

# OBLOMOV KICK-OFF MEETING – Brussels, JANUARY 16-17

*Delegation to the EU, Lombardy Region Government  
2, Place du Champ de Mars, B-1050 BRUSSELS*

## Meeting Programme

**Monday January 16, 2017**

### 9.30 a.m.- Welcome greetings

**Chairman:** Eugenio De Caro, *General Consortium Project Manager*

### 9.45 a.m.

Presentation of the PARTNERS (10 minutes each)

- ✓ P1 UMIL - **University of Milan** (Department of Cultural Heritage and Environment; Department of Biomedical Sciences for Health; Department of Medical Biotechnology and Translational Medicine) – **ITALY**
  - Ms. Maddalena Mazzocut-Mis, *Scientific Director (Member of the Scientific Committee - SC)*
  - Mr. Antonio La Torre, *President of the Scientific Committee (SC)*
  
- ✓ P2 PIC - **Fondazione Piccolo Teatro di Milano Teatro d'Europa – ITALY**
  - Ms. Laura Pasetti (*SC Member*)
  - Ms. Nathalie Martinelli
  
- ✓ P3 ULg - **University of Liege** (Department of Sport and Rehabilitation Sciences - Sport pedagogy unit) – **BELGIUM**
  - Mr. Marc Cloes (*SC Member*)
  - Mr. Alexandre Mouton
  
- ✓ P4 JYU - **University of Jyväskylä** (Department of Sport Sciences) – **FINLAND**
  - Ms. Arja Sääkslahti (*SC Member*)
  - Ms. Kirsti Lauritsalo
  
- ✓ P5 UTH - **University of Thessaly** (Department of Physical Education and Exercise Sciences) – **GREECE**
  - Ms. Vasiliki Zisi (*SC Member*)
  - Ms. Dimitra Katsarou
  
- ✓ P6 SSF - **Sport Support Foundation – POLAND**
  - Mr. Tomasz Jagusztyn-Krynicky (*SC Member*)
  - Ms. Dorota Kuligowska
  
- ✓ P7 AE - **Atelier Europeo - ITALY**
  - Mr. Eugenio De Caro (*SC Member*)
  - Ms. Beatrice Gallo, *Quality Manager*
  - Ms. Francesca Fiini, *Communication Manager*

### 11:00 a. m.

Introduction: *The Oblomov project*,  
Maddalena Mazzocut-Mis

**11:20 a. m.**

*Oblomov Objectives and expected results in the frame of Erasmus+*  
Eugenio De Caro

**11:40 a. m.**

*Timeline of the project*  
Beatrice Gallo

**12:00 a. m.**

*Towards a new healthy physical activity training involving short physical shocks: the “high-intensity interval training (HIIT)” and the “high-intensity intermittent exercises (HIIE)”*  
Antonio La Torre

**1:00 p.m. Lunch Break**

**2.30 p.m.**

*Sharing the draft of the “scientific training” programme scheduled for 26-29 June 2017 in Milan*  
Discussion coordinated by Antonio La Torre

**4.00 p.m.**

*Sharing the draft of the “artistic training” scheduled for 13-16 September 2017 in Milan*  
Discussion coordinated by Laura Pasetti

**5 p.m. End of the working day**

**Tuesday January 17, 2017**

**9:30 a. m.**

*Management arrangements and Quality Assurance Plan*  
Eugenio De Caro and Beatrice Gallo

**10:30 a. m.**

*Communication & Dissemination strategy*  
Francesca Fiini

**11:30 a. m.**

*Risk analysis and ethical issues*  
Discussion coordinated by Beatrice Gallo

**12:30 a. m. Lunch Break**

**2.00 p. m.**

*Cooperation among partners – tasks and responsibilities of each within the project*  
Beatrice Gallo

**3.00 p. m.**

*Focus on the 1<sup>st</sup> deliverable: activity 4 – Oblomov guidelines production (to validate during the 2<sup>nd</sup> interim Meeting scheduled for 5-6 June 2017 in Jyväskylä, Finland)*  
Antonio La Torre

**3.30 p.m. End of the meeting**