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# Implementation progress

## 2025



**RESTART**

RESTART Project

REhabilitative Sport contributing To  
Addictions Recovery Treatments

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Work Package 1 – Deliverable D1.5  
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# 1. Project Overview

The RESTART project promotes the use of sport and physical activity as innovative tools for the rehabilitation and social reintegration of people with addictions (both substance-related and behavioural). Coordinated by Fundació Hospitalàries, the project brings together partners from Austria, Portugal, Italy, and Spain, combining expertise in mental health, social care, and therapeutic sport.

Since its start in late 2024, RESTART has followed a collaborative and structured methodology focused on sharing good practices, co-designing transferable tools, and enhancing cross-sectoral learning at European level.

## 2. Implementation Status

### 2.1 Activities completed

Since the beginning of the RESTART project, a wide range of activities have been carried out to ensure the effective start-up and progress of the initiative. These actions include structural coordination milestones, international meetings, digital dissemination efforts, and collaborative work on deliverables.

The project officially kicked off between November 2024 and January 2025 with the creation of the Steering Committee and the setup of internal communication channels such as Microsoft Teams and shared drives. A comprehensive project calendar was also defined, including the allocation of responsibilities across all partners.

One of the initial achievements was the launch of the digital communication tools, including a multilingual webpage (in Catalan, Spanish, and English) integrated into the institutional site of Fundació Hospitalàries, and the activation of a dedicated Instagram profile to reach a broader audience.

Regular monthly Steering Committee meetings have been held since November 2024 to monitor the implementation. In parallel, the coordinating team at Fundació Hospitalàries has held weekly internal meetings, and each partner has organized national team sessions to contribute to the deliverables. Bilateral collaboration has also taken place, with Italy and Spain working together on content development, and Austria and Portugal doing the same to align approaches.

As part of Task 1.1, the project launched a structured effort to identify and compare successful sport and physical activity practices used in addiction recovery. A common template was developed and distributed to all partners, who each contributed at least three examples drawn from their national or institutional experience. In total, a minimum of 15 good practices were documented. These practices served as the foundation for collaborative analysis and discussion during the first two transnational workshops.



A minimum of 15 good practices were collected across the five partner organisations, with each team contributing at least three examples from their local context.

Two international workshops have been organised: the first hosted in Sant Boi and Barcelona in March 2025, and the second in Graz in May 2025. These events included knowledge exchange sessions, site visits, and co-design activities involving all project partners. As a result of this work, all partners completed the Good Practices Tables to compile and compare sport-based rehabilitation methodologies implemented in their respective institutions.

The first transnational workshop, held in Sant Boi in March 2025, focused primarily on the relationship between sport and substance use disorders. Participants shared and discussed local initiatives integrating physical activity into treatment pathways for individuals affected by alcohol or drug addiction. The event also included institutional visits and collaborative sessions that laid the groundwork for the development of the RESTART guide and protocol. Thirty-seven people participated in this event (including team members and stakeholders).

The second workshop, hosted by the Austrian partner in Graz in May 2025, explored the role of sport and physical activity in the recovery process from behavioural addictions (such as gambling and digital dependency). Working sessions centred on the cross-cultural applicability of sport-based methodologies and the adaptation of awareness strategies to address emerging behavioural challenges. Thirty people participated in this event (including team members and stakeholders).

## 2.2 Activities in Progress

At the current stage of implementation, the RESTART project is actively progressing in the development of its two main deliverables: a Guide for Sport-Based Rehabilitation Programmes and a Protocol for Raising Awareness about the Role of Physical Activity in Addiction Recovery. Drafting of both documents is well underway, following a co-creation approach that involves contributions from all partners based on shared templates and working group discussions. Internal validation processes are ongoing, with feedback loops established through regular meetings and subgroup coordination.

In parallel, partners are collecting complementary materials to enrich the final deliverables, such as testimonials, photographs, and contextual case examples. Preparations are also underway for the third international workshop, scheduled to take place in Madeira in September 2025, which will serve to consolidate the project outcomes and facilitate final review. Communication actions continue through both the website and social media platforms, with informal monitoring of user engagement and outreach informing future adjustments.



## 2.3 Next Steps

In the coming months, the RESTART consortium will progress toward completing and validating all key deliverables defined under Work Package 1, including D1.2 (Conclusions of the Workshops), D1.3 (Guide for Sport-Based Rehabilitation Programmes), D1.4 (Awareness Protocol), and D1.6 (Report on Partner Cooperation).

The third and final transnational workshop, to be held in Madeira in September 2025, will serve as a platform to review these outputs collectively, gather final feedback, and ensure alignment before official submission.

## 2.4 Transferable Methodology

The project has generated several useful models and processes that can be replicated:

- A shared template to analyse good practices.
- A co-design methodology with transnational, interdisciplinary input.
- Participatory international workshops combining clinical and sport-based practices.
- Use of digital coordination tools for teamwork.
- Gender-balanced team configurations to ensure inclusivity.

## 3. Conclusions

The RESTART Project is proceeding according to plan. It has already delivered foundational elements in terms of coordination, content generation and dissemination, while working toward key outputs with active participation from all partners.

The digital communication strategy has contributed to visibility and stakeholder engagement, while the methodological tools and co-design process are proving effective in bridging gaps between health, social and sport sectors. The next steps will consolidate the project's outputs and strengthen its capacity to inform other services and initiatives across Europe.