

The RESTART project, formed by five partners from Spain, Italy, Portugal and Austria, aims to promote the practice of rehabilitative sport in therapeutic services for people suffering from traditional and modern digital addictions.

Rehabilitative sport consists of basic sports and physical activity training programs to increase motivation, self-esteem, self-confidence, limit setting and, at the same time, promote the health and well-being of people undergoing addiction recovery treatment.

In connection with the European Union initiative "HealthyLifeStyle4All", RESTART is launching a cycle of three transnational meetings where partners can exchange their experience and best practices in promoting the practice of rehabilitative sport to support people with addictions in their recovery and social inclusion treatments.



**Funded by
the European Union**

Sport, Rehabilitation and Addiction Recovery | Project RESTART

March 26-27, 2025




RESTART

Program – March 26 and 27, 2025

Sport, Rehabilitation and Addiction Recovery
| Project RESTART

WEDNESDAY, 26 MARCH 2025

 **Fundació Hospitalàries Sant Boi. FIDMAG Training Room**
C/ Dr. Antoni Pujadas 38, 08830 SANT BOI DE LLOBREGAT

- 9:30 to 10 h **Presentation of the different project partners**
By RESTART Steering Committee members
- 10 to 10:15 h **Institutional welcome**
By **Dr. Joan Orrit**, manager director of Fundació Hospitalàries Sant Boi; **Dra. Salut González**, 5th Deputy Mayor of Sant Boi City Council; and **Sor Teresa Iñiguez**, superior of FH Sant Boi
- 10:15 to 12 h **Fundació Hospitalàries Sant Boi programs**
Acute/Dual Pathology – Program with a commitment to physical activity
by **Santiago García**, psychiatrist at FH Sant Boi
Medium and Long Stay – Transit program in the community,
by **David Franquelo**, social educator at FH Sant Boi
Adolescents Area – The power of sport in the mental health of adolescents
by **Andrea Rodriguez**, social educator at FH Sant Boi
Catalan Network of Smoke-Free Hospitals – Implementation of the program, GOLD level, at Fundació Hospitalàries
by **Isabel Feria**, head of Methodology and Research at FH Sant Boi
International Protection Center – Reception of refugee families
by **Iván Pérez**, coordinator of AER and Volunteering at FH Sant Boi.
- 12 to 13 h **Sports activity and visit to the center**
- 13 to 15 h **Working lunch** at Pati de les Palmeres
- 15 to 18 h **Working groups**
- 20 h **Social dinner**

THURSDAY, 27 MARCH 2025

 **Edifici Salvany, Departament de Salut (4th floor, room 4)**
C/ d'Aragó 330–332, 08009 BARCELONA

- 9:30 to 10:30 h **Inaugural conference**
Social prescription: from Primary Care to Addictions.
By **Dr. Joan Colom**, General Subdirector of Addictions, HIV, STIs and Viral Hepatitis.
Agència de Salut Pública de Catalunya.
- 10:30 to 11 h **Coffee break**
- 11 to 12:15 h **Intervention**
First-person documentary “Línea de Salida”
Sport2live program,
by **Eduard Torras**, Sport2live's general director.
- 12:15 to 13 h **Damage reduction**
Fight4Fun program,
by **Josep Rovira**, director of the Drug Area of the ABD Group.
Esportsalus Addictions Program,
by **Mariona Corbella**, director of the Esportsalus Foundation.
- 13 h **Farewell lunch**

With the support of Departament de Salut

 Generalitat de Catalunya
Departament de Salut

Map of countries participating
in the RESTART project

Austria
Spain
Italy
Portugal



 **Fundació Hospitalàries**
Sant Boi