



**W.I.N. Project Meeting in Leipzig
Sport, Health, Work, Wellness
14. - 16. October 2009
2008/1/FR1/LEO04/00298**

Meeting Minutes

Hosting organisation: Rahn Dittrich Group / Dr. P. Rahn & Partner
Location: Kochstraße 24 a, 04275 Leipzig



Visit of the Faculty of Sport Science of the University of Leipzig/Germany

Participants of the Meeting:

- Christine Chapron / Greta Antipolis, Sophia Antipolis / France
- Colette Simon Ramilien / Greta Antipolis, Sophia Antipolis / France
- Alexandra Arce / Greta Antipolis, Sophia Antipolis / France

- René Garassino / Innopole, Lyon / France
- Alain Midol / Innopole, Lyon / France
- Daphni Gaspari / Innopole, Lyon / France

- Lina Klemkaite / Asimag, Bilbao / Spain
- Borja Vivanco / Asimag, Bilbao / Spain

- Marc Richter / Rahn Dittrich Group Leipzig / Germany
- Florian Hans / Rahn Dittrich Group Leipzig / Germany

14.10.2009 – Afternoon Session: 14.30 – 18.30

1. Opening of the Meeting and short introduction of the partners
2. Presentation of the Schedule of the Meeting
3. Short review of the Meeting in Bilbao (June 2009)
4. Discussion of the proceeding with the comparative study

15.10.2009 – 09.00 – 17.00

1. Continuation of the comparison of the national studies
2. Preparation of the Meeting/Conference in **Lyon 11./12. February 2010**
The Meeting is focusing on “juniors”
4 Workshops (each 90 minutes)
W1: Goodpractice in DE – Project “School in Motion”
W2: Goodpractice in ES – NAOS (Nutrition Plan)
W3: Goodpractice in FR – open
W4: European Dimension
3. Visit of the Faculty of Sport Science of the University of Leipzig
- Project: "School in Motion"

16.10.2009 – 09.00 – 17.00

1. Preparation of the Meeting/Conference in Bilbao
The Meeting is focusing on “actives and seniors”
The partners decided that the meeting will take place
Thursday/Friday 27./28 of May 2010/Bilbao
The german contribution to this meeting will be:
 - presentation of a good practice of corporate health management
 - good practice for “seniors” in DE
2. Evaluation of the project
3. The final meeting will take place in **Sophia Antipolis (CIV)**
1+2 of July 2010
 - Conference on Thursday 1 of July
 - Workshop on Friday 2 of July

Regarding the upcoming mobilities for 2010 the partnership decided the follows:

The French partner will send 4 + 1 + 1 persons to **Leipzig 10. – 13. March 2010**
The Spanish partner will send 2 persons to Leipzig 11./12. March
Bilateral Meeting of ASIMAG (ES) and Greta Antipolis (FR) 8+9. of April in France
The French partner will send 3 + 1 + 1 persons to Bilbao 26. – 28. May 2010

The preliminary programme for Leipzig/DE was described as follows:

- Visit of different fitness centers
 - o Kieser Training
 - o Regular fitness center
 - o Rehabilitation center
- University of Leipzig / Faculty of Sports

The preliminary programme for Bilbao/ES was described as follows:

- Visit of the Basque Country (Sports Faculty)
- Fitness center

2 Teachers of the Rahn Dittrich Group will join the meeting in Sophia-Antipolis. The following programme was requested for them:

- 1 day in the Greta joining music and sport courses (teaching)
- 1 sports course on the campus
- Half in a gym in Antibes
- Thursday evening / Jazzband on the CIV campus
- Exchange of experiences during the meeting with other teachers/students (BP)