



Sporting Activities for Persons with Disabilities

A Way to Promote Inclusion,
Rehabilitation and Socialisation.



Who we are

LIGHT FOR THE WORLD is a European confederation of national development NGOs promoting and strengthening an inclusive society. We are committed to saving eyesight, improving the quality of life and advocating for the rights of persons with disabilities in the underprivileged regions of our world.

For more information, visit www.light-for-the-world.org or contact info@light-for-the-world.org.

"I want to demonstrate what people with disabilities can do. We have abilities if we are given opportunities and chances!" Henry Wanyoike



Our aim

In the underprivileged regions of our world the infrastructure regarding health, education and employment is underdeveloped and often inaccessible. For persons with disabilities, who make up at least 15 % of the total population in those countries, accessing the few existing services is an even bigger challenge. Additionally, in countries where disability is often seen as a curse, persons with disabilities face severe discrimination and are excluded from the community.

Physical activity can positively influence their rehabilitation and strengthen their bodies. Sport also helps increase the self-confidence of persons with disabilities and contributes to their socialisation, as it allows for close contact with peers. Finally, it is a very powerful tool against discrimination, as disabled players force the community to look at their abilities and potential, rather than focusing on what they cannot do. With a goal in sight, they can convince themselves, as well as the community around them, of what they are capable of doing and trigger a change in the way society views persons with disabilities.

Some examples of the work of LIGHT FOR THE WORLD to promote sporting activities for persons with disabilities are provided in the next sections.

Bolivia

Bolivia is one of the poorest countries in Latin America. Persons with disabilities are often rejected by the community and have little access to employment or other services. LIGHT FOR THE WORLD supports EIFODEC, a local Bolivian organisation that promotes independent living and inclusion of persons with disabilities into the labour market and into society as a whole. The programme is aimed at young people with disabilities, as well as their families and the community, by using inclusive sport activities and artistic events. EIFODEC focuses on the active participation of young people with disabilities, giving them opportunities to show their abilities through sport and art, and offering training to families on how to encourage the inclusion of persons with disabilities in the community.



Sporting activities help foster expression and self-confidence.



Team sport is a joyful way out of isolation for many young disabled Mozambicans.

Mozambique



Pita Rondao Bulande, a young man from the Manica province in Mozambique, turned blind at the age of 12 and as a result was banished by his family. Sport gave him the chance to turn his life around. He will participate in the Paralympic Games in London as a short-distance runner and thereby be part of the first generation of Mozambican disabled athletes to qualify for the prestigious international games. LIGHT FOR THE WORLD supports four sport projects for persons with disabilities in different regions in Mozambique. The aim of these projects is to use sport to contribute to the rehabilitation and socialisation of persons with disabilities. Just like for 19 year-old Pita Rondao Bulande, who has already become an important role model for many people with disabilities in Mozambique – sport can be a life-changer.

Papua New Guinea

LIGHT FOR THE WORLD supports a local organisation called CALLAN SERVICES FOR THE DISABLED in the Western Province of Papua New Guinea. This resource centre offers comprehensive training and support for an independent life and the successful inclusion of persons with disabilities into the community's everyday life. Ziggy Satturin – one of the young adults with disability of the project – started weight-lifting and was selected to be part of the Papua New Guinea team at the Commonwealth Games in New Delhi, India. There, he lifted 122 kg beating the world record mark of 115 kg but unfortunately got disqualified with his 3rd lift (quote Ziggy: “I was so nervous!”). Now he trains other young people with disabilities in weight-lifting and prepares them for sporting events such as the 5th Papua New Guinea Games in Kokopo in 2012.



Strong bodies and strong souls: a training session of the “Disabled Weight Lifters Club” of Kiunga



Inclusion on track: participants of a barrier-free event

Europe

LIGHT FOR THE WORLD's awareness raising project END EXCLUSION wants to change attitudes towards disability and promote inclusion. Sport is the perfect way to show the potential of persons with disabilities and to create interaction between disabled and non-disabled participants, two crucial factors to get people to think differently about disabilities. For more information visit www.endexclusion.eu or contact us via info@endexclusion.eu.



Flevo Festival, August 2012, Bussloo, the Netherlands

END EXCLUSION gives the visitors of this festival the possibility to play blind soccer and sitting volleyball. Blind soccer professionals offer workshops to teach visitors the basics of the game. Through these activities, participants experience what it is like to live with a disability and realise the potential of persons with disabilities.

www.flevofestival.nl



Stop Zevling Festival, September 2012, Prague, Czech Republic

Stop Zevling gives teenagers living in housing blocks in the outskirts of Prague, with little access to meaningful leisure activities, the possibility to participate in all kinds of sports including football, tennis, street ball, and pétanque. SVĚTLO PRO SVĚT and the END EXCLUSION project organise inclusive games, and raise awareness of the rights of persons with disabilities.

www.stopzevling.cz



Vienna Night Run, September 2012, Vienna, Austria

Every year, people with and without disabilities can participate in a 5 km accessible run – the Vienna Night Run. This event welcomes Paralympic athletes from around the world, such as star blind runners Henry Wanyoike and Francis Karanja. LIGHT FOR THE WORLD and the END EXCLUSION project ensure that participants open their eyes to the abilities of persons with disabilities.

www.viennanightrun.at/en



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