FORTHE

GOOD PRACTICES

ENGAGING POLICYMAKERS FOR SOCIAL INCLUSION AND ACTIVE CITIZENSHIP OF YOUNG PERSONS WITH DISABILITIES THOUGHT SPORT



CYPRUS 3X3 BASKETBALL TOURNAMENTS · EGOPOWERLAB · A.P.S. A.S.D. Margherita Sport e Vita · Sport Evolution Alliance · Web2Learn Open, social learning

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This deliverable presents a collection of 10 good practices from across Europe, showcasing how organisations working with young persons with disabilities can effectively engage local, regional, and national policymakers to foster social inclusion and promote active citizenship through sport.

Focusing on the intersection of youth, disability, and sport, these practices provide concrete examples of inclusive programming, multi-level collaboration, and community-based action. Each example illustrates how policymakers at various levels have contributed to removing barriers, ensuring accessibility, and empowering young people with disabilities as active participants in civic and social life.

The practices were selected based on the following criteria:

- Involvement of national, regional, or local policymakers;
- Demonstrated impact on social inclusion and/or civic participation;
- Potential for transferability or replication in other European contexts;
- Use of sport or physical activity as the core tool for engagement.

This collection aims to support
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- Policymakers, by offering insight into effective, on-the-ground practices;
- Trainers and facilitators, by informing the design of inclusive, capacity-building initiatives;
- Local stakeholders, by showcasing practical approaches to partnering with organisations and delivering inclusive sports initiatives in their communities.

Each case study includes a concise description, key actions undertaken, outcomes achieved, and a reference for further exploration or adaptation.



Local Initiatives

1. “Inclusive Sports Clubs” – Municipality of Aarhus, Denmark

- **What it is:** A municipal-level initiative in Aarhus that supports local sports clubs to become more inclusive for youth with disabilities.
- **Key actions:** The municipality provides funding for accessible equipment and training sessions for coaches on inclusive methodologies. Clubs also establish peer-support programs where youth volunteers accompany disabled peers.
- **Impact:** Clubs report improved accessibility and increased membership from young persons with disabilities, as well as greater community awareness.

Reference:

INCLUSION RELOADED. Collection of Good Practices for Inclusion in Sports. Available in: https://cesie.org/media/inclusion-reloaded-good-practices-en.pdf, Access on: 11 April, 2025

2. “Sport for All” Days – Municipality of Bologna, Italy

- **What it is:** A local public engagement initiative that involves organizing inclusive sport events in public spaces.
- **Key actions:** The municipality partners with youth organisations and disability groups to host community-wide inclusive sports festivals. Youth with and without disabilities co-create the events, and local media is engaged to promote awareness.
- **Impact:** The program fosters interaction, empathy, and shared citizenship experiences across ability lines.

Reference:

INCLUSION RELOADED. Collection of Good Practices for Inclusion in Sports. Available in: https://cesie.org/media/inclusion-reloaded-good-practices-en.pdf, Access on: 11 April, 2025



Regional Initiatives

3.”Accessible Sports” Framework – Flanders, Belgium

- **What it is:** A comprehensive regional initiative led by the Flemish Government that promotes accessibility in youth sport infrastructure and programming.
- **Key actions:** Audits of sports facilities for accessibility, development of inclusive sports programs at youth centers, and promotion through regional media and youth forums.
- **Impact:** Improved quality and visibility of inclusive sport opportunities, contributing to higher participation rates among disabled youth.

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Reference:

INCLUSION RELOADED. Collection of Good Practices for Inclusion in Sports. Available in: https://in-sport.eu/guides-for-implementation-of-european-sport-model-for-inclusion/european-sport-model-for-inclusion/, Access on: 11 April, 2025



National Initiatives

4.“Unified Sports” by Special Olympics + Ministry of Youth and Sport – Poland

- **What it is:** A nationally coordinated program that integrates athletes with and without intellectual disabilities in the same sports teams.
- **Key actions:** Supported by the Ministry of Youth and Sport, the initiative trains coaches, implements Unified Sports in schools, and organises national tournaments that promote inclusion and visibility.
- **Impact:** Nationwide uptake has led to cultural shifts, increased empathy, and strengthened networks between educational institutions, NGOs, and local authorities.

Reference:

SPECIAL OLYMPICS. Unified Sports. Available in: https://www.specialolympics.org/what-we-do/sports/unified-sports, Access on: 11 April, 2025

5. National Strategy for Youth with Disabilities in Sport – Finland

- **What it is:** A cross-ministerial strategy developed by the Finnish Government to support inclusive sports participation.
- **Key actions:** Establishing national participation goals, launching pilot projects with municipalities, funding inclusive innovations, and monitoring progress through national indicators
- **Impact:** Mainstreaming of inclusion practices and alignment across youth, sport, and health policy agendas.

Reference:

COUNCIL OF EUROPE. Inclusive Sport. Available in:
https://www.coe.int/en/web/sport/inclusive-sport, Access on: 11 April, 2025

6. Disability-Inclusive Youth Projects Guide – Luxembourg

- **What it is:** A national guide developed by Luxembourg's Erasmus+ Agency (Anefore) to promote the participation of disabled youth in European projects, including sports.
- **Key actions:** Provides practical steps for designing inclusive youth programs, organizing accessible sports activities, and engaging disabled youth in planning.
- **Impact:** Improved institutional readiness and inclusion standards across youth organisations nationwide

Reference:

ANEFORE. Guide on Disability-Inclusive. Available in:
https://www.anefore.lu/wp-content/uploads/2024/03/Engage-in-inclusion-EN.pdf. Access on: 11 April, 2025

7. "Desporto Com Sentido" (Meaningful Sport) – Portugal

- **What it is:** A national initiative promoting the inclusion of children and young people with disabilities through adapted sports education and training.
- **Key actions:** Developed 20 adapted sport guides for physical educators and trainers; established a national training centre; collaborated with APCAS, the Directorate-General for Education, the Seixal City Council, and the Faculty of Human Motricity.
- **Impact:** Improved participation of disabled youth in sport, better training for professionals, and stronger policy support for inclusive education.

Reference:

FRANCE EDUCATION INTERNATIONAL. Portugal Best Practice #1. Available in:
https://www.france-education-international.fr/document/idi4sport-portugal-pratique-1, Access on: 11 April, 2025

8. "Sports for All" Programme – Cyprus

- **What it is:** A national initiative led by the Cyprus Sports Organisation aiming to promote equal access to sport for all citizens, including children and young people with disabilities.
- **Key actions:** Offers adapted sports programs in public facilities, employs trained instructors, and provides free access and equipment to vulnerable groups, including youth with disabilities
- **Impact:** Encouraged participation in physical activity, strengthened community ties, and supported healthier, more inclusive lifestyles for disabled youth.

Reference:

WORLD HEALTH ORGANIZATION. Cyprus Country Physical Activity Factsheet 2024. Available in:
https://cdn.who.int/media/docs/librariesprovider2/country-profiles/physical-activity/2024-country-profiles/physical-activity-2024-cyp.pdf?download=true, Access on: 11 April, 2025

9. Irish Wheelchair Association Sports Program – Ireland

- **What it is:** Supported by Sport Ireland, this program aims to increase participation in sports among individuals with physical disabilities.
- **Key actions:** The initiative provides funding for adaptive sports equipment, organizes inclusive sporting events, and offers training for coaches to better support athletes with disabilities
- **Impact:** The program has enhanced opportunities for individuals with disabilities to engage in sports, promoting physical activity, social inclusion, and community engagement across Ireland.

Reference:

EUROPEAN PARLIAMENT. Creating Opportunities in Sport for People with Disabilities. Available in: https://www.europarl.europa.eu/RegData/etudes/BRIE/2021/679096/EPRS_BRI%282021%29679096_EN.pdf, Access on: 11 April, 2025

10. Equal Prize Money for Olympic and Paralympic Athletes – France

- **What it is:** A national policy introduced by the French government in 2024 to ensure equal financial bonuses for Olympic and Paralympic medalists, recognizing the achievements of athletes with disabilities on par with their able-bodied peers.
- **Key actions:** Establishment of a standardized reward structure:
  - Gold medalists receive €94,000
  - Silver medalists receive €48,000
  - Bronze medalists receive €30,000

  This move aligns France with international best practices in athlete equity.
- **Impact:** Strengthened France's commitment to equality and inclusivity in sport, set a precedent for other European nations, and elevated the public recognition of Paralympic athletes.

Reference:

THE ECONOMIC TIMES. Paris Paralympics 2024: Here's how much the athletes earn for winning medals. Available in: https://economictimes.indiatimes.com/news/international/uk/paris-paralympics-2024-heres-how-much-the-athletes-earn-for-winning-medals-/articleshow/112930912.cms?from=mdr, Access on: 11 April, 2025


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Forging the inclusion of persons with disabilities in climate action through 3x3 basketball urban sport (FORTHE).

WP2 | A4

BARRIERS AND OPPORTUNITIES IN ORGANISING GREEN URBAN SPORTS FOR DISABLED PERSONS IN EUROPE

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