

SPORT-BASED BEHAVIOR CHANGE PROTOCOL

BLENDED TRAINING SCHEDULE

ONLINE
WEDNESDAY, 22.03.2023
12.00-15.00 CET

LINK: <https://meet.google.com/hcy-oimg-drx>

Welcome	12.00-12.15	Fotis Panagiotounis
RACE4LIFE project presentation	12.15-12.45	Fotis Panagiotounis
Models of addictions	13.00-13.30	Fotis Panagiotounis
Sport as a vehicle for behavior change	13.30-13.50	Mary Hassandra
Role of sport in addiction recovery	14.00-14.30	Maria Rovira Font
Role of sport in addiction recovery. Perceptions of clients	14.30-14.50	Aggeliki Koutsoukou
Questions/Discussion	14.50-15.00	

ONLINE
THURSDAY, 23.03.2023
12.00-15.00 CET

LINK: <https://meet.google.com/hcy-oimg-drx>

Develop interventions for behavior change: Stage 1. Understand the behaviors	12.15-12.45	Mary Hassandra
Develop interventions for behavior change: Stage 2. Identify intervention options	13:00-13:45	Mary Hassandra
Develop interventions for behavior change: Stage 3. Identify content and implementation options	14:00-14:45	Mary Hassandra
Prepare for the workshop in Barcelona	14:45-15:00	Mary Hassandra

ONLINE
FRIDAY, 24.03.2023
12.00-15.00 CET

LINK: <https://meet.google.com/hcy-oimg-drx>

Self-Determination	12.00-12.45	Antonis Hatzigeorgiadis
Achievement Goals and Motivational Climate	13.00-13.45	Antonis Hatzigeorgiadis
Goal Setting	14.00-14.45	Antonis Hatzigeorgiadis
RACE4LIFE E-learning platform	14.45-15.00	Thomas Fotiadis

SUNDAY, 26.03.2023
ARRIVALS, BARCELONA

FACE TO FACE, BARCELONA
MONDAY, 27.03.2023
09.30-17.00 CET

Calle Corcega, 371 - 2nd Floor - 08037
Meeting venue [here](#)

MONDAY, 27.03.2023

21:00 DINNER

Please confirm your participation until 24/3:
<https://forms.gle/YvWRjS1kxJbWdE6aA>

FACE TO FACE, BARCELONA
TUESDAY, 28.03.2023
09.30-17.00 CET

Calle Corcega, 371 - 2nd Floor - 08037
Meeting venue [here](#)

The RACE4LIFE project aiming to enhance the capacity building of health professionals to use positive sports experiences to support behavioral changes to individuals under SUD recovery by training them in how sports can be delivered.

The blended training program is part of the project aiming at utilizing sport as an alternative framework in the addiction recovery process. The addiction treatment will strengthen the ability to use sport as a tool to reflect on or develop diverse positive life skills which are seen as an important part of the treatment and social reintegration

PRACTICAL ARRANGEMENTS

Travel

If you fly to:

Barcelona El Prat (BCN) - get to the city centre with the Aerobus A1 -ticket on board

Aeropuerto de Girona (GRO) -get to the city center (Estacio del Norte) by Sagales Bus, directly from the airport

Equipment

Please bring athletic clothing with you.

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