

## ANNEX III

**Final report on the action's implementation,**  
**Summary report for publication and**  
**Financial Statement**  
**(IR3)**

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

CD – JEP – 40087 - 2005

(Agreement n°)

		<u>DEADLINE</u>
<b>2-year JEP</b>	Grant Agreement received <u>before</u> December 2006	30/10/2008
	Grant Agreement received <u>after</u> December 2006	30/04/2009
<b>3-year JEP</b>	Grant Agreement received <u>before</u> December 2006	30/10/2009
	Grant agreement received <u>after</u> December 2006	30/04/2010

### Structure of the Report

Annex III/2:	Declaration
Annex III/3-4:	Final report on the action's implementation
Annex III/5-8	Statistics and indicators
Annex III/9:	Example on how to fill in the outcome tables
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Annex III/11-12:	Summary report for publication
Annex III/13:	Financial statement
Annex III/22:	Acknowledgement of receipt

**One complete original (report and supporting documents) and two copies (one of which with supporting documentation) are to be sent by the deadline by 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 and financial statement is correct to the best of our knowledge and complies with the requirements of the provisions of Article 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 SCIENZE MOTORIE – IUSM (now changed in UNIVERSITA' DI ROMA "FORO ITALICO")

Name of the grantholder: PAOLO PARISI

Name of the legal representative: PAOLO PARISI

Function: PROFESSOR OF BIOLOGY AND RECTOR

Function: RECTOR

Done at: ROME

Done at: ROME

Date: 28 October 2008 .....

Date: 28 October 2008 .....

Signature: .....

Signature: .....

Seal of the grantholder institution:

## FINAL REPORT ON THE ACTION'S IMPLEMENTATION AND FINANCIAL STATEMENT (IR3)

Please provide an overview of the overall achievements of the project in order to demonstrate how the objective of the project has been met, by responding to the questions below.

### Overall achievement level

- Has the project achieved its set objective and does it match the needs identified in the original application? If yes, could you please describe how? If not, could you explain the reasons why?

**Yes, the project achieved its set objective and matched the needs identified in the original application.**

A 3-year undergraduate curriculum (180 ECTS) in Sport Science has been introduced, in line with the Bologna Process and with social and public health needs and market requirements. The curriculum has been already approved by the Albanian Accreditation Agency and the Ministry of Education of Albania, which are currently evaluating a second new 3-year undergraduate curriculum in Physical Activity and Recreation (180 ECTS). In addition, 2-year post-graduate programs (120 ECTS) are being developed. As a result 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 an International Office, a Library, a Language and Informatics laboratory, and the full updating of a basic research laboratory in exercise physiology. The establishment of a fully operating International Office determined a very good communication and functioning for the project and the Academy as a whole, and a reference point to disseminate information on the European University system, the Bologna Process etc., stimulating and supporting students and staff mobility. A wide broadcasting has covered the entire process and specific events, starting from the Albanian National TVs and newspapers, as well as local ones. In a Final Forum, the Minister of Education of Albania declared the project to have been very successful, and gave the message that its future impact is guaranteed, and that all new structures, curricula and infrastructures are fully approved and supported by the government. The synergy of this project with a similar Tempus Project (JEP-33070, EGYSPORT) coordinated by the same team at IUSM-Rome and the same European partners, has allowed to add value to specific activities (coordinating meetings, Language courses and materials, etc.), increasing information and communication levels between regions and understanding across peoples and cultures.

- Please describe and explain the key successes of the project and present any shortcomings or disappointments.

The key successes of the project can be identified with:

- In general, the key to the project's success was the capability, on the European side, to adapt to the country's tradition and culture and its specific needs, with a focus on human relations, mutual respect, and professional flexibility. On the Albanian side, the key factor was the extremely collaborative attitude and the strong motivation and endeavour of all those involved. These factors proved to be not only instruments of success, but also a success on their own, fostering increasing levels of cooperation and achievement.
- The sharing of a common vision by all partners regarding a European spirit, and the relevance of the Bologna process and the internationalization of the University system in the area of Sport Science, which helped overcome limitations determined by bureaucratic, financial and practical matters.
- Highly successful effort of the PC core team to involve everyone at the Academy, where Faculty, staff and students were all very cooperative and responsive, as well as the operators in the area and other stakeholders.
- Strong support of the Ministry of Education and Science and other public bodies, which were stimulated by the European intervention and recognised the value of the project, even supporting it with additional funding to help with the Academy's transformation, and promoting it as a model to stimulate the general University reform in line with the national strategy of the Albanian government.

### Programmes and courses

- With regards to new/restructured programmes/courses, please indicate:
  - the level of the programme/course implemented (Bachelor, Master, Doctorate, continuing education, further education, upgrading, etc.)  
**Bachelor degree: Two new undergraduate curricula in Sport Science have been completed, in line with the Bologna process and with the specific needs of the country.**

**Master degree: the undergraduate curricula reform and the implementation of academic and research facilities have set the basis for the implementation of 2yr (120 ECTS) Master Programs in the areas of Physical Education, Health and Physical Activity, Sport and Coaching.**

- the type of course: mandatory course in regular programme or optional course ;  
**The undergraduate curricula are already replacing the old one and will now represent the only curricula available for a Bachelor degree in Sport Science in Albania.**
- the target group (for example students, university staff, managers of education systems, public civil servants, employees in private sector, etc.) and the approximate number of participants in the course;  
**The project has involved hundreds of members of the Academy -- Faculty, staff members and students, as well as operators and stakeholders at large; and the new curricula will now of course involve thousands of prospective students and all those directly or indirectly interested in the area throughout the country.**
- whether the programme/course was formally recognized, the level (institutional, national, etc.) and the form of recognition (certificate, diploma) ;  
**Starting with the academic year 2007-2008, the new programs represent the official curricula for a Bachelor degree in Sport Science in the public University system of Albania. The first curriculum has been already approved by the Ministry of Education and the Accreditation Agency, while the second is completing the accreditation procedure.**
- what teaching material was produced and how (translated, adapted, developed in partnership, etc.).  
**Power point presentations of formal sport science lectures, adapted from the original ones obtained from EUP.  
Basic electronic English course for sport science staff and students, obtained from EUP.  
Advanced e-learning English Academic Writing Course, developed in partnership with EUP.**
- if the course was/will be delivered in a EU language ? If yes, which language and why?  
**The undergraduate curricula are delivered in Albanian. Some specific subjects utilized in post-graduate programs will be delivered maintaining the original English language.**
- whether teaching methods have been reviewed and are appropriate for the new/restructured programmes/courses?  
**Teaching skills, programs and presentations have been particularly developed in the context of the participation of PC academic staff to the Eur Master and the Intensive Course.**
- whether assessment measures have been introduced for the new courses (by students for instance)?  
**Quality control assessment has been introduced to verify the efficacy of curricula reform.**

### Restructuring

- Were changes at institutional level introduced (establishment of units, new faculties, financing, international relations offices and such like)? If yes, what is the statute of the new unit(s) within the institution(s) concerned? What kind of financial support and staffing arrangements will be provided in the future?  
**With the strong support of the Ministry of Education and Science, which fully approved and supported all new structures, curricula and infrastructures, the Academy has been reformed, with a more functional administration, the implementation of a language and informatics laboratory and the full updating of a basic research laboratory in exercise physiology, equipped through Tempus funds, and a new gym. A fully operating International Office has been established, and better services to students and Faculty have been introduced through the implementation of a Library, hosting books and other study materials purchased through the Tempus budget.**

### Mobility, training and development of teachers, university staff, trainers, students and trainees:

- Please describe how the mobility of the categories of persons mentioned above has contributed to the achievement of the objectives of the project.  
**A total of 5 PC junior Fac and 7 graduates have been admitted to the European Master in Health and PA, and spent in Rome a 4-month period of intensive teaching and guided study during the 1<sup>st</sup> year, and two different internship modules in Vienna, Odense, or Cologne for the 2<sup>nd</sup> year. All of them have completed the program, 4 of the PC junior staff already obtained the European Joint Master Degree in**

**Health and Physical Activity.** This period of teachers training will serve Fac upgrading and provide, in addition to an experience of a EU institution and international contacts, basic updatings in contents, particularly in the more sensitive area of health science, as well as in teaching materials, methods and technologies.

**PC Faculty visited Rome and Vienna Universities,** which allowed them to see the facilities and research labs and programs, and to prepare the ground for future mobility and research collaboration.

**PC Administrative staff also visited Rome and Vienna University,** and were trained in the implementation of administrative organization, and on the link between IT center and the university's academic and administrative facilities.

- Please describe the selection criteria used for the mobility and indicate how the home institutions evaluated and recognized this mobility or took it into consideration, once it had been carried out.

**The selection criteria for PC core academic and administrative team was focused on the needs of the PC Institution and its expectations of beneficial feedback, and the mobility was therefore fully supported and recognized by the Institution.**

**The selection criteria for PC Junior Fac and students attending the Eur Master were mainly based on the latter's admission requirement, based on individual academic background, motivation, language and personal skills.**

- In the framework of student mobility and with regards to the recognition of study periods abroad, have agreements been signed between the universities? Was the mobility part of a credit transfer system comparable to the ECTS system? If yes, please provide details. If it was not, could you indicate what was the basis for an official recognition of the results achieved by the students?

**The European Master in Health & Physical Activity (120 ECTS, <http://www.elingueiusmlearn.it/master>), is a 2-year post-graduate program approved and funded by the Italian government, and run jointly by the University of Rome, the University of Vienna, the University of Southern Denmark in Odense and the Norwegian Sport University in Oslo. It offers a European Joint Master Degree fully recognised by partner institutions and giving access to PhD programs. The program is mainly for students of partner Universities, but participation from other institutions and particularly third countries is encouraged in the same spirit as with the Erasmus Mundus approach. The program has now been extended into a European PhD program in Health & Physical Activity which is just starting this academic year.**

- Please comment on the assessment of the hosting universities/enterprises of the student's performance and how the students assessed their stay at the host institution.

**The assessment of students performance required some flexibility from hosting institutions, allowing for cultural and/or language problems in matching usual European standards. Students were generally enthusiastic at the experience, in terms of contents and skills acquired as well as in general terms.**

### **Equipment**

- What kind of equipment has been purchased since the submission of your last report?

**Books. A lactate analyzer and a defibrillator.**

- Where was this equipment installed and who has access to it?

**The books will be organized within the new Library, now under reconstruction and to be completed by December 2008, and will be made available to all staff and students. All the scientific equipments have been installed in the Exercise physiology lab, and are available for Fac, staff and students.**

- What are the future plans for the use, maintenance and insurance of all the equipment purchased in the framework of the project?

**All the equipments will be part of the Academy's facilities, and will be used by its staff and students in the context of teaching and research activities, fully maintained and insured by the Academy's budget with Ministry's approval.**

### **Academic and administrative management of the project**

- Could you please describe to what extent the institutions in the consortium were involved and provided support, be it academic or administrative?

**TIRANA ACADEMY: Academic staff: local organisation and implementation of planned transformation and reform, social and job market survey, curriculum revision, dissemination, sustainability, with**

guidelines by GH-GC-EC. Relations with Ministry of Education and other public and private bodies (National Olympic Committee, etc.), as well as market operators, other stakeholders and the media. Periodic reports to GH-GC-EC and basic contribution for Tempus Report, fully supported by administrative staff.

**ROME IUSM (GH, EC): Academic staff:** general administration and finance, general coordination and monitoring in cooperation with GC and PC. Coordination of European Master and other teaching and training activities. Preparation of Coordinating Meetings in cooperation with GC. Revision of Reports, enrolling academic and administrative staff, fully supported by University administration.

**UNIVERSITY OF VIENNA (GC): Academic staff:** management, coordination and monitoring, in regular contact with PC, GA and other EUP. Contribution to Coordinating Meetings and Reports, enrolling administrative staff, fully supported by University administration.

**UNIVERSITY OF ODENSE + UNIVERSITY OF ATHENS:** support GH-GC-EC, participated to meetings and teaching sessions, contributed to planning, curriculum design, evaluation procedures, etc..

### Dissemination

- How did you achieve the multiplier effect of the project? Do you think that the successes will go beyond the immediate target group, for example to the wider education system and local economy and society?

**Dissemination of the project's goals and frame of reference** started in the early stages of the project and continued throughout its realisation and later, involving two main actions: 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. Detailed information was conveyed to the Ministry of Education to secure basic approval of the various initiatives and in view of curriculum accreditation & sustainability; the Ministry of Tourism and Sport, the Olympic Committee, educational institutions, the Faculty of Medicine, the Albanian Association of Sport Medicine, sport and health clubs and other market operators, etc. have been also regularly involved. Dissemination has also involved neighbouring countries, particularly Kosovo.

There already is evidence that the successes will go beyond the immediate target group of the project.

- More than 20 graduates from the Academy and other Faculties (Medicine) in Albania participated to the selection for the admission to the 2008-09 program of the Eur Master; 6 Albanian students have been selected and are presently participating to the 2008-09 Master program at their own cost.
- Representatives from University of Prishtina and the University of Tetovo, having followed the reform of the Tirana Academy, asked for help in reorganizing their own study curricula. A regional project, BALKANSPORT, involving the Tirana Academy again, along with the University of Prishtina and the University of Tetova, and strongly supported by the respective Ministries of Education and Research, has been submitted in collaboration with the same European partners. The project aims to harmonize the university standards in the Balkan area, to further develop the master degree curricula, and to promote research, in line with European standards and the Bologna Process, as well as with the European policy on pre-accession countries. This new project has now been selected for funding (October 2008).

### Sustainability

- How do you plan to use the results of the project in the future ?  
**Both to the benefit of European and Partner countries, and to the benefit of the EU, making the project methodology and results available. For the PC, the benefits will extend from the Academy to the University system, education, and the health & lifestyle improvement of Albanian society. For the EU partners, the project has strengthened their already close links and widened the scope of their joint European Master, very much in the perspective advocated by the EU with the Erasmus Mundus program, promoting the attractiveness of the European educational system and of their own individual institutions and programs. More generally, the project considerably contributed to strengthening the intercultural dialogue and fostering exchanges, mutual understanding & cooperation between Albania and the rest of Europe.**
- Do you foresee any future co-operation with the partners of your project?  
**Yes. Beside the new TEMPUS IV project already selected for funding, plans are to facilitate the mobility of staff and students from Balkan region towards Europe by including our European post-graduate programs in the Sport Science area within the ERASMUS MUNDUS and establishing research collaboration, possibly supported by national and/or European action.**

- What measures have been taken to formalise or institutionalise links with local non-university partners?  
**Detailed information was conveyed to public bodies, as well as to educational institutions and other bodies such as the Olympic Committee, the Albanian Association of Sport Medicine, sport and health clubs and other market operators, etc.**
- Do you think that the beneficiary institutions will be able to sustain and develop the achievements of the project? If yes, what measures were set up or are planned to support this continuation? What obstacles were there and what measures were taken to address them?  
**Yes, through all the measures indicated in the previous sections.**

### **Impact**

- Please describe any positive changes, as a result of the project, in terms of department management, individual behaviour, teaching methodology, courses content, teaching/learning process and any benefits to managers, teachers, students and other target groups.  
**The Academy has been reformed, with better facilities, a more functional administration, the implementation of a 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. The final approval of the new undergraduate curriculum in Physical Activity and Recreation will lead by next year to the opening a second Faculty and prepare for the future development of 2yr (120 ECTS) Master Programs, the further implementation of research facilities, and the full transformation of the Academy into a University.**
- Please describe what opportunities are being created for the project beyond the specific objectives in particular in relation to graduates' employability and/or increased cooperation between the university and the non-academic sector.  
**The project, in its various steps, from socioeconomic survey to dissemination, has considerably contributed to tighten the relations and exchanges between the Academy, related educational and professional bodies, and the market, thereby considerably increasing cooperation levels and graduate employability.**
- Please describe the impact of the project on the economic and/or social reform in the partner country(ies).  
**The project has been very instrumental in calling the attention of the Albanian society to new social and educational needs related to public health and life-style modifications, along patterns that are becoming closer to those of other European countries. Public and private actions have been stimulated.**
- Please describe the impact of the project on the reform of higher education.  
**The project has been recognised as a model for the general reform of the University system in the country, and has in fact been supported and promoted as such by the Ministry of Education and other public bodies, in the light of the national strategy of the Albanian government and its strong motivation to promote mobility, cooperation and interchange, and getting closer to other European countries.**

**Insert  
specific  
indicators  
(qualitative and**

## Statistics and Indicators

This section aims to gather statistical data and indicators of performance during the entire project period.

### Staff training

**Number of teaching staff trained or retrained**

**8**

Please indicate the number of teaching staff (professors, assistants with teaching tasks, etc.) trained and/or retrained.

**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.

**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.).

**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.

**Number of students trained or retrained**

**7**

### 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.

**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.

**Number of partner country internal mobility flows**

**4**

Please indicate the number of staff mobility flows performed within the same consortium partner country. 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. 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.). 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.

**Number of developed curricula**   
Please indicate the number of curricula produced.

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

**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.).

**Difficulties in financial management** 

YES	NO	N/A
<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**   
Please indicate whether your project contributed 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**   
Please indicate whether your project contributed to the achievement of readable and comparable degrees.  
**Comments if any:**

**Diploma supplement**   
Please indicate whether the project contributed 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)**   
Please indicate whether your project contributed to the achievement of the adoption of a system based on two main cycles.  
**Comments if any:**

**Introduction of a double or joint degree**   
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**   
Please indicate whether your project contributed 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 promoted 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 contributed 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 promoted the attractiveness of the European Higher Education Area.

Comments if any:

**Other credit systems**

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

Comments if any: Availability to PC staff member and students of an e-learning Advanced English Academic Writing Course managed by Rome University

**University/Enterprise cooperation**

X		
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Please indicate whether the project implemented 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: LLP Intensive Course on Children, Health and Physical Activity (Odense), part of the EUP Master 2<sup>nd</sup> year program

**Set up of project website**

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

Web address: <http://www.tempusport.eu/>

**Qualification frameworks**

	X	
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Please indicate whether the project contributed 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:**

Please indicate whether your project had links with Vocational Education and Training and if so, whether this was within one of categories listed below.

**Language**

X		
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**Numeracy**

	X	
--	---	--

**Literacy**

	X	
--	---	--

**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 had links with Vocational Education and Training and if so, whether this was within 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:

**EXAMPLE**  
**USE ONE TABLE PER**  
**OUTCOME: ADD AS**  
**MANY TABLES AS**  
**NECESSARY**

**TABLE OF ACHIEVED OUTCOMES**




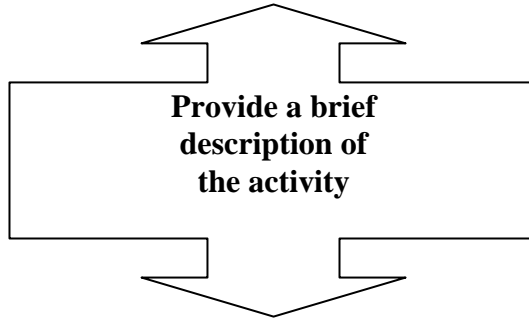
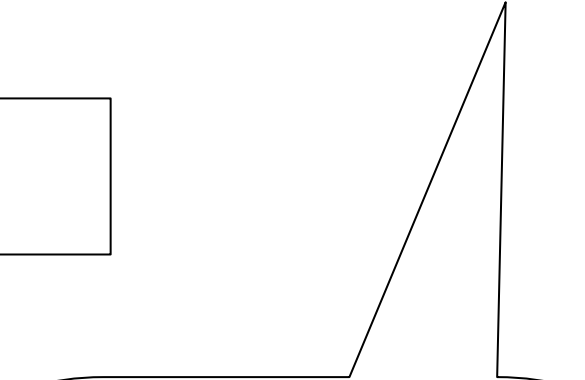
**Insert the title and reference number as indicated in your project proposal**

Title and reference number of the outcome:

Indicators of achievement and or/performance as indicated in the project proposal

**Insert the indicators of achievement and/or performance as indicated in your project proposal**

Activities carried out for the achievement of this outcome (entire project period):

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
 <p>Number each activity</p>	 <p>Insert the activity title as indicated in your previous report</p>	 <p>State where and when the activity took place</p>		 <p>Provide a brief description of the activity</p>		 <p>Insert specific indicators (qualitative and quantitative) which measure the achievements of the activity result</p>

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

**Describe any change compared to the activity plan described in the previous report**

## TABLE OF ACHIEVED OUTCOMES

<b>Title and reference number of the outcome:</b>	<b>1. UPDATED &amp; JOB-MARKET ORIENTED CURR STRUCTURE &amp; UNDERGRADUATE PROGRAM, IMPLEMENTING BOLOGNA PROCESS, WITH REFORM &amp; MODERNISATION OF TIRANA ACADEMY.</b>
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<b>Indicators of achievement and or/performance as indicated in the project proposal</b>	<b>Reform &amp; modernisation of Academy; - Data on health issues &amp; job market; - Undergraduate Curriculum in line with Bologna Process.</b>
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Activities carried out for the achievement of this outcome (over the entire project period):

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
1 - 1	Getting organised, acquire info from EUP, compare PE Curr in Albania with EU & AEHESES	01/09/06	30/10/06	Rome Vienna Odense Athens  Tirana	GH and GC set up office & agree with other EUP on executive plan. They organise reference Fac/staff for contacts and collaboration with PC, including the JEP Executive Coordinator (EC) from Rome.  27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:  PC Core Team installed; administrative. procedures illustrated. Information on EU university system and Bologna Process is assimilated and shared with local staff, with initial attempts at transforming mentality, organisation and functioning.  2 PC staff & 4 students selected for job-market survey.	Project start-up and PC agreement in transforming mentality, organisation and functioning.
1 - 2	Update admin services, equipment & library; develop IT & web-site	16/10/06	30/08/08	Tirana with EU support and advice	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, provided in support of the new development caused by the project. Visits of EUP to Tirana and PC staff member to Rome and Vienna facilitates the process.	Academy's infra-structures reconstructed, purchasing of new structures and facilities, all services modernised.
	International Relation Office	16/12/06	29/01/07	Tirana Rome	An International Office was established for better communication and functioning for the project and the Academy as a whole, and to support students and staff mobility, to disseminate information on the European University system, Bologna Process etc.	Staff members and students from the Academy and from other Faculties asked for information on the European mobility programs or to participate to the new cycle of the European Master in Rome.
	Website and internet access	05/10/06	12/12/06	Tirana	Official Website of the Academy ( <a href="http://www.aefs.edu.al">www.aefs.edu.al</a> ) with a	Every staff member has access to

	Language centre	27/10/06	30/03/08	Vienna Tirana Rome	<p>section devoted to the project, being continuously updated by the Academy staff.</p> <p>One of the existing classrooms was transformed into a language centre; a teacher was hired and language classes started in Dec 06 with support of GH's Language Center. The language teacher visited the Rome University of Sport Sciences and the Vienna Faculty of Sport Science, being trained in new teaching material and methods, and on the inter-link between language and IT centers, as well as library.</p> <p>An electronic Basic English course and an Advanced e-learning English course on Academic writing, specifically developed in collaboration with the GH's Language Center for sport science students and Fac staff, have been acquired.</p>	<p>internet and the network.</p> <p>Language centre, consisting in 24 tables, 24 chairs, 1 blackboard, 1 flip charter, 1 video 1 TV and 1 DVD and videotape player. New language teacher. New electronic Basic English course and Advanced e-learning English course in Academic writing acquired and available for PC staff members and students.</p>
	Library	15/12/06	30/08/08	Tirana Rome Vienna Odense Athens	<p>In December 2006, a new hall of 200 sqm was donated by the Ministry of Education to the Academy as a support and direct involvement in the development of the library, which has been reconstructed through local resources. The PC Faculty, with advice from EUP partners, selected the books for the new Library and all the procedures for purchasing books through Tempus funding have been completed.</p>	<p>A new 200 sqm Library has been established with the support of Ministry of Education and through Academy and Tempus funding.</p>
	IT centre	15/12/06	30/03/08	Tirana Rome Vienna	<p>One of the existing classrooms was transformed into an IT teaching centre; an informatic's teacher was hired and IT classes started in Dec 06. The teacher visited the Rome University of Sport Sciences, being trained in new teaching material and methods, and on the inter-link between IT center and the university's academic and administrative facilities.</p> <p>22-27 JAN 07 - COORDINATING .AND TRAINING MEETING. 2 IN ROME:</p> <p>05-10 MARCH 07 - COORDINATING .AND TRAINING MEETING. 3 IN VIENNA.</p> <p>27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.</p> <p>04-08 JUN 07 - PC STAFF RETRAINING VISIT IN ROME</p> <p>OCT 06 – MAR 08 RETRAINING SESSIONS FOR PC STAFF MEMBERS IN TIRANA</p>	<p>IT center and IT classes now available for PC staff members and students. IT technology introduced in the academic and administrative management of the Academy.</p>
1- 3	Assess socioeconomic & job-market needs	15/10/06	30/03/07	Tirana and EUP	<p>Analysis of socio-economic changes and job-market needs in the area of sport sciences and physical activity.</p>	<p>Socio-economic changes in general and the change of the job market</p>

	Graduate tracking and job-market analysis addressed to the operators of the area and to students and graduates throughout the country			Tirana	Questionnaire models supplied by GH-GC; 3 forms (A1 graduates; A2 operators; A3 students) developed by PC (translation) and revised by GH, GC and EC. Printing, mailing and collection of questionnaires. A1 questionnaire filled out by 220 students. A2 questionnaire filled out by 160 graduates. A3 questionnaire filled out by 35 market operators.	needs acquired as indicators for important adaptations and development in the content and objectives of new university curricula.
	Social and health statistics			Tirana	Statistics gathered by PC, involving basic indicators: demographic changes, chronic diseases, etc. Job market survey:	
	Data analysis			Tirana Vienna	Data analysis: PC + GC, with advice from GH and EC.  27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:  22-27 JAN 07 - COORDINATING .AND TRAINING MEETING. 2 IN ROME:  05-10 MARCH 07 - COORDINATING .AND TRAINING MEETING. 3 IN VIENNA.  27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.	
1-4	<b>Establish new undergrad Curr, with updated contents &amp; ECTS</b>	01/10/06	30/08/08	Tirana And EUP	The development of two new 3-year undergraduate Curricula in Sport Science (180 ECTS) in line with Bologna process and job market has been completed, one of which, already approved by the Albanian Accreditation Agency and the Ministry of Education of Albania, replaced the old one from the 2007-2008 academic year.	AEHESIS & other European reference curricula. Curriculum structure with 2 cycles & ECTS, and new undergrad Curr approved by the Ministry; Master program ready to be implemented
	New Undergraduate Curriculum in Sport Science	01/10/06	30/07/07	Tirana and EUP	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 implemented the 1 <sup>st</sup> cycle Curriculum in Sport Science, introduced in 2007 – 2008.	The new 3-year Undergraduate Curriculum (180 ECTS) has been introduced and replaced the previous one from the academic year 2007-2008
	New Undergraduate Curriculum in “Physical Activity and Recreation” and plans for the	01/09/07	30/08/08	Tirana and EUP	Development of a second 3-year Undergraduate Curriculum in “Physical Activity and Recreation” (180 ECTS) in line with Bologna process and job market is completed and is under approval of the Albanian Ministry of Education and	

	development of 2-year post-graduate programs (120 ECTS)			Accreditation Agency. Projection for the development of 2-year post-graduate programs (120 ECTS) in Physical Education, Health and Physical Activity, Sport and Coaching This action will complete the vision and the strategy of the project for transforming the structure of Academy of Sport into a University one.  27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:  22-27 JAN 07 - COORDINATING .AND TRAINING MEETING. 2 IN ROME:  05-10 MARCH 07 - COORDINATING .AND TRAINING MEETING. 3 IN VIENNA.  27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.  23-26 MAY 07 - COORDINATING .AND DISSEMINATING MEETING. 5 IN TIRANA  2-3 SEPT 07 - COORDINATING . MEETING. 5 IN TIRANA  1-6 OCT 07 – COORDINATING AND DISSEMINATING MEETING IN ROME  OCT 06 – JUL 08 – MEETINGS WITH ACADEMY ACADEMIC STAFF AND DEPARTMENT DEANS  9-13 JUN 08 – INTENSIVE COURSE AND FINAL CONFERENCE IN TIRANA	
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**Proposed changes from the previous approved report for the outcome in reference**

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<b>Title and reference number of the outcome:</b>	<b>2. FAC UPGRADING, PROMOTING MOBILITY, TEACHERS TRAINING, RESEARCH MENTALITY &amp; CONTEXT, AND SETTING THE BASIS FOR THE IMPLEMENTATION OF A HEALTH-RELATED POSTGRADUATE PROGRAM .</b>
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<b>Indicators of achievement and or/performance as indicated in the project proposal</b>	<b>1. Mobility; 2. Teachers training; 3. Research context &amp; definition of postgraduate program</b>
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Activities carried out for the achievement of this outcome (over the entire project period):

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2 - 1	<b>Promote mobility, implementing tutor's office &amp; language courses</b>	27/09/06	30/08/08	Tirana and EUP	On the PC side, mobility involved 1) key persons in the administration; 2) Faculty members attending the European Master 3) students. Language center and IT center established, while intensive course for the PC staff members and students improved computer & language skills	9 PC Acad staff, 5 admin. staff and 7 graduates participated to the Tempus mobility. Most of the PC Acad. staff asked for opportunity in mobility towards EUP countries. More than 40 students from the Academy and 5 from other Faculties participated to the selection for the admission to the European Master in Rome. 6 Albanian students are presently participating to the 08-09 EUP MASTER program under their own financial sources. PC Acad. Staff attended Intl. Conferences in Sport Sciences.
		16/12/06	29/01/07	Tirana	The International Office was established for better communication and functioning for the project and the Academy as a whole, and to support students and staff mobility, to disseminate information on the European University system, Bologna Process etc.	
		27/10/06	30/08/08	Tirana Rome	Establishment of the Academy language centre; a teacher was hired and language classes started in Dec 06 with support of GH's Language Center (CELBA).	
		01/10/06	20/01/07	Rome	Intensive Italian course for PC junior Acad staff attending the first year of the 06-07 EUP MAS provided by CELBA (Rome Univ.)	
		01/03/07	30/05/07	Rome	Purchase of a Basic electronic English Course focusing on Sport Science subjects and terminology developed by CELBA.	
		01/07/07	30/12/07	Rome	Purchase of an Advanced e-learning Course in English Academic writing focusing on Sport Science subjects and terminology developed by CELBA developed in co-financing with CELBA and TEMPUS JEP 33070 – 2005.	
		01/09/07	30/10/07	Rome	Intensive English course for PC students attending the first year of the 07-08 EUP MASTER	
		01/06/08	30/07/08	Tirana	Intensive English Course for PC Admin. Staff	
2 - 2	<b>Participation to Eur Master &amp; related courses/internships</b>	01/10/06	30/08/08	Rome Odense Vienna	5 PC junior Acad. Staff participated and completed the 2-year EUP MASTER in Health & Physical Activity (120 ECTS), 06-07, and 4 out of the 5 participants defended their thesis on 10 June 2008, in Tirana, obtaining the European Joint Master Degree.	4 of 5 students already completed their thesis, one is ongoing. Three staff members upgrade their knowledge by participating in two specific modules. 7 students have completed the second year of study, thesis under elaboration.
		01/11/06	07/10/07	Rome	2 PC Senior Acad. Staff and 1 junior Acad. Staff participated to specific EUP Master modules in Rome.	
		01/09/07	30/08/08	Rome	7 PC graduate students have been selected, participating and	

				Odense Vienna	<p>completing the 2-year EUP MASTER in Health &amp; Physical Activity (120 ECTS), 07-08, presently working on thesis projects. After EUP and PC agreement, and on the basis of the amendments to the grant conditions approved by EU (Ref: ETF/08/TEM-DMjepc/KVD/3.1-50224) their participation has been partly supported (50% ) by Tempus budget.</p> <p>STUDENT MOBILITY RELATED TO THE ATTENDANCE OF THE FIRST AND SECOND YEAR OD THE EUP MASTER IN H&amp;PA, 06-07 PROGRAM, FULLY SUPPORTED BY TEMPUS</p> <p>STUDENT MOBILITY RELATED TO THE ATTENDANCE OF THE FIRST AND SECOND YEAR OD THE EUP MASTER IN H&amp;PA, 07-08 PROGRAM, 50% SUPPORTED BY TEMPUS</p> <p>1-6 OCT 07 – COORDINATING AND DISSEMINATING MEETING IN ROME</p>	
2 - 3	<b>Develop teaching skills, technologies, syllabi &amp; PowerPoint presentations, with scientific equipment &amp; context for postgrad program</b>	01/10/06	31/12/08	Tirana And EUP	The upgrading of Faculty and teaching programs and materials, particularly developed in the context of the participation to the Eur Master and the Intensive Course. Research facilities are implemented; scientific equipment acquired, supporting undergraduate teaching and basic research /teaching at postgraduate level. Research issues and cooperation, in relation to the developing Master in Health-Related Physical Activity, which will then be finalised by the end of the project. The Library is developed and the acquisition of books and scientific/teaching materials is completed.	<p>Most of the PC Acad. staff members have been involved in 5 seminars during this period, also demonstrating the usefulness of Power Point presentations</p> <p>All the subjects of the new curriculum have now a syllabus. Lessons in PowerPoint. New methodologies in research applied. New facilities and materials for teaching and research activities.</p>
	Upgrading of teaching skills & programs	27/09/06	30/08/07	Tirana	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.	
	Teaching materials from EUP MASTER in H&PA	20/01/07	30/08/08	Tirana and EUP	Acquisition and translation of the Power Point presentations from the EUP MASTER in H&PA lectures	
	Upgrading of teaching equipments	01/09/07	20/12/07	Tirana	Purchase of the equipments available for administrative and academic staff and to students: 8 PC, 2 photocopies, 4 printers, 1 fax machine all in one and 5 video projectors	
	Scientific Lab and equipments	01/09/07	30/10/08	Tirana Rome Vienna	Totally renewed lab of exercise physiology, accessible mainly to academic staff and post-graduate students. Purchase of the equipment: 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	

	New books and scientific/ teaching materials .	01/09/07	30/10/08	Tirana Rome Vienna	desktop + monitor 17' + Printer laser; Lactate analyser and defibrillator EUROMED.  The restructuring of the new library is now ongoing and by the end of December 2008 all the restructuring and facilities will be completed and ready to accommodate the books and scientific materials purchased by Human Kinetics	
2 - 4	<b>EUP visits, with Intensive Course, training sessions &amp; meetings supporting Acad reform &amp; Curr approval, sustainability &amp; dissemination</b>  Intensive Course	01/03/08  09/06/08	30/08/08  13/06/08	Tirana  Tirana	During their various visits, EUP Fac join PC Fac in promoting the program's results, the new curricula and the importance of physical activity in health and prevention, particularly with health professionals and the academic and public health system. Specifically done when 11 EUP Fac visit PC in June 2008 for the Intensive Course, where the 5 PC junior Acad staff have been involved in the teaching and participants included the entire PC Fac, selected graduate students, and members of other Tirana Faculties and institutions.  11 EUP MASTER Faculties (3 from Rome, 2 from Athens, 2 from Odense, 2 from Vienna, 1 from Oslo, 1 from Malta) and the 5 PC junior Acad staff which completed the 06-07 EUP MASTER program gave lectures on basic and applied subjects in Health and Physical Activity.  27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:  27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.  23-26 MAY 07 - COORDINATING .AND DISSEMINATING MEETING. 5 IN TIRANA  2-3 SEPT 07 - COORDINATING . MEETING. 5 IN TIRANA  9-13 JUN 08 – INTENSIVE COURSE AND FINAL CONFERENCE IN TIRANA  OCT 06 – JUL 08 – MEETINGS WITH ACADEMY STAFF AND DEPARTMENT'S DEANS	Mobility flows from/to EUP; Attendance/completion of Eur Master: degrees obtained, protected these 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 implemented.

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

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<b>Title and reference number of the outcome:</b>	<b>3. DISSEMINATION</b>
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<b>Indicators of achievement and or/performance as indicated in the project proposal</b>	<b>Graduates and operators involved; - Meetings with officials and stakeholders, visits to operators, leaflets and brochures distributed, media involvement</b>
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Activities carried out for the achievement of this outcome (over the entire project period):

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2 - 4	<b>EUP visits, with Intensive Course, training sessions &amp; meetings supporting Acad reform &amp; Curr approval, sustainability &amp; dissemination</b>	01/01/07	30/12/08	Tirana and Rome	<p>Dissemination of the project's goals and frame of reference started in the early stages of the project and continued throughout its realisation and later, involving two main actions: 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.</p> <p>Students and graduates of the Academy as well as market operators and other stakeholders have been involved, with informative meetings at the Academy; several sport or health clubs have been visited, both in Tirana and other locations; leaflets have been disseminated and the media have also been involved. Questionnaire-filling sessions have been held at the Academy.</p> <p>Detailed information was conveyed to the Ministry of Education to secure basic approval of the various initiatives and in view of curriculum accreditation &amp; sustainability; the Ministry of Tourism and Sport, the Olympic Committee, educational institutions, the Faculty of Medicine, the Albanian Association of Sport Medicine, sport and health clubs and other market operators, etc. have been also regularly involved. Dissemination has also involved neighbouring countries, particularly Kosovo.</p> <p>Three meetings of GH and other representatives with Minister of Education Mr Genc Pollo on the occasion of EUP visits to Tirana;</p>	<p>Several informative meetings at the Academy open to all interested stakeholders. Over 400 individuals have been involved in the job-market survey, collecting questionnaires from 220 students, 160 graduates and 35 operators.</p> <p>Full support from Ministry of Education and Science of Albania, introduction from the interviews and printed material to operators, students, public, undergraduates &amp; stakeholders.</p> <p>Most of the PC Acad. staff asked for opportunity in mobility towards EUP countries. More than 40 students from the Academy and 5 from other Faculties participated to the selection for the admission to the European Master in Rome. 6 Albanian students are presently participating to the 08-09 EUP MASTER program under their own financial resources.</p>

				<p>meetings also with Minister of Tourism and Sport, with President and officials of National Olympic Committee, with Albanian Society of Sport Medicine, and various other public and private bodies, including the Chair of the Albanian National Agency of Accreditation.</p> <p>Two interviews to the GA by the National TV channel (end September and end March). A delegation from the University of Pristina came to Tirana at the end of March 07, March 08 and during the Final Forum to meet with the GA, GC and/or EC and ask help to implement a similar reform.</p> <p>Various interviews of PC Tempus representatives with local and national mass media in the way of promoting the new developments in the Academy.</p> <p>Disseminating meetings at the University of Shkodra. And at the University of Korca of PC representatives, GH, EC and representative from Vienna. Dissemination of the Project. Possible involvements and applications.</p> <p>Participation of PC Tempus representatives to the International workshop in Rome, October 2007. Focused on the Bologna Process and internationalization of the university system and especially sport science, as well as results of Albanian and Egypt Tempus projects and perspectives for the new project development. In this activity also took part a delegation from University of Prishtina – Kosova (PC) .</p> <p>Participation to the Balkan Conference of Rectors in Tirana 26-29 March 2008, EC + PC core team and most of the Academic staff + Participation of University of Prishtina and Tetovo. EC introduce the project, its achievements and future perspectives. Paper publication.</p> <p>Organization of the Intensive Course, EU Master Thesis session and Forum 9 – 13 June 2008. Forum attended by 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.</p>	<p>New application for the Tempus Project IV, a regional one, involving the Tirana Academy and Universities of Prishtina and Tetova, fully endorsed by the Ministries of Education and Research of Albania, Kosovo and FYRM. The application has been selected for funding (Oct 08).</p>
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					<p>Dissemination and contact from the new interactive web site of the Academy and Tempus project web site.</p> <p>A booklet (in Albanian, English and Italian) describing the project, its goals and outcomes is now being printed, and will be sent out or distributed to schools, university contexts, medical institutions and public health centers throughout the country.</p> <p>27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:</p> <p>27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.</p> <p>23-26 MAY 07 - COORDINATING .AND DISSEMINATING MEETING. 5 IN TIRANA</p> <p>2-3 SEPT 07 - COORDINATING . MEETING. 5 IN TIRANA</p> <p>1-6 OCT 07 – COORDINATING AND DISSEMINATING MEETING IN ROME</p> <p>26 – 29 MAR 08 – DISSEMINATING AND COORDINATING MEETING IN TIRANA</p> <p>OCT 06 – JUL 08 – MEETINGS WITH ACADEMY ACADEMIC STAFF AND DEPARTMENT DEANS</p> <p>9-13 JUN 08 – INTENSIVE COURSE AND FINAL CONFERENCE IN TIRANA</p>	
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**Proposed changes from the previous approved report for the outcome in reference**

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<b>Title and reference number of the outcome:</b>	<b>4. SUSTAINABILITY</b>
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<b>Indicators of achievement and or/performance as indicated in the project proposal</b>	<b>Academy's reform and new curriculum approved by Ministry of Education</b>
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Activities carried out for the achievement of this outcome (over the entire project period):

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2 - 4	<p><b>EUP visits, with Intensive Course, training sessions &amp; meetings supporting Acad reform &amp; Curr approval, sustainability &amp; dissemination</b></p> <p>Academy upgrading to fuller University status, with an increased budget</p> <p>Regular support of language &amp; computer lab, Library, services &amp; administration</p> <p>Faculty staff upgrading and European Master qualification become a new asset for the Institution</p>	01/01/07	30/12/08	Tirana	<p>During their various visits, EUP Fac joined PC Fac in promoting the program, helping finalise approval procedures, and by the end of the project recommended further action to ensure accreditation and increase sustainability.</p> <p>To secure from the beginning support for accreditation &amp; sustainability, the Minister of Education, Mr Genc Pollo, was regularly kept informed. He met three times with GH and other EUP and PC representatives, and was highly supportive. The project of the new curriculum structure is within the guidelines of the Ministry of Education; Ministry officials were highly supportive, and even took part to the market survey. A job-market survey has been conducted and the support of stakeholders and market operators has been ensured.</p> <p>Two new curricula are designed, “Movement Sciences” &amp; “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.</p> <p>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 employed. The tutorial office is normally running in 2007 – 2008.</p> <p>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.</p>	<p>Academy is included in the university system in the new Master plan for Higher Education in Albania approved by the government.</p> <p>The Academy received substantial support from the Ministry of Education, including a new hall of 200 sqm for the Library to be developed and a New Sport Multifunctional Gym (ball-games).</p> <p>16 job places for the academic staff are added in the structure of the Academy starting from May 2008 to November 2008. Ministry gives officially support for the second faculty which will run in the 2009 – 2010 Academic year.</p> <p>Implementation of new methodologies of language learning based in the new IT, and the special English course method borrowed from Rome. Students are supported in all their needs for the ECTS and new syllabus and courses.</p> <p>4 students have already completed their thesis on 10 June 2008 in Tirana; one has to complete the experiment action to conclude the thesis. Their research project involves as supporter and collaborators other members of staff.</p>

	<p>Replacement of the previous Curr with the new undergraduate Curr, offered on a regular basis</p> <p>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</p>				<p>In academic year 2007 – 2008 a new curriculum has replaced the old one. Now the academy offers the new curriculum and new structures 3 + 2 + 3.</p> <p>Especially in the Forum “Academy Towards the University” 10<sup>th</sup> June 2008, but and in all dissemination events starting from September 2006 – June 2008, in all publishing materials and mass media interviews and editions made by EUPs and widely from PC is stressed the role and impact of PA on health and the new vision and direction of the curricula of the Academy. Job market trends survey and national socioeconomic statistic was a strong support in the good understanding of new developments</p>	<p>By official decision of the Ministry of Education &amp; Sciences in the Academy one can find only the courses of study based on the new system, in line with Bologna process and AEHESIS standards.</p> <p>Approval from Ministry of Education and National Accreditation Agency for the second curriculum “PA &amp; Recreation”. Provided financial support in edition for the facilities, labs and library. 16 additional jobs for new academic staff. Following with qualification for the students in the EU Master 2 – 3 for each of the coming years</p>
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**Proposed changes from the previous approved report for the outcome in reference**

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<b>Title and reference number of the outcome:</b>	<b>5. QUALITY CONTROL AND MONITORING</b>
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<b><u>Indicators of achievement and or/performance as indicated in the project proposal</u></b>	<p><b>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.</b></p> <p><b>- Socio-economic survey completion, questionnaires collected</b></p>
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**Activities carried out for the achievement of this outcome (over the entire project period):**

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	All activities, following initial phase				A preliminary visit to the Academy by GH-GC and a first coordinating meeting took place in September, followed by a monitoring of the various activities through meetings with two of the Faculty members attending the European Master, who served as liaison officers and produced intermediate reports. Eight additional	<p>- Six visits to the Academy by GH-GC, EC+ELIP- Four intermediate operative meetings in Rome on the occasion of Master Modules.</p> <p>- Nine Coordinating Meetings: in</p>

	<p>Me e t i ngs - Reports and visits to the Academy</p>			<p>Coordinating Meetings then took place as described, two in Rome, one in Vienna, and five in Tirana, the last one at the time of the Intensive Course and the Final Forum (June 08). At each time a report was given by Academy's representatives and discussed with GH-GC, EC and other EUPs. The Tirana meetings were completed by visits to the facilities and several meetings with the staff involved. In the last meeting, a general review and future planning was also discussed, in the framework of the preparation of a basic draft for the current Tempus Report. EC participation, a coordination meeting with the PC core team, introduction of the project to the 5<sup>th</sup> Balkans Rectors Conference, coordinating meeting with the participation of representatives from university of Prishtina and Tetovo in the way of preparing the application for the Tempus IV.</p> <p>27-30 SEPT 06 - COORDINATING MEETING .1 IN TIRANA:</p> <p>22-27 JAN 07 - COORDINATING .AND TRAINING MEETING. 2 IN ROME:</p> <p>05-10 MARCH 07 - COORDINATING .AND TRAINING MEETING. 3 IN VIENNA.</p> <p>27-30 MARCH 07 - COORDINATING .AND TRAINING MEETING. 4 IN TIRANA.</p> <p>23-26 MAY 07 - COORDINATING .AND DISSEMINATING MEETING. 5 IN TIRANA</p> <p>2-3 SEPT 07 - COORDINATING . MEETING. 5 IN TIRANA</p> <p>1-6 OCT 07 – COORDINATING AND DISSEMINATING MEETING IN ROME</p> <p>26 – 29 MAR 08 – DISSEMINATING AND COORDINATING MEETING IN TIRANA</p> <p>OCT 06 – JUL 08 – MEETINGS WITH ACADEMY ACADEMIC STAFF AND DEPARTMENT’S DEANS</p> <p>9-13 JUN 08 – INTENSIVE COURSE AND FINAL CONFERENCE IN TIRANA</p> <p>Information bimonthly supply to EC and GC for all developments</p>	<p>Rome, Vienna, Tirana. - 4 bimonthly reports sent by PC to GH-GC -EC; a formal presentation given at the Rome and Tirana. Coordinating Meeting and updates at the later ones.</p> <p>New language and informatics lab, exercise physiology, psychomotorics lab. New gym and new library hall in the last phase of construction.</p> <p>Organization of the intensive course, Forum and thesis session.</p> <p>Preparation for the publication of the brochure of the project.</p>
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	Six-monthly Reports				especially for the problems with the implementation of the new curriculum.	
	EUP Reviews				Reports prepared by the GC-EC, in consultation with GA, every six months and circulated to all partners.	
	Final report				Further discussions of the reports and a general assessment of the accomplishments and their quality took place at the time of the 2 EUP visits to Tirana in the Spring of the 1 <sup>st</sup> and of the 2 <sup>nd</sup> year.	
					At the time of the last EUP visit to Tirana in June 2008, a general evaluation took place and a Final Report will be issued, 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 approved by all partners at the meeting.	

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

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	<p><b>Rome – IUSM</b></p>			<p>Master.</p> <ul style="list-style-type: none"> <li>▫ Restructure of the infrastructure of the Academy, offices, classrooms, library, language and IT center, 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).</li> <li>▫ 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.</li> <li>▫ Participation to the Workshop on the Internationalization of the University System in the area of Sport Science, Rome, OCT 07</li> <li>▫ Participation in the Balkan Conference of Rectors in Tirana 26 – 29 March 2008, EC + PC core team and most of the Academic staff.</li> <li>▫ Workshop with representatives of the University of Prishtina and Tetovo in framework of providing and using all the possibility to apply for a Tempus 4 project, Regional one.</li> <li>▫ Selection and purchase of equipments and books in collaboration with Rome and Vienna.</li> <li>▫ Organization the intensive course and EU Master Thesis session.</li> <li>▫ Organization of the Final Forum.</li> <li>▫ Seminars with PC Academic and administrative staff and students for explanation, giving guidelines for new curriculum implementation (GH-EC).</li> <li>▫ Dissemination of the project in general and especially new curriculum within Albanian University, Association and referent bodies. Direct contacts with the Albanian Ministry of Education and Research and with the Accrediation Agency (GH-EC)</li> <li>▫ Selection examination made from the staff of the Academy for Junior staff and students candidates for the EU Master (GH-EC).</li> <li>▫ Organization and participation to the Workshop on the Internationalization of the University System in the area of Sport Science, Rome, OCT 07 (GH-EC)</li> <li>▫ Organization and management of the EUP MASTER in H&amp;PA</li> <li>▫ Participation in the Balkan Conference of Rectors in Tirana 26 – 29 March 2008, (EC + PC).</li> </ul>	
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	<p>Vienna</p>			<ul style="list-style-type: none"> <li>▫ Workshop with representatives of the Universities of Prishtina and Tetovo to the effect of developing an application for a Tempus 4 project, Regional one (GH-EC).</li> <li>▫ Organization of the training meeting for PC Admin staff in Rome (GH-EC, + Rome Admin. Staff)</li> <li>▫ Collaboration in the selection and purchase of equipments and books (GH-EC+ 3 Rome Acad Staff).</li> <li>▫ Collaboration in the organization and participation to the intensive course and EU Master Thesis session (GH-EC + 1 Acad staff + 1 Admin staff)).</li> <li>▫ Participation to the Final Forum (GH-EC + 1 Avad staff + 1 Admin staff)</li> <li>▫ Organization and/or collaboration in organizing all coordinating, disseminating and training meetings (GH-EC, + Rome Acad and Admin staff).</li> <li>▫ Tempus project web site creation and updating</li>   <li>▫ Seminars with PC Academic and administrative staff and students for explanation, giving the guidelines for new curriculum implementation (GC + 1 Acad staff).</li> <li>▫ Dissemination of the project in general and especially new curriculum within Albanian University, Association and referent bodies. Direct contacts with the Albanian Ministry of Education and Research and with the Accreditation Agency (GC + 1 Acad staff)</li> <li>▫ Data evaluation for social survey (2 Acad staff )</li> <li>▫ Selection examination made from the staff of the Academy for Junior staff and students candidates for the EU Master (1 Acad staff).</li> <li>▫ Organization of the Coordinating and training meeting in Vienna (GC+ 2 Acad staff + Admin staff)</li> <li>▫ Collaboration in the implementation of the PC Academy web site.</li> <li>▫ Participation to the Workshop on the Internationalization of the University System in the area of Sport Science, Rome, OCT 07 (GC + 1 Acad staff)</li> <li>▫ Organization and management of the 2<sup>nd</sup> year EUP MASTER internship in VIENNA</li> <li>▫ Workshop with representatives of the Universities of Prishtina and Tetovo to the effect of developing an application for a Tempus 4 project, Regional one (GC + 1 Acad staff).</li> <li>▫ Collaboration in the selection and purchase of equipments and books (GC + 1 Acad staff + admin staff).</li> </ul>	
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	<p><b>Odense and Athens</b></p>			<ul style="list-style-type: none"> <li>□ Collaboration in the organization and participation to the intensive course and EU Master Thesis session (GC + 1 Acad staff).</li> <li>□ Participation to the Final Forum (GH-EC + 1 Acad staff + 1 Admin staff)</li> <li>□ Participation in all coordinating, disseminating and training meetings (GC + 1 Acad staff + Admin staff).</li>   <li>□ Seminars with PC Academic and administrative staff and students for explanation and guidelines for new curriculum implementation (1 ODENSE, 2 ATHENS).</li> <li>□ Dissemination of the project in general and especially new curriculum with Associations and referent bodies. Direct contacts with the Albanian Ministry of Education and Research and with the Accreditation Agency (1 ODENSE + 1 ATHENS)</li> <li>□ Participation to the Workshop on the Internationalization of the University System in the area of Sport Science, Rome, OCT 07 (1 ODENSE, 2 ATHENS)</li> <li>□ Organization and management of the 2<sup>nd</sup> year EUP MASTER internships in ODENSE</li> <li>□ Workshop with representatives of the Universities of Prishtina and Tetovo to the effect of developing an application for a Tempus 4 project, Regional one (1 ATHENS).</li> <li>□ Collaboration in the selection of equipments and books (1 ODENSE, 2 ATHENS).</li> <li>□ Participation to the intensive course and EU Master Thesis session (2 ODENSE, 2 ATHENS).</li> <li>□ Participation to the Final Forum.</li> <li>□ Participation in the coordinating, disseminating and training meetings as specified in the relevant table.</li> </ul>	
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**Proposed changes from the previous approved report for the outcome in reference**

Please add as many tables as necessary

## 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.parusi@iusm.it](mailto:paolo.parusi@iusm.it), Daniela Caporossi, [daniela.caporossi@iusm.it](mailto:daniela.caporossi@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 the co-financing indicated)

#### **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 (as indicated in the project proposal)**

**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

### **Achieved results**

The project staff completed basically all the actions included in the Project Workplan, and with respect to 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 new 3-year undergraduate curriculum (180 ECTS) in Sport Science has been defined, much more in line with EU standards. The curriculum has been already approved by the Albanian Accreditation Agency and the Ministry of Education of Albania, and has replaced the old one from the 2007-2008 academic year.

A totally new 3-year undergraduate curriculum in Physical Activity and Recreation (180 ECTS), in line with the Bologna process and job market needs, has been designed and is currently under approval by the Albanian Ministry of Education and the Accreditation Agency. This aims at the opening of a second Faculty and preparing for the future development of the 2yr (120 ECTS) Master Programs in Physical Education, Health and Physical Activity, Sport and Coaching. The further implementation of research facilities will complete the vision and strategy of the project for transforming the structure of the Academy into a University.

As a result of the Project's outcome, in line with the national strategy of the Albanian government and with the strong support of the Ministry of Education and Science, the Academy has been reformed, and has now a more functional administration, an International office supporting Faculty and students mobility, a language and informatics laboratory, a Library, and a fully updated basic research laboratory in exercise physiology. The establishment of a fully operating International Office determined a very good communication and functioning for the project and the Academy as a whole, and a reference point to disseminate information on the European University system, the Bologna Process etc., stimulating and supporting students and staff mobility.

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 members to the European Master in Health & Physical Activity, the participation of 3 Senior academic staff members to European Master modules, the Intensive Course focused on "Physical Activity and Health" organized in Tirana with the participation of European and Albanian lecturers, and through the European Master Thesis Session held in Tirana, where 4 Junior academic staff members defended successfully their thesis and obtained the European Joint Master Degree. The success of these activities, and particularly the participation to the European Master, was such that, following the approval by the EU Commission of a proposed amendment to the grant conditions, a wider participation to the European Master was made possible, and 7 additional graduate students of the Academy were selected as participants to the Master's new cycle.

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. The Academy web site has been updated and implemented. A Tempus project web site has been created and is continuously updated. Leaflets describing the project in English and/or Albanian have been distributed during Workshops and the Final Forum.

The Final Forum, "AEFS Towards the University of Sport". has been honored with the participation of the Albanian Minister of Education and Sciences, the Advisor of the Albanian Prime Minister for Education and Science, the Deputy Minister of Culture and Sport, the General Director of the Ministry of Health, the President of the Olympic Committee of Albania, and representatives from Albanian Universities, Sport Federations, different EGO that are involved and devoted to the issues of health education and sport, as well as representatives from the University of Prishtina - Kosovo and the State University of Tetovo. A wide broadcasting has covered the entire event, starting from the Albanian National TVs and newspapers, as well as the local ones.

In the Forum, the Minister of Education declared the project to have been very successful, and gave the message that its impact would be guaranteed for the future, and that all new structures, curricula and infrastructure are fully approved and supported by the government. A booklet (in Albanian, English and Italian) describing the project, its goals and outcomes is now being produced and will be sent out or distributed to schools, university contexts, medical institutions and public health centers throughout the country.

The synergy of this project with a similar Tempus project (JEP-33070, EGYSPORT) also coordinated by the same GH at IUSM-Rome, allowed to add value to specific activities (coordinating meetings, development of Language courses, etc), increasing mutual learning and communication across regions and peoples and fostering understanding between cultures.

### **Problems in project implementation**

- Adaptations of standard European attitudes, expectations and models were obviously needed, and the focus on human relations, mutual respect, and professional flexibility were the key to the project's success. Specific needs related to the country's tradition and culture, its rapidly changing market and economy, its school system and university qualifications framework (such as doctoral degree being required to qualify as teacher, etc.), were carefully considered, also in the perspective of the existing teaching staff at the Academy and the need of ensuring a smooth transition.
- Project extremely demanding in terms of time, skills, and endeavor. High pressure put on Grant Holder and Grant Coordinator, and particularly so on the Executive Coordinator that in fact needed to be appointed and carefully followed and checked each individual step. Funding inadequate to account for the high amount of time required to that effect, and in fact it has eventually proved useless to even mention, under Staff Costs, the "Total hours performed for the project" in the case of the leading figures – GH, GC, EC, nor even other EUP – none of whom has received any fee from the project and all of whom have contributed out of personal, academic and institutional motivation. But this attitude should not be generalized, nor given for granted by the EU.
- Financial resources proved also to be hardly sufficient to cover staff mobility costs, and additional own or institutional resources were usually needed.
- Fund transfer procedures from Brussels to Rome were unexpectedly slow, for somewhat unclear reasons.
- Fund transfer procedures were also slow from Rome to Albania, largely on account of banking bureaucracy.
- Problems were encountered in securing in time the visas for Albania students and staff: Italian as well as other European consulate authorities, though informed about the program, usually required a long time to issue the visa, which in some cases involved serious delays in attending the Master program.

#### Next steps

The highly successful outcome of the project and the widespread dissemination of its activities and results fostered much interest at national as well as regional level, and eventually led to a new and wider application under Tempus Project IV. A regional project, BALKANSPORT, involving the Tirana Academy, the University of Prishtina and the University of Tetovo, strongly supported by the respective Ministries of Education and Research, and joined by student association, has been submitted by the same team, led by the current GH and EC in Rome, and again with Vienna, Athens, Odense, as well as Oslo as European partners.

The project aims to harmonize the university standards in the Balkan area, extending the experience made in Albania to other countries in the Region. More specifically, the Project aims to foster research mentality and culture, as well as structures and projects, implementing further the master degree curricula, and in contact with the European postgraduate system, facilities and programs developed by the European Partners in their respective institutions. In this context, the implementation of Erasmus Mundus programs has also been planned, aiming at bringing Balkan students into European Master and doctoral programs.

More generally, the Project aims at bringing the Partner Countries further in line with the European standards and the Bologna Process, and through this, with the European policy on pre-accession countries.

In October 2008, this new Project has been selected for funding.

#### Other remarks