



Without genuine empowerment, participation and inclusion can quickly become a token exercise.

#howtoempower

Without meaningful participation, empowerment can remain an empty, unfulfilled promise.



EMPOWERMENT OF THE USERS OF SERVICES DEPENDS ON THE 'EMPOWERING QUALITY' OF THE SPORT INSTRUCTORS



International cooperation

In the project we have 6 partners from different countries. We believe that learning from each other makes us stronger.



AN ERASMUS+ PROJECT



Co-funded by the European Union

<https://seeu-project.eu>

Sport Empowers EU ... and you!

Sport contributes to the **individual health and physical wellbeing in Persons with a Disability (PWD)**.

According to the research, sports may also be considered as an important empowerment tool for PWD.

Empowerment

There is widespread agreement that empowerment is a multidimensional and interdependent process that enable PWD participate meaningfully in shaping their own futures.



#empoweringdisability

Therefore, empowerment and participation are deeply complementary and can be considered both means and ends, processes and outcomes.

#sportforall

In this context, sport may represent a vehicle to empower PWD.

The empowerment of PWD leads to a greater **autonomy** and encourages them to make their own choices.

It increases their **participation into the society** and therefore it contributes to the concept of **social inclusion**.



Aim

The project aims to contribute to a more multi-disciplinary approach in empowering PWD.

By attending specific sport activities, service users will become more empowered.



Method

The **empowerment Vrijbaan method** will be applied in the training activities and the testing of the selected sport activities for sport instructors.

Sport instructors...

are involved in the process of **identify - test - select** individualized sport activities and group-oriented sport activities which contribute to empower PWD. So, they also contribute to develop project results.