

**BSW REPORT**  
**KICK-OFF MEETING 18-19/03/2025**

**Tuesday 18 mars :**  
***Start of trading at 14h30***

Follow-up presentation and start with everyone's introductions.

- Charlotte begins the presentation of her organization, etc.
- Presentation of Adam, who has worked on a number of European projects.
- Presentation of Fabio and Rita, they develop a lot of activities for the general public, Rita takes care of the coordination of the swimming pool and others, has already participated in European projects = presentation of their video presentation of the city of Agueda.
- Alain introduces himself and presents the LCSE and the actions we carry out throughout the year.
- Arthur and Elyza introduce themselves

Alain resumes the presentation of the Gymno'bus and its history.

Adam asks how the idea came about and why. Alain explains that it's difficult to do sport outside work. The problem today is that many organizations don't see physical activity as a way of combating sedentary lifestyles and RSI. Many solutions exist within companies for a variety of problems, but few for employees' physical health.

Adam points out that there are no such solutions in his country. And that this could be a good solution to address the various issues in his country.

For D1.1 = Adam proposes to make an initial selection of devices, using a specific tool. We will then arrange a videoconference to make a selection.

Elyza must inform the project officer of this method and of any changes in dates, etc.

For his step 2 = Adam wants to review with us how to build the focus groups, choosing according to those he has already = during the videoconference in a month's time. For the focus groups, he needs to interview people who have tested the Gymno'bus = we need to interview 2 employees from 3 companies = we need 6 interviews in all. He'll give us the questions to ask during our discussion.



For quantitative: test results on 50 employees

He sends us the qualitative and quantitative methodology and report at the same time.

The Gymno'bus will be delivered to Portugal during the week of July 15, and the LCSE will pick it up in mid-September. Meeting 2 will take place at the same time.

We'll let the project officer know about the deadlines = the two interviews will be one and not two. D1.2 and D1.4 to explain to the project officer that it will be together and not separately. Because the gymno'bus is going to Portugal, etc.

- Send poster and Portuguese translation.
- Cover Adam's travel expenses.
- Set a date for the videoconference with Adam.
- Ask the project officer if we can do 5 companies more regularly than 10. For more qualitative feedback
- Draw up a sample session program for the Portuguese.

***Meeting ends: at 6 p.m.***

***Wednesday March 19: Discover the Gymno'bus and its installation and storage process.***

