



Universidade
Europeia

Project name:

**Mind, Body &
Boost**

Faculty	Faculty of Health Sciences and Sports
Name of Research Project	Mind, Body & Boost (MBB) Erasmus+ Sport call in 2020. Number 623054-EPP-1-2020-1-IE-SPO-SCP. Co-funded by the Erasmus+ Programme of the European Union. (Total Budget €391,675; PT: €31,720).
Project Description	This a European collaboration project of partners, in support of EU strategies in the areas of social inclusion and equal opportunities. MBB is a practical intervention program aimed at third level students, delivered by the experts in the respective sport and counselling services. The project incorporates the fundamentals of physical literacy into the model, which will unite people to engage in combined physical and mental supports. MBB uses the known anti-depressant effects of exercise to prevent the development of serious mental health problems in those at-risk and hard to reach groups. The 6-week custom designed fitness and mental program will include mindfulness skills training and improved self-knowledge through psychoeducation within the various partner institution groups. By combining the elements of group inclusivity work, challenging physical activity and psychological support tools, MBB comprehensively addresses the societal issues of social isolation, mood and stress management problems.
Project Aims (150 words)	The ultimate aim of MBB is to promote the European values through sport in a university setting to encourage equality and inclusion by facilitating access to students who have low levels of physical activity and mental health issues, who for whatever reason through personal difficulties or other obstacles, have been limited opportunity or have been prevented from taking part in sport. MBB objectives include: - To establish a European collaboration with the aim of improving the mental and physical wellbeing of young people in a university setting; - To promote and foster social inclusion and equal access to sport for all;



	<ul style="list-style-type: none"> - To reach traditionally marginalised groups, reduce social exclusion, isolation for disadvantaged students and/or those with low levels of physical activity and mild mental health issues; - Increase participation levels of young people, particularly those that are inactive, ensuring they achieve the WHO physical activity recommendations; - Enable young people to build social connections through the medium of physical activity.
Coordinator Country	<p>Lisa Cafferky Student Sport Pathway Manager Trinity Sport Corporate Services Division Trinity College Dublin, the University of Dublin Dublin, Irlanda</p>
Country Participants	<ul style="list-style-type: none"> - Trinity Sport, Trinity College Dublin, Irlanda (Project lead) - National University of Ireland, Galway (NUIG), Irlanda - University of Stirling, Escócia - University of Limerick, Irlanda - Universidade Europeia, Lisboa, Portugal <ul style="list-style-type: none"> . Teresa Santos, Coordenadora de Psicologia . Sandra Martins, Coordenadora de Ciências do Desporto . Miguel Nery, Coordenador de Investigação da FCSD - The Technical University of Munich (TUM), Alemanha - Vilnius University, Lituânia - It's Great Out There Coalition, Bélgica <p>External consultants:</p> <ul style="list-style-type: none"> - European Network of Academic Sport Services (ENAS) https://www.enas-sport.net/ - Nightline Paris https://www.nightline.fr/en/paris

