



REPORT
Project Team Meeting M1
January 9–11, 2026
Zagreb, Croatia

The M1 project team meeting was held as planned on January 10 and 11, 2026, in Zagreb, Croatia, in accordance with the scheduled agenda. 14 representatives from all project partners attended the meeting:

- **MA Tara (Serbia):** 4 persons (Ranko Milanović, Nenad Lečić, Obrad Pavlović, Dragana Jovašević)
- **HUCUK (Croatia):** 3 persons (Željko Gardlo, Marko Marković, Jadranka Orahovec, psychotherapist)
- **Il Cassetto dei Sogni (Italy):** 3 persons (Elisa Guerzoni, Fabiano Cipressi, Ida Alberghini)
- **UKUKS (Serbia):** 4 persons (Igor Dešić, Jelena Dešić, Dr Zoran Milenković, gastroenterologist, Uroš Rajaković, psychotherapist)

After introductions and an exchange of basic information, Nenad Lečić and Ranko Milanović presented the project overview, planned activities, deliverables and deadlines and the framework for implementation and administration. All partners were reminded of the mandatory requirement to include EU funding visibility and disclaimers on all published materials.

Research and Surveys. It was agreed that over the next two months, specialized surveys will be developed and put online for the IBD population. The goal is to collect data on:

- Involvement in various sports (mountain running, hiking, bowling, swimming, table tennis, pilates, and cycling were highlighted).
- Barriers and challenges faced when exercising.
- Examples of good practice.

The survey will be conducted at the national level via Google Forms. Information about the survey will be disseminated through Facebook, Instagram, newsletters, and QR codes placed in IBD centers. MA Tara is responsible for creating the surveys, while UKUKS will handle the data analysis. Ranko Milanović presented the proposed survey questions; participants agreed they are comprehensive and effective, with minor



additions to be considered. Survey results will be published in English and the native languages of all member countries, and distributed to partners before the second meeting.

Connecting with AMICI. The Italian partners informed the project partners that they have contacted the Italian IBD association, **AMICI**, to involve them in project activities.

Training for Instructors. To better integrate the IBD population into sports, the next phase involves training instructors from various disciplines. After a selection process, based on a public call, at least ten coaches per country will undergo training to familiarize themselves with IBD specifics and patients' needs. The workshop should be held in person, and a good solution is to record it for future use. Dr Zoran Milenković emphasized that the disease manifests individually; therefore, sports activities must be tailored to each person's specific symptoms and capabilities. Also, the workshops for the IBD population should be organised in each country.

Visibility and Promotion

- **The logo** is created but the rest of the visibility should be created
- **Slogan:** should be created and option can be to invite IBD population to propose ideas for a project slogan.
- **Guides:** Two printed guides (minimum 30 pages each) will be produced—one for patients and one for instructors.
- **Promotion:** Existing websites, social media, and newsletters will be used. Promotional materials will include T-shirts, water bottles, and banners.
- **Media:** TV and press releases will be contacted. Existing podcasts will feature athletes with IBD and experts in nutrition and related fields.

Future Meetings - The next meeting is scheduled for the last week of April or the first week of May 2026, in Modena, Italy. The final meeting will take place in Serbia, in March or April 2027. Online meetings will be held periodically.

In addition to the formal meeting, a short hike on Medvednica and a tour of Zagreb were organized.

Link for presentations https://drive.google.com/drive/folders/1e4VmxiJ7lyZMN-Pfm2IkTwnb5RTB4qgA?usp=drive_link

Meeting evaluation <https://drive.google.com/file/d/1SgR3JhvpD2NqWIRUatv140sOHRyJJ4bx/view?usp=sharing>

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Funded by the
European Union

ERASmus-SPORT-2025-SSCP

101242503 — BOOST



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