

MOVEUP Pilot Event in Pristina, Kosovo

Testing the MOVEUP Concept and Sport Manuals

Executive Summary

The MOVEUP pilot event held in Pristina, Kosovo, served as a key milestone in testing the MOVEUP concept, training framework, and sport manuals. Organized by the Football Federation of Kosovo (FFK), the event gathered 62 participants, including approximately 45 individuals living with chronic health conditions (CHC) such as type 2 diabetes and hypertension. The pilot validated the MOVEUP model of inclusive sport and provided valuable insights into the organization of adapted physical activities within community settings.

1. Context and Organization

The pilot event took place at Primary School 'Xhemajl Mustafa' in Pristina and was organized under the coordination of the Football Federation of Kosovo. The main purpose was to test the MOVEUP Sport Event Management Manual and the Train the Trainers Manual, both designed to promote inclusive sports for individuals with chronic health conditions. The event included three adapted sports: Walking Football, Walking Basketball, and Catchball — all selected for their accessibility, safety, and social engagement potential.

2. Preparation and Safety Measures

Participants were recruited through collaboration with local health institutions and medical professionals, ensuring proper screening before participation. The FFK team implemented several safety measures, including barrier-free access, adapted equipment, and structured rest breaks. On-site medical staff monitored participants' health indicators such as heart rate and blood pressure throughout the event. Volunteers received short but focused training on adapted sport methodology, safety procedures, and first aid.

3. Participant Feedback and Impact

Feedback collected from participants was overwhelmingly positive. Most reported enjoyment, comfort, and confidence in engaging with physical activity. For many, this was the first time they had participated in a sport activity since their diagnosis, making the sense of inclusion and empowerment particularly meaningful. Participants highlighted reduced stress, improved mood, and increased motivation to remain active after the event. The supportive environment, friendly competition, and social interaction contributed to the success of the pilot.

4. Challenges and Lessons Learned

The pilot also identified several challenges, including limited public awareness about adapted sports, maintaining communication with healthcare providers, and ensuring an adequate number of trained volunteers. The organizers suggested implementing pre-event orientation sessions for CHC participants, as well as flexible participation formats to

accommodate different physical conditions. These lessons have informed proposed updates to the MOVEUP manuals, particularly regarding best practices for recruiting and supporting participants with chronic conditions.

5. Collaboration and Sustainability

The collaboration between partners was effective, with clear communication and shared objectives across the consortium. The event also strengthened partnerships between schools, health centers, sport clubs, and municipal authorities, paving the way for sustainable, community-based adapted sport programs. Following the pilot, FFK committed to integrating Walking Football and other adapted sports into its long-term social responsibility initiatives.

6. Conclusion

The MOVEUP Pilot Event in Pristina successfully demonstrated the feasibility and impact of the MOVEUP framework in promoting physical activity among people with chronic health conditions. With 62 participants actively engaged, the event validated the sport manuals, reinforced the value of inclusive sport, and highlighted the importance of social connection and health promotion through movement. The experience will serve as a foundation for future MOVEUP events and for expanding the project's impact across Europe.

The movie <https://youtu.be/yOVH21bKEXc?si=SF-II2081AW25fQA>