

„I only knew about sports like soccer and rugby where ‘normal’ people can play but I couldn’t take part. I was nobody, and now I am somebody. I am happy and proud to promote the abilities of people with disabilities!“
Ziggy Satkurin, Power-lifting, Papua New Guinea.



„In the past, I was ashamed to leave the house. Sport really changed my life.“
Manuela Joao Bitone, Wheelchair basketball, Beira, Mozambique

„Through sport, persons with disabilities change attitudes and teach society that they CAN!“
Pedro Safrao, LIGHT FOR THE WORLD Mozambique



„I want to demonstrate what people with disabilities can do. We have abilities if we are given opportunities and chances!“
Henry Wanyoike, World Champion Blind Runner, Kenya

„For me, sport means that for us as well, life goes on. By participating in the Paralympics I want to show that persons with disabilities can be stars!“
Pita Rondao Bulande, Blind Runner, Mozambique

„In Sport you throw a ball and don’t realise that it’s a rehabilitation exercise. Sport strengthens the self-esteem as well as the body.“
Tio Langa, Sport Centre for Persons with Disabilities, Beira, Mozambique.





„Sport is increasingly recognized as an important tool in achieving the Millennium Development Goals.” Ban Ki-moon, UN Secretary-General

WHY SPORT?

Sport can be a **powerful** and **cost-effective** tool to foster the inclusion of persons with disabilities in the community. It strengthens muscles thereby **fostering rehabilitation** of persons with disabilities and develops important social skills such as team spirit, leadership and communication.

Sport is also an **important eye-opener**. It changes the way persons with disabilities think and feel about themselves and helps them **gain self-confidence**. A strong weapon against stigma, it focuses on the abilities and potential of the players rather than on their impairment or limitations. Sport can **change perceptions** and **fight the discrimination** that many people with disabilities face every day.

The [Convention of the Rights of Persons with Disabilities](#) states that **persons with disabilities have the right to participate in sporting activities on an equal basis with others** (art 30.5). Governments obliged by law to take the necessary measures to actively encourage and promote participation of persons with disabilities!

For more information on what sport can do to promote development and peace, visit this website:

<http://www.un.org/wcm/content/site/sport/>

WHAT CAN YOU DO?

- When participating in or organising sport programmes, at home and abroad, make sure they are accessible to persons with disabilities.
- Do your part to keep inclusive sport on the agenda, as an effective tool to reduce poverty and include persons with disabilities.
- Use sport as a way to change people's attitudes towards disability and promote inclusion!

For more information, visit our website: www.endexclusion.eu, or find us on [Facebook](#) or [Twitter](#)!



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