



SHAPE
SPORT. HEALTH. AND THE PEOPLE



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SHAPE PROJECT NEWSLETTER YEAR ONE HIGHLIGHTS

The SHAPE project—Sport, Health, and the People—was officially launched to establish a robust university network for sports in the Western Balkans. Our mission is to develop joint actions aligned with European Union recommendations, promoting active lifestyles and contributing to community well-being and sustainable development in the region. Key objectives include training qualified sports professionals and fostering values such as inclusion, equality, safety, and environmental awareness.



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Kick-off Meeting at UBT

The project commenced with a successful kick-off meeting held at UBT's Innovative Science Park in Lipjan. The event brought together distinguished personalities from public and private institutions, both within and outside Kosovo, marking the beginning of a collaborative journey toward enhancing health and quality of life through sports.

Balkan Week of Sport

As part of the Balkan Week of Sport, the University of Prishtina's Faculty of Physical Education and Sports organized an engaging futsal event. Students from the University of Prishtina, UBT, and the University of Tetovo participated, fostering friendly competition and collaboration. The event underscored the importance of teamwork and intercultural exchange, promoting unity and cooperation in sports education.



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Inclusive Sports Event at the University of Sports of Tirana

As part of the SHAPE project's commitment to inclusivity and community engagement, the University of Sports of Tirana successfully hosted an inspiring Inclusive Sports Event for children with special needs.

This event aimed to promote physical activity and social integration among children, emphasizing the power of sports to foster inclusion and build community connections. Participants had the opportunity to engage in tailored activities designed to enhance their physical well-being while creating an environment of joy and camaraderie.



UBT Hosts Successful Mixed Volleyball Event Promoting Teamwork and Gender Equality

UBT organized a Mixed Volleyball Event for high school students, promoting teamwork, inclusion, and gender equality. This dynamic event brought together students from diverse backgrounds to compete in a supportive and collaborative environment, emphasizing the value of equitable participation in sports. The volleyball event highlighted the importance of gender balance and teamwork, reflecting the SHAPE project's mission to foster inclusive and collaborative opportunities in sports education.





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STAY CONNECTED

We encourage all stakeholders to actively participate in upcoming events and initiatives. Your involvement is crucial to the success of the SHAPE project and the promotion of health and well-being through sports in the Western Balkans.

For more information and regular updates, visit our website: <https://shapewb.eu/>