



REPORT

Project Team Meeting M2

1–2 May 2026
Modena, Italy

The M2 Project Team Meeting was held as planned on 1 and 2 May 2026 in Modena, Italy, in accordance with the agreed Agenda. 18 representatives of all project partners attended the meeting:

- **PK Tara (Serbia):** 4 persons (Ranko Milanović, Nenad Lečić, Obrad Pavlović, Dragana Jovašević)
- **HUCUK (Croatia):** 4 persons (Željko Gardlo, Marko Marković, Darija Vranešić Bender and Nikša Turk)
- **UKUKS (Serbia):** 3 persons (Olivera Ćulibrk, Nada Brković and Luna Milenković)
- **Il Cassetto dei Sogni (Italy):** 7 persons (Elisa Guerzoni, Fabiano Cipressi, Ida Alberghini, Kristian Imovilli, Carlotta Nommis, Silvia Morellini, Maurizio Messorè)

Following the welcome address by host Elisa Guerzoni, Ranko Milanović presented all work carried out between the two meetings, with a special focus on the implementation of the survey on sports and physical activity participation among people with IBD, as well as on dissemination activities.

Presentation of Results from National Analyses on IBD Population Participation in Sport and Physical Activities

Participants were given an explanation of the survey implementation process, from question formulation and response collection to data analysis and presentation of results. The role and importance of the external partner AMICI — the national association of people with inflammatory bowel disease from Italy — was explained. Comparative survey results for all three project countries were presented, along with key findings and conclusions.

Key findings:

- IBD reduces the level of physical activity
- Fatigue is a structural problem
- One of the key barriers is the lack of toilets.
- Systemic lack of information – advice on physical activity participation from medical professionals.
- The prevailing view is that sports instructors are not prepared to work with people with IBD.



- There is a gap between awareness of the importance of physical activity and actual participation.
- Low-intensity individual activities are preferred.
- There is great potential and community openness for future activities.

Recommendations:

- Development of tailored educational modules for sports professionals
- Development of adapted physical activity programmes
- Development of materials for medical professionals
- Respect demographic heterogeneity

Discussion on Methodology and Definition of Chapters for Adapted Sports Programmes and Guide Development

The chapters for both publications were reviewed and corrected again. Olivera Čulibrk will communicate and coordinate with the designer to determine the final deadline for submitting completed texts. In the meantime, the following timeline applies:

- 15 May: Definition of sports/activities to be presented.
- 15 June: Submission of the first draft text.
- 1 July: Submission of the final text.
- 15 August: Layout and design completed.
- 15 September: Publications printed.
- 30 September: Deadline for report submission.

Distribution of roles:

GUIDE FOR PEOPLE WITH IBD: The work will be coordinated by Olivera Čulibrk and Ranko Milanović. Specific chapters will be covered by experts in the respective fields. Gastroenterology advice: Dr Zoran Milenković and Dr Nikša Turk. Nutrition and supplementation: Dr Darija Bender Vranešić and Nemanja Đapić. Selected sports activities (step by step): those who conduct/practise these activities. Psychological support and motivation: Uroš Rajaković and Jadranka Orahovec.

GUIDE FOR SPORTS ORGANISATIONS AND PROFESSIONALS: The work will be led by Elisa Guerzoni. She needs to receive the basic (working) version of the guide for people with IBD as soon as possible, as the general sections will be adapted based on it.

Definition of Candidate Selection Criteria and Methodology for Training Sports Professionals

The call for sports professionals' training will be public and should be published by the end of September at the latest. The selection of candidates should be completed in the second half of October. Selection criteria to be considered: formal education, experience in the relevant field, experience working with marginalised groups, and holding an appropriate licence.



Development of the Training Concept for Sports Professionals

The trainings will be two-day events with a minimum of 10 participants per country. They may be recorded to be made available online afterwards. Each partner will conduct the training for their own country, and the training concept will be based on the content of the publications.

Planning of Workshops for the IBD Population

Workshops for people with IBD will be one-day events with at least 20 participants per country. Essentially, these should be motivational workshops that will present the project results to the IBD community, provide instructions for safe sports participation, and highlight the benefits of physical activity. If there is greater interest, more than one workshop may be organised.

Practical Activities

Luisa Malaguti, a person with IBD and a licensed instructor, presented via video link the concept and benefits of biodanza.

Silvia Morellini, a licensed instructor, explained the concept and benefits of Laughter Yoga and gave a practical demonstration of how it is performed.

Maurizio Messori, a licensed instructor, presented the therapeutic role, significance, and practical implementation of the "Rhythm and Percussion" programme for physical activity and people with IBD.

Definition of the Action Plan for Upcoming Project Activities

At the end, the conclusions of the meeting were summarised and a timeline was drawn up for the implementation of the upcoming activities.

In addition to the working sessions, a visit to Fieri di Modena, including the Sport Village, and a tour of the historic centre of Modena were organised.

Link to presentations

<https://drive.google.com/drive/folders/1dXMw0wO2uwHNGILGu4JFHapRnbUOjpKn?usp=sharing>

Meeting evaluation

Project coordinator contact: Ranko Milanović +381 64 847 5386
rankomilanovic@yahoo.com