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HANDBALL INTERNATIONAL EDUCATION PROJECT

DELIVERABLE D 1.3 SUSTAINABILTY PLAN

Date: 15.01.2026

FIGH – Italian Handball Federation

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HIEP Sustainability Plan

The aim of the plan is to find tools and partnerships that can allow the continuation of the project, its activities and the pursuit of its objectives.

The main area that would allow the project to achieve sustainability is the durable implementation of the training format. In this regard, the partners have already expressed their willingness to implement, where possible, the training system developed during the project in their ordinary activities, evaluating their applicability also in the training of coaches belonging to sports other than handball.

This last point will be concretized above all in the results achieved by the project in the field of education through sport and work with young people.

A further way to the sustainability of the project results is represented by the dialogue with the handball federations to validate the results of the course and certify the achievement of the objectives.

Finally, all the project material will remain available through the website and the e-learning platform.

The process undertaken in collaboration with the federation's training and promotion office has led to the development of a simpler, more playful method of teaching handball.

The European Federation's training guidelines are also leading to a simplification of the game, especially with regard to sports facilities, pitch dimensions, and even equipment such as goals and traditional rules.

This project is important to study a new approach regarding the training for the young people and the idea of this type of training is simpler because there is no need for tools/specific instruments. The training format is simple and can be adapted and used in any setting. The process has led to develop a simple, more direct way to handle the training.

FIGH proposal is to change in two directions: to change the training for young people and change internal training course in the federation. Now, there is the first level of training at the school level "allenatore scolastico" a figure that can help in spreading the methodology. The Italian federation is launching a program this year called "Creschandball".

The idea is that this methodology can be adapted to any size/context/number of participants. Important to highlight the educational aspect of handball training.

The training and activity version, aimed at younger generations and also a product of the Hiep project, is Ultimate Handball.

This learning and development method is based on simplicity and the absence of rules that can limit its use in schools or disadvantaged contexts.

This method is easy to teach coaches or instructors, physical education teachers and young aspiring coaches.





Partner proposal

FIGH will consider leading at least one handball-centered project in the next five years

The Federation will promote the HIEP project within the handball festival “Festival della Pallamano” every year, promoting sports culture aimed at young athletes.

CJT: will be in charge of the platform content continuation and will make sure that all new materials are uploaded onto the HIEP platform

Olympiacos: will showcase the project results once a year (minimum 2 years) to the public

L'Orma: will continue to disseminate the project outcomes and the platform every 6 months for the next 2 to 3 years. Handball is part of their summer camp. The manual and training methodology produced will be shared with the coaches during these occasions.

University of Costanta: training, scientific publications, materials,

MSG: will continue to disseminate the project outcomes and the platform every 6 months for the next 2 to 3 years. MSG will showcase the platform during handball-related events.

EPSI: will develop at least 1 project idea related to handball in the next 2 years; EPSI will coordinate with the partners for online dissemination activities every 6 months for the next 2 to 3 years.

Continued Dissemination Efforts:

EPSI will publish on their social media every 6 months. Sharing methodology with local authorities/federations around Europe

FIGH will remain in charge of hosting the platform

OLYMPIACOS and CJT will remain in charge of uploading the new materials to the platform

Partners when they want to publish and add content to the platform will contact CJT and CJT will oversee updating the platform.

