

## JOIN US

### Become a Project Stakeholder and build an Inclusive Future Together

Do you share our vision for a sport that is accessible to everyone? Support a European initiative that opens the doors of sport to everyone, but especially to people with physical or intellectual disabilities.

#### Possible stakeholder categories

(this list is not exhaustive)

Organizations that care for people with disabilities

Schools & educational institutions Federations

Press and Media Volunteers and social workers

Local authorities & institutions Sports club

#### How do you become a stakeholder?

There are several ways to do so:

Testing and validation



Co-design of activities

Participation in events



Dissemination

Advocacy, awareness raising



Sustainability, replicability



[inclusivesport.project](https://www.instagram.com/inclusivesport.project)



[Inclusive Sport Project](https://www.facebook.com/InclusiveSportProject)



[Inclusive Sport Project](https://www.youtube.com/InclusiveSportProject)



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#### Partners are:



Romania



Slovenia



Italy

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# INCLUSIVE PLAY

SPORTS AS A  
PATHWAY TO  
EQUALITY



INCLUSIVE SPORT

Project 101243667 – Inclusive sport

Adapted fencing for children with disabilities: a European project that turns sport in to a tool for inclusion, well-being and personal growth.



Co-funded by  
the European Union

A project co-funded by the European Union.

# THE PROJECT

## Specific Objectives

1. Develop a comprehensive adapted fencing methodology for children with disabilities.
2. Train 10 coaches and PE teachers in inclusive fencing techniques.
3. Organise practical training sessions for at least 20 children with disabilities.
4. Produce 6 educational video lessons for coaches, teachers and athletes.
5. Facilitate knowledge exchange through 3 transnational meetings.

# KEY BENEFITS

## 360° Growth through Fencing



### PHYSICAL

Agility, coordination, strength & endurance.



### COGNITIVE

Strategic thinking, fast decisions, focus.



### EMOTIONAL

Self-confidence, resilience, stress management.



### SOCIAL

Mutual respect, teamwork, community.

# OUR VISION

## Why "Inclusive Sport"?

Children from disadvantaged backgrounds, young people with disabilities and those from migrant communities frequently face barriers to sport participation. Meanwhile, schools across Europe report rising stress and disengagement.

### SPORT AS AN ANSWER

- Improves academic perform
- Reduces stress & anxiety
- Fights social isolation
- Builds sense of belonging
- Promotes European cohesion
- Trains skilled professionals.

# TARGET

## Direct Target

- Fencing coaches and sports educators
- Children with disabilities

## Indirect Target

- Families of children with disabilities
- Schools and educational institutions
- Sports organizations and federations
- General public and media.

# THE DISCIPLINE

## "Physical Chess": fencing reimagined

Fencing is far more than a sport. It is a complete workout for both mind and body, developing a unique combination of physical, cognitive and emotional skills.

Every bout is a mental battle: anticipate, adapt, decide in fractions of a second.



Despite its many advantages, fencing remains under-promoted in Romania, Slovenia and parts of Italy. Inclusive Sport is here to change that.

# OUR APPROACH

Integrating sport into education to improve mental well-being, resilience and self-confidence. Not just recreation, but a pathway to personal growth.

**3**

Partner countries involved

**20**

Children with disabilities reached

**10**

Coaches & teachers trained