



Co-funded by
the European Union

Ref: Ares(2026)1037352 - 29/01/2026



HANDBALL INTERNATIONAL EDUCATION PROJECT

FINAL EVALUATION REPORT

Deliverable D1.2

Responsible Partner: FIGH

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





Introduction	3
WP1 – Project Management and Coordination	4
WP2 – State of the Art Analysis and Innovative Practices	6
WP3 – Development and Testing of Training Tools	8
WP4 – Implementation and Assessment of the Developed Methodology	10
WP5 – Communication, Dissemination, and Exploitation	13
Overall Project Summary and Outlook	17





Introduction

This Final Report presents the overall implementation, results, and impact of the Handball International Education Project (HIEP), co funded under the Erasmus+ Sport programme. The document provides a comprehensive overview of the project's activities, achievements, and lessons learned over the full 36 month implementation period.

The report adopts a qualitative and evaluative approach, focusing not only on the completion of planned activities but also on the relevance, effectiveness, and impact of the project outcomes. It reflects on how the initial objectives were addressed, how the project evolved during implementation, and how the results contributed to promoting physical activity, coach education, social inclusion, and youth engagement through handball.

The document is structured by Work Packages, covering project management and coordination, research and methodological development, creation and testing of training tools, large scale implementation and impact assessment, and communication, dissemination, and exploitation. A final synthesis section summarises the overall achievements, European added value, sustainability perspective, and future outlook of the project.





WP1 – Project Management and Coordination

WP Leader: Italian Handball Federation

Duration: M1–M36

Overall assessment of WP implementation

WP1 was successfully completed and provided an effective governance, coordination, and quality framework for the entire project lifecycle. All management, coordination, monitoring, and evaluation tasks foreseen in the approved application were implemented as planned and contributed to the achievement of the project objectives.

Project governance and coordination model

The project was coordinated by FIGH, the designated Coordinator, responsible for overall governance, administrative management, and liaison with the European Commission. Coordination was reinforced by the active support of experienced partners, in particular EPSI, which contributed to strengthening management processes and internal alignment while maintaining a clear allocation of responsibilities within the consortium.

Meetings and internal communication

Consortium and steering committee meetings were regularly organised throughout the project, both online (at least once a month) and in person (at least once a year), ensuring continuous alignment and effective decision making. All partners were consistently represented and actively contributed to coordination activities. In October 2024, a transnational project meeting was hosted by EPSI in Olympia in the framework of its annual conference, combining project coordination with increased sector visibility and strategic exchange.

Monitoring, quality assurance, and compliance

Quality monitoring and internal evaluation activities were implemented across all project phases, including regular checks of timelines, budgets, and deliverables. All project documents and outputs were shared with partners through a dedicated Google Drive workspace. Deliverables were circulated to partners at least two weeks in advance of submission and reviewed collectively, allowing for feedback and validation prior to finalisation. Administrative and financial management was carried out in full compliance with programme rules, internal procedures, and reporting deadlines.





Partner engagement and contribution

Although WP1 responsibilities were formally assigned to the Coordinator, all partners actively contributed to management and coordination processes through consistent participation in meetings, transparent communication, and timely reporting. This shared engagement supported coherence across work packages and facilitated smooth implementation.

Deliverables produced under WP1

- D1.1 Management Plan

A comprehensive management plan was developed and implemented to ensure smooth project coordination. The document formalised roles and responsibilities of all partners and defined procedures related to communication, quality assurance, risk management, evaluation, budget management, and timeline monitoring. The deliverable was produced in English and submitted in PDF format.

- D1.2 Final Evaluation Report

The final evaluation report provides a comprehensive overview of the entire project, describing the tasks implemented across all work packages and analysing the impact achieved. The report consolidates monitoring data and qualitative inputs from all partners and is produced in English.

- D1.3 Sustainability Plan

A sustainability plan was developed to assess the future continuation of project results. The document analyses both tangible and intangible resources required to sustain project outcomes beyond the funding period and outlines potential follow up pathways. The deliverable was produced in English, in PDF format, and submitted at the end of the project.

Impact and lessons learned

A structured management framework is essential to ensure consistency and quality in multi partner cooperation projects

- Combining central coordination with support from experienced partners enhances effectiveness without diluting responsibilities
- Continuous monitoring and evaluation improve decision making and final project quality
- Early planning for sustainability supports realistic exploitation of project results





WP1 provided a solid management, evaluation, and sustainability framework that underpinned the successful delivery and long term relevance of the project.

WP2 – State of the Art Analysis and Innovative Practices

WP Leader: Ovidius University of Constanta

Duration: M1–M18

Overall assessment of WP implementation

WP2 was successfully completed and provided a solid analytical and methodological foundation for the entire project. All tasks foreseen in the approved application were implemented within the planned timeframe and contributed to the development of evidence based and inclusive approaches to handball promotion. The Work Package played a key role in informing the design of subsequent activities and tools.

Objectives and scope of the Work Package

WP2 aimed to analyse the current state of practice at national and international level and to identify innovative methodologies to promote handball as a tool for social inclusion, equal opportunities, and athletic development. The Work Package combined research activities with stakeholder engagement to ensure relevance and transferability of results.

Implementation and partner contributions

The Work Package was implemented through a coordinated and participatory approach involving all partners.

Key activities included the organisation of focus groups, collection of qualitative data, and analysis of existing practices across different contexts and target groups.

- FIGH organised and managed multiple focus groups involving athletes, coaches, and managers, both online and in person. Three macro target categories were identified, allowing the collection of diverse perspectives and strengthening national level collaboration.
- Ovidius University of Constanta led the analytical process, collecting and systematising good practices from different sports sectors, identifying success factors, and conducting comparative analyses to highlight transferable elements relevant to handball.
- Master Group Sport supported the research phase by contributing to focus group organisation and by supporting the development of the





scientific analysis related to international handball development strategies.

- Olympiacos SFP provided field based insights on youth handball training needs, innovative practices, inclusion aspects, and athlete well being, contributing to the validation of key findings.
- L'Orma, EPSI, and CJT Solutions contributed to focus group activities, data collection, and alignment of early technical and usability requirements with the needs emerging from the research phase.

All partners delivered their contributions as planned, ensuring a comprehensive and balanced evidence base.

Coordination and quality assurance

Coordination of WP2 was ensured through regular online meetings, clear task allocation, and continuous communication between the WP leader and partners. Draft outputs and reports were shared with partners for review and validation, allowing feedback to be integrated before finalisation and contributing to the overall quality of results.

Key results and outcomes

WP2 resulted in:

- a structured analysis of existing practices related to inclusive handball promotion
- the identification of key success factors and transferable elements across sports
- the development of a methodological framework supporting social inclusion and athletic performance
- validated inputs that directly informed the design of pilot activities, training content, and tools developed in subsequent Work Packages

Impact and added value

The outcomes of WP2 strengthened the project's capacity to address social inclusion and participation through sport by grounding later activities in evidence and stakeholder experience. The combination of research, focus groups, and comparative analysis increased the relevance and applicability of the project's approach at both national and European level.

Challenges, deviations, and lessons learned

No major challenges or deviations from the original plan were encountered during the implementation of WP2.

Key lessons learned include:





- the importance of combining research with direct stakeholder engagement
- the added value of cross sport comparison to inspire innovation
- the need for continuous capacity building for coaches when applying inclusive methodologies

WP2 provided a robust analytical basis and methodological framework that underpinned the successful development of subsequent project activities and outcomes.

WP3 – Development and Testing of Training Tools

WP Leader: Italian Handball Federation

Duration: M19–M30

Overall assessment of WP implementation

WP3 was successfully implemented and translated the analytical outcomes of WP2 into concrete, practical tools and capacity building activities. The Work Package played a central role in transforming research findings into applied methodologies, supporting coaches' competences and fostering the adoption of inclusive and performance oriented training approaches.

Objectives and scope of the Work Package

WP3 aimed to develop, test, and validate training tools and learning resources addressing the needs identified during the research phase. Core outputs included the Coaches Manual, the Training Programme, the associated digital learning environment, and international training and testing activities designed to ensure applicability in real coaching contexts.

Implementation and partner contributions

The Work Package was implemented through close collaboration among partners, combining technical expertise, pedagogical validation, and field testing.

- **Italian Handball Federation** led the development and implementation of WP3, ensuring coherence with the needs emerging from the research phase. With the support of its Technical Director, Riccardo Trillini, FIGH contributed technical handball expertise to the drafting of the Coaches Manual, integrating good practices and ensuring usability for coaches. FIGH also organised the first international training and handball festival at the Federal Technical Centre in Chieti from 26 to 29 June, managing both logistical and technical aspects. Field





based technical sessions and tests were organised with the support of expert Sergio Palazzi and the participation of national level coaches.

- **Ovidius University of Constanta** contributed content expertise and pedagogical review, supporting the design, validation, and coherence of the training programme, Coaches Manual, and digital learning tools. The participation of five staff members in the international training in Chieti strengthened institutional capacity building and enabled effective transfer and validation of methodologies through subsequent local activities.
- **Olympiacos SFP** supported the refinement of the training programme and Coaches Manual by providing practical feedback focused on real coaching environments, youth development, safety, inclusion, and session structure, contributing to the coach friendly nature of the final tools.
- **Master Group Sport** actively participated in the international training and handball festival, contributing to knowledge exchange and capacity building. Follow up dissemination activities, including workshops and small scale handball festivals, supported the spread of innovative training methodologies.
- **CJT Solutions** developed, deployed, and administered the HIEP digital platform, ensuring stable access to the Training Programme, Coaches Manual, and supporting learning materials. The partner managed platform structure, content integration, updates, and technical assistance. The platform was successfully migrated and is now hosted on the Italian Handball Federation's server infrastructure, ensuring long term availability, ownership, and sustainability of the digital resources.
- **EPSI** was responsible for the publication of news and project updates on the digital platform, ensuring continuous communication, visibility of activities, and dynamic use of the online environment.
- **All partners** contributed to the translation of the Coaches Manual into their respective national languages, significantly enhancing accessibility, uptake, and potential impact at local level.

Coordination and quality assurance

Coordination of WP3 was ensured through close collaboration between the WP leader and partners, regular exchanges, and iterative review of draft materials. Training tools, translated versions, and digital resources were reviewed collectively to ensure technical accuracy, pedagogical quality, and consistency across languages.





Key results and outcomes

WP3 resulted in:

- a validated Coaches Manual integrating inclusive and performance oriented methodologies and made available in multiple languages
- a structured Training Programme tested in international and local contexts
- increased coaching competences through international training and hands on field activities
- a dedicated digital platform providing long term access to training resources and regular project updates

Impact and added value

WP3 significantly strengthened the project's practical dimension by equipping coaches with concrete, accessible, and transferable tools. The availability of multilingual resources and a sustainably hosted digital platform increased the reach, usability, and long term exploitation potential of project results within the European handball ecosystem.

Challenges and lessons learned

No major implementation challenges or deviations from the original plan were identified.

Key lessons learned include:

- the importance of aligning technical expertise with pedagogical validation
- the added value of international training environments for capacity building
- the critical role of translation and localisation in maximising impact
- the importance of institutional ownership and active content management of digital tools for sustainability

WP3 effectively bridged research and practice, delivering tested, accessible, and sustainable tools that supported the successful implementation of subsequent project activities.

WP4 – Implementation and Assessment of the Developed Methodology

WP Leader: L'Orma

Duration: M19–M33





Overall assessment of WP implementation

WP4 was successfully implemented and represented the operational core of the project, translating the developed methodology into large scale practice and real world testing. Through international training, local workshops, community based activities, and handball festivals, the Work Package validated the effectiveness, relevance, and transferability of the project outputs.

Objectives and scope of the Work Package

WP4 aimed to implement, test, and assess the training methodology and tools developed in previous Work Packages through direct engagement with coaches, young people, families, and local stakeholders. Activities followed a train the trainers approach, combining capacity building with community outreach, dissemination, and impact assessment.

Implementation and partner contributions

WP4 was implemented through a coordinated effort involving all partners, with clear role distribution between implementation, promotion, and assessment activities.

- **L'Orma** led WP4 and coordinated the implementation and assessment of activities, including international and local workshops, community based initiatives, and impact evaluation. L'Orma ensured methodological coherence and qualitative assessment of results across different contexts.
- **Italian Handball Federation** implemented a significant number of local workshops, promotional activities, and handball festivals, often linked to national competitions and major sport events. These actions ensured high visibility and strong engagement of clubs, schools, and families.
- **Master Group Sport** organised local workshops and handball festivals, contributing to coach education, dissemination of the methodology, and engagement of young participants in community settings.
- **CJT Solutions**, in cooperation with Olympiacos SFP, implemented workshops, seminars, and large scale handball events in Greece, combining coach education with inclusive sport activities targeting children and youth.
- **Ovidius University of Constanta** organised workshops, local activities, and handball festivals in Romania, involving students, coaches, schools, and families, and linking project outcomes with academic and educational environments.





- **EPSI** coordinated the promotion of WP4 activities at European and national level, supported partner organisations in the visibility of events, and oversaw the dissemination reporting phase. EPSI ensured consistency of communication messages, collected dissemination evidence from partners, and contributed to the consolidation of WP4 results within the overall project dissemination and impact framework.

All partners implemented WP4 activities according to the agreed plan, adapting formats and content to their national and local contexts while preserving methodological coherence.

Key activities implemented

WP4 included:

- one international training course for coaches
- multiple national and local workshops cascading the training to additional coaches
- local sport and educational activities involving schools and communities
- handball small festivals engaging young people, families, clubs, and local stakeholders

These activities ensured both depth of training and breadth of outreach.

Assessment, feedback, and quality assurance

Feedback was systematically collected after international and local activities to assess the effectiveness of the training methodology, the usability of the Coaches Manual and digital platform, and participant satisfaction. Evaluation results confirmed high levels of engagement and provided inputs for refinement and validation of project outputs, as documented in **Deliverable 4.1 – Impact Report**.

Key results and outcomes

WP4 resulted in:

- validation of the training methodology in diverse national and local contexts
- strengthened coaching competences through hands on application
- increased participation of young people in handball activities
- reinforced links between sport, education, and community engagement
- a tested train the trainers model supporting replication and scalability

Impact and added value

WP4 generated significant educational and social impact by embedding the project methodology into real practice. The combination of structured training, local dissemination, coordinated promotion, and community events





demonstrated the potential of handball as a tool for inclusion, physical activity promotion, and youth engagement.

Deliverable produced under WP4

• D4.1 Impact Report

The Impact Report documents the implementation, evaluation, and results of WP4 activities, including international training, local workshops, community actions, and handball festivals. The deliverable provides quantitative and qualitative evidence of impact and supports the overall final evaluation of the project.

Challenges and lessons learned

- Train the trainers approaches are effective in multiplying impact when supported by quality materials
 - Coordinated promotion and dissemination strengthen visibility and coherence of results
 - Combining coach education with community events increases engagement
 - Flexible local implementation enhances relevance without compromising methodological consistency

WP4 confirmed the effectiveness of the developed methodology and demonstrated its strong potential for replication and long term exploitation.

WP5 – Communication, Dissemination, and Exploitation

WP Leader: EPSI

Duration: M1–M36

Overall assessment of WP implementation

WP5 was successfully implemented and ensured strong visibility, outreach, and dissemination of the HIEP project throughout its entire lifecycle. The Work Package supported the promotion of project objectives, activities, and results at local, national, and European levels, contributing to stakeholder engagement, recognition of project outcomes, and long term exploitation potential.

Objectives and scope of the Work Package

WP5 aimed to define and implement a coherent communication, dissemination, and exploitation strategy to maximise the reach and impact of the project. The Work Package combined structured digital communication with in person dissemination actions embedded in sport, educational, and





community based contexts, ensuring continuous visibility during and after the project implementation.

Coordination and communication approach

Communication and dissemination activities were coordinated by EPSI, which oversaw the overall strategy, consistency of messaging, visual identity, and dissemination reporting. EPSI supported partners in the planning and implementation of local dissemination actions, coordinated the recording of communication activities, and ensured structured reporting of dissemination indicators.

Dissemination activities were implemented collaboratively across the partnership, with partners contributing content, visibility through their institutional channels, and local outreach actions. Regular coordination ensured alignment on key messages, timing, and communication priorities.

Key dissemination tools and channels

WP5 relied on a comprehensive set of communication and dissemination tools, including:

- a coherent project visual identity, including logo and branding guidelines
 - communication materials such as roll ups, posters, and presentation templates
- a project website and digital platform
- social media channels and partner communication outlets
- structured tools for recording and reporting dissemination activities

These tools were used consistently throughout the project to ensure recognisable and coordinated communication.

Major dissemination activities and results

Dissemination actions were implemented continuously and closely linked to project milestones and flagship events. Partners promoted project activities and results through national federation events, academic initiatives, youth competitions, workshops, and community sport actions, enabling direct engagement with coaches, athletes, young people, schools, sport organisations, and the general public.

A major dissemination highlight was the organisation of large scale Handball Festivals, notably in Genoa in 2024 and 2025. These events were strategically embedded within high profile initiatives such as Genoa 2024 European Capital of Sport, Liguria 2025 European Region of Sport, the European Week of Sport,





and the Caruggiadi programme. This approach significantly amplified outreach, public visibility, and stakeholder engagement.

Digital dissemination through partner websites and social media ensured continuous visibility of project progress and achievements. While social media activity decreased in the final phase of the project, dissemination objectives were maintained through reinforced in person events and consolidated reporting.

Deliverables produced under WP5

• D5.1 Dissemination Plan

A comprehensive dissemination plan was developed to define communication objectives, procedures, target groups, and tools to be used during and after the project implementation. The document provided a structured framework to ensure continuous visibility of project progress and results, promote the benefits of physical activity and sport events, support the identification of local ambassadors, and facilitate the collection of insights on project impact. The deliverable was produced in English and submitted in PDF format.

• D5.2 Dissemination Tools

A set of dissemination tools was developed and implemented, including the creation of the project logo and visual identity, the establishment of the project website and digital platform, and the activation of social media channels. These tools were presented at the Kick Off Meeting and used consistently throughout the project to support communication, dissemination, and exploitation activities.

All communication and dissemination materials produced within WP5 fully complied with European Commission requirements, including the correct use of the Erasmus+ and European Union visual identity, logos, disclaimers, and visibility rules. Compliance was ensured across digital and printed materials, events, and online communication channels.

Key results and outcomes

WP5 resulted in:

- a strong and recognisable project identity used across all communication channels
- high visibility of project activities and results at European, national, and local levels
- engagement of diverse target groups including coaches, athletes, young people, educators, and sport organisations





- effective amplification of dissemination through synergies with established sport and cultural initiatives
- structured recording and reporting of dissemination actions supporting final evaluation

Challenges and adaptive measures

No major delays affected the implementation of WP5. A challenge identified was maintaining the long term engagement of participants from international training activities in subsequent dissemination actions due to logistical and timing constraints. This was addressed through adaptive dissemination strategies, involving additional local stakeholders and practitioners. Minor reductions in social media activity during the final project phase were mitigated through strengthened in person dissemination and consolidated reporting.

Lessons learned and recommendations

- Central coordination of communication activities is essential to ensure coherence and quality
 - Combining digital tools with community based events maximises dissemination impact
 - Embedding dissemination within high profile initiatives significantly enhances visibility
 - Early planning of dissemination and exploitation supports long term sustainability

WP5 successfully ensured the visibility, dissemination, and exploitation of the HIEP project and supported the long term impact of its results.





Overall Project Summary and Outlook

Overall project implementation and coherence

The HIEP project was successfully implemented over a 36 month period and achieved its overall objectives through a coherent and well structured sequence of activities. The project followed a clear logical progression from research and analysis, to development of tools, practical testing, large scale implementation, and dissemination. Strong coordination mechanisms, combined with active partner engagement, ensured consistency, quality, and timely delivery across all Work Packages.

Key achievements and results

The project delivered a comprehensive set of tangible and intangible results that strengthened handball coach education and promoted physical activity and social inclusion through sport. Key achievements include:

- the development of an evidence based and inclusive training methodology
 - the production and validation of practical training tools, including a multilingual Coaches Manual and digital learning resources
 - the capacity building of coaches through international training and cascading local workshops
 - the engagement of young people, families, schools, and local communities through sport activities and handball festivals
 - the creation of a sustainable digital environment ensuring continued access to project resources

Together, these results contributed to strengthening the role of handball as an educational, inclusive, and accessible sport across different European contexts.

Impact and added value at European level

The project generated impact at multiple levels. Coaches improved their technical, pedagogical, and inclusive competences. Sport organisations strengthened their capacity to deliver structured and inclusive training activities. Local communities benefited from increased opportunities for participation in sport and physical activity.

At European level, the project demonstrated the added value of cross country cooperation by combining diverse expertise, contexts, and practices into a shared methodology. The train the trainers approach proved effective in multiplying impact and supporting transferability beyond the partnership.





Dissemination, visibility, and exploitation

Communication and dissemination activities ensured strong visibility of project objectives, activities, and results throughout the project lifecycle. Dissemination combined digital communication with in person, community based events embedded in high profile initiatives and established sport contexts. All communication and dissemination materials complied with European Commission requirements regarding visibility, logos, and disclaimers.

Project results are exploitable beyond the funding period through the continued use of the Coaches Manual, the digital platform hosted by the Italian Handball Federation, and the integration of methodologies into partner activities, training programmes, and events.

Sustainability and future outlook

The long term sustainability of the HIEP project is supported by a dedicated Sustainability Plan developed under WP1 (Deliverable D1.3). The plan identifies concrete organisational, educational, and dissemination measures to ensure the continuation and further exploitation of project results beyond the funding period.

Sustainability is primarily ensured through the durable integration of the training methodology into partners' ordinary activities, including coach education programmes, community sport initiatives, and educational contexts. Partners expressed their commitment to continue applying and adapting the developed training format, also exploring its transferability to sports other than handball, particularly in the field of education through sport and youth engagement.

Institutional sustainability is further reinforced through dialogue with handball federations aimed at validating training outcomes and recognising the developed methodology within existing certification and training frameworks. All project materials will remain accessible through the digital platform hosted by the Italian Handball Federation, ensuring continued availability and ownership.

The Sustainability Plan also outlines concrete partner commitments for continued dissemination and exploitation, including periodic promotion of project results at sport events, integration of the methodology into summer camps and training activities, continued content updates on the digital platform, and coordinated online dissemination actions in the years following the project. These commitments provide a realistic and structured basis for





long term impact, replication, and potential follow up initiatives at national and European level.

Partner based evaluation and qualitative feedback

As part of the final evaluation process, project partners completed a structured evaluation form assessing project management, coordination, communication, collaboration, and perceived impact. The feedback provides a consolidated and qualitative overview of partner satisfaction and areas for improvement.

Overall, partners reported a **very high level of satisfaction** with the project. Objectives were considered clearly defined from the outset, and roles and responsibilities were generally perceived as well communicated. Internal communication and coordination were assessed positively, with partners confirming that the coordination team responded effectively to questions and operational needs.

Project coordination and meetings

Transnational Project Meetings were consistently evaluated as well organised and effective in supporting project progress. The frequency of in person meetings was generally considered appropriate, although some partners indicated that a slightly higher frequency or additional opportunities for structured exchange could further strengthen mutual understanding of partners' activities. Online meetings were widely recognised as time efficient and supportive of coordination, with suggestions mainly focused on improving tracking of follow up actions rather than changing formats.

Collaboration and partnership dynamics

Collaboration within the partnership was assessed as strong. Partners highlighted open communication channels, mutual trust, and clearly defined roles as key enabling factors. No major barriers to collaboration were reported. Where minor challenges emerged, these were mainly related to internal coordination within organisations or scheduling constraints, rather than to partnership dynamics.

Added value, sustainability, and future cooperation

Partners consistently confirmed that the project met or exceeded their organisational expectations and generated added value for their target groups. The majority of respondents expressed confidence in the sustainability of project results beyond the funding period, particularly due to the practical nature of the outputs and their integration into ongoing activities. All partners





indicated interest in participating in future projects with the same partnership, demonstrating a strong level of trust and commitment.

Lessons learned and recommendations

Key recommendations emerging from the partner evaluation include:

- maintaining the high level of coordination and collaboration achieved
- strengthening structured moments for sharing partners' internal practices and organisational approaches
- further improving the tracking of meeting outcomes and follow up actions
- exploring follow up initiatives building on project results, including potential application in related disciplines such as beach handball

