

DISSEMINATION ACTIVITIES EVALUATION



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The role of Sport in Addiction Recovery

Play, feel, meet, live



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Dissemination activities evaluation

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Introduction

The RACE4LIFE project was designed to leverage the transformative power of sport as a catalyst for social inclusion, behavioral change, and personal development, with a particular focus on supporting individuals recovering from Substance Use Disorder (SUD). Recognizing the unique and meaningful role that physical activity and structured sport-based programs can play in the recovery journey, the project aimed to empower sports trainers, educators, and students with the skills, knowledge, and practical tools necessary to design and deliver effective, inclusive, and sustainable interventions. RACE4LIFE integrates educational activities, capacity-building initiatives, transnational collaboration, and practical applications to create a comprehensive framework for the use of sport in SUD recovery settings. The project's multi-dimensional approach includes:

- Capacity Building Programs for sports trainers and professionals working in SUD recovery.
- Local sport-based pilot interventions to actively engage individuals in recovery through physical activity.
- A series of RACE4LIFE webinars to disseminate knowledge and foster dialogue.
- Four transnational meetings to facilitate cross-border collaboration and knowledge exchange.
- An educational intervention for sport science students, aiming to prepare the next generation of sport professionals to work effectively in this specialized and socially impactful field.

To ensure the relevance, quality, and long-term impact of the project, a robust evaluation strategy was embedded throughout its implementation. This evaluation framework included:

Output Evaluation: Assessing learning outcomes, behavioral changes, and the effectiveness of program results among participants.

Process Evaluation: Examining the quality of project management, the effectiveness of transnational collaboration, and the efficiency of internal communication among project partners.

By employing a combination of evaluation methods and engaging diverse participant groups, RACE4LIFE not only delivers practical interventions but also generates valuable insights that can enhance future programming. These insights will contribute to the ongoing development of sport-based recovery methodologies and support the sustainability and scalability of the project's outcomes across different contexts.



Output Evaluation

The output evaluation of the RACE4LIFE project was carefully designed to systematically assess the quality, effectiveness, and impact of the project's core educational and capacity-building activities. These key components included:

- The RACE4LIFE Capacity Building Program for sports trainers
- The sport-based pilot interventions for individuals in Substance Use Disorder (SUD) recovery
- The RACE4LIFE educational intervention targeting sport science students
- The RACE4LIFE webinar series

The evaluation employed established frameworks such as Kirkpatrick's Four-Level Model and the COM-B Model for Behavior Change, integrating both quantitative and qualitative methodologies. This mixed-methods approach captured:

- Participant reactions and satisfaction
- Knowledge and skill acquisition
- Behavior changes
- Medium- to long-term outcomes

By utilizing a multi-layered evaluation strategy, the assessment provided comprehensive, evidence-based insights into the program's short- and medium-term effectiveness, supporting both immediate quality assurance and future program refinement.

Process Evaluation

The process evaluation of the RACE4LIFE project focused on assessing the internal dynamics, management processes, and collaborative practices among project partners. This evaluation was essential for monitoring the quality of project implementation, ensuring effective transnational cooperation, and identifying areas where adjustments could optimize project delivery. As part of this evaluation, participants of transnational meetings provided feedback on project planning, internal communication, partnership engagement, and overall coordination. Additionally, a structured SWOT analysis was conducted to capture the project's internal strengths and weaknesses, as well as external opportunities and threats. The primary aim of the process evaluation was to:

- Assess the effectiveness and quality of project management, coordination, and partnership collaboration throughout the RACE4LIFE project lifecycle.

Specific objectives included:

- Evaluating the efficiency of project planning, internal communication, and decision-making processes.
- Monitoring the level of engagement and satisfaction among project partners.
- Identifying strengths to build upon, weaknesses to address, opportunities for growth, and external threats to mitigate through the SWOT analysis.
- Supporting the continuous improvement of project operations to enhance sustainability, partner cooperation, and overall project impact.

Output Evaluation

RACE4LIFE Capacity Building Program (Partners level)

To ensure the quality and effectiveness of the RACE4LIFE Capacity Building Program for sports trainers, a systematic evaluation was conducted using an adapted version of Kirkpatrick's four-level model. This model is a well-established framework for assessing training programs across the dimensions of reaction, learning, behavior, and results.

Methodology

The evaluation utilized a blended approach:

Levels 1 and 2: Assessed immediately after the training.

Levels 3 and 4: Assessed four months post-training.

The assessment incorporated both quantitative measures and open-ended qualitative feedback to ensure a holistic evaluation. Demographic data were also collected to understand participant profiles and training relevance.

Demographics

- Total participants: 24 (12 male, 12 female)
- Mean age: 39.69 years
- Education: 42.3% held postgraduate degrees
- Work background: 46.2% were sports trainers; 53.8% had over five years of experience in SUD recovery.

Evaluation Results

Level 1 – Reaction

Participants provided overwhelmingly positive feedback regarding trainer effectiveness and the training environment:

- 95.65% agreed the scientific content was appropriate and well-delivered.
- 91.31% found skill presentations clear and practical.
- 95.65% found the training well-planned and engaging.

Trainers successfully created a learning-friendly environment with high levels of interaction and effective communication.

Level 2 – Learning

Participants reported significant learning gains:

- Over 95% found the content relevant and applicable to their work.
- 95.65% confirmed they gained updated theoretical and practical knowledge.
- 91.3% reported the training improved their skills.

The training environment (location, facilities, organization) was rated excellent by all participants.

Training Strengths:

- Effective communication and participant engagement
- Balanced theoretical and practical components
- Opportunities for cross-sector and cross-cultural learning
- Practical life skills development through sport
- Strong organizational and logistical support

Suggested Improvements:

- More practical applications and real-life scenarios
- Additional in-person sessions, especially for key meetings
- Fewer theory-heavy online sessions
- More behavioral change techniques integrated into practice
- Potentially longer course duration for deeper learning

Level 3 – Behavior

Four months post-training, the following changes were observed:

- 88.9% felt motivated to improve their work.
- 66.6% reported improved effectiveness and observable behavioral changes.
- 77.8% indicated work behavior development.
- 55.5% reported significant changes in their organization's therapeutic processes.

Notable Behavioral Changes:

- Integration of the Sport Skills–Life Skills methodology
- Greater focus on collective and athletic goal-setting
- Adoption of new training tools and reflective practices
- Implementation of structured goal-setting and new assessment techniques

Level 4 – Results

Participants identified moderate organizational impacts:

- Introduction of innovative training approaches in their workplaces
- Reinforcement of therapeutic exercise through sport-based life skills methodologies
- Enhanced reflective practices promoting sustained behavior change within organizations

Conclusion

The RACE4LIFE Capacity Building Program successfully met its objectives, demonstrating high levels of trainer effectiveness, participant satisfaction, knowledge acquisition, and real-world application. The training equipped sports trainers with practical tools and methodologies that positively influenced their behaviors and, to a moderate extent, the organizational practices in their respective workplaces.

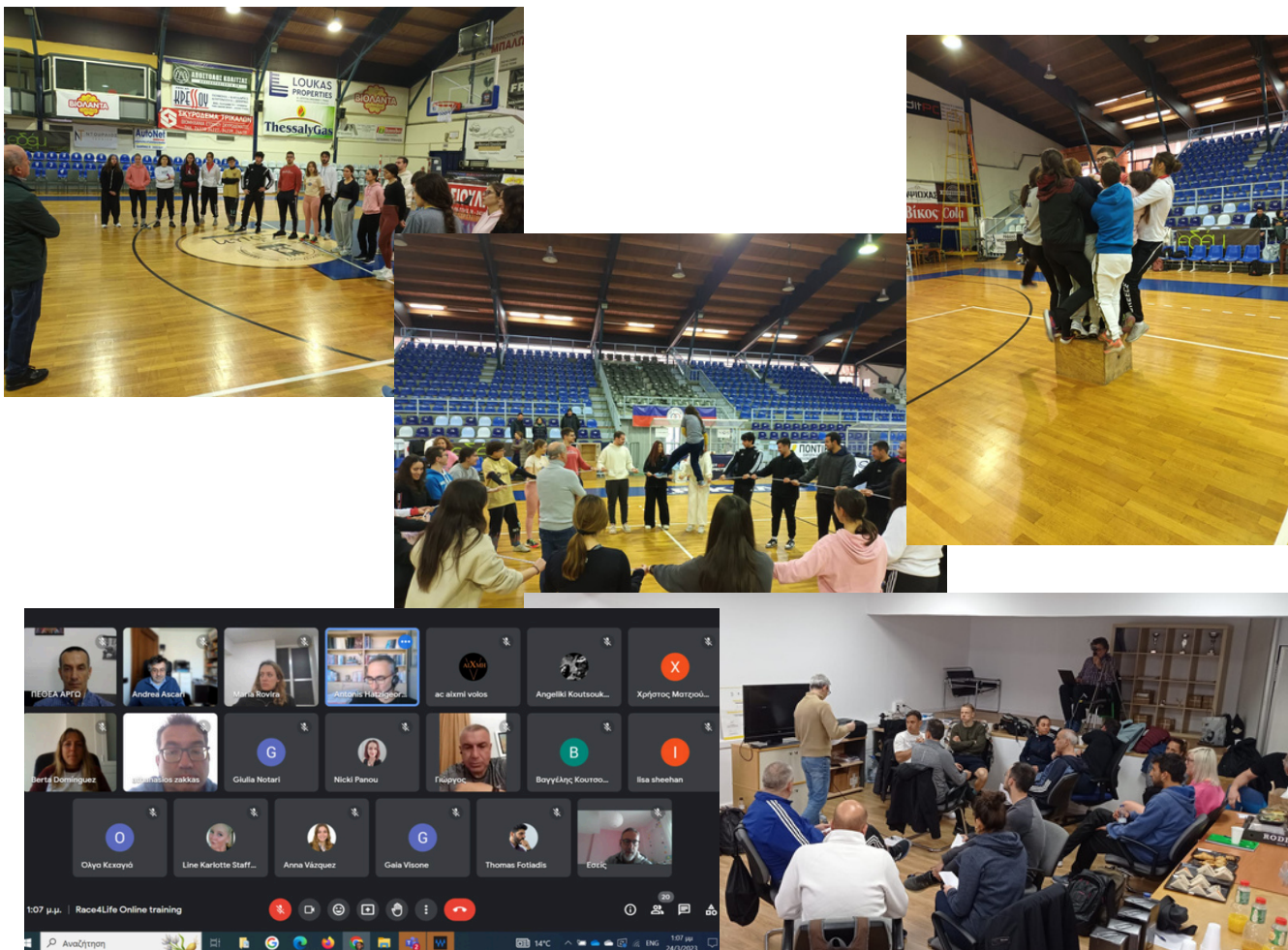
Key Success Factors:

- High trainer competency and participant engagement
- Strong relevance to the professional needs of the participants
- Effective balance between theoretical knowledge and practical application
- Robust cross-sector collaboration and experiential learning opportunities

Areas for Further Development:

- Increase the practical, real-life application during training sessions
- Extend in-person training opportunities to enhance depth and peer learning
- Prioritize interactive, hands-on approaches over theoretical online delivery
- Integrate more advanced behavioral change strategies in follow-up interventions

Overall, the program has set a solid foundation for sustainable capacity building among sports trainers working with individuals in SUD recovery, with evidence of meaningful individual and organizational progress.



RACE4LIFE Capacity Building Program (Local Context)

Introduction

The RACE4LIFE Capacity Building program was evaluated to determine its practicality, relevance, reliability, feasibility, and readiness for broader implementation. Utilizing a mixed-method approach and Kirkpatrick's four-level evaluation model—reaction, learning, behavior, and results—the evaluation collected both qualitative and quantitative data to assess participant experiences, knowledge acquisition, behavioral changes, and potential organizational impact. This report outlines the key findings across each evaluation level and provides recommendations for future development.

Evaluation Overview

Participation Summary

Initial Participation: 83 out of 99 trainees completed the initial questionnaire.

Follow-up Participation: Participation decreased to 37 in the follow-up phase, indicating a need to explore strategies for sustaining long-term engagement.

Participant Profile

Demographics: Predominantly mid-career professionals (average age 40), with a slight female majority (51.8%).

Professional Background: Sports trainers, therapists, educators, and professionals involved in SUD recovery, many with advanced degrees and over 10 years of experience.

Evaluation Results

Level 1: Reaction

Trainee Reactions to Trainers

- 73.5% strongly agreed that trainers used effective teaching methods aligned with training goals.
- Trainers were consistently rated highly for planning, communication, content delivery, and creating a supportive environment.

Trainee Reactions to Training Delivery

- Over 91% found the content highly relevant and well-tailored to professional roles.
- 89.1% believed the program would significantly enhance their job performance.
- The course's practical focus and real-world applicability were highly appreciated.

Trainee Reactions to Training Environment

- Over 96% were highly satisfied with the training facilities, location, and overall organization.

Level 2: Learning

Over 95% reported significant knowledge and skill acquisition.

- 81.7% were introduced to new theories and practices.
- 93.9% found the program encouraged knowledge sharing.
- 85.3% confirmed they could apply new skills in their professional settings.
- The course positively influenced attitudes and engagement for 89% of participants.

Qualitative Feedback

- Participants valued the program's balance of theory and practice, practical tools, and collaborative opportunities.
- Recommendations included incorporating more hands-on activities, real-life scenarios, and reducing online theoretical components.

Level 3: Behavior

- 86.4% reported increased motivation to improve professional performance.
- 72.8% observed improvements in work effectiveness.
- 59.4% implemented actual behavioral changes.
- 72.9% developed or enhanced specific work-related behaviors.

Key Behavior Changes

- Integration of athletic goals into therapy.
- Increased focus on life skills development.
- Application of sport-based interventions with special populations.
- Adoption of new therapeutic perspectives.

Enablers of Behavioral Change

- Practical application opportunities (43.8%).
- Relevance of training content (25%).
- Support from colleagues/supervisors (31.3%).
- Motivation from prior successes (31.3%)

Level 4: Results

- 37.1% reported substantial changes in their organizational therapeutic processes as a result of the program.
- 59.4% observed moderate or partial changes.
- Organizational impact varied, potentially due to differences in workplace context, individual engagement levels, and integration challenges.



Conclusion

The RACE4LIFE Capacity Building program has proven to be a highly relevant, practical, and effective intervention for professionals involved in Substance Use Disorder recovery and sport-based therapeutic practices. Participants demonstrated high levels of satisfaction, significant knowledge acquisition, and observable behavioral changes that positively influenced their professional practices. While the program showed meaningful potential for organizational impact, the variability in reported outcomes suggests the need for continued support, tailored integration strategies, and ongoing monitoring to fully realize systemic change.

The iterative evaluation process reinforces the program's adaptability and the importance of continuously refining its delivery, particularly by increasing practical and interactive components. Efforts should also be made to improve long-term engagement in follow-up activities to better capture sustained impacts.

Overall, the RACE4LIFE program is well-positioned for broader implementation and offers a scalable, impactful model for global capacity-building initiatives in the intersection of sport, health, and addiction recovery.



Sport-Based Pilot Implementation Evaluation (Local Context)

The evaluation of the sport-based pilot interventions for individuals in Substance Use Disorder (SUD) recovery was grounded in the COM-B model, which emphasizes that behavior change requires sufficient capability, opportunity, and motivation.

Each partner organization implemented a local sport-based intervention using the RACE4LIFE protocol. Out of 145 participants, 81 successfully completed the intervention (45% dropout rate, which is considered reasonable for this population). Activities included football, basketball, running, walking, and indoor/outdoor physical exercises.

Methodology

A multi-method research design combined quantitative and qualitative data:

- Pre- and post-intervention assessments
- Weekly goal-setting monitoring
- Follow-up assessment one month after the intervention

The assessments were adapted into five languages and examined COM-B components (capability, opportunity, motivation), effort, perceived value, and the role of goal-setting.

Key Assessment Tools:

- Demographics (gender, age, SUD history, recovery duration, therapy type)
- Physical Activity Readiness Questionnaire (PAR-Q) to ensure safety for physical activity
- Screening for voluntary participation with informed consent

The evaluation aimed to understand behavior change mechanisms in sport-based SUD interventions and assess how goal-setting contributed to recovery progress.



Results

Capability

Participants reported improvements across all measured capability items related to physical activity from pre-test to post-test.

Detailed Findings

The greatest improvements were observed in:

- Knowing how to do physical activity (from 3.90 to 4.26)
- Perceived physical strength (from 3.99 to 4.25)
- Mental stamina for physical activity (from 4.09 to 4.29)
- The smallest improvement was in overcoming mental obstacles (from 4.19 to 4.22), which suggests a potential area for further support.

Overall

All capability indicators showed positive change.

The results suggest that the intervention or program positively impacted both the physical and mental readiness of participants to engage in physical activity.

Opportunity

During the evaluation of the "Opportunity" dimension related to physical activity, several notable changes were observed from pre-test to post-test. Participants reported improvements in most external factors that facilitate physical activity.

Detailed Findings

Specifically, there was a significant increase in the perception of having access to places to perform physical activity, with mean scores rising from 3.68 in the pre-test to 4.24 in the post-test. Similarly, the perception of having people to exercise with also improved, increasing from 3.84 to 4.22. These findings suggest that the intervention effectively enhanced both environmental access and social opportunities for physical activity.

Additionally, participants indicated a better perception of having the necessary materials (from 3.63 to 3.95) and increased support from others (from 3.83 to 4.06), reflecting that the resources and social encouragement available to them improved over the course of the program. There was also a slight increase in the perception of having external triggers to remind them to engage in physical activity (from 3.99 to 4.09) and in the availability of resources in general (from 3.79 to 3.86).

However, an interesting finding emerged regarding time availability. The mean score for the statement "I have time to do physical activity" slightly decreased from 4.09 to 3.98, indicating that although most opportunity-related factors improved, participants felt marginally less time was available to dedicate to physical activity after the intervention.

Overall

The intervention positively influenced participants' perceived opportunities for physical activity by enhancing access, social engagement, and resource availability. The slight reduction in perceived available time highlights a potential area for further support, such as strategies to help participants better manage their schedules and prioritize physical activity.

Motivation

This evaluation assessed participants' motivation for regular physical activity before and after the intervention. Results showed positive changes across all indicators:

- Desire to exercise increased from 4.08 to 4.23.
- Perceived need for exercise rose from 4.31 to 4.37.
- Belief in the value of exercise remained high (4.57 to 4.59).
- Ability to plan for exercise improved from 4.10 to 4.19.
- Habit formation showed the largest improvement, from 3.62 to 4.16.

Key Insight

The most significant progress was in creating exercise habits, indicating the intervention effectively supported sustainable behavior change.

Effort/Importance

Participants generally showed a positive attitude towards effort and importance related to sport activity. Scores increased or remained stable from pre-test to post-test in most items, indicating a maintained or enhanced motivation.

Effort Commitment

“I will put a lot of effort into sport activity” increased from 3.92 to 4.33.

“I will try very hard to do well at this sport activity” showed a smaller increase from 4.11 to 4.25.

Importance

“It will be important to me to do well at this sport activity” slightly increased from 4.27 to 4.32.

Energy Investment:

“I will put much energy into sport activity” decreased substantially from 4.09 to 2.05, suggesting a notable drop in perceived energy investment despite sustained effort and importance beliefs.

Summary

Overall, participants reported stronger or stable intentions and perceived importance of doing well in sport activities after the intervention, although the reported energy dedicated to sport dropped considerably. This discrepancy could warrant further exploration into factors affecting energy levels or interpretation of this item.

Value/Usefulness

Participants consistently rated the sport activity as valuable and beneficial both before and after participation. The pre-test scores ranged from 4.30 to 4.42 on a 5-point scale, indicating a strong initial positive expectation of value.

After completing the activity, ratings increased across all items, with post-test scores ranging from 4.44 to 4.63. The largest improvements were seen in perceptions of personal benefit (from 4.38 to 4.63) and willingness to engage again (from 4.32 to 4.51).

These results suggest that the sport activity not only met but slightly exceeded participants' initial expectations, enhancing their perceived usefulness and importance of the activity. The increased willingness to repeat the activity further indicates growing engagement and recognition of its value.

Perceived Choice

Participants generally felt a moderate to high level of autonomy regarding their involvement in the sport activity. The average score for the statement "I did this (sport activity) because I wanted to" was notably high at 4.50, indicating strong intrinsic motivation. Similarly, "I believe I had some choice about doing this" scored 4.05, supporting this sense of volition.

Conversely, statements reflecting lack of choice or obligation yielded lower scores. For example, "I did this (sport activity) because I had no choice" and "I didn't really have a choice about doing this" scored 1.92 and 2.06 respectively, suggesting that most participants did not feel coerced. However, the somewhat higher score of 3.15 for "I felt like I had to do this" indicates a moderate sense of pressure for some individuals.

Overall

these results suggest that while participants predominantly perceived their engagement in the sport activity as self-determined and voluntary, a minority experienced feelings of obligation or external pressure.

One-Month Follow-Up Assessment Report

The one-month follow-up assessment of the sport-based intervention revealed strong engagement in goal-setting behaviors. Participants reported setting training goals frequently (mean = 7.53), often linking these goals with their therapeutic objectives (mean = 7.88). Additionally, they commonly set personal improvement goals (mean = 8.09) and goals aimed at achieving optimal results (mean = 8.20).

Regarding perceived helpfulness, the intervention was rated highly effective in assisting participants with goal-setting across various domains. Support for setting training goals received a mean rating of 8.03, while assistance in setting treatment goals was rated at 8.23. Connecting training goals with therapeutic goals was similarly supported (mean = 8.11). The intervention also helped participants establish important personal goals (mean = 8.09) and fostered self-support strategies for treatment completion (mean = 8.29).

Importantly, the vast majority of participants (96.7%) reported that the sport intervention was connected to their recovery from SUD, underscoring the intervention's relevance and integration with their therapeutic process.

Connection Between Sport Intervention and SUD Recovery

Participants overwhelmingly reported that involvement in the sport intervention positively influenced their recovery journey. A central theme was the emphasis on setting and achieving goals, both within the sporting context and the broader therapeutic process. The discipline and persistence required in sport translated into increased motivation and focus in managing their addiction recovery.

Key Themes and Participant Insights

1. Goal Setting and Achievement

Many participants noted that learning to set realistic and measurable goals was empowering and gave them a sense of control over their lives. Achieving small milestones in sport provided motivation and satisfaction that spilled over into their recovery efforts.

"Setting goals and achieving them made me stronger and satisfied with my effort."

"I learned to set goals not only for the sports but also in the treatment process."

"The program helped me understand and believe that addiction is not invincible and that by setting realistic and measurable goals I can succeed."

2. Enhanced Self-Confidence and Discipline

Participation fostered self-confidence and discipline, both crucial for sustaining recovery.

“Helped me build my self-confidence and stay away from drugs.”

“I’ve learned to be disciplined in my everyday program.”

“It helped me believe in myself and in my abilities, to believe that I can achieve anything as long as I don’t give up at the first difficulty.”

3. Social Connection and Support

Sport activities promoted social interaction, reducing isolation and helping participants build supportive relationships.

“I feel blessed and lucky to be part of my team through my path to a life without drugs.”

“It helped me to be more sociable, getting out more, more motivated and not to isolate at home.”

“I realized how important it is to know that there will always be a team to support me when I struggle.”

4. Physical and Mental Well-being

Engaging in physical activity contributed positively to both physical health and mental well-being, aiding in the management of restlessness and other withdrawal-related challenges.

“Helped with physical and mental well-being. Social training. Helped with challenges such as restlessness.”

“I felt more energized especially on the days of the group. I also had such fun.”

“Consistency is key! It gives results mentally and physically over time.”

5. Understanding Limits and Embracing Change

The intervention helped participants better understand their own limits and the importance of change in recovery.

“It helped me understand what my limits are and that I can eventually overcome them.”

“It made me understand how important the need for change is that in order to succeed in therapy.”

6. Collaborative Effort and Teamwork

Working together within teams fostered a sense of collective effort, highlighting the parallel between sports teamwork and collaborative rehabilitation.

“Making a collaborative effort with others made me realize that I need to do the same in my rehab.”

“It helped me understand the value of the team process and the need to set and achieve goals.”

Challenges Noted

Some participants faced physical limitations, such as injuries, which affected their ability to fully benefit from the intervention. These instances emphasize the need for adaptable and inclusive programming.

“Due to my injury it was impossible to cope and take the best out of it.”

Conclusion

The sport intervention program demonstrated significant positive impacts on individuals recovering from SUD. By fostering goal-setting skills, self-confidence, social connectivity, physical and mental well-being, and an understanding of teamwork, sport served as a powerful adjunct to traditional treatment. Participants’ reflections affirm that sports-based recovery approaches can enhance motivation and support sustained recovery when integrated thoughtfully.



RACE4LIFE webinar series

Sample Size

Out of 160 participants, 112 provided responses to the evaluation form.

Demographics

Average Age: Approximately 25.4 years old

Gender Distribution: Majority female participants

Fields of Interest

- Participants represented a variety of disciplines, primarily:
- Physical Education and Sports
- Education
- Psychology & Sports Psychology

Reasons for Participation

Participants joined the webinar with the following key motivations:

- To gain new knowledge relevant to the RACE4LIFE initiative
- To improve their existing knowledge and understanding in their field

Key Evaluation Results

- Presentation Quality
- The majority of participants strongly agreed that the topic of the webinar was presented in an effective and engaging manner.

Event Flow

Most participants reported that the structure and flow of the event were satisfactory, contributing to an easy-to-follow and well-paced experience.

Event Duration

The duration of the webinar was widely considered appropriate for the topics covered, with sufficient time allocated for presentations and participant engagement.

Speakers' Expertise

Participants overwhelmingly agreed that the speakers were well-prepared, knowledgeable, and professional.

Information Provided

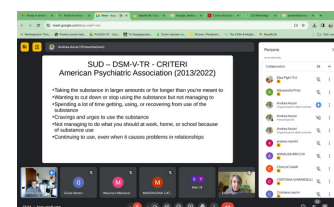
The webinar successfully delivered the expected information, aligning well with the participants' learning goals.

Knowledge Acquisition

Participants reported that they gained new knowledge and insights as a direct result of attending the webinar.

Understanding of Program Goals

The majority of participants stated that they now better understand the objectives and framework of the Reintegration Through Sport+ program.



Evaluation Report

This assessment aims to systematically evaluate the quality, relevance, and impact of the RACE4LIFE educational intervention delivered to sport science students. The primary goal is to support continuous improvement of the program by using a mixed-methods evaluation tool combining scaled (quantitative) and open-ended (qualitative) questions. This approach enables the identification of key strengths, potential areas for enhancement, overall participant satisfaction, and assessment of learning outcomes.

The insights gathered will inform ongoing decisions related to curriculum design, instructional methods, and trainer development, thereby contributing to the delivery of more effective, engaging, and impactful future training sessions tailored to sport science students' needs.

Demographic Information

Out of 65 students who participated in the RACE4LIFE educational intervention, 39 completed the post-training assessment (60% response rate). The sample included 23 female students (59.0%) and 16 male students (41.0%). The average participant age was 21.6 years (range: 18–27), with most students (59.0%) aged 21–23. Students aged 18–20 made up 28.2%, while 12.8% were 24 or older. Most respondents were in their 4th year (35.9%), followed by 2nd year (25.6%), and 5th year (20.5%). Third-year students accounted for 12.8%, and 5.1% were in their first year.

The response rate and participant diversity offer a solid, representative sample, providing meaningful feedback to guide future improvements to the RACE4LIFE program.

General Conclusion

The analysis of participant feedback reveals that the RACE4LIFE training program was highly effective in meeting its educational objectives. Trainers demonstrated strong pedagogical competence, successfully aligning content with participant needs and fostering an open, inclusive, and engaging learning environment.

Key strengths included:

- The seamless integration of theoretical knowledge with practical application, which resonated well with learners.
- Effective communication between trainers and participants, facilitating interaction and knowledge transfer.
- The use of interactive components, practical exercises, and multimedia resources, which enhanced engagement and comprehension.
- The program duration was deemed appropriate overall, with only minor refinement opportunities suggested by a small number of neutral respondents.

Recommendations for future iterations include:

- Maintaining the successful strategies currently employed, particularly those related to interactive and inclusive learning.
- Encouraging the sharing of best practices among instructors to foster continuous pedagogical improvement.
- Exploring additional approaches to fully engage all learners, ensuring diverse learning styles and preferences are accommodated.

The overwhelmingly positive evaluations confirm the program's relevance, impact, and sustainability, providing a strong foundation for future educational excellence and continuous development within the RACE4LIFE initiative.

Process Evaluation

Transnational Meeting Evaluation Report

Materials and Procedure

As part of the ongoing evaluation process of the RACE4LIFE project, participants who attended the project meetings were asked to rate various aspects of their experience. The evaluation focused on key areas including project planning, internal communication, partnership engagement, and overall work dynamics.

Participants rated their satisfaction using a 5-point Likert scale, ranging from 1 (Not Satisfied) to 5 (Absolutely Satisfied). Data were collected after four separate meetings to assess continuous improvement and identify areas of strength and potential enhancement.

Sample

The survey was completed by participants following four project meetings. The number of respondents varied slightly across different evaluation criteria but generally ranged from most of the participants per question. The collected responses provided a comprehensive overview of participant satisfaction and engagement across multiple dimensions of the RACE4LIFE project implementation.

Results

General Satisfaction

- Partnership satisfaction was high, with 80.6% of responders indicating satisfaction (N=22).
- Coordination of the project received an outstanding satisfaction rate of 93.5% (N=23).
- Overall project progress was rated positively by 89.3% of respondents (N=22).
- Overall satisfaction with the RTS+ project experience was rated at 93.5% (N=21).

Project Planning

- Satisfaction with the allocated time for activities was 74.2% (N=19).
- Time adequacy for participants to achieve results was rated at 67.7% (N=21).
- Time allocation relative to the overall project needs received a strong approval rating of 90.3% (N=28).

Internal Communication

Participants reported a very high rate of receiving the expected information at 96.8% (N=20).

Communication clarity was rated at 93.5% (N=20).

The accuracy of information was confirmed by 90.3% of participants (N=21).

Partnership Involvement

Satisfaction with involvement in decision making was moderate at 48.4% (N=15).

Satisfaction with participation opportunities was higher at 71.0% (N=19).

A large majority felt free to express comments and ideas, at 83.9% (N=18).

Participation expectations and roles were clearly defined for 83.9% of responders (N=16).

Work Dynamic

The organization of meetings was found satisfactory by 83.9% of participants (N=20).

Satisfaction with the objectives and goal achievement was 77.4% (N=18).

Content quality also received a 77.4% satisfaction rating (N=16).

The level of member participation was rated at 74.2% (N=18).

Interest in group projects was rated at 67.7% (N=20).

Meeting Services

Accommodation during meetings was highly rated at 93.5% satisfaction (N=21).

Satisfaction with food and beverages was 77.4% (N=19).

The meeting location was rated positively by 90.3% (N=20).

The social plan associated with meetings was satisfactory for 67.7% of respondents (N=21).

Summary

Overall, the evaluation reveals a high level of satisfaction across most aspects of the RACE4LIFE project meetings. Coordination, communication, and logistical arrangements were particularly praised, reflecting effective project management and participant support.

While involvement in decision-making showed room for improvement, participants generally felt encouraged to express ideas and understood their roles clearly. Work dynamics and meeting organization were rated positively, supporting a productive and collaborative environment.

SWOT ANALYSIS

The primary aim of this report was to conduct a comprehensive and structured SWOT analysis among the project partners of the RACE4LIFE project. This analysis was designed to systematically identify and evaluate key internal and external factors affecting the project, specifically:

- **Strengths:** To recognize internal attributes and resources that have contributed positively to the project's success and performance.
- **Weaknesses:** To identify internal challenges, limitations, or gaps that have hindered the project's progress or outcomes.
- **Opportunities:** To uncover external factors, trends, or conditions that the project can leverage to foster growth, innovation, and improvement.
- **Threats:** To assess external risks, obstacles, or uncertainties that could potentially undermine the project's effectiveness or sustainability.

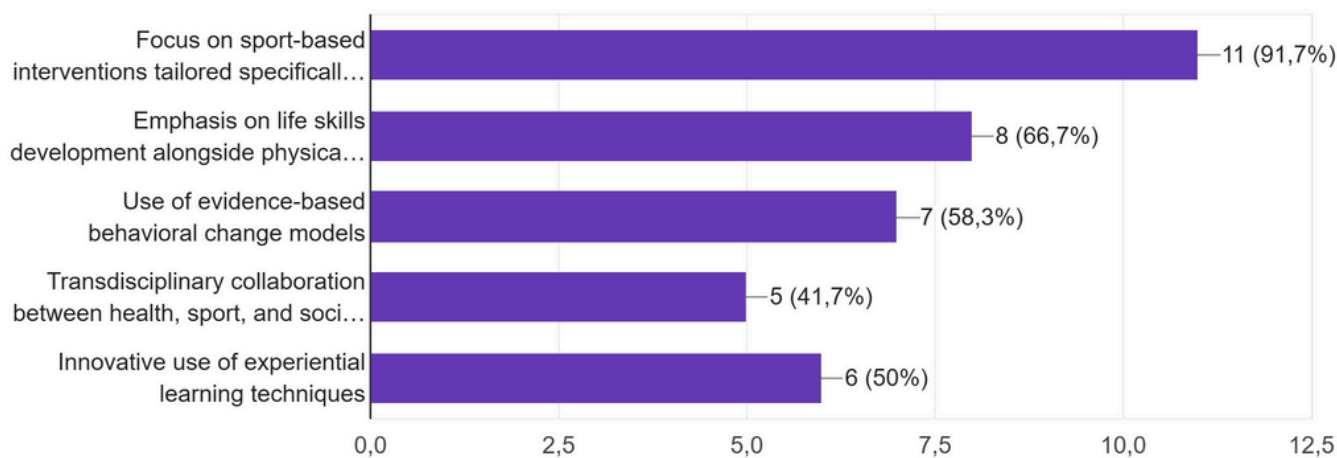
By gaining deeper insights into these four critical dimensions, the analysis aimed to support informed strategic decision-making. This process was intended to guide the refinement of previous strategies and the development of targeted actions, ultimately enhancing the RACE4LIFE project's overall effectiveness, sustainability, and long-term impact.



Strengths

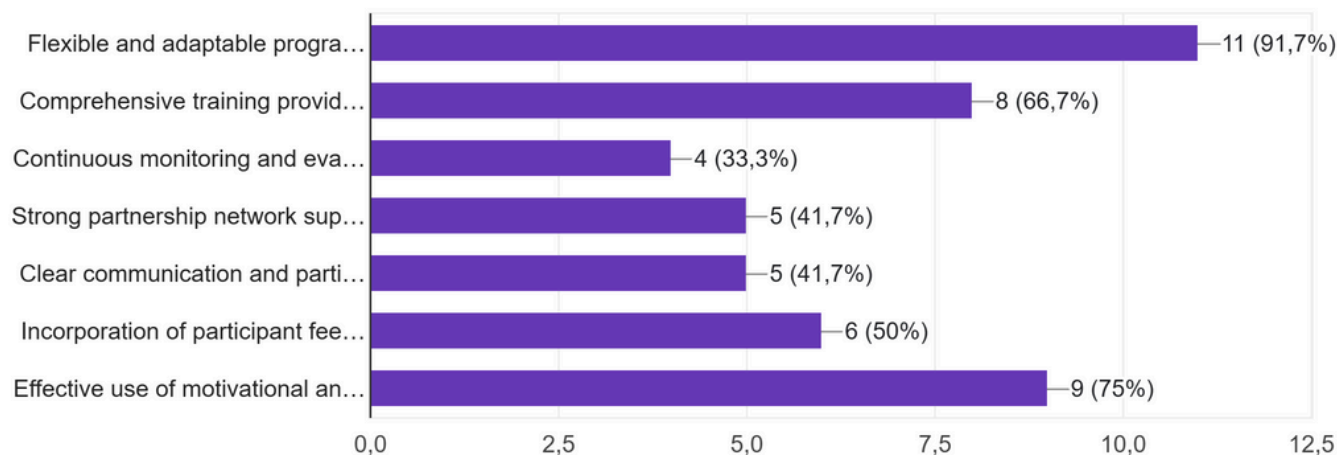
Please identify the key features of the RACE4LIFE project that you believe differentiate it from other similar initiatives.

12 απαντήσεις



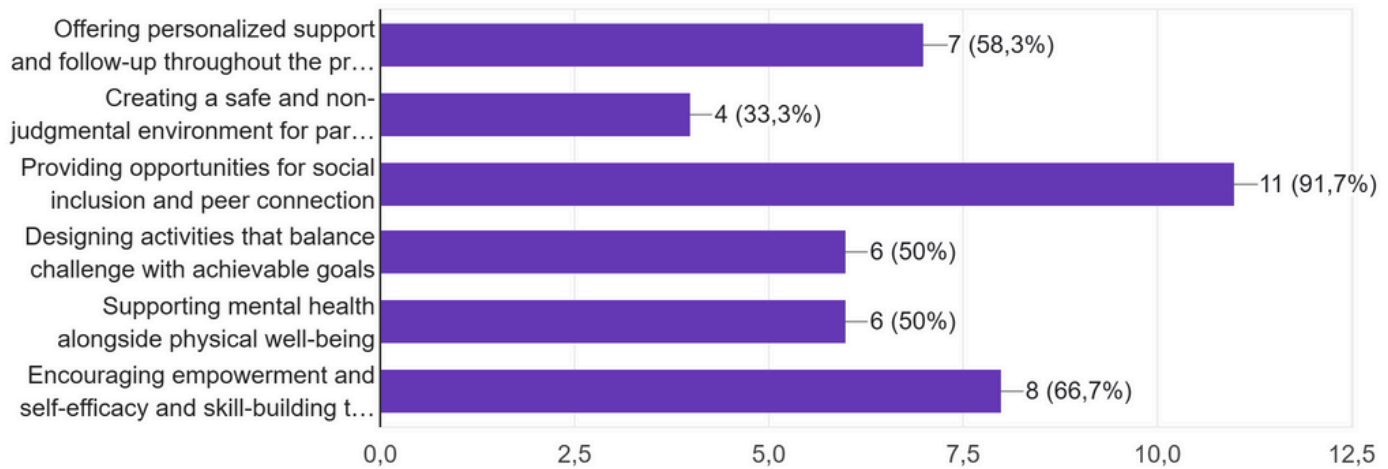
Please identify the factors in the design and/or implementation of the project that have contributed to its successful delivery and achievement of its objectives

12 απαντήσεις



Please identify ways in which the project has addressed the needs and expectations of its participants.

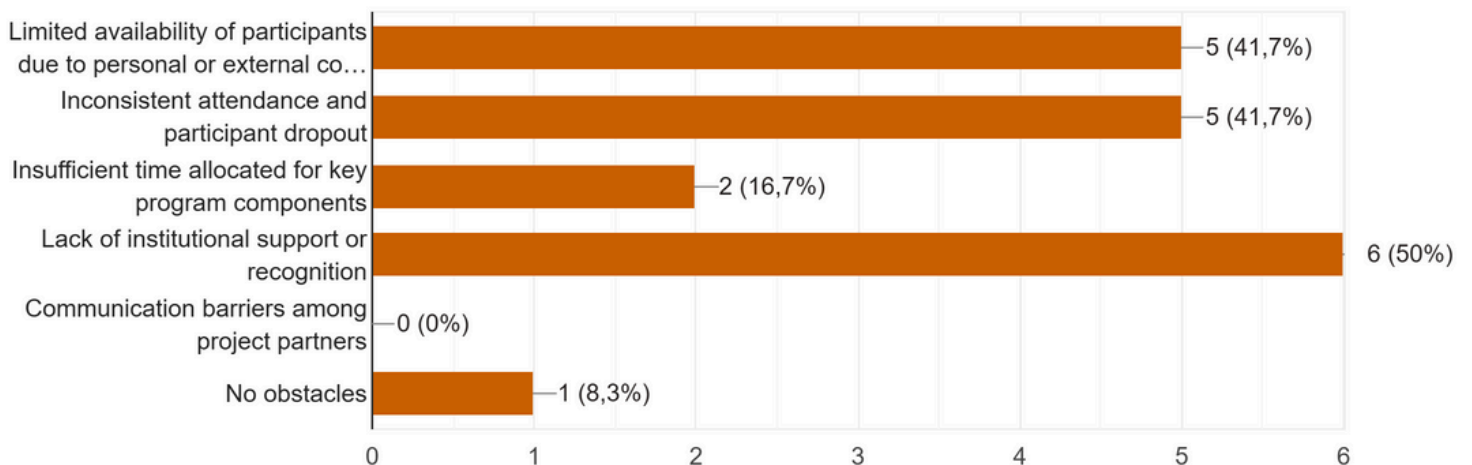
12 απαντήσεις



Weaknesses

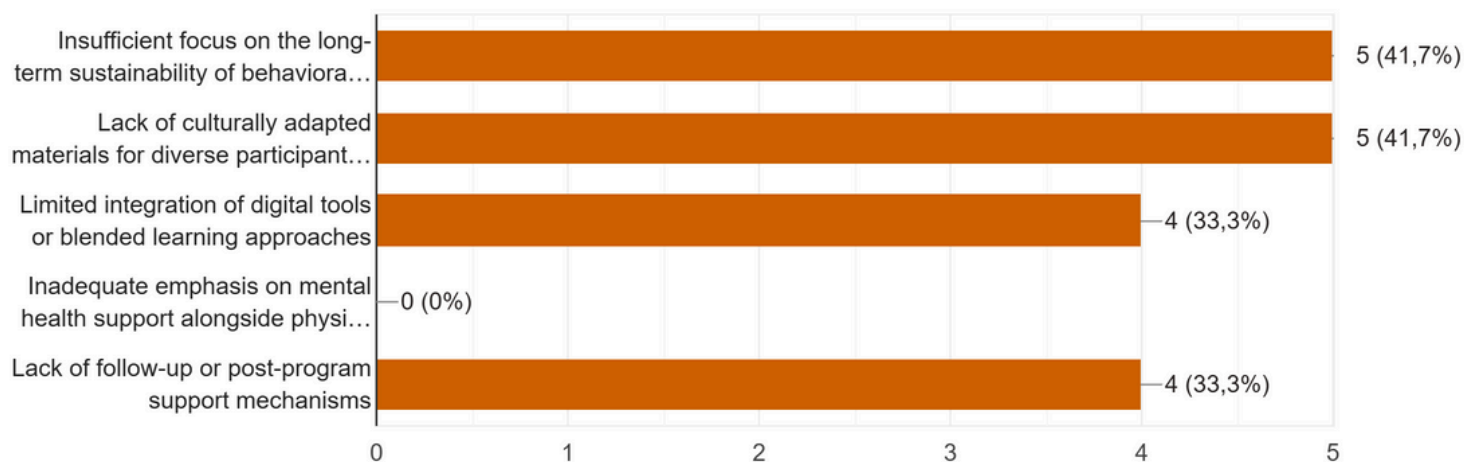
Identify the obstacles that have prevented RACE4LIFE from achieving its goals more effectively

12 απαντήσεις



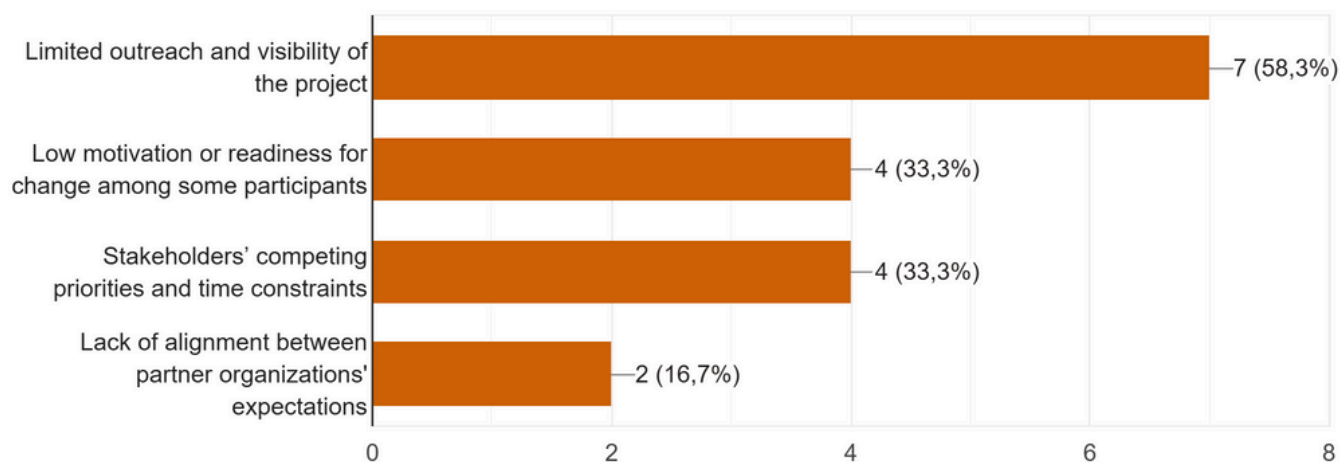
Identify the gaps in the project's content or delivery:

12 απαντήσεις



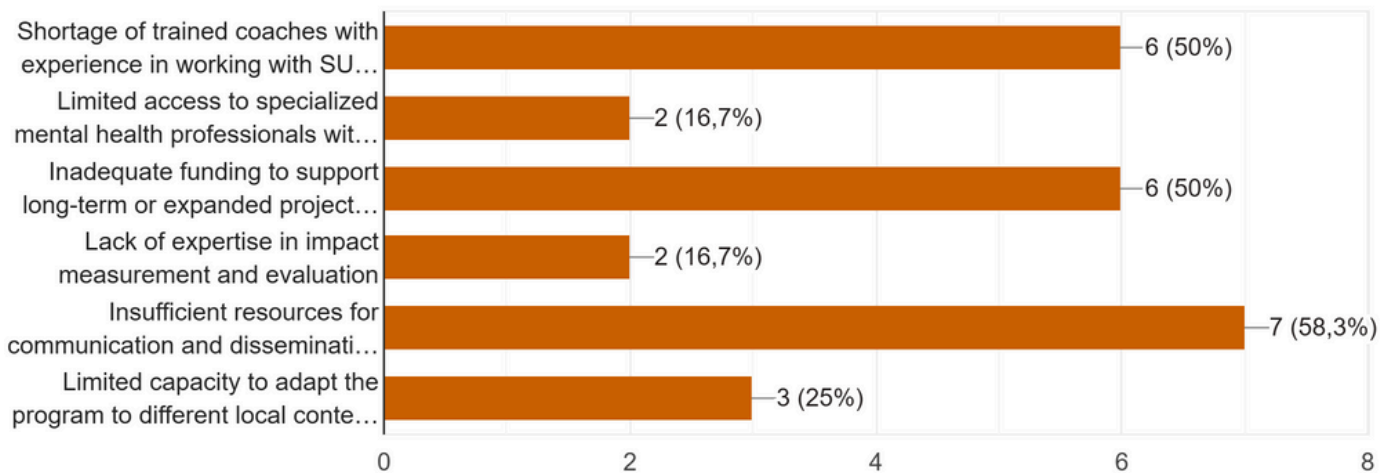
Identify the challenges related to engaging stakeholders or participants

12 απαντήσεις



Identify areas where there are shortages in resources or expertise

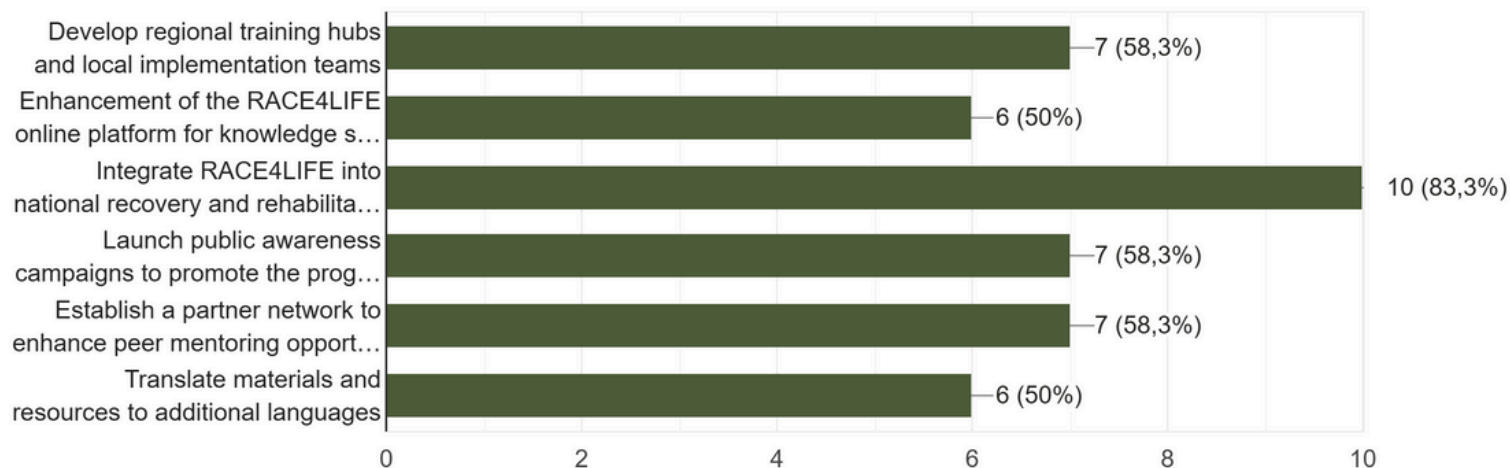
12 απαντήσεις



OPPORTUNITIES

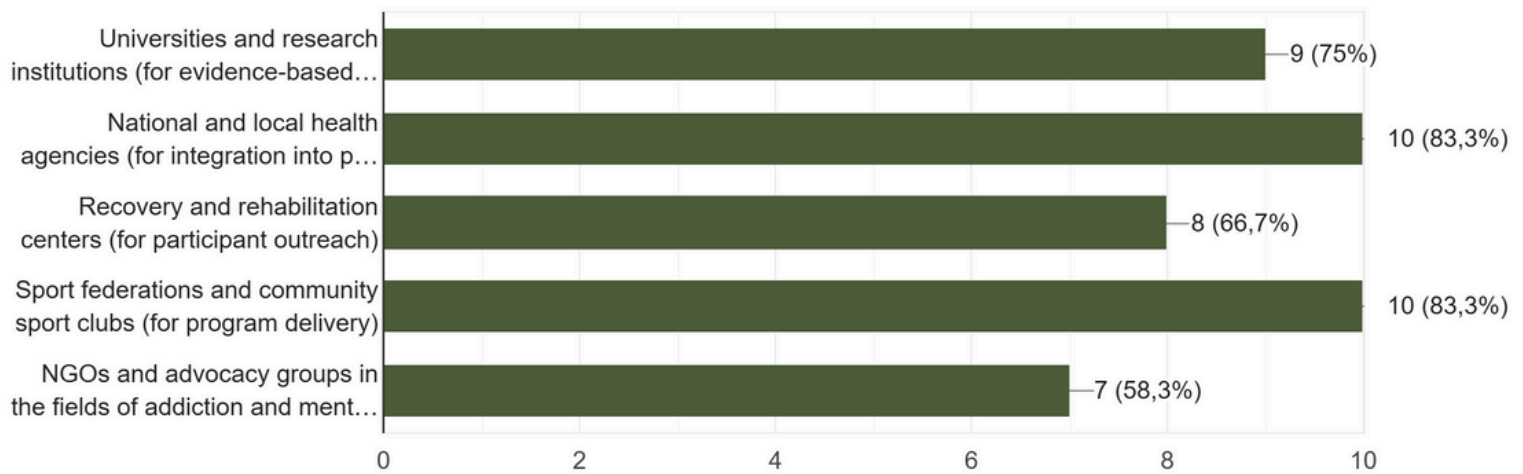
Identify ways in which RACE4LIFE can expand its reach and impact.

12 απαντήσεις



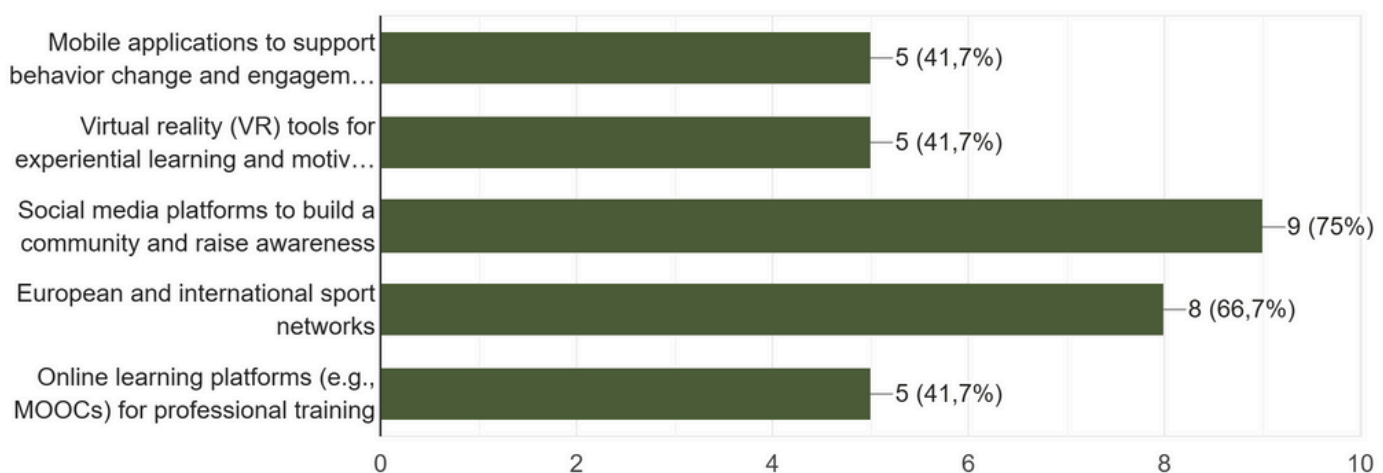
Identify external partnerships that RACE4LIFE can leverage to enhance its impact and achieve its goals.

12 απαντήσεις



Identify untapped resources — such as technologies, networks, or platforms — that could enhance or amplify the program's impact

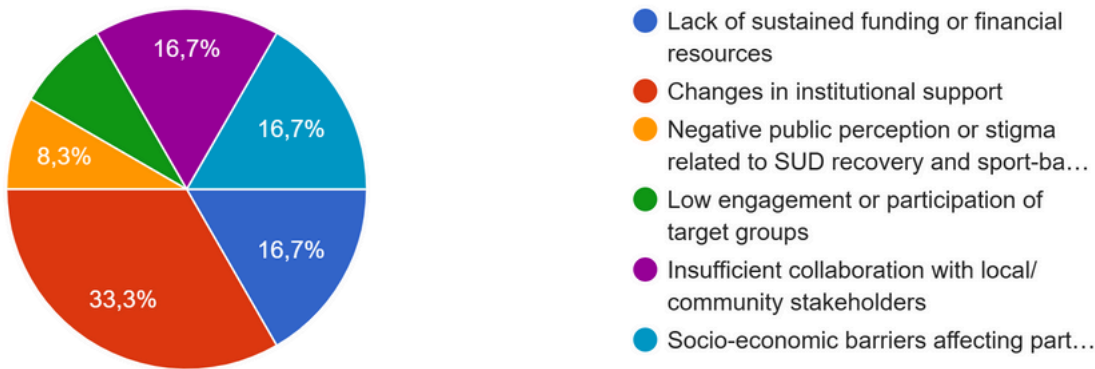
12 απαντήσεις



THREATS

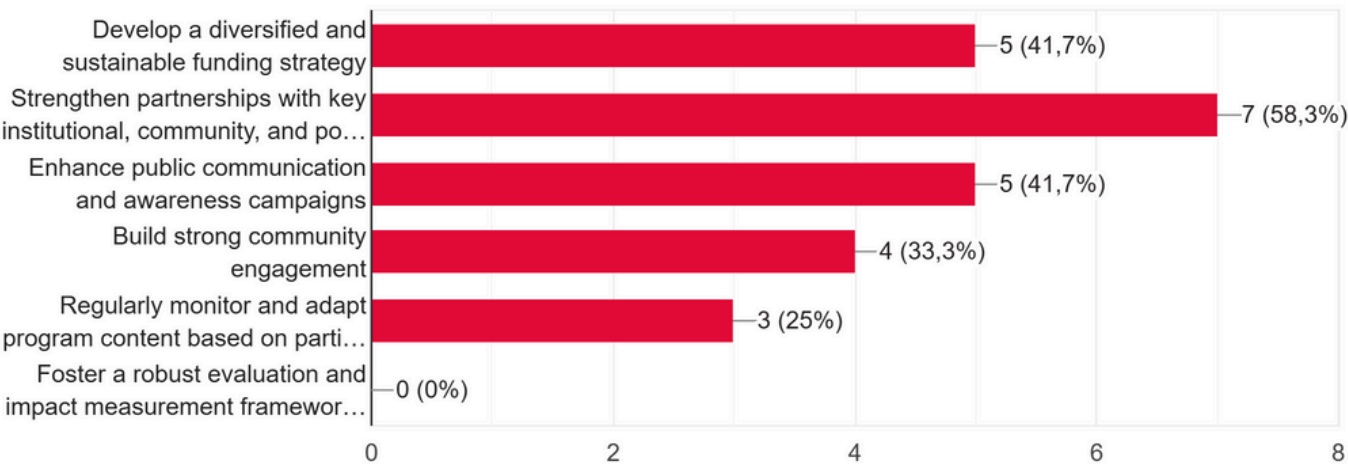
Which external factors pose the greatest risk to the success and sustainability of the RACE4LIFE program?

12 απαντήσεις



What proactive strategies can RACE4LIFE implement to anticipate, manage, and mitigate these potential risks?

12 απαντήσεις





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www.facebook.com/ketheasport/

The RACE4LIFE project is of a duration of three years (2022 – 2025).

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