

## Blended Intensive Program

**Important note:** students interested in this program have to apply to their home university according to the internal procedure.

Students' applications made directly to the hosting institution will not be considered.

### General information

Course Title	<b>Promoting sustainable and inclusive physical activity in the city</b>
BIP Code	2025-1-FR01-KA131-HED-000318546-2
Abstract: (few lines describing the course that SEA-EU partners can use for dissemination)	<p>This programme is meant to give you an insight on how to plan and organise a sustainable sport event by inviting you to discover the specificities of the area of Brest, its local actors, local authorities, sport facilities and practices.</p> <p>As well as gaining theoretical, and practical knowledge you will also participate in the preparation of an inclusive charity race called "La Solidaire de Brest" taking place the weekend following the intensive week.</p> <p>Bringing together participants from different cities will be an opportunity to discuss, compare and learn about the common points and differences linked to the development and practice of sports facing current issues and challenges.</p>
Calendar	<ul style="list-style-type: none"> <li>• Nominations deadline: <b>January, 5th 2026</b></li> <li>• Confirmation of acceptance: <b>January, 9th 2026</b></li> <li>• 1st Virtual part : between January and March 2026</li> <li>• On-site Intensive Course in Brest (physical mobility) / <b>28-30h</b></li> <li>• <b>Physical component dates:</b> <ul style="list-style-type: none"> <li>○ <b>March, 23rd to March, 27th 2026</b> (theoretical learning, workshops, activities and assessment)</li> <li>○ <b>March, 29th La Solidaire de Brest race:</b> participation to the race or as a volunteer (Saturday free)</li> </ul> </li> </ul>
Total number of hours:	35-40h
Teacher(s) in	Sylvie DUTERTRE, Morgane BERTRAND, Adélaïde AUGARDE, Lucie

charge	REY, Léna GRUAS Partner Uni(s) : University of Split Guest speaker: Yohann MAUGER, PhD? Associate Professor of Management, Haile College of Business, Northern Kentucky University
Number of participants	The minimum number of participants is 15, maximum is 30. UNIST can propose up to 6 students (+ 6 students on reserve list) Other SEA-EU university can propose up to 2 students (+2 students on reserve list) Other university can propose up to 2 students (+2 students on reserve list)
Mobility costs	This mobility is eligible for Erasmus+. Please contact your university for more information.
Contact	Regarding organisational aspects: <a href="mailto:severine.allain@univ-brest.fr">severine.allain@univ-brest.fr</a> Regarding pedagogical aspects: <a href="mailto:Morgane.bertrand@univ-brest.fr">Morgane.bertrand@univ-brest.fr</a> <a href="mailto:Sylvie.dutertre@univ-brest.fr">Sylvie.dutertre@univ-brest.fr</a> <a href="mailto:adelaide.augarde@univ-brest.fr">adelaide.augarde@univ-brest.fr</a>

## Pedagogical contents

Target group / Expected profile	Students in architecture, human and social sciences, geography, (sport) management Students interested in sustainable projects and collaborative work.
Requirements Academic background	English B1/B2 (test can be taken on EU academy)
Learning objectives/outcomes	<b>Learning objectives:</b> <ul style="list-style-type: none"> <li>- discover different sport practices in the the city // intercultural knowledge : compare European practices</li> <li>- practice one or several sports at Brest university</li> <li>- understand the role of local actors/authorities and the stakes specific to the territory</li> <li>- learn the different steps to follow to organise a medium to large-scale sport event (contact sponsors / planification / financial aspects / scouting for venues / retro planning building/ advertising the event...)</li> <li>- have hands-on experience by participating in the final steps of the organisation for La solidaire de Brest.</li> <li>- take an active part the day of the event</li> </ul>

	<ul style="list-style-type: none"> <li>- understand current stakes of such events : sustainability and inclusivity</li> <li>- develop your team work skills and communication skills</li> </ul>
Any required material/software to take part to the course:	<ul style="list-style-type: none"> <li>- laptop or tablet (if possible)</li> <li>- comfortable clothes to practice physical activity</li> <li>- running gear if you choose to run the solidaire Race</li> </ul>
ECTS:	3
Assessment :	<ul style="list-style-type: none"> <li>- Prepare an oral presentation with visual aids to propose a project similar to La Solidaire de Brest ; a sustainable/ inclusive sport event taking into account the specificities of the location.</li> <li>- Participate in La Solidaire de Brest race as a volunteer or competitor.</li> </ul>
Transcript of records will be issued ...	European marking system using letters (ABCD). Transcripts of records will be issued to each group at the end of the oral presentations in front of the jury. It can also be sent to the different international offices of the partner universities or to teachers.
Language of the course	ENGLISH

## Structure of the course

Virtual part:	3/4H	<ul style="list-style-type: none"> <li>- General presentation of the intensive course</li> <li>- Online questionnaire about your own sport practices, the place sports have in your hometown, the role of local actors...</li> <li>- Introduction to project management / and (digital) tools</li> <li>- Defining the groups</li> <li>- M2 Sport Management students' interventions about their own experience in project management + discussion</li> <li>- Online lecture (Mariana Geets)</li> </ul>
On site part:	28-30H	<b>Lectures :</b>

		<ul style="list-style-type: none"> <li>- Presentation: week schedule / teachers/participants / expectations/ evaluation + ice breaking activities (1h30)</li> <li>- Sustainability and inclusion : challenging the concepts and their application to sports events (3h)</li> <li>- Territory diagnosis and its link(s) to sports ... (2h)</li> <li>- Parasport and inclusion ("Handisport") in Brest (1h)</li> </ul> <p><b>Workshops :</b></p> <ul style="list-style-type: none"> <li>- Introduction to French language (1h)</li> <li>- Project Management: + group work on event organisation/ different methods and (digital) tools (3h)</li> <li>- Group work session(s) to prepare the evaluation</li> <li>- Evaluation sessions ( 2h)</li> <li>- Participation in the last organisational steps of La Solidaire de Brest (with L3 students) (2h-3h)</li> </ul> <p><b>Physical practice :</b></p> <ul style="list-style-type: none"> <li>- Orienteering or physical preparation for runners (2h)</li> <li>- Nautical sports (3,5h)</li> </ul> <p><b>Visits :</b></p> <ul style="list-style-type: none"> <li>- Field visit ( local facilities and actors ) - guided tour by M1 Sport Management students (6h)</li> <li>- Participation as volunteer or runner at La Solidaire de Brest</li> </ul> <p><i>Day to day schedule to be defined</i></p>
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## Practical information

Accommodation recommendations	Will be detailed in the welcome booklet
The physical mobility will take place at... (address of the course)	UBO
Any tips	Will be detailed in the welcome booklet
Contact of the person in charge of signing the OLA	S��verine Allain mobilite.internationale@univ-brest.fr