

TOOLKIT

PROACTIVE

PROMOTING OUTDOOR
ACTIVITIES FOR ADULTS WITH
INTELLECTUAL DISABILITY AND
THEIR FAMILY CAREGIVERS.

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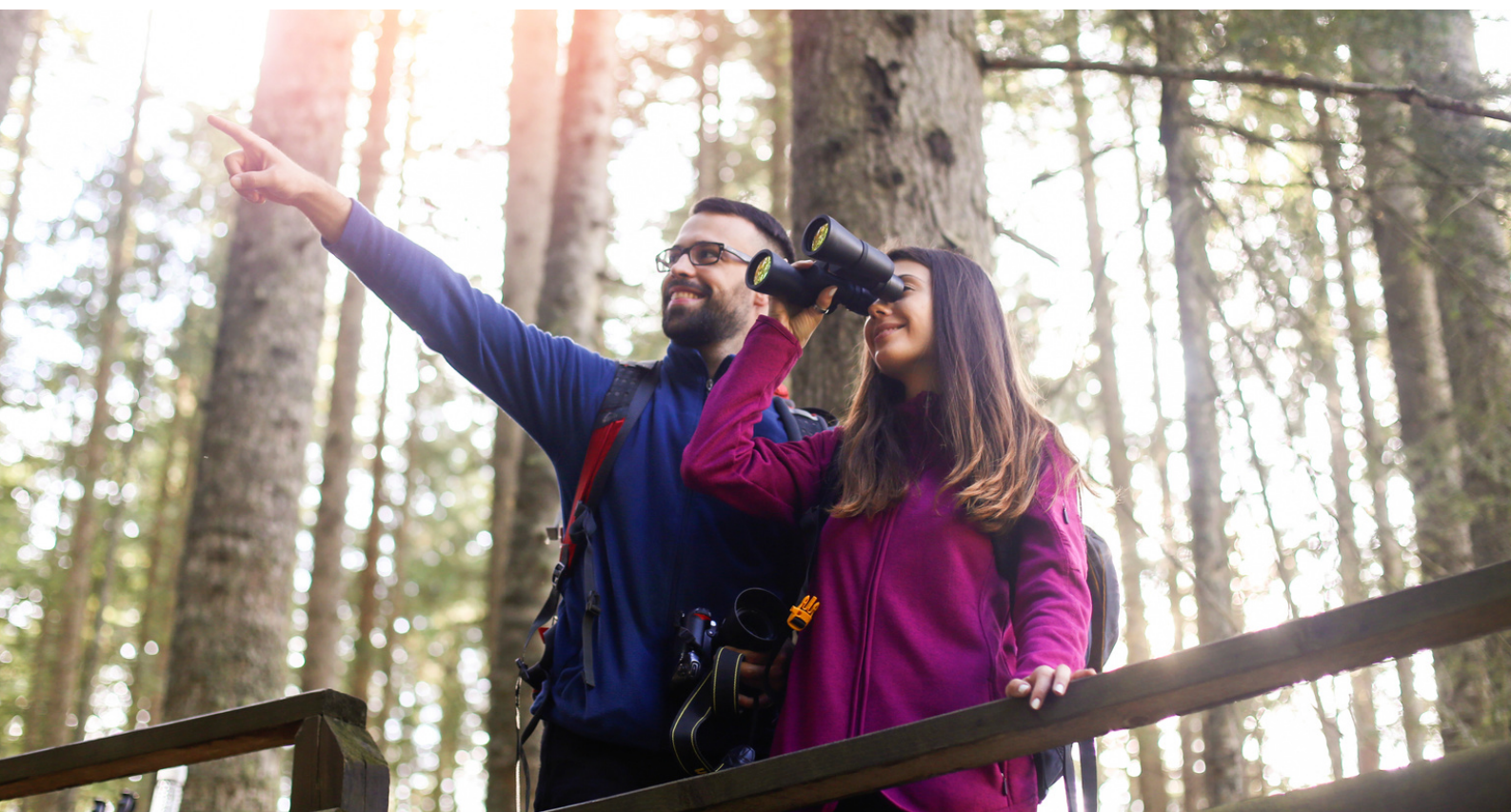
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PROJET: PROMOTING OUTDOOR ACTIVITIES FOR ADULTS WITH INTELLECTUAL DISABILITY AND THEIR FAMILY CAREGIVERS - PROACTIVE. NR. 2021-2-ES01-KA210-ADU-000047965



1.

INTRODUCTION

The general objective of PrOActive is to exchange good practices between partners from Spain, Italy and Greece to strengthen the commitment of adults with intellectual disabilities (ID) and their families to outdoor activities.

The European Union recognised the need to include mental health among the priorities of the public health agenda, especially since the Commission's Green Paper on Improving Mental Health in 2005. Furthermore, one of the priorities of the European Strategy for the Rights of People with Disabilities (2021-2030) is Improving access to art and culture, recreation, leisure, sport, and tourism.

To support this strategy, it seemed crucial for the partners to exchange good practices for outdoor activities by and for adults with ID and their relatives, and accomplish the following:



TO STRENGTHEN THE COMMITMENT OF PEOPLE WITH ID AND THEIR FAMILIES IN OUTDOOR ACTIVITIES;



TO IMPROVE SOCIAL PARTICIPATION AND VISIBILITY OF ADULTS WITH ID AND THEIR FAMILIES THROUGH OUTDOOR ACTIVITIES;



TO PRODUCE A NETWORK OF PARTNERS AND, BY EXTENSION, A COMMUNITY TO DEVELOP KNOWLEDGE AND SKILLS RELATED TO STRENGTHENING THE COMMITMENT OF ADULTS WITH INTELLECTUAL IMPAIRMENTS AND THEIR FAMILIES' COMMITMENT TO SPORTS ACTIVITIES.



Project results



Partners will produce the following results to achieve the objectives mentioned above:



1

RESEARCH

carried out by analysing questionnaires to understand the needs of adults with intellectual disabilities and family caregivers in participating and organising outdoor sports activities



2

TOOLKIT

Creation of a toolkit of good practices to strengthen the commitment of adults with intellectual disabilities and their families caregivers to outdoor activities



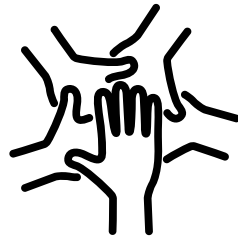
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OUTDOOR EVENTS



Organisation and implementation of outdoor activities and events





GRUPO FUNDACIÓN SAN CEBRIÁN

The San Cebrián Foundation Group is an association that has been working for almost 40 years so that people with intellectual disabilities and their families have a good quality of life. Our mission is to offer the necessary support so that people with intellectual disabilities can carry out their life plan as any other person.



ASD TREKKIFY

The Association's primary aim is to bring beginners closer to trekking and outdoor activities, raising awareness about environmental issues and healthy lifestyles. Furthermore, Trekkify's sports experiences are aimed at promoting sustainable development, integration and social inclusion.



GREEK CARERS NETWORK EPIONI

Epioni's aim is to support individuals who work as informal, unpaid carers of family members or friends who are struggling with physical, intellectual or mental illness, disability or addiction. Our services include providing information about health issues, sharing good practices, and providing carers with practical advice and emotional support.





2. GOOD PRACTICES IN ITALY



WWW.TREKKIFY.IT



Hi-Ability (Toolkit for educators)

Hi-Ability wants to "open the doors to new spaces of education", promoting an education for autonomy, independent and inclusive life, in a context still not very accessible such as hiking and eco-tourism.

Outdoor activities



Super-able mountains

Every year Trekkify organizes a full day of outdoor activities and inclusion where all the participants can discover the local natural heritage. 'Montagne Super-Abili' is the name given to the format of the event: tens of people coming together and spending quality time together, no matter what their abilities or disabilities are.

Outdoor activities; Inclusion



Hiking Project - The mountain in 4 seasons

The project was implemented by Association 'Autismo è' (Association for autistic people and their families) for the development of social and personal skills through trekking and outdoor experience.

Trekking; Hiking



VIS inclusive Stronger together

The aim of the project is to initiate children and adults with mental disabilities and Down syndrome into the practice of basketball and is aimed at four different age groups.

Inclusion; basketball



Taste hunting in Celadina

This initiative has been organized by the Centro Diurno Disabili di Celadina (Celadina Day Care Center for people with disability) with the aim of developing the sense of socialization of people living in neighbourhood while promoting social inclusion.

Taste hunting



HI-ABILITY – DEVELOPING SOCIAL AND PROFESSIONAL SKILLS THROUGH OUTDOOR EXPERIENCES (TOOLKIT FOR EDUCATORS)

www.hi-ability.eu

Hi-Ability wants to "open the doors to new spaces of education", promoting an education for autonomy, independent and inclusive life, in a context still not very accessible such as hiking and eco-tourism. The general objective is to promote the empowerment and the social inclusion of people with intellectual disabilities (PWIDs), by enhancing their abilities in the field of outdoor touring and hiking.

The Hi-Ability methodology focuses on the training of people with intellectual disability as assistants to professional guides for outdoor tours.

In the framework of the project, the Toolkit Hi-Ability for educators, a guide for adult educators to apply the principles of adult education in the field of environmental education and outdoor learning with vulnerable learners, has been created.

The Toolkit and all the other project results (Hi-Ability App, Hi-Ability Green Guide, Policy recommendations and guidelines for transferability) are available in English, Italian, Croatian and Greek in the project website

Description of the activity

This good practice focuses on Module 1 of the Toolkit. The Module "Environmental Education for social inclusion" aims at exploring the principles of Environmental Education (EE). EE has a great value for social inclusion as it helps individuals, communities and organizations to be familiar with their surrounding environment and to acquire knowledge, skills, experiences but also determination.

This Module also aims to understand its benefits for people with intellectual disabilities. Indeed, thanks to EE it is possible to build on the principles of sustainability, focusing on how people and nature can exist in productive harmony.

Annexes nr.1-2 and 3 can be used as activity templates for deepening the knowledge on EE and/or implementing the practical activities.

- **Annex 1: Animal Tombola**
- **Annex 2: Five senses**
- **Annex 3: The colours of emotions**



Where?

Hi-Ability was co-funded by the Erasmus+ Programme of the European Union. It was implemented by 6 partner organisations across Europe: Trekkify, Controvento, EPIONI, Eposy Fylis, HLA, EASPD. The project activities were implemented in Italy, Greece, Croatia and Belgium.



Who to involve?

Hi-Ability involved professionals working in the field of intellectual disability and organizations experienced in the field of outdoor education



SUPER-ABLE MOUNTAINS (MONTAGNE SUPER-ABILI)

www.trekkify.it/montagne-super-abili/



Every year Trekkify organizes a full day of outdoor activities and inclusion where all the participants can discover the local natural heritage. 'Montagne Super-Abili' is the name given to the format of the event: tens of people coming together and spending quality time together, no matter what their abilities or disabilities are.

The first edition of the event gathered around 120 participants (people with/without intellectual disabilities, professionals/educators working with people with intellectual disabilities, sports organizations).



Description of the activity

The following activities are carried out during the event:

- Round table on the local good practices based on the empowerment of people with intellectual disability through outdoor education.
- Workshops: organization of workshops (eg. paper recycling workshop, orienteering workshop) designed to empower people with intellectual disability learn more about environmental topics.
- Hiking tours in the rural areas to discover the local natural heritage.

All the activities are free and addressed to people with/without disability.



Where?

Foligno, Italy



Who to involve?

Trekkify, in collaboration with local hiking clubs, organizations working in the field of social inclusion of people with intellectual disability, people with intellectual disability and their families/caregivers.

HIKING PROJECT - THE MOUNTAIN IN 4 SEASONS

www.autismo-e.it



The project was implemented by Association 'Autismo è' (Association for autistic people and their families) for the development of social and personal skills through trekking and outdoor experience.

A total number of 4 hiking tours were organized, one in each season (e.g. snowshoeing in wintertime, night hiking in summer etc).



Description of the activity

The methodology envisaged the preparation of a tailored-made programme for each participant. In addition, for each hiking, participants were provided with specific details related to the implementation of the activity (What am I going to do? Where will I go? What will I need to bring? How long will the hiking last?). Together with the hiking activity, a personal autonomy development and enhancement programme was carried out. In fact, since people with autism may have difficulty in gaining autonomy skills, the project envisaged the realization of training activities aimed to support people with ASD to develop autonomy skills (e.g. dressing and undressing; prepare the backpack etc).



Where?

Orobie Alps, Italy



Who to involve?

People with intellectual disability, their families/caregivers, professionals and volunteers working with people with intellectual disability, professional hiking guides.



The aim of the project is to initiate children and adults with mental disabilities and Down syndrome into the practice of basketball and is aimed at four different age groups.

The main objective of the project is to raise awareness of the importance of a team sport, such as basketball, for people intellectual disability.



Description of the activity

All project participants have the chance to put themselves to the test through coordination exercises, to improve knowledge of the different parts of the body etc and learn the basic rules in basketball.

The activity plays a key role in the empowerment of participants and the development of their social, interpersonal and communication skills.



Where?

Ferrara, Italy



Who to involve?

VIS2008 Basket club, Format Ferrara Asd, Italian Paralympic Committee (CIP), FISDIR, Italian Federation of Relational Intellectual Paralympic Sports



TASTE HUNTING IN CELADINA

www.bergamonews.it

Caccia ai Sapori in CELADINA

UNA DIVERTENTE CACCIA AL TESORO FRA LE VIE DI CELADINA ED IL PARCO BADEN POWELL

SABATO 26 SETTEMBRE

IL PROGRAMMA

Ore 14.15: Ritrova presso la sede del Centro Diurno Disabili BENEZI e Centro Socio Educativo INERBA (Via Pizzo Seola 1/C)

Ore 14.45: INIZIO 1ª PARTE CACCIA AL TESORO

Ore 16.00: MERENDA

Ore 16.30: INIZIO 2ª PARTE CACCIA AL TESORO

Ore 18.00: CONCLUSIONE CON PREMIAZIONE

Ore 19.30: SPERGENZA offerta dall'organizzazione

PREMI

1°: 6 Ingressi GARDALANO
 2°: 6 Ingressi ACQUAWORLD
 3°: 6 SKI PASS MONTE PORO
 4°: 6 Ingressi SANI SOLI
 5°: 6 Ingressi partita FOPPA PEDRETTI
 6°: 6 Buoni spesa LA BOTTEGA DI SIMONA
 7°: 6 Buoni B.S. AG. PASTICCINI (SERVUSONE)
 8°: 6 Biglietti cinema TEATRO GARAZZANI
 9°: 6 Buoni PIZZA BELLA NAPOLI 2
 10°: 6 FORNICE ... e tante altre sorprese

ISCRIZIONE ad offerta libera

An afternoon of games, riddles and fun challenges among the streets of Celadina between Bergamo and Seriate (Italy). Scavenger hunts, eating together, playing games: everything can become a pretext for socialisation and fostering social inclusion. The initiative aims to bring together people living in the neighbourhood and raise awareness about the topics of social inclusion and healthy food. Participants are divided into teams. The winning team receives prizes.



Description of the activity

An afternoon of games, riddles and fun challenges among the streets of Celadina between Bergamo and Seriate (Italy). Scavenger hunts, eating together, playing games: everything can become a pretext for socialisation and fostering social inclusion. The initiative aims to bring together people living in the neighbourhood and raise awareness about the topics of social inclusion and healthy food. Participants are divided into teams. The winning team receives prizes.



Where?

Celadina, Italy



Who to involve?

Celadina Day Care Center for people with disability, Turbomamme Association.

A photograph of a basketball on a court. In the background, a person is sitting on the court, and a basketball hoop is visible. The sun is low in the sky, creating a warm, golden glow. The text '3. GOOD PRACTICES IN SPAIN' is overlaid in large white letters at the bottom left.

3. GOOD PRACTICES IN SPAIN



Inclusive walk

This activity brings together people with intellectual disabilities and their families, as well as people from the local community, to participate in an outdoor walk together.

Inclusive walk



Picnic in the pool

During the summer, the organizations can put together group of families and people with intellectual disabilities by organizing a day of fun and togetherness. The activity consists of spending a day barbecuing at the pool.

Swimming pool; families



Popular games

In each country there are popular games which reflect the values and tradition of each culture. The organizations can carry out this activity for families and caregivers together with people with intellectual disabilities.

Tradition; popular games



Artistic expressions in our community

The idea of carrying out this activity emerged because within the organisations, many young people expressed the desire to carry out some artistic disciplines. This activity involves families, of people with disabilities, professionals and the local community.

Artistic; mindfulness



Going out in Palencia

For some people with disabilities it is difficult to organise their free time. They wish to spend this time like other young people of their age, e.g. going to the cinema, having a drink or watching a football match.

Cinema; pub; city



Every year, the organisation brings together people with intellectual disabilities from its network and their families, as well as people from the local community to share a day outdoors together.

The aim of the activity is to create a very large group of participants, more than 80, to enjoy the day as a sign of awareness. It is ideal then to combine the outdoor activity with the disability awareness campaign.



Description of the activity

The organisation establishes a team of professionals, people with intellectual disabilities and families. The organisation of the route also includes the following activities: agreements with the local community to formalise the route, notifying the local authorities of the activities to be carried out, the security forces, civil protection and the ambulance service. They also organise the route to give visibility to the activity through media releases, commercials and interviews on local television. In addition, the organisation elaborates posters to promote the event and some clothes (jackets) for the participating volunteers.



Where?

The activity can be carried out on any open-air route within the city that is easily accessible to all and that allows at least a distance of between 6 and 10 kilometres.



Who to involve?

The activity can involve people with intellectual disabilities, their families and people from the local community and neighbouring villages who would like to spend a day outdoor.

"IT IS A SPECIAL DAY WHERE WE GO OUT TO WALK WITH MORE PEOPLE AND MAKE VISIBLE WHO WE ARE AND THAT, LIKE THE REST, WE CAN PARTICIPATE IN OUTDOOR ACTIVITIES"



During the summer, the organization put together group of families and people with intellectual disabilities by organizing a day of fun and togetherness. The activity consists of spending a day barbecuing at the pool.



Description of the activity

To carry out this activity, it is first necessary to look for a local swimming pool or an organisation that takes care of people with disabilities. The activity is thought for families, caregivers and people with disabilities in order to offer a day together, participating in central activities such as a picnic or barbecue, and then the pool activity. As an alternative activity, after the meal, the organization proposes board games such as ludo, chess, cards, etc.



Where?

The activity is designed for a group of families and people with disabilities. The organization suggests a maximum of 12 persons. During the activities they are supported by a couple of professionals for logistic matters related to transport and support tasks.



Who to involve?

The activity involves people with intellectual disabilities and their families, local community and neighbouring community who wish to spend a day in the open air .

"WHAT BETTER THAN A DAY WITH FRIENDS, FAMILY AND PEOPLE WHO SUPPORT YOU AROUND GOOD FOOD AND THE POSSIBILITY OF A GOOD DIP. THE BEST OPTION FOR AN OUTDOOR ACTIVITY WITH THE ONES YOU LOVE THE MOST"



POPULAR GAMES

www.grupofundacionsancebrian.com



In each country, there are popular games that reflect the values and traditions of each culture. The organizations can propose this activity for families and caregivers together with people with intellectual disabilities.



Description of the activity

Together they will share a gymkhana of games divided in mixed teams. Players will have to support each other and compete as a team. These games take place outdoors, in accessible and comfortable spaces.

The activity will be promoted, through social networks, radio spots and ordinary mail to the families of the organisation. The material necessary for the development of popular games will be provided before the starting of the activities. The local administration, such as the municipality, will be notified regarding the activity and the venue that will be used.



Where?

The activity can be carried out in any open-air public space, any community space such as a park, a square... that enables the possibility to use the material necessary to carry out the popular game. Team are composed by assistants and people with intellectual disabilities. The venue must be comfortable and accessible.



Who to involve?

In this activity the organization involves people with disabilities and their families, as well as the local administration so that it is informed of the use of public spaces.

WHAT BETTER THAN A DAY WITH FRIENDS, FAMILY AND PEOPLE WHO SUPPORT YOU AROUND GOOD FOOD AND THE POSSIBILITY OF A GOOD DIP. THE BEST OPTION FOR AN OUTDOOR ACTIVITY WITH THE ONES YOU LOVE THE MOST"



ARTISTIC EXPRESSIONS IN OUR COMMUNITY

www.grupofundacionsancebrian.com



The idea of carrying out this activity emerged because within the organisations, many young people expressed the desire to carry out some artistic disciplines. This activity involves families, of people with disabilities, professionals and the local community.



Description of the activity

It is an activity that brings together families and people with disabilities with the aim of sharing an outdoor space for the development of body expression and well-being. The activity can be performed outdoors, for example in a public park. A professional will undertake some activities that consist of a mindfulness session, Zumba, etc. Each session lasts approximately one hour.



Where?

The activity can take place in an open-air public park.



Who to involve?

The organization, the organization's families, organizations professionals and residents of the community.

- PERSON WITH INTELLECTUAL DISABILITIES:** "FOR ME THIS MAKES ME FEEL ALIVE, I LOVE THE PART OF BODY EXPRESSION AND THE THEATER GROUP HELPS ME WORK ON MY SHYNESS."
- FAMILY:** "THE TRUTH IS THAT FOR ME IT IS PART OF MY FREE TIME, IT MAKES ME ENTERTAINED AND INTERACT WITH MORE PEOPLE."
- PROFESSIONAL:** " I RECONNECT WITH MYSELF AND IT HELPS ME SEE FAMILIES AND PEOPLE WITH DISABILITIES IN ANOTHER FACET"



GOING OUT IN PALENCIA

www.grupofundacionsancebrian.com



For some people with disabilities it is more difficult to organise their free time. They wish to spend this time like other young people, e.g. going to the cinema, having a drink or watching a football match. However, they may not be able to organise the activity or they may find it difficult to make friends. Therefore, activities are developed to encourage and guide them in acquiring these skills, enabling them to enjoy leisure time on an equal basis.



Description of the activity

Families and caregivers are encouraged to support them in the development of the activity. In addition, leisure groups are formed according to preferences.



Where?

It depends on the leisure activity chosen. In general, it can be carried out in any space where activities can take place such as: walking in the surroundings, strolling around town, going for a drink.



Who to involve?

Leisure technicians that work in the organisation, families and people with disabilities.

DAVID'S FAMILY: FOR ME THIS SERVES AS A BREATHER BECAUSE MY SON GOES OUT WITH FRIENDS AND I CAN DEDICATE THAT TIME TO MYSELF.

DAVID: I FEEL LIKE ANOTHER YOUNG MAN WHO CAN MEET HIS FRIENDS TO GO TO THE MOVIES OR HAVE A COKE

A close-up photograph of a person's hands holding a topographic map. The map is white with green and brown contour lines. The background is a blurred mix of red and blue. The text '4. GOOD PRACTICES IN GREECE' is overlaid in white, bold, sans-serif font in the bottom left corner.

4. GOOD PRACTICES IN GREECE



Socport

SocPORT was an Erasmus+ project that seeks to enhance the participation of the social sector and national human rights institutions in the fight against discrimination in sports. Its main objectives are to foster collaboration between these entities, conduct awareness-raising activities, and empower

Discrimination; Sport



Play Unified Special Olympics Hellas Outdoor activities

The Special Olympics Hellas Outdoor activities are a series of sports activities organised by the Special Olympics Hellas (Special Olympics Hellas). These activities are aimed at people with special needs and offer a unique opportunity for the development of their athletic abilities and the strengthening of their self-esteem.

Special Olympics Hellas Outdoor



The “Sports Festival of Inclusion”

This event, known as the 1st Sports Festival of Inclusion, aimed to promote equal opportunities for all individuals, regardless of any exceptions, while fostering acceptance of diversity.

Sport; inclusion



Therapeutic riding from Hi.K.E.R International Institute in Greece

Therapeutic horseback riding is a form of therapy that uses horses as a means to improve the physical, social and psychological condition of the people who follow it. Contact with horses can improve self-confidence, communication, mobility, concentration and awareness of the environment.

Horse riding; horse therapy



Swimming programme of NGO ESTIA in collaboration with the municipality of Filothei–Psychiko

"Estia" Day Centre, a facility dedicated to providing care and support for individuals with disabilities or mobility challenges, offers a range of activities and services aimed at improving their quality of life and facilitating their integration into society.

Integration programme



SOCPORT: PROMOTING PHYSICAL EDUCATION AND SPORT AS A FUNDAMENTAL RIGHT FOR INDIVIDUALS WITH DISABILITIES

www.socport.weebly.com

SocPORT was an Erasmus+ project that seeks to enhance the participation of the social sector and national human rights institutions in the fight against discrimination in sports. Its main objectives are to foster collaboration between these entities, conduct awareness-raising activities, and empower them to engage in legal actions aimed at improving equal access to sports. The project serves as a platform to highlight exemplary approaches from various European countries at the international, national, and local levels. It demonstrates how Special Olympics, sports clubs, and NGOs can leverage sports as a means to foster tolerance and social inclusion, facilitating the exchange of knowledge among relevant stakeholders at different levels of engagement.

Description of the activity

Socport recognizes the importance of physical education and sport as a fundamental right for individuals with disabilities, as it not only promotes physical health but also enhances social integration and personal development. To this end, Socport organised a variety of physical activities and events that cater to the needs and interests of individuals with disabilities, such as adaptive sports games, yoga sessions, fitness classes, and outdoor excursions. These activities were designed to be inclusive, accessible, and fun, allowing individuals with disabilities to enjoy the benefits of physical activity in a safe and supportive environment.



Where?

Bosnia Herzegovina, Bulgaria, Greece, Serbia, Slovenia, Turkey



Who to involve?

Socport involved individuals with disabilities, their families and caregivers, volunteers, and staff members who work together to promote physical education and sport as a fundamental right for individuals with disabilities.

AS STATED BY THE NGO ERGASTIRI REPRESENTATIVE, ANY SKILLED COACH WHO DESIRES THE PROGRESS OF THEIR ATHLETES SHOULD MODIFY THEIR TRAINING PROGRAM TO EFFECTIVELY CATER TO THE REQUIREMENTS OF THE TEAM, PARTICULARLY WHEN WORKING WITH INDIVIDUALS WHO HAVE SPECIAL EDUCATIONAL NEEDS AND INTELLECTUAL DISABILITIES



PLAY UNIFIED SPECIAL OLYMPICS HELLAS OUTDOOR ACTIVITIES

www.specialolympicshellas.gr

The Special Olympics Hellas Outdoor activities are a series of sports activities organised by the Special Olympics Hellas (Special Olympics Hellas). These activities take place within the framework of the "Sports Adaptation in Society" programme and are aimed at people with special needs and offer a unique opportunity for the development of their athletic abilities and the strengthening of their self-esteem. The Play Unified campaign is a way to excite and engage young people to come out and play Unified Sports.

Description of the activity

Special Olympics Hellas Outdoor activities are a series of sports activities organised by the Greek Organization for Sports for Special Olympics Hellas and include various sports such as hiking, cycling, kayaking, canoeing, skiing and snowboarding.

The purpose of these activities is to promote the physical and mental health of people with special needs, encourage their social integration and promote their athletic performance. In addition, these activities aim to develop skills such as stamina, balance, cooperation and communication, as well as to enhance the self-confidence and self-esteem of these people.

Play Unified expresses the movement's ambition to be recognized as an inclusive community where people with and without intellectual disabilities (ID) have the opportunity to enjoy and appreciate each other's gifts, both on and off the playing field.

Play Unified activities are informal and could include pickup games, halftime Unified Sports demonstrations, basketball shooting contests, dancing contests, corn hole tournaments—any "unified" activity that's fun and fluid in nature, vs. competitive play.



Where?

Greece



Who to involve?

Educators in special education, trainers, coaches/mentors, guardians, carers, support circle and/or staff /personnel, relatives, immediate family and friends of people with disabilities.

"MY JOY THAT THE SPECIAL OLYMPICS TRACK AND FIELD TEAM WAS CREATED IS GREAT. I LIKE IT BECAUSE WITH THE TRAINING SESSIONS I AM IN GOOD PHYSICAL CONDITION. I GET TO MEET MY TEAMMATES AND MY COACH MORE OFTEN. AT THE COMPETITIONS I FIND MY FRIENDS BUT I ALSO MEET NEW ONES. WHEN THE SPECIAL OLYMPICS WORLD GAMES WERE HELD IN ATHENS AND I TOOK 1ST PLACE IN THE 200M I FELT VERY SATISFIED. MY PARTICIPATION IN THE GAMES HELD IN LOUTRAKI IN 2018 WAS A VERY SPECIAL MOMENT. "I FEEL PROUD AND I AM VERY HAPPY TO BE PART OF A HUGE FAMILY LIKE THE SPECIAL OLYMPICS."

STELIOS BIZAS- ATHLETE OF SPECIAL OLYMPICS



THE “SPORTS FESTIVAL OF INCLUSION”

www.ergastiri.org

In a collaborative effort, the NGO Ergastiri - Lillian Voudouri and the Municipality of Fyli came together to host a significant festival on Friday, May 12, 2023, at the "Livadi" Stadium of the Municipal Community of Fyli. This event, known as the 1st Sports Festival of Inclusion, aimed to promote equal opportunities for all individuals, regardless of any exceptions, while fostering acceptance of diversity.

Description of the activity

The aim of the "Ergastiri" is to provide support and assistance to people with disabilities and their families, to promote their rights and to improve their quality of life. Through activities and events, such as seminars, workshops, excursions and social events, the association promotes the integration of people with disabilities into society and contributes to the upgrading of vocational training and adaptation of these people.

The Sports Festival of Inclusion Witnessed the enthusiastic participation of numerous students from the High School of Fyli and trainees from the NGO Ergastiri.

Through the use of play and sports, the event aimed to combat discrimination and lay the foundation for the creation of an inclusive society.

During the festival, students of the High School of Fyli and trainees of the ergastiri - Lillian Voudouri, participated together in activities and sports, such as football, tennis, ball throwing, tug-of-war, tug-of-war and capoeira. All were rewarded with fun and strong positive emotions developed through these activities. At the end of the games and sports, symbolic awards were given to all the members of ergastiri who participated in the festival, as well as to the students and all the contributors who participated and worked for the perfect organization of the festival, while food and ice cream were offered to all participants.



Where?

Fyli, Greece



Who to involve?

Teachers, students, Policymakers, Special educators, Social workers, Physiotherapists, Occupational therapists, Volunteers.

"I AM VERY HAPPY TO BE AT THIS FESTIVAL AND IT IS THE FIRST EVENT IN WHICH I AM PARTICIPATING AFTER MY RECENT ELECTION AS PRESIDENT OF THE LOCAL COUNCIL OF THE MUNICIPALITY OF FYLI"

**GEORGE AVRAMIS
DEPUTY MAYOR OF MUNICIPALITY OF FYLI**

"THE PURPOSE OF THE FESTIVAL IS INCLUSION, I.E. NOT TO LEAVE ANYONE OUT AND FOR ALL CHILDREN, ALL PEOPLE, TO HAVE EQUAL OPPORTUNITIES TO ACCESS AND BE TOGETHER IN COMMON SPACES AND DO COMMON ACTIVITIES"

**NIKOLAOS KOUTSOUKOS
DIRECTOR OF FYLI HIGH SCHOOL**





**THERAPEUTIC RIDING
FROM H.I.K.E.R
INTERNATIONAL
INSTITUTE IN GREECE**

www.hellashippotherapy.com

Therapeutic horseback riding is a form of therapy that uses horses as a means to improve the physical, social and psychological condition of the people who follow it. Contact with horses can improve self-confidence, communication, mobility, concentration and awareness of the environment.

Description of the activity

At the Equestrian Club of Varibobi in Greece, there is a special area where professionals work with individuals who have intellectual disabilities. They have received training to specifically assist people with disabilities. These sessions take place on Tuesdays, Fridays, Saturdays, and Sundays and cater to both children and adults with neurological and developmental disorders. Therapeutic riding is a primary focus, and instructors who specialize in this field, such as physical, occupational, and speech therapists, offer a rehabilitation program where the horse is used as a therapeutic tool.

Therapeutic riding has numerous benefits for individuals with physical, mental, or emotional disorders or disabilities. The horse acts as an extension of their body and enables them to explore new experiences and emotions. Riding a horse or taking a walk in the countryside provides a sense of pleasure and independence. Additionally, the horse's gait mimics the human gait, which stimulates movement in the rider's body, similar to walking for those without disabilities. This helps strengthen the torso muscles of individuals with mobility issues, while the upright posture on the horse promotes proper breathing.

Therapeutic riding is a unique experience that differs from traditional treatments like gym exercises, physical therapy, and hydrotherapy. It allows individuals with disabilities to participate in an activity they might never have imagined themselves doing. The therapy sessions follow the Hi.K.E.R. approach, which means they are conducted within a structured educational framework focused on improving the functional skills of the participants. The children work in a highly organized environment that includes a multi-sensory setting, clearly designated action areas, and structured training programs incorporating visual aids and various goal-oriented activities.



Where?

Varipompi, Greece.



Who to involve?

Horse Rider, Occupational Therapist, Pshysiotherapist, Pshycotherapist, Speech Therapist.

THERAPEUTIC RIDING HAS HELPED MY SON WITH HIS BALANCE, SENSORY PROBLEMS AND IS THEREFORE A VERY PLEASANT EXPERIENCE.

IOANNIS MAKRIS



SWIMMING PROGRAMME OF NGO ESTIA IN COLLABORATION WITH THE MUNICIPALITY OF FILOTHEI-PSYCHIKO

www.eseepa.gr

"Estia" Day Centre, a facility dedicated to providing care and support for individuals with disabilities or mobility challenges, offers a range of activities and services aimed at improving their quality of life and facilitating their integration into society.

One of the prominent offerings at Estia is a weekly swimming program, exclusively available to its members in collaboration with the municipality of Filothei-Psychiko.

Description of the activity

Implementing a structured regimen of physical exercise and sports education holds great significance at ESTIA. Their involvement in sports events dates back to 1983 when they first participated in the "Special Olympics" games. Over the years, they have engaged in numerous competitions and sporting events, with notable achievements at the "Special Olympics" where their trainees showcased remarkable performance both nationally and internationally.

The benefits of this program include improving physical fitness (endurance, strength, flexibility), enhancing the cardiovascular, circulatory, and respiratory systems' functionality, addressing weaknesses in spine, neck, and hip support and posture, strengthening the body's immune system, activating metabolism for calorie burning, combating asthma, reducing stress, and fostering positive energy.

Every Tuesday from 10:00 to 12:00, 21 individuals with intellectual disabilities gather at the open Psychiko Swimming Pool for a two-hour session of exercise and enjoyment. This program is organised in collaboration with the Municipality of Filothei-Psychiko.



Where?

Municipality of Filothei–Psychiko, Greece.



Who to involve?

Social workers, psychologists, teachers, occupational therapists, speech and language therapists, physiotherapists, nurses.



4. CONCLUSIONS

The outdoor activities collected in this document facilitate the full participation of people with intellectual disabilities in society, towards a full recognition of their rights and the promotion of the *'Equality Union' of the EU Strategy for the Rights of Persons with Disabilities (2021-2030)*.

Sometimes people with disabilities tend to be segregated from social and cultural activities and it's more difficult to organize their free time and attend any social events. Through participation in inclusive outdoor activities, they can achieve several benefits, especially in terms of **socialization** (new relationships; improvement of communication skills, mutual support, teamwork) **leisure time** (understanding their own interest, new hobbies, management of time), and **physical and psychological perspective** (improvement of motor skill, reduction of anxiety and improvement of attention, improvement of psychological feelings).

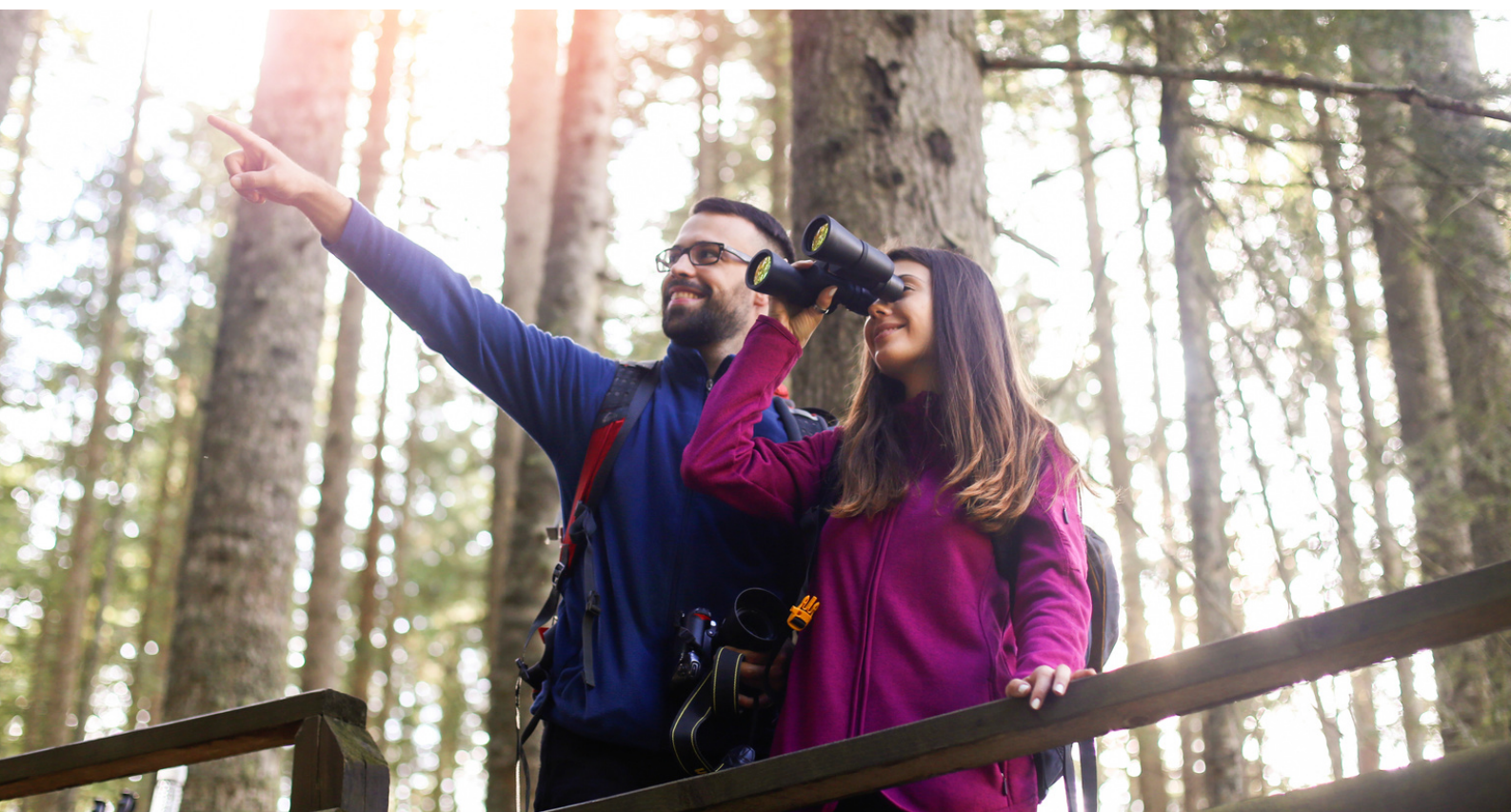
The toolkit, which can be used by different organizations specialized in outdoor education and/or social inclusion, offers **several hints and tips** on how to organize different inclusive outdoor activities.

Nevertheless, many other factors must always be considered taking into account the different needs and interests of people. For example, we should consider that:

- Sometimes spending time outdoors can be a difficult challenge for some people with intellectual disabilities.
- Participants may have different types of disability and some of them may need more support. Plan activities in advance, taking into account the individual needs the types of disability.
- Depending on the area to carry out certain activities, it may be necessary to get permits in advance from the local authorities.

The document is addressed to the following types of organizations and it is intended as an inspiration for getting useful ideas:

- Outdoor education centres
- Organizations working with PWID
- Outdoor associations
- NGOs supporting people with mental health problems



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