

RESPECT

Collection of Best Practices

April 2025

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Title: Recognizing Sport as a Powerful Tool for Inclusion

Programme: Erasmus+ KA2

Partnership

Coordinator: *TURKISH DISABLED SPORTS FEDERATION (TBESF)-Türkiye*

Partners:

Kyttaro Enallaktikon Anazitiseon Neon (KEAN)-Greece

Unione Sportiva Dilettantistica Maria Ausiliatrice (USMA)-Italy

International Youth Education Culture and Sports Association (IYECSA)-Turkey

Federation of Anatolian Youth (ANGEF)-Turkey

Smart Leap Education Research and Consultancy-Germany

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Partners involved in the elaboration of the document:

Participant No	Organization's name	Short name	Specify if involved
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2	KYTTARO ENALLAKTIKON ANAZITISEON NEON	KEAN	YES
3	UNIONE SPORTIVA DILETTANTISTICA MARIA AUSILIATRICE	USMA	YES
4	INTERNATIONAL YOUTH EDUCATION CULTURE AND SPORTS ASSOCIATION	IYESCA	YES
5	FEDERATION of ANATOLIAN YOUTH	ANGEF	YES
6	SMART LEAP EDUCATION RESEARCH AND CONSULTANCY	SmartLEap	YES

Target group of the deliverable: *young people with disabilities, sport clubs, NGOs*

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Introduction

The collection of best practices marks a significant milestone in the development of the RESPECT project. Its purpose is to enhance knowledge and understanding of effective inclusion practices in sports for young people with disabilities. This compilation serves as a comprehensive database of best practices for inclusion from various countries and organizations. All partners have actively contributed by identifying best practices within their national contexts and gathering initiatives from around the globe.

This initiative involves identifying and documenting the best practices in inclusive sports and physical activities. These practices are collected from existing programs and initiatives, as well as through other project activities. The primary aim of this document is to provide inspiration and guidance for sports clubs and organizations, helping them promote best practices and approaches to create inclusive sports environments. The main beneficiaries of the Collection of Inclusion Best Practices will be sports clubs and organizations that serve youth with disabilities.

Through promotional activities on our website, we aim to reach over 500 sports clubs and organizations. This collection will also indirectly benefit young people with disabilities who participate in these clubs and organizations.

For this aim, USMA developed a standard template module that partners could use between the first months of 2025 for their activities. Vigorous research has implied that partners should discover new practices in their context or elsewhere, aiming to create a comprehensive, solid compendium of best practices worldwide. The result is a complete, solid compendium, gathering all the best practices that will be used by all practitioners to find new approaches to implement activities focused in supporting people with different abilities.

About the partners

Turkish Disabled Sports Federation (TBESF)

The Turkish Physically Disabled Sports Federation (TBESF) is a national organization dedicated to promoting the active participation of individuals with physical disabilities in sports and social life. It organizes both national and international sports events to support the physical, mental, and social development of athletes with disabilities. TBESF has achieved significant success in Turkey by enabling thousands of disabled athletes to train and compete in 21 different sports branches, and proudly represents the country in international competitions, including the Paralympic Games. Its growing impact and visibility have contributed to changing perceptions about disability and inclusion in sports throughout the nation.

Kyttaro Enallaktikon Anazitiseon Neon- KEAN

KEAN is a non-profit association founded in Athens, Greece in 2005. The organization's ultimate goal is to upgrade the lives of young people and vulnerable social groups, combat social exclusion and poverty, and promote a better organized society with respect for human rights and the environment. The organization promotes the solidarity spirit through active participation in the design and implementation of social programs and actions aimed at vulnerable populations. Since its foundation, KEAN has gained substantial experience in projects and activities at national and European level, establishing reliable partnerships and collaborations with a range of organizations from the public and private sector. On RESPECT project KEAN is leading WP3 that focuses on the development of training materials for the inclusion of young people with disabilities in sports clubs. The target-group of the materials is trainers and coaches of sport clubs.

Unione Sportiva Dilettantistica Maria Ausiliatrice (USMA)

USMA is a multi-sport association based in the province of Padua, Italy. Founded in 1963, its main sports areas of involvement were football, volleyball, basketball, and gymnastics. With more than 800 members, USMA represents one of the most significant associations in the Province of Padua, providing a safe and healthy environment for people of all ages to engage in their society. USMA's commitment to promoting equality and inclusion through society is underlined by its participation in more than 15 projects under the Erasmus + and CERV calls, both as beneficiary and lead partner. On RESPECT project USMA commitment is to ensure the realisation of activities on the field, contributing to researches and deliverables realisation as well as supervising the Best Practices delivery.



International Youth Education Culture and Sports Association (IYECSA)

The International Youth Education Culture and Sports Association establishes partnerships with individuals and organizations that work on enabling and improving civil society activities. Its purpose is to contribute to the social, cultural, artistic, sporting, scientific, and professional development of young people, increase their active participation in social and economic life, involve them in decision-making mechanisms, develop sustainable youth policies, increase lifelong learning and their participation in the labor market, strengthen mutual understanding among young people, promote solidarity and tolerance.

IYECSA will contribute to the development of training materials and the implementation of training sessions for youth trainers. They will also be responsible for providing feedback on the training module.

Smart Leap Education Research and Consultancy (SmartLEap)

Smart Leap Education Research and Consultancy GmbH is a consultancy company based in Düsseldorf, Germany, providing expert support for the development and implementation of EU and UN-funded projects, as well as research, training, and capacity-building services tailored to the needs of civil society organizations, local authorities, and private sector partners. Smart Leap specializes in inclusive, rights-based, and sustainable solutions across education, employment, and social development fields.

Federation of Anatolian Youth (ANGEF)

Anadolu Youth Federation (ANGEF) is a civil society organization established in Ankara in 2007 with the participation of five NGOs with diverse missions. The organization's primary goal is to promote active democratic participation of youth in public and policy domains, while improving their competencies and promoting social inclusion of vulnerable groups in society. To achieve its goals, ANGEF conducts a variety of activities such as promoting democratic values, political participation, and social activism among young people. The organization also encourages volunteering and facilitates youth participation by implementing vocational educational programs, organizing seminars and conferences, and employing and expanding digital tools for competency development of vulnerable groups. ANGEF's working methods are based on active participation, non-formal education, intercultural dialogue, and cross-sectoral cooperation.




Collection of Best Practices

Description: Gathering good practices, currently adopted in your country which are easy to be replicated to include people with different types of disabilities.

Title	Zio Baskin Arena
Where	Udine, Italy
When	2021 - Ongoing
Sport	Baskin
Type of activity	Reshaping an area to allow the participation of disabled people in basking activities
Short description	<p>Situated in the quaint town of Tavagnacco, Udine, the Zio Baskin Arena exemplifies an inclusive playground designed for people of all abilities. Created by Arch. Cristina Franzil, this facility showcases the transformative impact of sport-focused solutions in fostering a friendly and engaging environment.</p> <p>The aim of the Zio Baskin Arena was to develop a playground that promotes inclusivity for children of all genders, including those with disabilities. Baskin, a sport derived from basketball, retains the essential goal of outscoring the opposing team. This dynamic sport embodies core values that merit broader recognition and promotion. The initiative caters to a wide audience, inviting anyone with an interest in basketball or baskin. It serves both those who actively participate in basketball and those eager to explore the exciting game of baskin. Through this project, the community has rallied together, united by a common love for sport and inclusivity.</p>
Lessons learned	<p>This initiative illustrates the significance of incorporating sustainable practices into community development. Zio Baskin Arena holds great potential for improving health. By promoting physical activity and creating an inclusive atmosphere, the playground fosters fitness, motor skill development, and overall wellness. Its emphasis on gender equality and inclusivity guarantees that everyone feels welcome and valued in this space.</p> <p>The Zio Baskin Arena has effectively combined sports, play, and inclusivity, making a meaningful impact on the community. With its carefully designed environment, dedication to sustainability, and support for both physical and social well-being, the playground has become a treasured part of the urban landscape in Tavagnacco, Udine.</p>

Link (if)	https://fondazionefriuli.it/comunicazione/news/nasce-un-campo-da-baskin-modello-di-integrazione/
Picture	

Title	Dynamo Camp
Where	Pistoia, Italy
When	1988 - ongoing
Sport	Therapies
Type of activity	Recreational Therapy programmes
Short description	<p>Dynamo Camp, founded in 1988 by actor Paul Newman, offers non-profit holiday stays for ill adolescents and their families, providing free Recreational Therapy programmes. The Camp features activities like climbing, horse riding, archery, and circus arts designed to boost confidence and improve quality of life. Over 600,000 participants, including siblings and families, have benefited. Located in the barrier-free "Oasi Dynamo," the Camp prioritizes safety with top medical care and qualified staff supervision. Activities promote social interaction, group spirit, and individual accomplishments, helping children escape daily challenges and build resilience. Dynamo Camp continues to expand its offerings to support more children with complex medical needs.</p>
Lessons learned	<ul style="list-style-type: none"> • Animal-Assisted Recreational Therapy: Horses, Mini-Farm, Mobility Dogs: <p>Dynamo Camp offers animal-assisted recreational therapy activities designed to provide diverse stimulation and enjoyment for children.</p>

	<p>Horseback riding, carried out with qualified staff assistance, allows children and young people with disabilities and specific needs to ride safely. The "mini-farm" activity provides children the opportunity to engage with farm animals and take part in naturalistic workshops. Additionally, through Mobility Dogs, children engage in activities with dogs, learning the basics of training or playing with the camp's mascots.</p> <ul style="list-style-type: none"> ● Recreational Therapy in Water: Many of the sick children hosted at the camp have never had the opportunity to experience water activities, as conventional pools are unsuitable for those with motor disabilities or inadequately heated for children with complex medical conditions such as sickle cell anaemia, where cold water can trigger crises. Dynamo's Water Recreational Therapy centre, equipped with wheelchair-accessible slides and maintained at a temperature of 33°C, enables these children to enjoy the positive stimuli and pleasure of water activities. <p>The camp's commitment to inclusivity ensures that children with disabilities or specific needs can fully participate in and enjoy these activities alongside their peers.</p>
<p>Link (if)</p>	<p>https://ledimoreedelquartetto.eu/portfolio/dynamo-camp-san-marcello-pistoiese-pt/</p>
<p>Picture</p>	


<p>Title</p>	<p>Magical bridge Playground</p>
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Where	Palo Alto, California, USA
When	2015 - ongoing
Sport	Multi-sport playground
Type of activity	Playground with different open air activities
Short description	The Magical Bridge Playground in Palo Alto, California, is a visionary project dedicated to establishing an inclusive and creative play environment. Developed and executed by the Magical Bridge Foundation, this playground can be found in Mitchell Park. The initiative seeks to offer a socially inclusive outdoor play area for individuals of all ages and abilities. It serves those with physical and cognitive disabilities, autism, as well as visual and hearing impairments, alongside medically fragile individuals and seniors. The community engagement process included the foundation's founders, local citizens, donors, and officials to ensure the space serves the entire community.
Lessons learned	<p>Magical Bridge Playgrounds are carefully crafted with distinct zones to enhance predictability for visitors. Each zone showcases different types of movement or play activities, such as spinning, swinging, sliding, imaginative play, music, and toddler-friendly equipment. These zones are connected and integrated smoothly, providing ample room for free movement between them. The playground features state-of-the-art structures and technologies, including a Magic Map, Laser Harp, Slide and Sit Landings, Hideaway Hut, Two-Storey Playhouse, Slide Mound, and more. With its appealing aesthetics, the Magical Bridge Playground is a vibrant part of Mitchell Park, attracting roughly 25,000 visitors monthly. Its influence on community wellbeing is significant, enhancing the physical, social, emotional, and mental health of various community members, including youth, seniors, vulnerable populations, and individuals with disabilities.</p> <p>The playground promotes community inclusion by serving as a gathering point for locals and hosting programs, outreach events, and performances. It includes wheelchair-accessible features, friendly surfaces, and accommodations for individuals with visual impairments, autism, and cognitive disabilities. This project supports sustainable development goals, notably Goal 3 (Good Health and Well-being) and Goal 11 (Sustainable Cities and Communities).</p>
Link (if)	https://www.magicalbridge.org/paloalto-playground

Picture

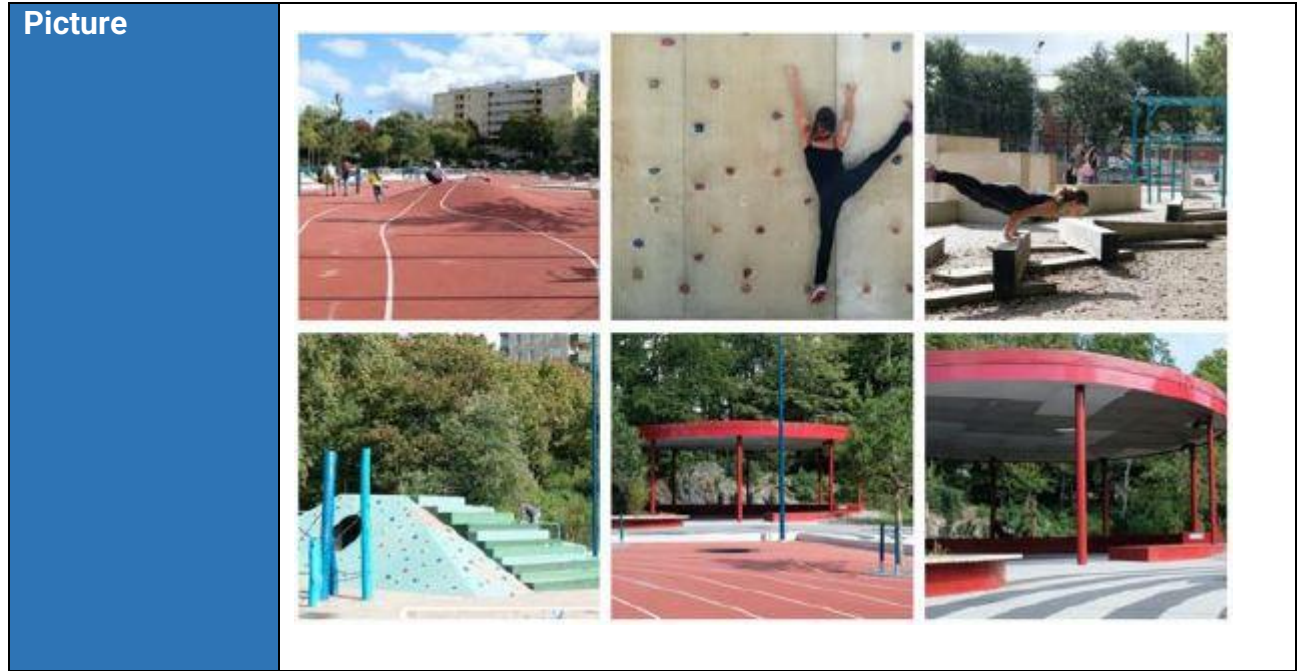


Title	Klöckner-Hase. Inclusive Playground
Where	Osnabrück, Germany
When	2023 - ongoing
Sport	Multi-sport playground
Type of activity	Playground with different open air activities
Short description	The Inclusive Playground in Hasepark, Osnabrück, Germany, was designed to cater to the needs of both families visiting from across the city and residents living in nearby districts. The focus on inclusion ensures that children of all abilities can enjoy and interact with each other in a welcoming and accessible environment. The project successfully integrated existing playgrounds, a football pitch, and additional sports facilities into a more comprehensive recreational area, maximising space and resource efficiency. By reconfiguring the park's pathways and shoreline, potential interactions between children at play and pedestrians or cyclists were minimised, ensuring a safer and more harmonious shared environment. The playground is equipped with inclusive play structures suitable for children of various ages and abilities. The design encourages interaction and connection among children, enhancing their social skills and understanding. Features such as wheelchair-accessible play panels and a painting wall allow children with disabilities to engage actively.
Lessons learned	The local children's and youth office hosted a "future workshop" to actively involve children and teens in the planning phase. Their feedback was considered, resulting in a playground that aligns with their desires and requirements. This collaborative approach fosters greater community involvement and a sense of ownership over the project.

	The success of the revamped Hasepark, with its focus on inclusivity and sustainability, is reflected in its appeal to families. It serves as evidence of the positive effects of creating recreational spaces that are both inclusive and environmentally conscious, encouraging social engagement, physical activity, and the overall well-being of all community members.
Link (if)	https://berliner-seilfabrik.com/en/inclusive-playground-in-osnabruck-germany/
Picture	

Title	Rågsved Motorikbana
Where	Stockholm, Sweden
When	2019 - ongoing
Sport	Football
Type of activity	Revitalizing an area for multiple sports, mainly football
Short description	The suburbs of Stockholm host a diverse population, with Rågsved—located south of the capital—being notable for its varied backgrounds. To meet community needs, local municipalities transformed an existing gravel park area into a gathering space for various age groups and social backgrounds. Despite its central location between Rågsved School and the main street Kumlagaten, the park felt unsafe and lacked recreational activities. The park's layout organises programmes around an internal runway, allowing side-by-side activities for multiple generations. In the western field, active facilities such as an artificial lawn, a parkour course, and areas for school physical education, including a long jump lane, are available. A lengthy

	<p>seating area is located opposite these athletic zones, while the main track features rubber flooring that encourages movement and play. The eastern section includes a pétanque area, a playground for children with disabilities, and a barbecue spot. Open to all ages, the park's second phase introduces a dance court, requested by local young women. This covered space features adjustable lights, comfortable seating, and a mobile-controlled sound system, making it ideal for performances, practice, and casual gatherings for people with disabilities as well.</p>
<p>Lessons learned</p>	<p>Rågsved motorikbana has transformed a previously unsafe area of Rågsved into a vibrant gathering spot for individuals of all ages and backgrounds. This change is driven by carefully crafted architectural solutions that stem from Kragh&Berglund's dialogue-focused approach to the park's redesign. The activity square's functions are adaptable, enabling them to be modified to align with the wants and needs of the Rågsved community, specifically designed for individuals with disabilities, who are the primary target to make this area accessible for everyone. The dance court demonstrates how the park's features can be tailored to ensure that locals can genuinely enjoy the space and are encouraged to return. Thus, Rågsved motorikbana is not merely landscape architecture; it embodies a dynamic design that can evolve to best serve its users' needs.</p>
<p>Link (if)</p>	<p>https://kragh-berglund.com/articles/public-space-that-makes-a-difference-2/</p>



Title	Sport4All Project
Where	İstanbul, Türkiye
When	2021 - Ongoing
Sport	Various
Type of activity	Education and Awareness
Short description	The Sport4All project, implemented by Spor İstanbul and supported by Erasmus+, aims to increase the participation of people with disabilities in sports activities. The project is the first grant programme awarded to a non-profit organisation in the field of sport in Turkey.
Lessons learned	<ul style="list-style-type: none"> • International support and cooperation are important to promote the participation of people with disabilities in sport. • Comprehensive training programmes and events should be organised to raise awareness and overcome barriers.
Link (if)	https://spor.istanbul/ Twitter: @sporistanbul Instagram: @sporistanbul

Picture



Title	Exercise and Sport for Disabled People: Vocational Project Activities
Where	İstanbul, Türkiye
When	2022
Sport	Various
Type of activity	Training and Application
Short description	This project, carried out by the students of the Physical Education and Sports Faculty of Istanbul Gelisim University, includes activities to increase the access of people with disabilities to sport and physical activity. The students organised various activities as part of the Vocational Project course.
Lessons learned	<ul style="list-style-type: none"> • The active participation of university students plays an important role in the encounter of disabled people with sport. • Supporting theoretical knowledge with practical applications is effective in improving the sports habits of disabled people.
Link (if)	https://sporbilimleri.gelisim.edu.tr/tr/akademik-anasayfa Twitter: @gelisimuni Instagram: @gelisimuni
Picture	

Title	Paralympic Athlete Development Programme
Where	Ankara, Türkiye
When	2022-2024


Sport	Athletics
Type of activity	Talent Development and Training
Short description	This programme, run by the Turkish Paralympic Committee, provides specialised training programmes and professional coaching services to help athletes with disabilities prepare for international competition.
Lessons learned	Professional and personalised training programmes play an important role in improving the performance of disabled athletes. Long-term and sustainable training programmes must be implemented to achieve international success..
Link (if)	http://paralimpik.org.tr/ Twitter: @paralimpik Instagram: @paralimpik
Picture	

Title	Unimpeded Happiness in Blue Waters
Where	Almanya, Leipzig
When	8 - 14 Mart 2024
Sport	Para Canoe and Para Rowing
Type of activity	Training and Application
Short description	This project, carried out by the Adana Provincial Directorate of Youth and Sports, aimed to ensure the socialisation of physically disabled people through sport. As part of the project, seven participants visited the SV HALLE sports club in Leipzig, Germany, and studied the practices of disabled sports there.
Lessons learned	<ul style="list-style-type: none"> Benefiting from the experience of countries with a long history of disability sport contributes to the development of local practices. International cooperation plays an important role in increasing the participation of people with disabilities in sport.
Link (if)	
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Title	Sport for Everyone, Everyone for Sport
Where	İstanbul, Türkiye
When	2020
Sport	Wheelchair Basketball
Type of activity	Multiplier Event

Short description	Organised by Istanbul Kent University as part of the Erasmus+ Sports project, the event featured a wheelchair basketball match between disabled athletes from Portugal and Romania and disabled athletes and students from the Municipality of Pendik. The event aimed to promote the participation of disabled people in sport and raise awareness.
Lessons learned	<ul style="list-style-type: none"> • Bringing together athletes from different countries encourages cultural exchange and the participation of disabled people in sport. • Universities taking an active role in such projects raise social awareness.
Link (if)	https://kent.edu.tr/
Picture	

Title	International Wheelchair Basketball Federation Eurocup 3- 2023, Eurocup 2-2024, Eurocup 3-2025)
Where	Yalova, Türkiye
When	2023-2024-2025
Sport	Wheelchair Basketball
Type of activity	All disabled athletes with different types of disabilities who can play wheelchair basketball came together. Polio, Spinal cord injury, amputee, hip dislocation ect.
Short description	Organised by Yalova University and Yalova Ortopedics Sport Club the event featured a wheelchair basketball match together with players from many European countries and disabled athletes and students from the Yalova City. The event aimed to promote the participation of disabled people in sport and raise awareness.
Lessons learned	<ul style="list-style-type: none"> • Bringing together athletes from different countries encourages cultural exchange and the participation of disabled people in sport.

	<ul style="list-style-type: none"> Universities taking an active role in such projects raise social awareness.
Link (if)	https://yufizyom.yalova.edu.tr/tr/Haber/Detay/euro-cup-2
Picture	 <p>The image shows a promotional poster for the EURO CUP 2024 Handicap 2 tournament, held from 7-10 March 2024 in Yalova, Turkey. The poster features logos for HSV, ASD, and STONES, and depicts two athletes in wheelchairs. Below the poster is a group photograph of award recipients, including students and staff, standing on a basketball court and holding certificates.</p>


Title	Hareket Et, Rengini Bul!. Move and find your color!
Where	Yalova, Türkiye
When	2022, 2023, 2024, 2025
Sport	Multiple disabled sports branch
Type of activity	Intellectual disabilities
Short description	<p>"Move and Find Your Color" Event</p> <p>Every year, we organize the "Move and Find Your Color" event, where we engage individuals with intellectual disabilities in sports activities tailored to their ability levels. As part of this event, students from Yalova University volunteer to participate in sports with children aged 6-18.</p>

Lessons learned	<ul style="list-style-type: none"> By combining sports and fun, we create an enjoyable and active experience for the children while also fostering social awareness by bringing university students and individuals with special needs together. Children and their families are introduced to different sports and become more aware of them.
Link (if)	https://yufizyom.yalova.edu.tr/en/Haber/Detay/hareket-et-rengini-bul-3-2
Picture	

Title	Women's National Amputee Football Team Establishment Project
Where	Ankara, Türkiye
When	Ongoing
Sport	Amputee Football
Type of activity	Women Amputee Individuals
Short description	Turkish Physically Disabled Sports Federation and Yalova University will collaborate. Women's Amputee Football is a sport that brings together female athletes with amputations, combining endurance, speed, and strategy. This sport allows women to overcome obstacles, pursue their passion for football, and compete on an international

	level. Especially young individuals affected by the earthquake are encouraged to participate.
Lessons learned	<ul style="list-style-type: none"> This event promotes inclusion, social awareness, and physical development while encouraging teamwork and supporting earthquake-affected youth through sports.
Link (if)	https://yufizyom.yalova.edu.tr/tr/Icerik/Detay/turkish-amputee-football-women-team
Picture	


Title	Blindenfußball (Blind Football) in Germany
Where	Various locations across Germany (Berlin, Stuttgart, Hamburg, etc.)
When	Ongoing since 2008
Sport	Football (Soccer)
Type of activity	Adapted team sport for visually impaired individuals
Short description	Blind football is organized through the German Blind Football League (DBFL) and follows IBSA (International Blind Sports Federation) rules. The game is played with a rattling ball, allowing players to track it

	<p>through sound. It is supported by the Sepp-Herberger-Stiftung, the German Football Association (DFB), and Deutscher Blinden- und Sehbehindertenverband e.V. (DBSV).</p>
<p>Lessons learned</p>	<ul style="list-style-type: none"> ● High-quality coaching and awareness training for referees and support staff are essential. ● Integration with mainstream football federations helps increase visibility and acceptance. ● Community engagement and local sponsorships sustain the program financially.
<p>Link (if)</p>	<p>https://www.blindenfussball.de/</p>
<p>Picture</p>	

<p>Title</p>	<p>Berliner Sportclub Inklusiv (Berlin Inclusive Sports Club)</p>
<p>Where</p>	<p>Berlin, Germany</p>
<p>When</p>	<p>Ongoing since 2015</p>
<p>Sport</p>	<p>Multi-sport (Football, Athletics, Swimming, and more)</p>
<p>Type of activity</p>	<p>Inclusive sports training for all abilities</p>
<p>Short description</p>	<p>The Berliner Sportclub Inklusiv offers sports activities where people with and without disabilities train and compete together. Their inclusive training programs focus on adapted techniques and assistive coaching, allowing everyone to participate regardless of</p>

	ability. They also provide Unified Sports , where non-disabled athletes play alongside disabled players in mixed teams.
Lessons learned	<ul style="list-style-type: none"> • Mixed training environments improve social interaction and understanding. • Adjustments in coaching techniques allow a broader range of abilities to participate. • Community engagement and support from local sports federations ensure sustainability.
Link (if)	https://www.berlinersportclub.de/
Picture	

Title	Special Olympics Unified Sports Program
Where	Berlin, Hamburg, Munich, and other German cities
When	Ongoing since 1991
Sport	Multi-sport (Athletics, Swimming, Football, Basketball, etc.)
Type of activity	Inclusive community-based sports events
Short description	The Special Olympics Unified Sports initiative in Germany brings together athletes with and without intellectual disabilities to train and compete on the same teams. The program operates in schools, universities, and sports clubs, promoting inclusion through regular joint training sessions and competitions.
Lessons learned	<ul style="list-style-type: none"> • Training and playing together enhance mutual understanding and reduce social stigma. • Peer-to-peer support helps increase confidence and participation of athletes with disabilities. • Strong collaboration with Special Olympics Germany (SOD) and local sports clubs ensures sustainability and outreach.
Link (if)	https://specialolympics.de
Picture	


Title	"I Am an Athlete Without Barriers"
Where	Turkey (Istanbul)
When	Project launched in 2023, key event: Vodafone 37th Istanbul Marathon (November 15, 2023)
Sport	Running and other adaptive sports
Type of activity	Inclusive sports participation, fundraising, awareness-raising campaign
Short description	A collaboration between running groups and Turkish Spinal Cord Injury Association (TOFD) to facilitate sports participation for individuals with disabilities. The project aims to provide an accessible transportation vehicle (with an elevator system) for disabled athletes and fund adaptive sports equipment. Participants could run, walk, or donate through the platform " engelsizsporcuym.com ". The initiative culminated in a marathon event where volunteers and athletes crossed the Boğaziçi Bridge together, raising awareness for disabled sports.
Lessons learned	<p>-Accessibility is key: The biggest barrier for disabled individuals in sports is reaching the training locations. Providing a dedicated vehicle for transport can significantly improve participation.</p> <p>-Equipment matters: Many disabled athletes lack proper sports gear; donations should prioritize necessary equipment.</p> <p>-Community-driven solutions work: The initiative mobilized volunteers, donors, and sports enthusiasts, proving that grassroots efforts can effectively support disabled individuals.</p> <p>-Visibility boosts support: Events like Istanbul Marathon can increase awareness and engagement, drawing attention to the importance of inclusive sports.</p>
Link (if)	https://tofd.org.tr/engelsiz-sporcuym-projesi-basladi/
Picture	

Title	“Social Inclusion of People with Disabilities”
Where	Nevşehir, Turkey (NEVÜ - Nevşehir Hacı Bektaş Veli University)
When	2023
Sport	Multi-sport program including Football, Volleyball, Basketball, Tennis, Pilates, Skiing, and Snowboarding
Type of activity	Lack of Adaptive Sports, Limited Educational Access
Short description	<p>This inclusive sports project, led by the NEVÜ Faculty of Sports Sciences, aimed to promote social integration of individuals with disabilities through physical activity and structured education. In partnership with Nevşehir Provincial Directorate of National Education, Nevşehir Youth and Sports Directorate, and the Ahiler Development Agency, the project identified participants and evaluated their physical and athletic potential through laboratory-based assessments and structured sports sessions.</p> <p>Over the course of five weeks, participants received 6 hours of training per week across a variety of disciplines. The final phase involved analyzing physical performance and individual interest to guide each participant toward the most appropriate sport for their abilities and preferences.</p>
Lessons learned	<p>-Scientific assessment improves participation: The use of laboratory tests and structured evaluations helped match individuals to the most suitable sports disciplines.</p> <p>-Multi-stakeholder collaboration strengthens impact: Universities, local sports and education authorities, and development agencies played a crucial role in the project's success.</p> <p>-Adaptive sports training boosts motivation: Participants reported higher self-confidence and motivation after actively engaging in sports.</p> <p>-Expanding access to diverse sports is essential: Including skiing, snowboarding, and Pilates showed that a wide variety of sports can be accessible to individuals with disabilities.</p> <p>-Parental and institutional involvement ensures sustainability: Sharing project findings with families and local authorities increases the chances of long-term participation and success.</p>
Link (if)	https://sporbilimleri.nevsehir.edu.tr/tr/37790


Picture




Title	"Inclusive Sports for Disabled Individuals"
Where	Süleyman Demirel University (SDÜ), Isparta, Turkey
When	Launched on December 3, 2023 (World Disability Day)
Sport	Athletics, Swimming, Table Tennis, Gymnastics
Type of activity	Adaptive sports training, social inclusion through physical education, rehabilitation support
Short description	Süleyman Demirel University's Center for Disability Research and Application , in collaboration with the Faculty of Sports Sciences , launched this comprehensive initiative to foster the social inclusion and holistic development of individuals with autism spectrum disorder, intellectual disabilities, and learning difficulties . The program provides participants with structured and professionally guided sports training sessions , tailored to their individual needs and capacities. Delivered by experienced university lecturers and subject-matter experts, these sessions aim to enhance motor coordination, cognitive functioning, and emotional regulation . Beyond physical improvement, the initiative places a strong emphasis on creating meaningful social interactions , promoting self-confidence, and encouraging a sense of joy and belonging within a supportive community environment.
Lessons learned	- Adaptive sports improve emotional and social well-being in individuals with cognitive disabilities - University-based programs ensure professional and sustainable impact

	<p>-Parental involvement is key to increasing engagement and long-term benefit</p> <p>-Raising awareness breaks social barriers and encourages empathy in the broader community</p>
Link (if)	https://w3.sdu.edu.tr/haber/10441/sduden-engelli-
Picture	


Title	“Exercise Workshop, Skill-Based Art Approaches, and Awareness Activities for Elderly Individuals with Cognitive Impairment”
Where	Balikesir University, in collaboration with Altieylül Municipality – Balikesir, Turkey
When	September 28, 2024 – November 16, 2024
Sport	Exercise workshops (music-based exercise, active video games, clinical Pilates, cognitive exercise therapy, Nordic walking, dance therapy)
Type of disaster	Exercise workshops, skill-based art workshops (calligraphy therapy, soap-candle making, culinary arts), and awareness training for dementia, Alzheimer's, and cognitive impairments.
Short description	<p>Funded under TÜBİTAK’s 4008 Inclusive Society Applications Program (Project No: 124B379), this project addresses the physical, psychological, and social well-being of elderly individuals with Mild Cognitive Impairment (MCI), Dementia, or Alzheimer’s Disease through non-pharmacological, low-cost, and early intervention strategies.</p> <p>Over 8 weeks, participants will attend twice-weekly workshops that include:</p>

	<p>-Exercise Workshops: Music-based movement, clinical Pilates, cognitive-exercise therapy, active video games, dance therapy, and Nordic walking</p> <p>-Skill-Based Art Workshops: Calligraphy therapy, soap and candle making, culinary arts</p> <p>-Awareness Sessions: Education on cognitive disorders, daily life technologies, fall prevention at home, municipality services for the elderly, and caregiver experiences</p> <p>More than 50 elderly individuals with cognitive impairments will be involved, along with family members and university students to increase outreach and impact. Sessions will be led by health professionals, art therapists, and trained facilitators.</p>
<p>Lessons learned</p>	<p>-Improved Well-Being: Participants are expected to gain physical, psychological, and social benefits from consistent participation</p> <p>-Caregiver Empowerment: Involving caregivers and students enhances knowledge transfer and long-term support</p> <p>-Art and Movement as Therapy: Creative and movement-based interventions help combat isolation, improve mood, and support cognitive health</p> <p>-Community Awareness: Educational components promote better understanding of cognitive disorders and services available for the elderly</p>
<p>Link (if)</p>	<p>Kognitif Yetersizliğe Sahip Yaşlı Bireylerde Egzersiz Atölyesi, Beceri Odaklı Sanat Yaklaşımları Ve Farkındalık Çalışmaları Tübitak - 4000</p>
<p>Picture</p>	

Title	"Am I Aware of Movement? The Effect of Yoga Poses as Physical Activity on Physical Performance in Children with Down Syndrome"
Where	Ankara University, Faculty of Health Sciences – Ankara, Turkey
When	August 8, 2023 - November 8, 2023
Sport	Yoga (Physical Activity for Down Syndrome children)
Type of disaster	Yoga poses as a physical activity, including physical movement and breath techniques
Short description	<p>Supported by TÜBİTAK's 4008 Inclusive Society Applications Program (Project No: 124B164), this project aims to evaluate the impact of yoga postures on the physical performance of children with Down Syndrome (DS). Given that children with DS often experience motor development delays, yoga offers a non-competitive, enjoyable, and lifelong physical activity option that supports both physical and emotional well-being.</p> <p>The program includes 10 participants diagnosed with DS, engaging in yoga sessions twice a week, each lasting 30 minutes, over a 10-week period. Yoga sessions include modified poses tailored to individual abilities and are supported with visual aids (cards and tablet videos). Pre- and post-intervention assessments will measure posture, muscle strength, range of motion, balance, and performance using:</p> <p>-Balance: Gyko system -Physical Performance: Timed Up and Go (TUG), Five Times Sit-to-Stand, and Two-Minute Walk Test</p> <p>Key goals include:</p> <ul style="list-style-type: none"> • Demonstrating the benefits of yoga on balance, strength, and physical performance • Increasing physical activity rates among children with DS • Promoting the use of yoga in both classroom and home environments • Providing a scalable, low-cost model for inclusive physical education
Lessons learned	<p>-Motor Development Gains: Yoga can enhance balance, coordination, and physical strength</p> <p>-Visual and Adaptive Teaching Works: Modified postures and visual aids improve participation</p> <p>-Emotional and Social Benefits: Yoga promotes calmness, concentration, and self-awareness</p>

	- Scalability: The program can be adapted for classroom or home use, promoting inclusive physical activity for special needs children
Link (if)	`Hareketin Farkındayım? Down Sendromlu Çocuklarda Fiziksel Aktivite Olarak Yoga Duruşları Uygulanmasının Fiziksel Performansa Etkisi Tübitak - 4000
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Title	"Breaking Barriers with Rackets Project"
Where	Kastamonu, Turkey
When	Start Date: 2021 End Date: 2022
Sport	Table Tennis
Type of disaster	Introduction to Table Tennis for individuals with disabilities
Short description	<p>Organized by the Kastamonu Table Tennis Sports Club Association and supported by the Kastamonu Provincial Directorate of Civil Society Relations, the "Breaking Barriers with Rackets" project aimed to introduce table tennis to 120 children aged 7–15 with various disabilities, including hearing, visual, intellectual, and moderate physical impairments.</p> <p>The project provided a safe, fun, and inclusive sports environment where participants learned basic table tennis skills, improved their physical coordination, and engaged in social interaction. Families were also encouraged to participate in and support the development of their children's sporting journeys.</p>

Lessons learned	<p>-Inclusive sports open doors: Table tennis provides a fun, engaging, and adaptive environment for children with disabilities.</p> <p>-Role models inspire: Involving Paralympic athletes motivated children and families alike.</p> <p>-Family involvement is crucial: Parents play a key role in encouraging long-term participation and social development.</p> <p>-Infrastructure matters: State-supported sports facilities and local government collaboration enhance accessibility and program success.</p>
Link (if)	ENGELLERİ AŞAN RAKETLER PROJESİ
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Title	Barrier-Free Life Through Sports (Sporla Engelsiz Yaşam)
Where	Turkey (Nationwide, launched at Saray Engelsiz Yaşam Bakım ve Rehabilitasyon Merkezi)
When	2024 (First phase launched)
Sport	Multi-sport program including adapted sports such as goalball, table tennis, wrestling, and other activities based on physical assessments
Type of activity	Sport-based rehabilitation, talent identification, structured training programs, and professional athlete development
Short description	Led by the Ministry of Family and Social Services in collaboration with the Ministry of Youth and Sports, this initiative assesses individuals with disabilities through 10 different sporting tests to determine their physical and sporting potential. Based on test results, participants are placed in categories and directed to suitable sports disciplines. The program also aims to strengthen sports clubs within the Ministry of Family and Social Services across different cities.

<p>Lessons learned</p>	<ul style="list-style-type: none"> ● Personalized assessments enhance participation: Identifying individuals' strengths and directing them to suitable sports improves engagement and success. ● Collaboration between ministries strengthens implementation: The Ministry of Family and Social Services and the Ministry of Youth and Sports ensure comprehensive support, from grassroots to elite sports. ● Rehabilitation through sports is effective: Encouraging participation in adaptive sports helps individuals develop physically, socially, and psychologically. ● Expanding access to sports facilities nationwide is essential: Strengthening local sports clubs ensures that individuals in different regions can benefit from the program. ● Success stories inspire future athletes: Turkey's Hearing-Impaired Wrestling Team's world championship win highlights the potential of disabled athletes when given proper support.
<p>Link (if)</p>	<p>https://www.aile.gov.tr/haberler/sporla-engelsiz-yasam-projesi-hayata-gecirildi/</p>
<p>Picture</p>	


<p>Title</p>	<p>Teaching Sports and Life Skills to Hearing-Impaired Children Through the DIR (Developmental, Individual-Differences, Relationship-Based) Model</p>
<p>Where</p>	<p>Uşak University, Faculty of Sport Sciences – Activities held in İzmir, Turkey</p>
<p>When</p>	<p>September 9, 2024 – February 28, 2025</p>
<p>Sport</p>	<p>Athletics, Cycling, Futsal, Swimming, Volleyball</p>

Type of activities	Adaptive sports training and life skills education using the DIR model
Short description	<p>This project, supported under TÜBİTAK's 4008 Inclusive Society Applications Program (Project No: 124B228), focuses on teaching basic movement and life skills to children with hearing impairments using the DIR (Developmental, Individual-Differences, Relationship-Based) model. A total of 12 children aged 7–12 with diagnosed hearing impairments will participate, divided into an experimental group and a control group.</p> <p>Over 12 weeks, the experimental group will receive twice-weekly training sessions in both sports and life skills (e.g., greeting, listening, apologizing, thanking). The aim is to enhance balance, rhythm, and motor skills, as well as foster emotional and social development. The training will be delivered by university students specializing in adapted physical education and experts in hearing disabilities. The project will also involve a sign language interpreter to support communication.</p>
Lessons learned	<ul style="list-style-type: none"> ● Individualized Training Enhances Development: Structured and personalized sports training can significantly improve both motor and social skills in hearing-impaired children. ● Early Adaptive Education Is Crucial: Early intervention through adaptive physical education promotes better long-term outcomes in daily living and social participation. ● Sustainable University-Led Initiatives: Projects facilitated by higher education institutions can create sustainable models for inclusion while also providing valuable practical experience for student trainers. ● Involving Families Boosts Impact: Integrating family support and educational components strengthens the overall effectiveness and sustainability of the initiative.
Link (if)	İşitme Engelli Çocuklara Sportif Ve Yaşam Becerilerin Öğretiminde Dir (Development Individual Differences Relationship) Modeli Tübitak - 4000

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Title	“Social Adaptation for Disabled Individuals”
Where	Antalya, Turkey (Kemer Municipality & Antalya Metropolitan Municipality)
When	2023 - Ongoing
Sport	General Physical Activities, Yoga
Type of Activity	Adaptive sports, psychological support, social inclusion activities
Short description	This initiative, jointly implemented by the Antalya Metropolitan Municipality (ABB) and Kemer Municipality, is designed to promote the social integration and emotional well-being of individuals with disabilities through a blend of physical activity, psychological support, and creative engagement. Each week, participants are provided with free transportation to the ABB Çamyuva Service Building, where they take part in a variety of activities including yoga, sensory-based exercises, and personal development workshops. All sessions are conducted under the supervision of qualified trainers and licensed psychologists, ensuring a safe, inclusive, and empowering environment that supports both individual growth and community participation.
Lessons learned	<ul style="list-style-type: none"> ● Regular Social Interaction Is Important: Weekly activities enhance the emotional and social adaptation of individuals with disabilities. ● Accessibility Barriers Must Be Removed: Free transportation services encourage participation and improve accessibility. ● Parental Involvement Is Empowering: Involving parents in the project increases the effectiveness and sustainability of the activities.

	<ul style="list-style-type: none"> Local Government Support Is Critical: The support of municipalities plays a key role in the success of inclusive community projects.
Link (if)	https://www.kemer.bel.tr/tr/haberler/engelli-bireyler-sosyal-hayata-adapte-oluyor.html
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Title	Therapeutic Swimming “One world, no one alone” by Municipality of Athens
Where	Athens (various locations)
When	2020-ongoing
Sport	Therapeutic Swimming
Type of activity	rehabilitation
Short description	<p>The therapeutic swimming programs offered by OPANDA (Athens Culture, Sports, and Youth Organization) aim to support individuals with disabilities through specialized aquatic activities. These programs help participants improve their physical condition, develop motor skills, and enhance their overall well-being.</p> <p>The therapeutic swimming program focuses on gradually guiding participants through water activities to improve their balance, motor behavior, and independent movement in water. It also includes sensory stimulation and helps participants build spatial and time awareness. The activities aim to provide a positive impact on both physical and psychological health.</p>

	<p>These sessions are tailored to individual needs and can be conducted either individually or in small groups (2 or 3 participants) to provide the most effective therapeutic benefit. The activities are supervised by specialized educators in Special Education to ensure that each participant receives the proper attention.</p> <p>The program operates six days a week, from Monday to Saturday, and takes place at various municipal swimming pools in Athens, including in Goudi, Serafio, Kolokynthou, and Grava.</p> <p>Interested individuals can register and receive more information by contacting the respective pool's secretaries. Participation in the program offers a valuable opportunity for exercise, socialization, and enhanced quality of life in a supportive and safe environment.</p>
<p>Lessons learned</p>	<ol style="list-style-type: none"> 1. Benefits of Water-Based Therapy: The therapeutic swimming programs demonstrate the positive effects of water-based activities on individuals with disabilities. The buoyancy of water reduces the risk of injury, supports movement, and improves muscle strength and coordination. 2. Individualized Approach: Tailoring sessions to individual needs—whether one-on-one or in small groups—ensures that participants receive the attention they need for optimal therapeutic results. This approach helps address specific physical and psychological goals. 3. Holistic Development: The program not only focuses on physical fitness but also promotes mental well-being. Participants develop motor skills, increase social interaction, improve spatial awareness, and gain greater self-confidence. 4. Expert Guidance: Qualified and specialized educators in Special Education ensure that each participant is supported in the most effective way. The involvement of experienced instructors enhances the program's overall impact. 5. Safe and Supportive Environment: Conducting sessions in a controlled, safe environment—such as municipal pools—ensures the well-being of participants. It also helps foster a sense of community and inclusivity. 6. Regular and Consistent Practice: With sessions held six days a week, the program emphasizes the importance of consistency and regular practice in achieving therapeutic outcomes. 7. Community Impact: Offering free access to such programs encourages wider participation, enabling individuals with disabilities to

	engage in physical activities that they might otherwise be unable to experience, thus improving their quality of life.
Link (if)	https://www.opanda.gr/index.php/athlitismos/3596-dimos-athinaion-dorean-programmata-kolymvisis-eidikis-fysikis-agogis-gia-paidia-kai-enilikes-me-anapiria
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Title	Panathinaikos Athletic Club (PAO)
Where	Athens
When	2018-ongoing
Sport	24 adapted sport activities for people with disabilities
Type of activities	
Short description	<p>The Panathinaikos Athletic Club (PAO) has a strong presence in disability sports, offering a wide range of programs for athletes with disabilities. These programs promote inclusion, social integration, and well-being, providing individuals with the opportunity to participate in various sports and excel at both national and international levels. Panathinaikos offers a diverse range of 24 sports activities, catering to both able-bodied athletes and those with disabilities. These include traditional sports like football, basketball, volleyball, handball, water polo, and athletics, as well as individual disciplines such as tennis, cycling, swimming, boxing, judo, and fencing. The club also embraces emerging and adaptive sports like rugby, badminton, table tennis, archery, and golf, along with rowing, sailing, and equestrian sports. Additionally, Panathinaikos provides specialized programs for athletes with disabilities, including wheelchair basketball, amputee football, and adaptive archery. The club's comprehensive approach fosters inclusivity, competitive excellence, and personal development across all its sports programs,</p>

	ensuring opportunities for athletes of all abilities to excel on both national and international stages.
Lessons learned	<ol style="list-style-type: none"> 1. Inclusivity and Diversity: By integrating sports for athletes with disabilities alongside traditional sports, Panathinaikos demonstrates the importance of inclusivity. The club ensures that individuals of all abilities have the opportunity to participate and excel, promoting social integration and equality. 2. Comprehensive Development: Panathinaikos' wide array of sports activities highlights the value of offering a diverse range of sports programs. This allows athletes to choose and specialize in different disciplines, encouraging growth and personal development across various levels of competition. 3. Community Engagement: The success of the club's various sports departments is closely tied to its ability to engage the local and international community. Panathinaikos builds a sense of belonging and pride among its members, strengthening connections through team spirit and shared experiences. 4. Success through Adaptation: The club's continuous efforts to adapt sports to accommodate different needs, such as wheelchair basketball and amputee football, emphasize the importance of flexibility in making sports accessible to all. This adaptability leads to the success of both individual athletes and teams. 5. Focus on Excellence: Panathinaikos' consistent achievements in national and international competitions teach that success comes from dedication, investment in training, and a commitment to excellence. The club's focus on developing high-level talent is evident in its multiple championships across various sports. 6. Sustainability and Growth: The club's ability to introduce new sports programs, such as table tennis, archery, and adaptive sports for people with disabilities, reflects the importance of evolving and expanding to meet emerging needs and interests, ensuring long-term sustainability.
Link (if)	https://www.pao1908.com/amea/

Picture



Title	Circle Club
Where	Athens
When	Regularly-in progress
Sport	Football and Basketball
Type of activities	Inclusive sports
Short description	<p>Circle Club is a recently founded sports team based in Athens, made up of both hearing and non-hearing athletes, promoting inclusion and interaction among athletes with different abilities. The team focuses on acceptance and collaboration, aiming to create an environment where all athletes, regardless of their hearing status, can participate and develop their athletic skills.</p> <p>The team participates in events such as the OPAP Unileague and other local sporting events, providing athletes with opportunities to compete at a level that allows them to showcase their abilities and develop teamwork and cooperation. This initiative is highly valuable for social inclusion and the improvement of the quality of life for both hearing and non-hearing athletes.</p> <p>Circle Club not only organizes sporting activities but also promotes networking and communication among team members through events and social activities. At the same time, it encourages awareness and a shift in perceptions regarding disabilities and the abilities of athletes.</p> <p>The team focuses on sports as a tool for social cohesion, enhancing the athletes' ability to overcome personal challenges and compete with the goal of excellence and personal development.</p>
Lessons learned	<p>The Circle Club offers several valuable lessons that can be applied to sports, inclusion, and community development:</p> <ol style="list-style-type: none"> 1. Inclusion and Equality: Circle Club teaches the importance of inclusive sports. By integrating hearing and non-hearing

	<p>athletes, the team demonstrates that disabilities should not limit participation in sports. This approach fosters social inclusion and highlights the potential of every individual, regardless of ability.</p> <ol style="list-style-type: none"> 2. Collaboration Across Differences: The team’s success is rooted in the ability to work together despite differences. Athletes from different backgrounds and abilities collaborate to achieve common goals, teaching the value of teamwork, respect, and understanding in sports and life. 3. Breaking Down Barriers: Circle Club challenges societal stereotypes about disabilities by proving that athletes with and without disabilities can compete at the same level. It promotes the idea that physical or sensory challenges do not define an athlete’s potential. 4. Building Community and Support: The club emphasizes the importance of creating a supportive and encouraging environment for athletes. It shows that sports can be a powerful tool to build strong communities and relationships, not only on the field but also off it. 5. Empowerment through Sports: Circle Club highlights how sports can be an empowering tool for personal growth and confidence. It encourages athletes to overcome challenges, push boundaries, and achieve excellence in a supportive, inclusive setting. 6. Awareness and Education: The team raises awareness about disabilities and fosters a broader understanding of different abilities. It helps educate the public about the importance of accessibility and provides a platform for athletes to demonstrate their talents. <p>These lessons demonstrate the profound impact sports can have on social integration, personal development, and changing perceptions about disabilities.</p>
Link (if)	https://circleclub.gr/about/

Picture



