcomes

1. Updated & job-market oriented curriculum structure and undergraduate program, implementing Bologna Process, with reform and modernisation of Tirana Academy.

2. Faculty upgrading, promoting mobility, teachers training, research mentality and context, and setting the basis for the implementation of a health-related postgraduate program.

### Activities

- 1.1. Getting organised, acquire info from EUP, compare PE Curr in Albania with EU & AEHESIS.
- 1.2. Update admin services, equipment & library; develop IT & web-site;
- 1.3. Assess socioeconomic & job-market needs.
- 1.4. Establish new undergrad Curr, with updated contents & ECTS, accounting for local needs & traditions.
- 2.1. Promote mobility, implementing tutor's office & free intensive courses of English & Italian.
- 2.2. Participation to Eur Master & related courses/internships.
- 2.3. Develop new teaching skills & technologies, syllabi & PowerPoint presentations, with scientific equipment & context for postgrad program.
- 2.4. EUP visits, with Intensive Course, training sessions & meetings supporting Acad reform & Curr approval, sustainability & dissemination.

### Main staff members involved

EU and PC Coordinators, Academic and Administrative staff from partner Universities  
Junior academic staff and students from PC University

### Progress to date

The project staff already completed most of the actions included in the Project Workplan, and with respect all the indicators provided for the Outcomes/Outputs.

Study programs have been redesigned and updated, in the light of scientific improvements in the area and on the basis of an assessment of social and public health needs and market requirements. A 3 year undergraduate curriculum (180 ECTS) in Sport Science has been defined, increasingly in line with EU standards. A complete new undergraduate curriculum in Physical Activity and Recreation has been developed, which aims at opening a second Faculty and preparing for the future development of the 2yr (120 ECTS) Master Programs, the further implementation of research facilities and the full transformation of the Academy into a University.

In consideration of the Project's outcome and in line the national strategy of the Albanian government, and with the strong support of the Ministry of Education and Science, the Academy has been reformed, with a more functional administration, the implementation of the language and informatics laboratory and the full updating of a basic research laboratory in exercise physiology. Better services to students and Faculty have been introduced through the implementation of teaching equipments and methodologies, and the implementation of the Library. Teaching re-training of Faculty staff has been developed through the participation of 5 Junior academic staff to the European Master in Health&Physical Activity. Following the approval by EU Commission of the requested amendments to the grant conditions, the participation to the European Master has been then extended to 7 selected AFES graduate students.

Dissemination of the project objectives and results has been carried out as scheduled, involving the graduates and operators in the sport sector and promoting the project with schools, academic contexts and health operators, and disseminating the information throughout. Leaflets describing the project in English and/or Albanian have been distributed during Workshops and the Final Forum. A brochure (in Albanian, English and Italian) describing the project, its goals and outcomes is now in progress and will be sent out or distributed to schools, university contexts, medical institutions and public health centers throughout the country.

The Academy web site has been updated and implemented. The Tempus project web site has been created and is continuously updated.

#### Problems in project implementation

Mainly the bureaucratic procedures and high costs related to the mobility of PC staff and students toward European countries.

Bureaucratic procedures and delay related to implementation of EU Commission's agencies.

Next steps

With the availability of the 2<sup>nd</sup> pre-payment, the books and minor equipments, already selected, will be purchased.

A brochure describing the project and its goals and outcomes will be produced in Albanian, English and Italian, and distributed to schools, university contexts, medical institutions and public health centers throughout the country. Copies will be made available to GC, GA, EC and other EUP, as well as to other Eur institutions for information and dissemination. A series of presentations to Medical Schools and other academic, public health and educational institutions will be undertaken. This action will continue after the end of the project.

Participation of the 7 students to the 2<sup>nd</sup> year Internship of the European Master in Health and Physical Activity in Odense (Denmark), Cologne (Germany) and Vienna (Austria),

Updating of the Project web site and updating and translation of the PC Institution web site.

Implementation of internal quality assessment and student evaluation procedures, and the involvement of social parties and other external sources will be considered for possible independent assessment.

Organization of the Final Report, with recommendations towards future monitoring and the regular implementation of internal and external quality assessment procedures. The Final Report will be drafted by the GC and EC, and approved by all partners at the meeting during the last EUP visit to Tirana in December 2008.

Other remarks

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ACKNOWLEDGEMENT OF RECEIPT

Your name: PAOLO PARISI		
Complete address: ISTITUTO UNIVERSITARIO DI SCIENZE MOTORIE - IUSM PIAZZA LAURO DE BOSIS 15,		
IT	00194	ROME
.....	.....	.....
Country code	Postal code	City

This page of the form will be returned to you on receipt of your second implementation report. Therefore please enter your name and address in the box above. Please remember to send in this page with each of your reports.

For internal use only	<table border="1"><tr><td>Joint European Project N°</td></tr></table>	Joint European Project N°
Joint European Project N°		
under the Tempus programme.		
Yours sincerely,		
Done at .....	Date .....	

# CHECKLIST

## WHAT INFORMATION TO BE SENT?

- Declaration: duly signed by the grantholder and the legal representative - Annex III/2
- Report on the action's implementation - Annex III/3-5
- Statistics and Indicators – Annex III/6-9
- Table on achieved/planned outcomes - Annex III/11-XX
- Summary report for publication - Annex III/12-13
- Acknowledgement of receipt – Annex III/14