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Agenzia Italiana  
per la Gioventù

# SPORT-IN-G



Sport-IN-g  
Praticando l'Inclusione

## PRATICANDO L'INCLUSIONE





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# SPORT-IN-G PRATICANDO L'INCLUSIONE

**Start date** 01-03-2023

**End date** 29-02-2024

**Project Reference:** 2022-3-IT03-KA210-YOU-000100314

**EU Grant:** 60.000,00 €

**Programme:** Erasmus+

**Action Type:** Small-scale partnerships for cooperation and exchanges of practices

**Countries covered:** 2

**WEBSITE:** <https://www.piattaformaprogetti.eu/sport-in-g-praticando-linclusione/>



## OBJECTIVES:

The objectives we want to achieve by implementing the project, are mainly two and strongly linked:

1. The increasing of the information regarding the world of mixed/inclusive sport and specifically of the discipline named "Baskin".
2. The first objective will carry us to another increasing, this time of double inclusion in mixed sport, made for people with disability and people without at the same time for the same context.

## ACTIVITIES:

The activities we're going to implement will be: in the first phase of the project each participant will lead a personal local research, that will be useful during the mobility for the creation of a guidebook of good practice that will be shared on the website and presented by the participants during the webinar of the Infoday. The final event will be a Baskin match which will signed the win of the inclusion.

## IMPACT:

The expected results are:

1. Each participant will improve his knowledge and tools in the field of inclusion, mostly linked to the world of sport and disability.
2. The creation of the website dedicated to the project and its activities will be a vehicle for the life of an active and cooperating community working in this field.
3. Enforcement of the European network working in this field thanks to the promotion of the shared objectives of European Union.



## Participant's feedback - Maria José Fernández

On 08-11-23 I participated in Plasencia in a workshop with AICS Rome and the Association EUEXIA on a project called SPORT-ING.

We addressed the issue of BASKIN, a sport practiced by people with and without disabilities.

It owes its name to the inclusion of people with disabilities in the sport of basketball, BASK-IN.



In the meeting we discussed several topics:

- Good practices
- How to improve the participation of all social sectors in sport.
- Dissemination of mixed/inclusive sports activities,
- Making a list of inclusive sports and rules to be applied in sports.

-Elaboration and realisation of sport activities and promotion of citizenship.

-Collaboration between sports associations that can work in a NETWORK.

-Training of monitors and collaborators who will carry out the sports activities.

-Promoting Tolerance.

-To create a manual of sport terminology.

-To elaborate the rules of the game.

To achieve all these objectives we will follow the following steps:

-Soliciting funding and collaboration in sports activities from public and private entities.

Follow-up and evaluation of the activities.

-Development of projects at European level.

-Encouraging inclusive education in inclusive sports from an early age.

-Accessibility of spaces and materials to be used.

Once we concluded the meeting we visited the facilities of the Association, we had an approach with the people who were part of it.

Lastly, we played BASKIN. I thought it was a very interesting topic to discuss, as promoting and practising sport between people with and without disabilities creates strong links between all those who practise sport, helping to raise awareness of the existing problems in this area.



## Plasencia, Spagna

# Sport-IN-g - Praticando l'inclusione

Arrivo a Plasencia dopo un lungo viaggio. Fa freddo, ma è un freddo rinvigorente. La cittadina è medievale, carina.

**8 novembre 2023**

Trovata la Casa della Gioventù, il punto d'incontro. Ci spostiamo in una zona collinare, vicino, all'aria aperta. Degli uomini di tutte le età con disabilità cognitive ci accolgono. Sono molto felici di vederci e ci abbracciano. Mi toccano il cuore. C'è un ragazzo che mi chiede in continuazione le sigarette. Dice solo alcune frasi in spagnolo, io provo a rispondergli in italiano o in inglese. In qualche modo riusciamo a capirci. Sono tutti entusiasti all'idea della partita. Dei gatti chiatti si girano intorno a noi indisturbati.



*Spiegazioni delle regole del Baskin*

Lavoriamo a una guida sulle buone pratiche nello sport di squadra di inclusione. Quali sono le problematiche, le regole, come si svolge una partita. Parliamo del Baskin, delle sue origini. Io dico che i miei due nipoti lo praticano.

Visitiamo i laboratorio dove lavorano i ragazzi con disabilità; sono molto fieri. Fanno il riciclo delle bottiglie di vetro, dei tappi, e poi creano degli oggetti come delle cornici, delle casette, delle candele.

Alcuni oggetti sono molto carini, “muy preciosos”.



Giochiamo la partita di Baskin, giovani e vecchi, donne e uomini, normodotati e ragazzi disabili. Il tempo è dalla nostra parte, c'è il sole. Il Baskin ha la regola del cinque, chi è cinque non può attaccare chi è inferiore a lui. Questo porta uguaglianza e il divertimento è garantito: vedere questi ragazzi sorridere e giocare mi riempie di gioia, non importa che io non gioco bene. Sono un disastro per la precisione.

- Ruxandra Dragoescu -



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