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### THE THIRD REPORT TPM PREROV, CZECHIA THE

9th AND 10th OF JULY

Czech Youth Association

Our third Transnational Project Meeting took place on two successive days, the 18th and 19th of July 2025, at the headquarters of the Czech Youth Association in Přerov, Czechia. We gathered with our Serbian and Spanish partners to have productive debates and sharing of results of project.

On the first day, we began by watching various videos created by participants from the partner countries. These videos gave valuable information on how the young people involved in the project comprehend and conceptualize sport and physical exercise, and on the positive changes the project has encouraged in their attitudes and behaviors. While there are still some stereotypes of sport and gender present, they are far less frequent than initially expected, and they all concurred these are not a major obstacle.

We could see that students have become much better over the duration of the project. There is a noticeable improvement in awareness regarding the importance of sports and healthy life. There is clearly an enhanced usage of sports and exercise apps among youth, showing an auspicious change towards healthy life.

In our conversations regarding social media, specifically TikTok, it was emphasized that most teens view videos like NBA highlight reels and basketball trick shots. Such videos can also be helpful motivation and learning aids, particularly for basketball players and sports fans.

The "Trash Game" was put forward as part of the gamification of the project. The activity was proposed as an important means of incorporating physical mobility with the encouragement of environmental awareness. Even though the proposal was put forward by the partners, it was thought of as a triggering action in order to encourage young people to engage in physical exercise and also in eco-friendly practice.

We also saw a group of short video presentations posted on YouTube by students, some of whom created motivational posters in relation to the objectives of the project. They were inspiring and provided proof of the success of our activities.

Our discussion turned to the local sporting environment in Přerov, where we learned about the number of sports available and the different sports events to promote participation among



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young people. These local initiatives were described as best practice in encouraging active living.

Our Serb co-partners had a major achievement: some of their schools now have an extra week of physical education classes for some classes, leading up to semester end tournaments. The project has worked in motivating students and the development of an action culture, and the tournaments have become a major local event that brings the community together.

For dissemination, we developed project documents on USB flash drives as memory presents to participants. The initiative was a means of providing a lasting reminder of the project and motivating continuous participation in sporting activities. The gesture was well-received and is regarded as an effective method for facilitating the project's sustainability.

To initiate the project, a document outlining it was presented (originally in Spanish). We emphasized that this document may be translated into any partner country's language and used locally to spread the goals of the project even more.

On the second day, we addressed reviewing progress and interpreting the results up to that point. Partners shared feedback from their local communities and schools to aid in understanding the project's impact and planning future activities accordingly. The discussion was productive and reinforced our partnership and shared dedication to enhancing physical activity and healthy lifestyles among youth.

Overall, this TPM strengthened our partnership and motivated us to continue working towards our common goals. We continue to be motivated to expand the depth and impact of our project so that more youth engage in active and healthy lifestyles.