



Re-Creation

A Guide To Leisure time Activities
for People with Intellectual Disabilities



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Lifelong
Learning
Programme

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Leisure Time activities & social inclusion

This guide is made up from 50 Good Practice examples of leisure time activities used for persons with intellectual disability (pwd) in 13 countries. It is a cooperation by 5 European organizations active with and for persons with intellectual disability. The participating organizations are: JDC - JAUNUOLIUS DIENOS CENTRAS from Lithuania, LINDEPARK-EN from Sweden, CARAVAN 2000 FRANCE from France, UNITED IN DIVERSITY from Serbia and ESTIA- Kentro Koinonikis Frontidas Atomon me Noitiki Ysterisi from Greece.

The organisations used their national and international networks to collect the good practice examples. The choice of the activities was made by using as much variety as possible. We also decided to give priority to the activities used especially by the partner organizations. In other words to present a variety of leisure activities that work well in leisure for persons with intellectual disability.

Moreover we also wanted to point out the work of worldwide organizations such as Special Olympics, Best Buddies International and Very Special Arts.

The guide has been written to provide advice to persons who together with pwd would like to do a leisure time activity and by using non-formal and informal learning- learning by experience methods improve the options of social inclusion for pwd. It could be used as an idea bank for leisure activities with the purpose of doing activity together as a tool towards social inclusion.

Living in the community does not, by itself, guarantee social integration and inclusion for persons with intellectual disability. Social life and leisure participation can be the beginning of such a process and its impact on the quality of life can be of significant importance.

With this guide we would like to underline the importance of active leisure time with a purpose, for everyone and especially for people with intellectual disabilities. Doing things in our leisure time can help us in lots of ways. For example, we can get out and meet people and make friends, get fit and healthy, and most of all have fun! In addition, we develop new skills and talents, e.g. acting, drawing, playing basketball etc. and add something positive to our identity. Furthermore, it provides opportunities to develop our social skills, e.g. communication, relationship with others, being part of a group, collaboration, follow the rules, etc. Leisure time activities also contribute significantly to our psychological well-being. More specifically, we feel better about ourselves through our achievements (improves our self-esteem) and we do things that we enjoy, and we have a more balanced life. All these have a positive effect on all aspects of our lives, e.g. transferring practical and social skills, more self-confidence, better social support network and social equality within the community.

One important factor to social inclusion is the ability to use the free time in a personally satisfying way and to build meaningful social relationships. Leisure time has an important role in the facilitation of friendships. Everyone needs regular recreation that develops social skills, promotes good health, relieves stress, facilitates social interactions, and provides a general joy for living. One benefit is learning from the experience. An increase in the constructive use of leisure time may reduce the need for support by others and enhance independence of individuals with disabilities.

Through this project, all participating partners had the opportunity to work together and exchange knowledge and experience. It was also a great chance we were given to learn new hobbies and activities that each country engages in based on their cultural identity.



EUROPEAN LIFELONG LEARNING ACADEMY- ELLA

- The ELLA project offers a variety of cutting edge examples of inclusive adult education for people with and without disabilities. A variety of educational projects are run with the cooperation of organisations from over ten different countries.
- Each project focuses on a different aspect of independent living and new ways of learning. These include: preparation for beginning work in the labour market; recycling and respect for the environment; forms of recreational activities and the structure of private living.
- 19 organisations from 11 European countries and Israel will develop, administer, evaluate and disseminate the information gathered on six different educational and methodical approaches to inclusive adult education.
- Members of the Caravan Federation will conduct a series of international exchanges and workshops, inspired by the Convention on the Rights of Persons with Disabilities.
- ELLA aspires to take inclusive education one step further and become the trademark for inclusion in European adult- and adoscelent education.
- In certain stages of the project, people with disabilities will act as teachers in adult education. They will assess their own performance and determine their own choices and preferences in their professional and social lives. This reverses the roles of traditional, integrative education.
- Curricula will be developed, in which the basic needs of every human being are addressed: Self determination in private life, work, housing, sexuality and family planning. Adult education for people with disabilities seldom broach these subjects, often labelling them taboo.
- Due to the large number of participating countries, the most successful practical experiences will be ascertained, transmitted and emulated. Thanks to the participation of Muslim, Jewish and Christian members, ELLA will remain sensitive to, promote and reflect different inter-cultural approaches to learning.
- In conjunction with the information and learning opportunities presented in the work package projects, a learning website for people with disabilities has been designed with the aim of conveying basic skills in English, work and qualifications and the use of modern media as well as demonstrating barrier-free access to the internet. ● www.ella-learning.eu



Leisure

Leisure is the time we spend doing things we enjoy. There are many different types of leisure including sport, hobbies, arts, going to the cinema, visiting art galleries, shopping and watching television. Some people prefer to spend their leisure time on their own, while others like to get involved in group activities. Leisure is important because it gives us the opportunity to spend time together with our friends, to try new things, to take on new challenges and to be included in the society. Participating in positive activities is associated with positive outcomes in terms of people's health, experiences of enjoyment, achievement and participation in the community. Recreation and leisure activities are therefore important factors of the quality of life for all people, including those with intellectual disabilities. For someone with an intellectual disability, leisure time can be particularly important. Getting involved in a group or activity can be a chance to learn new skills, improve quality of life and raise self-esteem and independence. Moreover, leisure activities can contribute to improving the well-being of disabled people through access to positive and inclusive activities.

Leisure is considered to be a fundamental human right and an aid to personal development. As stated in **Article 30** of the UNCRPD- UN Convention on the rights of persons with disabilities:

Article 30: Participation in cultural life, recreation, leisure and sport

People with disabilities have the right to take part in cultural life on an equal basis with others, including access to cultural materials, performances and services, and to recreational, leisure and sporting activities.

It is therefore important that people with disability are given the opportunity to take part in leisure activities and other activities just like everyone else and to provide an inclusive leisure environment in which everyone has access and can interrelate.



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TITLE OF GOOD PRACTICE

Best Buddies International

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☒ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking
☐ Camping
☐ Picnics
☐ Cycling
☐ Horse riding
☐ Other (Please Specify)

Huge variety of other activities


☒ Arts and entertainment

☒ Theatre
☐ Gigs and concerts
☒ Painting
☐ Films
☐ Other (Please Specify)

Huge variety

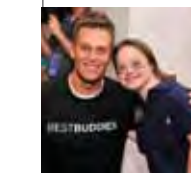
☒ Home-based leisure

☒ Reading
☒ Gardening
☒ TV, videos and DVDs
☐ Computer games and internet
☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes
☐ After school clubs
☐ Playgrounds and adventure playgrounds
☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks
☐ Museums
☐ Historic building
☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

The IDD community that Best Buddies serves includes, but is not limited to, people with Down syndrome, autism, Fragile X, Williams syndrome, cerebral palsy, traumatic brain injury and other undiagnosed disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9
☒ 10-49
☒ 50-99
☐ 100 and over
☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☐ Local
☐ National
☒ International
☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
☐ Co-funded
☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

International

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

BEST BUDDIES INTERNATIONAL.
 Best buddies offers international programs all over the world. For information please visit the website: <https://bestbuddies.org/> and click on your country.

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
☒ Non Governmental
☐ Private Sector
- ☐ Local Authority
☐ International
☐ Other (Please Specify)

CONTACT INFORMATION**Best Buddies International**

Global Headquarters
 100 Southeast Second St, Suite 2200
 Miami, FL 33131
 Toll Free: 1.800.89.BUDDY
 (1.800.892.8339)

WEBSITE: <https://bestbuddies.org/>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

One to one friendship
 Integrated Employment
 Leadership Development
 Inclusion

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with IDD. For individuals within this community, Best Buddies helps them form meaningful friendships with their peers, secure successful jobs, live independently, improve public speaking, self-advocacy and communications skills, and feel valued by society.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Best Buddies Leadership Development programs represent one of our organization's three key mission pillars. The programs educate and empower people with and without IDD to become leaders, public speakers and advocates. Best Buddies passionately believes that its program participants can lead the effort within their community and beyond to build a more inclusive world for people with IDD.

IMPACT

To put Best Buddies out of business. Best Buddies envisions a world where people with IDD are so successfully integrated into schools, workplaces and communities that its current efforts and services will be unnecessary. Until that vision becomes a reality, the organization will continue to educate middle school, high school and college students, community members, corporations and employers about the emotional, functional, and natural needs and abilities of people with IDD

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)





TITLE OF GOOD PRACTICE

Skiing & Snowboarding + snowshoe (nature) walks with guides for any kind of disabilities

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Mainly: Skiing, snowboarding but also snowshoe walks. All of these activities fit for all kind of disabilities. Other activities: Spa-activities/well-ness, husky dog and horse sleigh rides and skating


☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and internet

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)


TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Very broad target group, both male and female all age, instructors are available to teach any kind of special need – both standing and sit-ski but also snowshoe walk.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☒ 10-49

☒ 50-99

☐ 100 and over

☐ Other (Please Specify)

Provides access for individuals, groups, families and carers

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☐ Local

☐ National

☒ International

☐ Other (Please Specify)

Ski 2 Freedom offer their activities in over 10 countries

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Norway

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Ski 2 Freedom

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☒ Other (Please Specify)

Charity

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0033 (0)648526402

EMAIL:
Participating:
catherine.cosby@ski2freedom.com
General enquiries:
contact@ski2freedom.com

WEBSITE:
<http://www.ski2freedom.com/>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Facilitating everyone to participate on an equal level.

Ensuring that people with disabilities or impairment have access to sporting and recreational activities: gaining self-esteem and confidence.

Social Integration

Possible rehabilitation (overcoming new challenges, self-awareness, self-confidence etc)

Available for everyone regardless of nationality, social/ethnic background, disability, sex and geographical location.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Learn how to ski with a disability or a special need (physical, sensory & learning) both standing and sit-skiing. But also offers husky dog and sleigh dog rides, chauffeur driven taxi-ski, well-ness, spa, skate activities.

Improve existing skills as a disabled skier/snowboarder or learning from scratch. Qualified instructors are always available to help.

Snowshoe walks with experienced guides: fits for all types of disabilities including MS suffers, visually impaired, downs syndrome, autism, people just needing peace at nature.

Use the mountains to recharge energy, finding self-esteem and confidence but also having a nice time with family and friends.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Empowering people affected by different disabilities, life changing experiences and conditions with the benefits of year-around mountain activities.

Gain a better self-esteem. Re-build / build confidence. Rehabilitation.

Personal stories from some of the participants
<http://www.ski2freedom.com/en/skiing-with-disabilities/personal-stories>

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

One of the biggest impact is that the beneficiaries are available through first-hand experience overcome obstacles they thought were impossible for them before, such as walking in the mountains, skiing, snowboarding, especially since the terrain itself might seem impossible or very hard to get through.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)





TITLE OF GOOD PRACTICE

Improvisation Games



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☒ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Huge variety

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and internet

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old.

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☐ 10-49

☒ 50-99

☐ 100 and over

☐ Other (Please Specify)

Provides access for individuals, groups, families and carers

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

Ski 2 Freedom offer their activities in over 10 countries

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Charity

CONTACT INFORMATION

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 TELEPHONE: +370 611 96668, EMAIL: dienos_centras@hotmail.com,
 WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))**IMPROVISATION GAMES**

During this game we are creating dramatic situations to be explored by the students. It is a very funny time for students during the theatre lessons. We are encouraging students to create dramatic situations and explore these situations by themselves:

- we are inviting students to create the situation and to find out more about the specific situation;
- we are encouraging students to shift the situation vice versa and to see what could happen.

Improvisation games usually build space for reflection and self-evaluation. Students usually getting new knowledge about the situations and learning to deal with them. Improvisation games encouraging students to create movements, actions and to implement their fantasies. During the games students explore and reflect, test and try out new ideas, acquire new knowledge, create new values and build self efficacy and self-esteem.

During the games no one has to learn or has to 'act' in front of others. Improvisation can enable students to explore their own feelings and experiences.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))**DISCOVERIES:**

- If it is a group improvisation, all time students are indicating the group leader who is leading or indirect controlling all improvisation
- If it is individual improvisation, high mental able students are improvising but lower mental able students copy them.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

- One typical example. Student Andrius was coming to theatre lessons for 1 year and was not able to do any improvisation. Now he starts to make small improvisations but not by using all his body or mimic, but just by “drawing” exact objects with his fingers in the air.
- It is a little bit strange, but a lot of our students like to improvise criminal situations; abusing situations; situation with a lot of angriness. When we discuss this with our students- they say they are playing such situations, because they see this on TV very often.
- Students like to improvise the everyday life in the family very much. And we can see that a lot of influence is coming from the students life at home.
- It is complicated with our students to “travel” in time - to improvise future or past. It is much clearer for them to be in real time and real situation.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact.
New knowledge, good emotions.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

- CHALLENGES:** the main topics of this game we have tested:
- Somebody is lost in the city
 - Somebody missed the train
 - Angry woman in the shop
- Students can create dramatic effects through music, lighting, sounds, costume, make-up and scenery.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	





TITLE OF GOOD PRACTICE

Canoeing

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☒ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☒ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Huge variety

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☒ Other (Please Specify)


TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

This activity is suitable for everyone no matter which condition or disability. For all families whose children have challenges in moving, for all adults who need assistance or a functional device in their everyday life or in certain activities.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Finland

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Malike which is provided by Kehitysvammaisten Tukiliitto ry (The Finnish Association for persons with Intellectual Disabilities)

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

Malike centre
Sumeliuksenkatu 18 B, 3 rd floor
33100 Tampere Finland
tel. +358206 718 306
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www.malike.fi; <http://www.malike.fi/media/Malike/Esitteet/melontaesiteen.pdf>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Gaining self-esteem, working as a group, being able to participate in activities some people might think are impossible, learning to trust themselves, courage

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Canoeing for families or bigger groups. A great outdoor activity that everyone can participate in, regardless of condition or disability.
The canoes can easily be made steadier with help of special accessories, the seats can be made modified to support the sitting position of the paddler.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Since this activity is suitable for everyone and that the Malike team has the right equipment to stabilize the canoes so they are suitable for all kinds of moving and intellectual disabilities, even regardless of physical strength makes this practice good in a lot of different ways.

Helping people overcome their fears of thinking that they are not able to participate in different outdoor activities because of their condition.

Gaining a better self-esteem by overcoming this fear and realizing that it is possible.

Everyone has the right experiences, equal opportunities for physical exercise and doing things together with other people, both indoors and outdoors.

Helping people come together and work as a group.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Malike also offers circus and nature activities.

<http://www.malike.fi/media/Malike/Esitteet/sirkusesiteen.pdf>

<http://www.malike.fi/media/Malike/Esitteet/luontoret Kiesiteen.pdf>

TITLE OF GOOD PRACTICE


Making a theme play. Writing songs, recording an album, releasing it and touring

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking


☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)
Huge variety

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

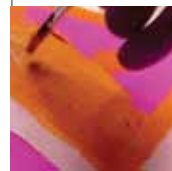
☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Young adults aged 16-21 with intellectual disability

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☒ National
- ☒ International
- ☐ Other (Please Specify)

Finland

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☒ Other (Please Specify)

The travels to other countries have been financed by different economical funds that you can apply for at www.arvsfonden.se

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Sweden

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Lindeparkens Gymnasiesärkola class YTC.
(Special needs gymnasium class YTC)

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☒ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Human development, independence, process , learning by travelling, creativity

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The different plays & performances often start with a theme decided by the staff. The work and the process is then very much up to the pupils, their ability and ideas are a key factor. Dance pieces, song lyrics, theatre scenes etc. is often shaped & constructed by the staff & pupils together often over a longer period of time (3-5 months).

The learning by travelling is built round the idea that you grow as an individual by meeting different cultures and see other organisations with like-minded young adults.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Enormous personal growth
 Self-dependency
 Normalisation
 Integration
 Self esteem
 Feeling of context
 Happiness

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

We have nothing but very positive response from every audience and every country we have met, played for, visited and worked with.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

One of the difficulties is that the participants can feel “set aside” if someone else gets more minutes in the recording booth for example, but this is easy to avoid if you have a proper planning before starting the project. So it is important to make sure that you have a rather small group (4-5) in the studio, and that you on forehand decide when the participants can record their lyrics so you avoid any arguing about whose turn it is.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

A wide range of different sport activities for all age groups and all kinds of disabilities

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Different sport activities


☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Huge variety

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☒ Organised play schemes

☒ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

Recreational sports



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

This activity is suitable for everyone no matter which condition or disability. For all families whose children have challenges in moving, for all adults who need assistance or a functional device in their everyday life or in certain activities.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

Depending on which activity

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

Denmark

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Denmark

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Dansk Handicap Idræts-Forbund

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☒ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

Contact information:

<http://www.dhif.dk/doa/default.asp?action=showOrganisationsplan&rbkatid=104&id=287>

WEBSITE: <http://www.dhif.dk/>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Very individual, since DHIF offers a very wide range of activities the participant are available to try out different sports and find the best suitable.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

<http://www.godadgang.dk/gb/engelskfilm.asp>

<http://www.godadgang.dk/gb/places/search.asp>

<http://www.dhif.dk/sport/>

7



TITLE OF GOOD PRACTICE

Participation in Art Exhibition during a big public country festival



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☒ Painting

☐ Films

☐ Other (Please Specify)

And other kind of art objects

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disabilities ,mentally ill adults

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

County of Hessen

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Germany

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Bdks Baunataler Diakonie Kassel e.V

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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WEBSITE: www.bdks.de

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Art exhibition, inclusion art

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

We organized an art exhibition with 70 objects of people with and without disabilities in a central church during a county festival (Hessentag).
The art exhibition had 2300 visitors and did show objects of 40 artists.
The exhibition had a parallel program with music and other performances.
The artists were present during 10 days the exhibition was running .
They did gave interviews to their pieces of art and their life.
We involved the local church community and local musicians.
The exhibition was although used as a place of relaxation during the big country festival which took place in our town. The county festival/Hessentag had 750000 visitors.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The main achievement of the exhibition was that the visitors saw the fantastic abilities of people with disabilities. The art was in the focus and important and not that the artists had a disability. It was very important to take part in a big county festival with showing the creativity of the artists.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The exhibition had the impact that the abilities of people with disabilities got emphasised.
The event did show that art has no barriers and is a fantastic opportunity for the inclusion of people with disabilities in local ,public and culture activities in the community.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

The difficulty was the costs of the exhibition had to be pre-financed of our organisation. But a least we got a co finance of the organisation “Aktion Mensch” which did cover the main part of the costs.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)





TITLE OF GOOD PRACTICE

Life skills - cooking



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation☐ Solo activities
gym, swimming etc☐ Group activities
basketball, waterpolo, etc☒ Countryside recreation☐ Hiking☐ Camping☐ Picnics☐ Cycling☐ Horse riding☐ Other (Please Specify)☒ Arts and entertainment☐ Theatre☐ Gigs and concerts☐ Painting☐ Films☐ Other (Please Specify)☒ Home-based leisure☐ Reading☐ Gardening☐ TV, videos and DVDs☐ Computer games and the net☒ Other (Please Specify)

Cooking, serving food and beverages

☒ Children's play activities☐ Organised play schemes☐ After school clubs☐ Playgrounds and adventure playgrounds☐ Other (Please Specify)☒ Visitor attractions☐ Theme and leisure parks☐ Museums☐ Historic building☐ Other (Please Specify)**TARGET GROUP** (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Youth and adults with intellectual disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)☐ 1-9☒ 10-49☐ 50-99☐ 100 and over☐ Other (Please Specify)**LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE**
(Please tick the appropriate box)☒ Local☐ National☐ International☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Serbia

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

United in Diversity

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: www.drugacijizajedno.rs
 FB page <https://www.facebook.com/DrugacijiZajednoNis?fref=ts>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Cooking, Serving, Cookies, Beverages, Baking, Life skills, Independence, Happiness, Self-confidence, Friendship, Cookie cafe

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

We organise weekly two life skills workshops and once a month we are serving food and beverages in our "Cookie cafe" for local customers in the framework of our activity "Saturday Matine` coffee break with United in Diversity"

Preparing all kinds of food, mostly cookies. Everybody find some recipe and then they decide which cookie they will prepare on next workshop. They check all ingredients needed and if something is missing they tell what we have to buy, and we go to the shopping together.

- For workshop everybody have their own assignment. They are shared in couple of groups:
- Preparing necessary ingredients
- Mixing what is needed
- Baking
- Filling cookie
- Serving everything on a plate
- Making coffee / tea
- Serving to each other during workshop/ and serving to customers once a month
- Enjoying prepared cookies and coffee
- Washing dishes
- Cleaning kitchen and cookie cafe

After every workshop we talk to each other and everyone say how much she / he is satisfied with their participation.

We change groups and assignments for every workshop.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Working in groups: cooperation, listening to each other

- Deciding (when they have to decide what will they prepare)
- Making shopping list and go shopping independently
- Orientation in grocery store, in supermarket
- Managing in the kitchen/in Cookie cafe
- Preparing food independantly/ serving beverages
- Managing with kitchen-range independently
- They say that they are helping at home now; parents involve them in preparations.
- Become aware that with a little support they can work and earn their own salary (which is very rare in Serbia).

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Increasing confidence, especially when they have to do something at home

- Aware of reaching results
- Encouraging diligence and persistence
- Making new friendships and new interpersonal contacts
- More trust to other people and happiness because someone care and help them to improve their skills.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

- Opportunity to do something new and to manage the unknown. (Principle of Long Life Learning and learning together)
- Opportunity for inclusion is showed in practice. We opened the Social club "Cookie cafe" where we all work together. One Saturday a month we have "Inclusion Matine" when they can work and show to others what they learned in workshops. They are preparing coffee, tea, pancakes etc; and they serve the guests in cafe. They all say that this means very much to them and that they always wait impatiently for "Matine - day". (This is why we put 5 on question no.17)

Difficulties - provide permanent employment conditions (legal, material) for Cookie Cafe.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

More info about our activities you can find on link below
https://www.facebook.com/DrugacijiZajednoNis/photos_stream



TITLE OF GOOD PRACTICE

“Téléthon” (collect money for people with muscular dystrophy) this is a national event. Cities can organize some events / actions to gather money. In the city of “Armentières” the residents from the home center of this city are integrated in the organisation. In the association, there are other example in matter of local integration.

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Cooking, serving food and beverages

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☒ Other (Please Specify)

Local event preparation and participation

The adults with mental disabilities who live in the city of “armentières” (from the home center “les 3 fontaines”) as citizen of their city.

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

☒ Local

☒ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
☐ Co-funded
☒ Other (Please Specify)

Organized by the city. Centers of the association participate to these events on their good will.

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

The city of "Armentières"
 The home center of "Les 3 fontaines"

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
☐ Non Governmental
☒ Private Sector
☒ Local Authority
- ☐ International
☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: Habitat des Papillons Blancs de Lille
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 TELEPHONE: 0320439573 Fax : 0320046042
 EMAIL: habitat@papillonsblancs-lille.org
 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

to be a citizen who is integrated in his city
 -giving to others (time and energy to collect money)
 -voluntary work/charity work
 -long term implication
 -sense of organisation
 -sports challenges

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Since 4 years the residents of our association who live in the city of "Armentières" give time to participate in "téléthon". This national event was created in 1987 to collect money to help people with muscular dystrophy. The city of "Armentières" organize every year some actions around this event to gather money. For example : sports challenges. The residents are used to take part in the organisation all year long by meeting local politicians, other associations, sports club...They decide how to share the work. Then, they promote the event by giving pamphlets to gather the most people as possible. The day of the event, they keep a food and beverage stand. The work place of the residents of our association (ESAT Malécots : site providing care, assistance, through employment) provides for food. During the day, the participants can take part in sports challenges, manuel activity, show ...

After every workshop we talk to each other and everyone say how much she / he is satisfied with their participation.
 We change groups and assignments for every workshop.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

At the beginning (the first year), they were only participating to sports challenges but they show some back of interest in this activity. Now they can take part in the organisation which seems to be more interesting to them.
-4 years of participation

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

-This solidary implication is really important for the residents of the center of “Armentières”. Indeed, through this deep implication they are recognised as regular citizens of the city. This action is rewarding to them. Moreover, they give their help for people with another disability.
-The implication/integration in local events exists in another city with different events but we wanted to select, to describe this particular activity for a good example.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

... -The residents have to give a long term commitment (one year, this commitment is made on their goodwill, they are not obliged to participate but when they are committed, it is for one year).
-During the first 2 years, they were used to participate to sports challenges but they didn’t show a lot of motivation in this. Now, they are more interested in the event. The socials workers had to reset this partnership and succeed in giving them more interest in this activity.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

diaporama



TITLE OF GOOD PRACTICE

Band without Boundaries



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation☐ Solo activities
gym, swimming etc☐ Group activities
basketball, waterpolo, etc☒ Countryside recreation☐ Hiking☐ Camping☐ Picnics☐ Cycling☐ Horse riding☐ Other (Please Specify)☒ Arts and entertainment☐ Theatre☐ Gigs and concerts☐ Painting☐ Films☐ Other (Please Specify)

Music band

☒ Home-based leisure☐ Reading☐ Gardening☐ TV, videos and DVDs☐ Computer games and the net☐ Other (Please Specify)

Cooking, serving food and beverages

☒ Children's play activities☐ Organised play schemes☐ After school clubs☐ Playgrounds and adventure playgrounds☐ Other (Please Specify)☒ Visitor attractions☐ Theme and leisure parks☐ Museums☐ Historic building☒ Other (Please Specify)

Local event preparation and participation

**TARGET GROUP** (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

We are an inclusive group - this means we welcome anyone

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)☐ 1-9☒ 10-49☐ 50-99☐ 100 and over☐ Other (Please Specify)**LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE**
(Please tick the appropriate box)☒ Local☐ National☐ International☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

This group is free and runs in partnership with CFK (Community Futures Kent)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jazz Club

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

We create music, inclusion, joy

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Band without Boundaries started in 2011 because we wanted to do something different to help our community to come together. We thought music would be a good place to start. We wanted to show that disabled people can enjoy and be part of making lots of different types of music. Jazz is all about rhythm and we spent a lot of time learning about playing basic instruments to understand rhythm and timing.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

A big part of Jazz Club is meeting new people. Before we started there were no places for people to go in the evening and share their love of music. Jazz Club has changed all that and the sessions get people to work together and to work as a team.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Inclusion, Negative, Cooperation

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

... -The residents have to give a long term commitment (one year, this commitment is made on their goodwill, they are not obliged to participate but when they are committed, it is for one year).
-During the first 2 years, they were used to participate to sports challenges but they didn't show a lot of motivation in this. Now, they are more interested in the event. The socials workers had to reset this partnership and succeed in giving them more interest in this activity.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)


diaporama

Template of Good Practices in leisure activities for people with disability

This template can be used as a checklist to verify that you have covered as much as possible when documenting a good practice. (Please fill in one template for each good practice.)

TITLE OF GOOD PRACTICE

Oriol's
A recording studio and a learning disability service




THEME (Please tick the appropriate box (es))

☒ **Sport and physical recreation**

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ **Countryside recreation**

☐ Hiking


☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ **Arts and entertainment**

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

A recording studio and a learning disability service

☒ **Home-based leisure**

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

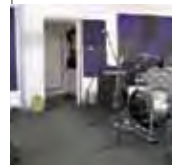
☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with learning disability, bands and musicians

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

By payment

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Oriol's

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON:
ADDRESS: 88 New Greenham Park, Thatcham, Berks, RG19 6HW
TELEPHONE: +44 1635 31097
EMAIL: adam@oriols.co.uk
WEBSITE: www.oriols.co.uk

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

music activities
teach new skills
a fully equipped recording studio.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

By combining a recording studio and a learning disability service, Oriol's provides a really high quality service to individuals with learning disabilities and provides affordable recording to local musicians stimulating the local music scene.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

1. Provide a high quality day opportunity service to people with learning disabilities and other restrictive conditions which will give them the opportunity to participate in a range of stimulating musical activities/projects.
2. Provide the opportunity for people with learning disabilities and other restrictive conditions to express themselves through the medium of music.
3. Use music to improve the communication skills, confidence, creativity and emotional well-being of people with learning disabilities and other restrictive conditions.
4. Provide people with learning disabilities and other restrictive conditions the opportunity to experience the environment of a recording studio and to learn the basic skills required to record and manipulate sounds within one.
5. Demonstrate the musical talents of people with learning disabilities and other restrictive conditions to the local community and beyond

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Oriol's offers a range of services both in recording and as a learning disability service..

Oriol's offers the chance for bands and musicians to come and record in the studio at a reduced rate to let the service's attendees learn from the experience of recording them. please contact us to discuss your recording requirements or check the recording link to the left.

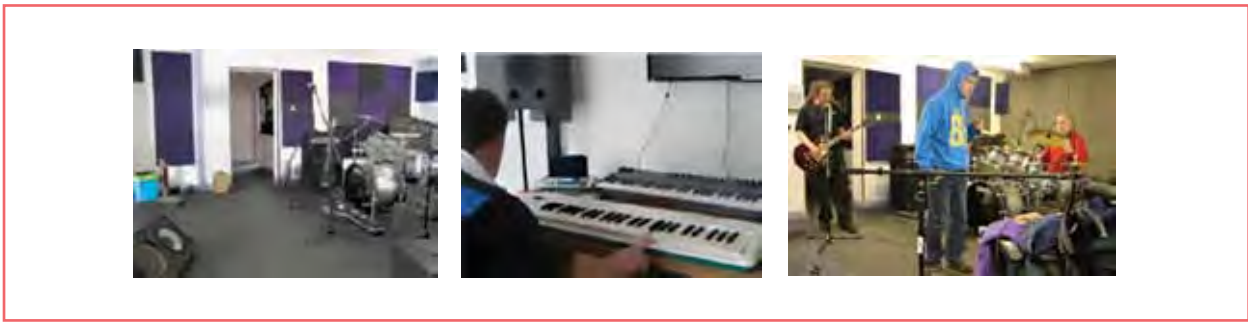
OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)





TITLE OF GOOD PRACTICE

The other Theatre

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☒ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Cooking, serving food and beverages


☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

Local event preparation and participation


TARGET GROUP (Please specify the target group. For example:
women, children aged 3-14, youth, adults with intellectual disability
etc)

Young people and adults with intellectual disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants
involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

**LOCATION/GEOGRAPHICAL COVER-
AGE OF GOOD PRACTICE** (Please tick
the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Israel

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

AKIM ISRAEL, National Association for the habilitation of children and adults with intellectual disabilities

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON:

ADDRESS: 69 Pinchas Rosen St. Tal-Aviv 69410

TELEPHONE: 972-3-7662222

EMAIL: info@akimisrael.com

WEBSITE: <http://akimisrael.com>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Creativity, fun

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

AKIM's acclaimed "The Other Theater" was formed ten years ago to give young people and adults with potential in dramatic acting a place to develop their skills. This specially chosen troupe of talented actors are directed and assisted by professionals in the area of drama and stage production. The troupe meets twice a week for rehearsals at the AKIM Center in Tel Aviv, and holds two to three performances a month at locations throughout the country. They have appeared in a number of international festivals including the Los Angeles "Very Special Arts International Festival" in 1998 and the European Festival for the Mentally Disabled in Montpellier, France in 1999.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Their performances, in addition to developing their expressive skills, have helped change the public's perception of the mentally handicapped, leading to an increased willingness to accept that segment of the population into the wider society.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE


Theme park

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping


☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Theme park: entertainment & concerts



☒ Arts and entertainment

☐ Theatre

☒ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

Theme park

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

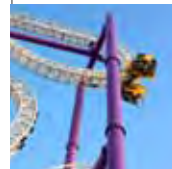
☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☒ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

For everyone with all kinds of disabilities except for certain rides which heart/neck/spine diseases ride are not suitable.
Some of the rides have a height requirement.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☒ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

Tel: 010-708-91 00
 Email: mail@gronalund.com
www.gronalund.com/en
 Group Bookings, show/concert-tickets etc 010-708 7000

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Overcoming fear.
Pushing personal limits.
Social integration.
Self-awareness, get to know (first hand experience) personal limits and also overcoming those.
Everyone is able to participate in the attractions, making sure that everyone can participate on an equal level.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

A personal assistant gets free passage and the participant receives a special passage-band which allows the participant plus the assistant to get first in line and also able to ride the ride up to three times.
Every area and almost every ride is accessible with wheelchair and other equipment for people with difficulties moving on their own.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Overcoming fear and pushing your own limits.
Recognize that nothing is impossible even though the participants personal difficulties.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

We have seen a very positive impact on our youths every time we've been with them to Gröna Lund. Just the fact alone that they are surrounded with other kids/youths has proven to be very positive on them since they on an equal level can participate in all of the activities and attractions as everyone else.
They are always very excited and enthusiastic when Gröna Lund is on the schedule and over and over again this trip has proven to be having a good impact on their self-esteem, their knowledge of what they're capable of and their capability of overcoming fears which we believe have a great deal of importance in their forthcoming lives of independence adults.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

One of the difficulties is that there is a lot of people, as in every amusement park so it is of great importance to have a very close view of the youths and have a gathering point in case someone would get lost. We always try to have one or two extra assistants with us when we go in larger groups.
For those with autism it is very important in advance to print and show them pictures of the rides/attractions so they are prepared for what's there and for the large amount of people in the park.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Kolmården Wildlife Park

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

Wildlife park

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

This activity is for everyone, no special requirements

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

Paid

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Sweden

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Parks and Resorts Scandinavia

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

Bookings: 010-708 70 00 info@kolmarden.com
 Contact 010-708 75 00
 Wildmark hotel: 010-708 77 00
 Other Questions: kontakt@kolmarden.com
https://en.wikipedia.org/wiki/Kolm%C3%A5rden_Wildlife_Park
<http://www.kolmarden.com/sprak/english>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Animals. Nature. Understanding. Calming. Knowledge. Questions. Positivity.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Kolmården wildlife park is a very fun trip to make which includes a lot of different activities and things to see. The safari lets you experience wild animals at a very close range which is not possible anywhere else.

Elephant presentations, tiger world and Marine World which has two rollercoasters, cars on rails and two rocking ships.

Plenty of things to do while also being able to learn very much as the park has a lot of informative displays.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Improving knowledge of different animals which exist on this earth. Understanding animals better. Seeing new things and gaining a better overall understanding of animal rights (why are they "jailed" in the park, positive/negative benefits, extinctions i.e) Seeing things from a new perspective.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Kolmården has proven to have a positive impact on our youths apart from being a very fun and adventurous trip they have also as stated above gained some insight in animals rights and their feelings, not that they haven't done so before perhaps – but seeing wildlife animals (tigers, elephants etc) in such a close range suddenly makes the animals "real" as most only have seen those animals in films or TV.

Overall a very positive impact, seeing nature, animals and spending time with animals have a very good calming effect on our youths.



15

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

We've been experiencing some difficulties when going in larger groups so that is definitely something to have in mind, and as usual planning is very important. If you are a large group we would recommend splitting and making two groups instead, and as usual have one or two extra assistants if possible. There is a lot of people in these parks so having two smaller groups instead of one big is a good choice. Make sure to inform students and especially those with autism of the visit and prepare them for what they can expect with i.e pictures or videos.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Games with imaginary subjects

THEME (Please tick the appropriate box (es))

- ☒ Sport and physical recreation
- ☐ Solo activities
gym, swimming etc
- ☐ Group activities
basketball, waterpolo, etc
- 
- ☒ Countryside recreation
- ☐ Hiking
- ☐ Camping
- ☐ Picnics
- ☐ Cycling
- ☐ Horse riding
- ☐ Other (Please Specify)
- 
- ☒ Arts and entertainment
- ☒ Theatre
- ☐ Gigs and concerts
- ☐ Painting
- ☐ Films
- ☐ Other (Please Specify)
- ☐ Home-based leisure
- ☐ Reading
- ☐ Gardening
- ☐ TV, videos and DVDs
- ☐ Computer games and the net
- ☐ Other (Please Specify)

☒ **Children's play activities**

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ **Visitor attractions**

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

CONTACT PERSON: Lina Trebeiene
 ADDRESS: Kranto 16, Panevezys, Lithuania
 TELEPHONE: +370 611 96668
 EMAIL: dienos_centras@hotmail.com
 WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

GAMES WITH IMAGINARY SUBJECTS
It is an action with imaginary subjects. It is a good exercise for disabled students to go along with the symbolic and the real object

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- For most of the students it is very easy to improvise with imaginary subjects and they are very clever in it. Everybody can recognize the action they are expressing.
- Some students exact actions representing point-by-point way.
- For all our students the season is very important.They will never improvise summer in winter time. Usually they like to be in real time and real situation.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact.
New knowledge, good emotions.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES: the main topics of this game we have tested:

- Washing the dishes
- Going out with litter
- Work in the garden
- Eating ice-cream

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No



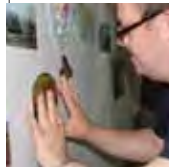
TITLE OF GOOD PRACTICE

Pictures wall with a theme

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

Create a picture wall on a specific topic

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

The residents of a center, but it can be applied for people of all ages, for all types of population

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

A center of "Papillons Blancs": "Clos du Chemin Vert"

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: HABITAT des Papillons Blancs de Lille
 ADDRESS: 42, rue Roger Salengro CS 10092 - 59030 Lille Cedex
 TELEPHONE: +33 320439573 ?] Fax: +33 320046042
 EMAIL: habitat@papillonsblancs-lille.org
 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Creativity, use your imagination, collective work, interior decoration, think together on a specific topic, express yourself

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

In the home center of "le Clos du Chemin Vert", there is an habit since 3 or 4 years to create an expression wall according to the ideas of people. Indeed, the wall change over time.

Sometimes it changes according to seasons (for example : Christmas, holiday...) or according to desires of each to talk about respect, or about different houses...). The wall is made with draws, pictures from magazin, photo ...the wall can retrace a special event which took place in the center (photo of a party...)

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

- Before we change the subject of a wall, we take a picture of it so we can keep in memory every theme discussed.
- This practise allowed us to talk about complicated topics which became concretes thanks to the illustrations.
- Everyone can express himself according to his capacities.
- The socials workers can spread ideas through the wall, and everyone can express his feelings, emotions.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

- This practice became an habit in everyday life in this center.
- The residents who don't know what to do can busy with this activity. At the same time, they particip at improving the indoor decoration.
- When the approached subject concerns seasons, the wall become a temporal marker.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

- There is no specific time to work on the wall, so everyone has to think about it to perpetuate this practise.
- It can be hard for the residents to find a new topic by themselves.
- They need help to build the wall. This is an activity which requires help.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)


1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
	x			

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Diaporama





TITLE OF GOOD PRACTICE


Dramatic Change Theatre Company

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming, etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking


☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☒ Theatre

☐ Gigs and Concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and internet

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc.)

Disabled and non-disabled members

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the good practice activity)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☒ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Gloucestershire Voices

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)



CONTACT INFORMATION

CONTACT PERSON:

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gloucestershirevoices@hotmail.co.uk

WEBSITE:

<http://www.glosvoices.co.uk>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Theatre, inclusive drama group

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

So far they have worked with over 100 learning disabled adults, listened to their stories and hopes for taking theatre further.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

At Dramatic Change Theatre Company they love drama because everybody can join in, have a voice and a chance to express themselves. Acting is an art where you can develop the skills as you go. Dramatic Change works with members who like to dance, sing and act. Sometimes they meet people who want to do all three!

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Dramatic Change Theatre Company is an inclusive drama group. This means they have both disabled and non-disabled members working together to make great theatre happen. They work with actors from all over Gloucestershire. They do plays and workshops to help people to understand the challenges faced by learning disabled people in everyday life.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

In their drama group, choice is very important! They listen to their members and try to find a part for everyone. This can mean helping with lighting, costumes or taking part in a workshop. Dramatic Change knows that there are many more people to meet and many more stories to hear.

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Lord Nelson and Tenacious ships
accessible sailing for everyone



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Sailing



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and internet

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with or without physical disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☒ National
- ☐ International
- ☐ Other (Please Specify)

[RETURN TO THE MAIN MENU](#)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

Fee

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jubilee Sailing Trust

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☒ Other (Please Specify)



Jubilee Sailing Trust

CONTACT INFORMATION

CONTACT PERSON:

ADDRESS:
Jubilee Sailing Trust, 12 Hazel Road,
Woolston, Southampton, SO19 7GA

TELEPHONE:
004423 8044 9108

EMAIL:
info@jst.or.uk

WEBSITE:
<http://jst.org.uk>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Sail, disabled, trips

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Aboard their ships every crew member has a vital role to play irrespective of ability, disability, age, or gender. The success of each voyage depends on teamwork and working to the best of individuals' strengths, not weaknesses. Crewing a tall ship can be a challenge for anyone, at the Jubilee Sailing Trust they prove that with teamwork and understanding this challenge can be met.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

One of the biggest barriers faced, and probably the hardest to remove, is stereotypical thinking. People with disabilities are just people who may happen to have difficulty with some day to day activities, such as walking, moving, talking, seeing, hearing, and so forth. Their voyages indicate that people's perceptions change when placed in a mixed environment. People become more educated.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Lord Nelson and Tenacious are the only two tall ships in the world that have been purpose built to enable people of all physical and sensory abilities to take an active role in sailing. Every aspect of shipboard life is available to all, from setting the sails, going aloft and helming the ship.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

They strive to maintain the charity's motto of 'Changing Lives'. They want every person on their ships to learn and grow – it is easy to think that the multi-ability sailing ship will only change the person with the disability's life but this is simply not true. By engaging, living, and learning together, there is much to be gained.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



19



TITLE OF GOOD PRACTICE

Weekend vacation on a farm Friday- Sunday



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Vacation on farm Friday -Sunday

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and internet

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

In the first year children and partly their mothers, in the second year only children with and without disability (one exception).

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☒ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☒ National
- ☐ International
- ☐ Other (Please Specify)

Two hour drive from home

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Germany

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Verbund Behindertenhilfe – Support and Consulting Centre Frankfurt – Education Assistance

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: IB- Behindertenhilfe, HzE, Angela Romig ADDRESS: Hanauer Landstrasse 145, 60314 Frankfurt, TELEPHONE: 00049-69-904398420, EMAIL: angela.romig@internationaler-bund.de, WEBSITE: www.internationaler-bund.de

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

- Inclusive / Inclusion Farm
- Disability / Special Need Week-end vacation Leisure time
- Nature
- Community feeling
- Team spirit
- Rhön (Mountain landscape in Germany)

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

In the years 2012 and 2013 we went for a week-end trip with children and adolescents, having had a pedagogical assessment of their psychological parent. All participants were well known to us from our education assistance centre. They are supported in the frame of Supervising / social pedagogical family support (SGB VIII) or ambulant integration (SGB XII). The clients so had anytime a familiar contact person.

All clients live in Frankfurt, the short vacation in the Rhön mountain (average mountain) was a relaxing trip to nature. Since all participants were people with disabilities or threatened by disability and we had participants with wheelchairs in both vacation trips, they were both inclusive activities which demanded a high assistance key.

The clients were able to develop a great team spirit. The common disco, the visit of a game hall, excursions and the common cooking and dining brought a lot of fun – besides the learning effect – so that all clients have been very happy to have taken part in this activity. Especially the visit in the stable and the contact with nature and animals was a new experience for many participants.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The right composition of the participants (therefore it is essential to have a good knowledge about them).
A good preparation together with parents.
A good location (barrierfree, tolerant hosts in case it sometimes gets a little louder)
Pedagogues who are well skilled and have the capacities to accompany a vacation during the week-end.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

- Diminuation of fear from sleeping elsewhere (extremely important for clients where it is in question how long they can live with their parents since either youth welfare office aims at placements in foster families or it is aimed at institutional care due to existing disabilities). In the same frame dealing with homesickness.
- Developing tolerance versus disabilities
- Living nature and calming down
- Fun and vacation, which otherwise those families could not have provided.
Time to relax for caring mothers

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Difficulties during planning period: Families often cannot decide for a long time whether they want to take part or not, but the house has to be booked and the pedagogues have to hold themselves ready. Due to the mental disability of some parents a longer preliminary time and assistance during the preparation is necessary.
A barrierfree house has to be found and the composition of the group must be well planned. It may be difficult in a small team if one pedagogue shortly cancels participation due to illness (one substitute should standby).

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Dancing Class for adults with disabilities - once a week



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☒ Group activities
basketball, football, etc



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with mental and/or psychic disability

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

Municipality of Oberursel provides city hall free of charge!

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

Participants quarterly pay a contribution of an amount of 60 € (corresponds to a contribution of 5 € per dancing class) - Registration is obliging for one quarter. Municipality of Oberursel provides city hall free of charge! Staff costs of IB-employees are financed by legal rights of people with disabilities.

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Germany

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Internationaler Bund Verbund Behindertenhilfe Support Services

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: IB- Behindertenhilfe, Martina Koch ADDRESS: Bommersheimer Straße 60, D - 61440 Oberursel, TELEPHONE: 00049-6171-6980838, EMAIL: martina.koch@internationaler-bund.de, WEBSITE: www.internationaler-bund.de

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

- Joy of movement
- Learning of Standard Dances (Waltz, Foxtrot, Tango) and Latin Dances (Cha Cha, Rumba, Jive)
- Shape and coordination
- Interaction und communication
- Social Learning
- Joy of Presentation (Dance Shows)
- Yearly Ball Event

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The participants of the dance course are picked up at their working places. The dance classes have a length of two hours including a break. The evening begins with a game and warm up training followed by the classical dance lessons. The standard dances are taught step by step and they are continuously repeated. The dance trainer rehearses with the whole group and considers the abilities of the single participants. Two further employees support the lessons. Besides the standard dance lessons we interpret actual songs as eg. the „Happy-Song“ or „Gangnam-Style“

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The clients learn the dances and are able to dance them everywhere. The clients are proud of their new won skills. They send out a great joy while dancing.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The ability to move and coordination are improved and dances are learned. The ability to interact with others is promoted and also the acception of body contact.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

One client is so forgetful that she cannot remember the dancing steps. Sometimes the difficulty for the clients is to set the step into the right direction or to keep the balance!

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Film and fotos can be given at disposal!



TITLE OF GOOD PRACTICE

Changes Nightclub - An inclusive Nightclub for people with and without disabilities

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

- ☐ Solo activities
gym, swimming etc
- ☐ Group activities
basketball, waterpolo, etc


☒ Countryside recreation

- ☐ Hiking
- ☐ Camping
- ☐ Picnics
- ☐ Cycling
- ☐ Horse riding
- ☐ Other (Please Specify)


☒ Arts and entertainment

- ☐ Theatre
- ☐ Gigs and concerts
- ☐ Painting
- ☐ Films
- ☐ Other (Please Specify)

Night club

☒ Home-based leisure

- ☐ Reading
- ☐ Gardening
- ☐ TV, videos and DVDs
- ☐ Computer games and the net
- ☐ Other (Please Specify)

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with learning disabilities and other disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☒ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

- ☐ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

Fee

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Community Link Up

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION**CONTACT PERSON:**

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TELEPHONE: 0208 861 9920

EMAIL: info@changesnightclub.org

WEBSITE: <http://www.changesnightclub.org>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Nightclub for people with learning disabilities & their friends.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Changes is Harrow's first integrated nightclub for people with learning disabilities & their friends. Founded in 2003 by Andy Farr, a Changes night is an excellent place to meet new people and make new friends! In March 2003, Community Link Up founded a DJ/Sound Engineering course to help people with learning disabilities to extend their interests in learning to become DJs.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Make friends, Fun, Entertainment

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive



OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

It's an excellent place to meet new people and make new friends! The nightclub draws in crowds from all different areas, not just people from Harrow.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Winter adaptive ski program

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Skiing



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Night club

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

individuals with physical disabilities age 9 and older

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☒ Other (Please Specify)

Any

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☒ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

Fee

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Quebec

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Adaptive Sports Foundation (formerly Eastern Townships Disabled Skiers Foundation)

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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WEBSITE: www.adaptivesports.ca

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Ski, winter activities, people with physical disabilities

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The mission of the winter programme is to establish, operate and maintain educational programs that encourage physically disabled children and adults to discover new abilities through alpine skiing sports. The Foundation provides trained volunteers who assist these individuals to become as independent as possible in their chosen sport which fosters the development of self-confidence.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Self-motivation, increased physical strength and improved self-image while learning a lifelong sport/skill to be enjoyed with family and friends.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

- Improve the quality of life of the participants through sports,
- Help and improve the rehabilitation process,
- Provide family programming and develop competitive training,
- Continue to offer the best service possible to all its clients suffering handicaps,
- Continue to offer the most enriched programs at affordable prices,
- Continue to establish bonds with other health and education professionals,
- Improve the level of service on the national and international scale by offering training to other professionals in the field of adaptive sports.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Equine therapy sessions - Horse back riding

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☒ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

This activity is proposed to adults with intellectual disability who are living in an emergency center. These persons are living complicated situation. They live for a few months in this center and equine therapy sessions are proposed to them.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded

☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

This good practice exists on Papillons Blancs's initiative, but the activity make in a riding school located in "Bailleul" ("les écuries de la blanche" in the north of france) which is specialized in accompaniment for persons with a handicap (physic or mental). ADAPTEQUIT's association exist since 1999 and accompanies children and adults with intellectual disability. This association works with an ordinary riding school.

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority

☐ International

☐ Other (Please Specify)

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

To ride a horse, take care of horses, to respect rules, precautions, the scope respect, the others respect, self-control, (maitrise des émotions) self-confidence (con fiance en soi), work on horse's relation.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Every two weeks during one hour, a group goes to the riding school with a social worker from the emergency center. There are four or five adults, because it has to be a small group for best accompaniment. There is a teacher who takes care of adults. Some adolescents who are living in the riding school are used to give their help to the teacher (adolescents with problems, who are doing a work experience).
 First, they brush the horses with specifics tools, and they put a saddle. Equipments are adapted for everyone. Adults ride two at a time, in order to help each other.
 According to their progress they ride alone or their horse is held by someone else. They do exercises, for example to learn to guide the horse, relaxation therapy, to trot along...
 Finally they are in charge of horses after the activity.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Adults like this activity, they can participate in an activity in spite of their temporary situation. It's a breathing space.
 The horse became a relation support, or discussions support. In spite of fears at first, later a relation to the horse was developed.
 Horse is used like a teaching aid which permits adults to improve relationships with themselves and others.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Impact is very positive, adults succeed in participating regularly in the activity. They have a turbulent life, and they are living temporarily in the center. In spite of that, they can participate an activity, and it allows social workers to build a relationship, to get to know adults, to know what accompaniment will be the best.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

In this riding school, ADAPT-EQUIT's association permits meetings between adults with intellectual disabilities. Horsemen and teenagers who have school difficulties are regularly going to the riding school. There is a wish of social integration for everyone. They have a common passion, the horse, and it can limit differences.

The challenge is that there is a continuity in the pursuit of the activity because adults won't stay for a long time in this center. Groups change regularly, but it permits a better knowledge of their needs and their expectations.

The social worker who takes them to this activity would like to create more commitment into the riding school life by participating in a horse show which would be adapted to adults with intellectual disabilities.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Freezing Games
The game when action in a play or scene is frozen



THEME (Please tick the appropriate box(es))

Sport and physical recreation

- ☐ Solo activities
gym, swimming etc
- ☐ Group activities
basketball, waterpolo, etc



Countryside recreation

- ☐ Hiking
- ☐ Camping
- ☐ Picnics
- ☐ Cycling
- ☐ Horse riding
- ☐ Other (Please Specify)



Arts and entertainment

- ☐ Theatre
- ☐ Gigs and concerts
- ☐ Painting
- ☐ Films
- ☐ Other (Please Specify)

Home-based leisure

- ☐ Reading
- ☐ Gardening
- ☐ TV, videos and DVDs
- ☐ Computer games and the net
- ☐ Other (Please Specify)

☒ **Children's play activities**

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ **Visitor attractions**

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

FREEZING GAMES

The game when action in a play or scene is frozen, as in a photograph or video. This can be an effective method for students who are less able to make improvisations. Students creating some image and freezing for the moment, then other students are making improvisations around.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- Some students like this game and can implement this very easy, but some can not be in static position longer time and can not understand the meaning of freezing.
- Some students were trying to create very complicated freezing objects, but some were taking it very simple, for example just lifting the hand what really was not expressing any object or action.
- As in all games some students like to copy others very much.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
New knowledge, good emotions

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES:

The main topics of this game we have tested

- Sculpture park and people around spending weekend
- Art gallery and visitors admire pictures at art gallery
- Sculptures and sculptors working on

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No

25



TITLE OF GOOD PRACTICE

Sound Games - Listen and move to different sounds



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

- ☐ Solo activities
gym, swimming etc
- ☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

- ☐ Hiking
- ☐ Camping
- ☐ Picnics
- ☐ Cycling
- ☐ Horse riding
- ☐ Other (Please Specify)



☒ Arts and entertainment

- ☒ Theatre
- ☐ Gigs and concerts
- ☐ Painting
- ☐ Films
- ☐ Other (Please Specify)

☒ Home-based leisure

- ☐ Reading
- ☐ Gardening
- ☐ TV, videos and DVDs
- ☐ Computer games and the net
- ☐ Other (Please Specify)

RETURN TO THE MAIN MENU

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old.

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

CONTACT PERSON: Lina Trebeiene
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 WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))**SOUND GAMES**

It is not so easy to use speech as drama tool in a group of mentally retarded learners, because some of them can not speak at all. So sound, noise, voice, toot, bark, peep and etc. could be use as technique to perform and to learn new skills. For some students it is nice just to be on the stage and to make specific sounds in specific situations - and this our students considering as self expression, inner liberation, overcoming their fear to be in public. Most popular games of our students are creating movements when particular sounds are heard.

**MAIN ACHIEVEMENTS OF THE GOOD PRACTICE** (Please summarise briefly main results and/or impact achieved. (max 400 words))**DISCOVERIES:**

- Some students have very good and quick reaction and react to the changing sounds immediately; but other students take a long time to react or cannot react at all.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
 New knowledge, good emotions

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES:

The main topics of this game we have tested:

- Steps in the night
- Snoring during the sleeping
- Rain in the street and people's reaction
- Angry dog and people's reaction
- Braking plate in the restaurant and people's reaction
- Shoes polishing
- Tooth brushing

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No

RETURN TO THE MAIN MENU

26

TITLE OF GOOD PRACTICE

Summer camp offering two activities: bike and music



THEME (Please tick the appropriate box(es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, football, etc



☒ Countryside recreation

☐ Hiking

☒ Camping

☒ Picnics

☒ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☒ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

Local event preparation and participation



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disability, there is no age limit for this practice, the participants come from different homes/institutions. They have to be motivated by practicing bike and practicing music. First, they take part in one of these activities during a year which is offered by the "Papillons Blancs"s association.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☒ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Papillons Blancs's association, on social workers initiative

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

For the bike:
Like sport, self-surpassing, self knowledge, to practise activity with others

For the music:
Like show, like music, to know to listen to each other

For both:
travel through the country

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

A summer camp was organised during 15 days for adults who regularly participate in these two activities : to ride a bike, to play music. It was the opportunity to practise their passion in a holiday context. It was also the opportunity to do concerts for the musicians or to ride a bike several days during the camp. It was the opportunity to apply what they had learned during all year.

We were in “Saumur”, in a camping. We took with us musical instruments, material of music and bikes for each one who practices this activity.

Two social workers accompany the bike group, and two others for the music group. The musicians trained to play music some days and played a concert 3 times (in the camping, in a market, in an old people’s home).

The cyclists rode a bike some days, with different itineraries and more or less kilometres, with nice points of interest (castels ...).

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

To practise their passion during 15 days and give them the opportunity to do concerts for the musicians and to ride a bike during several days and to cover more and more kilometers. It gave them a lot of pride to realise what they were able to do, notably because of the public and social workers encouragements. The final goal was to succeed in implying until the end of the stay.

This camp has been a personal satisfaction for everyone.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Adults wanted to participate at a new camp for the next year. It created the incentive to follow this activities when they get home. They were enthusiastic coming back. Each one got a fright (to get a fright) during the camp, (play music in front of a public, ride a bike in spite of tiredness ...). They managed stress.. feelings ... keep focused.. It was a good experience of commitment. -(engagement). This activities gave to the adults a better self-confidence.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Camp’s preparation took a lot time, investment, and energy. It was a big project which can frighten some persons. Moreover, it represents a big budget, so the association had to finance, and the project had to be well prepared.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

diaporama

TITLE OF GOOD PRACTICE

Overnight camping

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

- ☐ Solo activities
gym, swimming etc
- ☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

- ☐ Hiking
- ☒ Camping
- ☒ Picnics
- ☒ Cycling
- ☐ Horse riding
- ☐ Other (Please Specify)



☒ Arts and entertainment

- ☐ Theatre
- ☐ Gigs and concerts
- ☐ Painting
- ☐ Films
- ☐ Other (Please Specify)

☒ Home-based leisure

- ☐ Reading
- ☐ Gardening
- ☐ TV, videos and DVDs
- ☐ Computer games and the net
- ☐ Other (Please Specify)

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Both genders. Aged between 16-21
Youth with intellectual disability

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Sweden, Gålö

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

FIU (Integrerad Ungdomss verksamhet) Integrated Youthoperation
www.galo.nu

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☒ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Self - Confidence. Unity. Happiness. Outdoor life.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

It is important to prepare with information and very important to match the youths with the right staff/assistant. When arriving and during the visit you follow the daily schedule which also makes the group feel confident and associated.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The most important result is the fact of being out in nature, finding inner peace and a change of one's usual environment.

When sleeping somewhere else out of their usual "comfort zone" with others also makes our youths to feel a sort of fellowship but also pushes them to dare to be more self- independent and also teaches them how to do so.

The young people are always helping out with preparing and making breakfast, lunch and dinner.

We have different outdoor activities such as pentathlon (five genres of different sports activities), barbecue, team-missions etc to make sure that everyone can contribute. By doing so we provide to our youth that they can contribute, all of them.

We are sleeping in lodges, two assistants and two young people in each.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Very positive reactions after this visit, the young people felt proud and united with the group.

Being able to spend time in the nature and at the ocean is both calming and peaceful.

The biggest impact is that they achieve the feeling of independence.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

A proper schedule and forehand planning is A&O when planning to spend a few nights out in the nature. When being out there you must be prepared for the worst, always. Depending on how big the group is you need at least one car, since you won't be able to rely on commuter trains or buses.

When planning you need to have in mind that it is from morning to night, 24/7. But it also of utter importance to make sure that the youth have some free time while being there which leads back to the achievement we want to accomplish which is their own independence, by being able to explore themselves in the nature, and just exploring the nature itself.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
	x			

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Fencing for the blind/visually impaired



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Target Group are blind/visually impaired people. Through information meetings, we want to generate interest in fencing with the previously named group which includes adults and children. The project considers relatives, friends, rehabilitation staff, specialists in orientation and mobility, physical therapists, etc., as a secondary Target Group.

NUMBER OF PARTICIPANTS

(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)



Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE

(Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

The project is supported by **Arvsfonden** (Swedish Inheritance Fund).

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Sweden

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Syd i Fokus is a political and religious independent non-profit association working for the inclusion of people with various foreign backgrounds through culture and education. Syd i Fokus is registered as an association (802441-5732) since 2008. Among its members are a number of visually impaired therefore it organizes popular educational activities (e.g. distance workshops) for the visually impaired.

LatiCe is a nonprofit association with org. nr.802440-4512 that since 2008 is conducting information activities and publishing a digital magazine (www.lattice.org). One of LatiCe 's area in their information work is about the disabled. LatiCe published a thematic publication on the subject and has sent aid to people with disabilities in developing countries.

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON:

Claudia García (LatiCe) and Jorge Leguisamo (Syd i Fokus)

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Fencing, visually impaired, Integration through fencing, Swedish and Non-Swedish, sighted, blind or with low vision people, equal opportunities, orientation and mobility

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

A participatory method is used in the project. By this we mean that the project's target group has guaranteed from the beginning an active participation in the planning, project design, decision-making throughout the project, as well as in the evaluation and informative activities to disseminate the results.

In the long term the project aims to establish fencing for the blind in Sweden, not only as part of the rehabilitation of the visually impaired/blind, but also as a sport where they can compete in.

The participants wear eyeshades during training. The coach taught through oral descriptions. In order to show the correct position of the hand, or the blades, the coach takes place next to the participant and places his hand on the coach's hand.

Most of the trainings are filmed so that the coach can give feedback to the participants.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Fencing for the visually impaired/blind is suitable for both, children and adults as well as for men and women. Fencing is a sport that strengthens the individual and that is practiced with joy because it's fun.

Fencing for the visually impaired/blind is an integration project. Our participants are Swedish and Non-Swedish, sighted and blind or with low vision people. All of them practice fencing together and wear an eyeshade during training, this way they learn on equal terms. The use of the eyeshade also allows sighted participants become aware of what it feels like while they occupy the place of the "other", understand in practice what it means to lose vision, and how to get oriented in space, developing other senses such as hearing.

Some of the benefits of fencing for the visually impaired/blind participants are:

- Reinforcing confidences,
- Reinforcing visually orientation and movement,
- Improving posture or balance,
- Enhance sensory awareness,
- Reduce stress,
- Improve communication,
- Increase self-esteem and quality of life.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

According to the testimonies of our beneficiaries, fencing for blind and visually impaired has impact on their life in different ways. On one hand, becoming a fencer has helped them with the physical area, for example it helps to get a better balance, orientation in different places, but most of all with the confidence and self-esteem (for them being able to do something that doesn't seem to be for them is important and reinforce the idea that "they can"). On the other hand, being part of the fencing team has become a social and important space to meet people and been active not only in a physical way but also socially. The group has created a feeling of belonging and appreciated the time that they spent in company of other blind, visual impaired and sighted people.

Another impact of the project has been the sensibilization of the society because the project is a place where blind and visual impaired can meet and compete in the same conditions with seing people.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)



OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

www.ffsynskadade.se



TITLE OF GOOD PRACTICE

Canoeing and Kayaking

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Canoeing and Kayaking



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with physical, learning, behavioural and sensory disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☒ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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WEBSITE: <http://www.calvert-trust.org.uk>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Improving motor skills to learning and developing technical skills.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Calvert Trust Exmoor enables people with physical, learning, behavioural and sensory disabilities to experience exciting, challenging and enjoyable outdoor activities. With a hoist on our jetty for wheelchair access, a range of adaptive seating types, and tandem canoes for extra stability, canoeing & kayaking offer a real sense of freedom for all of our guests.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The activities are great for a broad range of positive effects, from offering a sensory experience, through improving motor skills to learning and developing technical skills.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

All of our breaks are built around a structured programme of activities, lead by our qualified instructors and tailored to the specific needs of our visitors. The range of indoor and outdoor activities guarantees fun and adventure whatever the weather.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

**TITLE OF GOOD PRACTICE**

Gateway Award - The award encourages people to gain new skills and experiences, become more independent, make friends, be active in the community

THEME (Please tick the appropriate box (es))
☒ **Sport and physical recreation**
☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc

☒ **Countryside recreation**
☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ **Arts and entertainment**
☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ **Home-based leisure**
☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ **Children's play activities**
☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ **Visitor attractions**
☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)


TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with a learning disability of any age or ability

NUMBER OF PARTICIPANTS
(Please tick the number of participants
involved in the activity, good practice)

☐ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

Any

**LOCATION/GEOGRAPHICAL COVER-
AGE OF GOOD PRACTICE** (Please tick
the appropriate box)

☐ Local

☒ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

MENCAP

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: <https://www.mencap.org.uk/gatewayaward>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Award, involvement

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The Gateway Award is an activity award which people with a learning disability of any age or ability can take part in.

The award encourages people to gain new skills and experiences, become more independent, make friends, be active in the community and to have better health and wellbeing.

There are three levels of the award; bronze, silver and gold. Participants will receive a certificate upon completion of each stage. At each level participants must complete five different activities.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Participation, Development of personal abilities

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Evidence from the Gateway Award can be used towards the Duke of Edinburgh Award (DofE). Participants will also need to complete any additional requirements.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Participants identify a challenge and undertake an activity or project to address it. This can be a personal, group or adventurer challenge. Depending on the level of the award it can link to another group or organisation.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



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TITLE OF GOOD PRACTICE

Motor Activities Training Programme® (MATP) - A Special Olympics program

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

People with profound or multiple intellectual (learning) disabilities.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☒ Other (Please Specify)

Free access

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☒ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Special Olympics, Great Britain

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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TELEPHONE: +44 20 7247 8891
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WEBSITE: <http://www.specialolympics.org>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Profound disabilities, sports, training opportunities

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The Special Olympics Motor Activity Training Program is designed for athletes with severe or profound intellectual disability who are unable to participate in Official Special Olympics sport competitions because of their skill and/or functional abilities. The Motor Activity Training Program is designed to prepare athletes with severe or profound intellectual disability, including athletes with significant physical disabilities, for sport-specific activities appropriate for their abilities.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Development a more positive self image through skill acquisition
More opportunities to perform sport activities
Increased physical activities

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive for people with multiple disabilities

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Swimming lessons



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Solo activities
gym, swimming etc

☐ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example:
women, children aged 3-14, youth, adults with intellectual disability
etc)

Children and adults with disabilities and additional needs of support

NUMBER OF PARTICIPANTS
(Please tick the number of participants
involved in the activity, good practice)

☐ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

**LOCATION/GEOGRAPHICAL COVER-
AGE OF GOOD PRACTICE** (Please tick
the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

N/A

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☒ Other (Please Specify)

Disability membership, Disability leisure card

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Scotland, UK

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Edinburgh Leisure

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: <http://www.edinburghleisure.co.uk>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Swimming, lessons, accessibility

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The open swimming sessions are quieter sessions set aside for anyone with additional needs or those with limited mobility. They provide a perfect environment to enjoy a leisurely swim or even just time in the water.

Edinburgh Leisure also provides swimming lessons for children with additional support needs in three categories:

- Beginners
- Improvers
- Stroke Development

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Edinburgh Leisure has one purpose to 'create opportunities for everyone to get active, stay active and achieve more'

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Accessibility, parking, lift access, pool hoists and changing hoists

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Pentathlon - Games for everyone

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, waterpolo, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

Can be done anywhere, both indoors and outdoors

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Four different activities

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

- ☒ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

This activity is for everyone, no requirements.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☒ 1-9
- ☒ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☐ National
- ☐ International
- ☒ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Sweden

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Lindeparkens Gymnasiesärskola

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☒ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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127 48 SKÄRHOLMEN

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Exploring and developing our senses. Coordination. Smell. Feel. Moving. Tasting. Sight. Aiming. Concentration

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

- **Aiming with a rubber ring (Concentration, coordination)**

The contestant stand a few meters away from the “target” and tries to aim the rings. Different point system depending on which pin you hit i.e 5 points for the inner ring and 1 or 2 points for the outer rings

- **Pig’s Tail (Sight, coordination)**

Just as the picture shows, you have a recreation of a pig on the wall (i.e paper) without the tail. You place the “contestant” a few meters away from the pig and give them the tail of the pig, blindfold them and spin them around a few times and place them with their head aiming at the pig. The mission is to try to place the tail on the pig as accurate as possible

- **Dance-Stop (Hearing, Rhythm & Reaction)**

One of the “funniest” activities according to many youths we’ve done it with. You have a group of people in a room and everyone is dancing and moving around to music (depending on the participants disabilities), and the activity relies on the ability to stop moving when the music stops. The “dj” plays/pauses the music. You “lose” if you don’t stop when the music does.

- **The Blind Test (Smell, Taste & Feel)**

Place four counters with (just examples below, as long as it is two you can feel and two you can smell)

1. Spaghetti/Pasta (feel)
2. Rice (feel)
3. Black pepper (smell)
4. Cinnamon (smell)

Also place out four or five pictures, four of which displays the contents, and one which does not.

Blindfold the contestants and let them feel and smell, and place pictures above the counters of which what they think is in them.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Subconsciously exploring and developing our senses.
Team building + trust building, working together, working with the whole body.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Very positive impact and often described afterwards as a fun activity which includes a lot of smiling faces.
Everyone can participate and you can also modify the different genres if needed.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Some of the “contestants” had some trouble with being blindfolded not knowing what they’re putting their hands on. But this also works as a sort of trust-teambuilding exercise when they overcome this fear and participate in this activity which has proven to have a very positive effect and lots of laughter’s afterwards when they realize that it wasn’t something to be afraid of.

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Diving activities for people with disability

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☒ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

Diving for people with disability

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Persons with physical and other disabilities

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

Free attendance

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Greece

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

YDRONAYTES cooperate with the organization DDI (Disabled Divers International)

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: Καλόγιωργα Εβίτα - Ευτυχία

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TELEPHONE: 6946254452

EMAIL: <http://ydronaftes.gr/el/contactUs.html>

WEBSITE: <http://ydronaftes.gr>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Educational programmes, diving educational events and seminars involving divers who wish to participate as trainers or attendants for the disabled participants. Update via editorial on all matters relating to the particular form of diving events with diving activities, addressed to people with physical disabilities under certain conditions will be able to experience the world of scuba diving.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The first goal set by the diving part the disabled, and is already working on the realization, is organizing a nationwide diving, entirely dedicated to all those people who have vast mental power supplies and deliver daily life lessons and greatness of will to everyone of us.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Hosting of events in which people with physical disabilities will be able to experience scuba diving and unique sensations of water world.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The impact of the ydronaftes is that it does not intend exclusively for people with physical disabilities, but also to those divers wishing to participate actively in these activities under the conditions required to do so.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

YDRONAFTES upon training is undertaken by the department executives diving activities disabilities by DDI organization (Disabled Divers International), officially certified as DDI Diveclub Level 2 and can provide free services to people with disabilities.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

TITLE OF GOOD PRACTICE

Role play game

THEME (Please tick the appropriate box (es))

- ☒ Sport and physical recreation

 - ☐ Solo activities
gym, swimming etc
 - ☐ Group activities
basketball, waterpolo, etc
- ☒ Countryside recreation

 - ☐ Hiking
 - ☐ Camping
 - ☐ Picnics
 - ☐ Cycling
 - ☐ Horse riding
 - ☐ Other (Please Specify)
- ☒ Arts and entertainment

 - ☒ Theatre
 - ☐ Gigs and concerts
 - ☐ Painting
 - ☐ Films
 - ☐ Other (Please Specify)
- ☒ Home-based leisure

 - ☐ Reading
 - ☐ Gardening
 - ☐ TV, videos and DVDs
 - ☐ Computer games and the net
 - ☐ Other (Please Specify)

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

ROLE PLAY GAMES

This is the basis of all theatre activities. This can be used to challenging students to develop a more sensitive understanding of a variety of viewpoints; sharpening their movement skills and creativity. By adopting a role, disabled students can step into the past or future; travel to any location; dealing with issues on moral levels, meeting with everyday situations or making some very special occasions. Stepping into another character's; changing the role is very challenging to mentally retarded students. Some of them (autistic) can not so easily realize the changes. This technique encourages students to see events from different perspectives. Watching each other and understanding the situations is very useful for mentally disabled as well. During role play games:

- we are teaching students to identify, understand and solve problems;
- we are putting students to dramatic situations that they can see themselves in "new eyes" and in new perspective.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- Usually students want to get a role of a positive personage, but some want only negative personage

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
New knowledge, good emotions

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES:

The main topics of this game we have tested:

- Cleaning lady and people running around
- Thieves and customers in the shop
- Monks and ordinary people in the street
- Angry bus driver and passengers

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No



TITLE OF GOOD PRACTICE

Art workshop in a modern art museum

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☒ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disability, there is no age limit for this practice, the participants come from different centers, they have to be interested in arts

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Modern Art Museum (LAM) in the city of "Villeneuve d'Ascq".

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Creativity, expression, cultural enrichment, cultural discovery, exhibition of their pieces.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The workshop is animated by a professional art worker who isn't used to work with persons with intellectual disability.

The group gathers once a month for about two hours in the museum. First, there is a presentation of a part of the art collection on a specific theme which will be the theme used to create some pieces of art. The visit gives them some example of different artistic technics.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

A few months ago, a big exhibition was organised between the association and the museum to show the pieces which were created during one year. The exhibition took place in the museum during week-end and was open to everyone. This partnership was created ten years ago and to celebrate this anniversary a book was edited to tell about these ten years.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The promotion of their creation, the learning of different arts methods which give them new skills.

They improve their ability to focus on a task.

This workshop gives them a better openmind in matters of art.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

To show through an exhibition the skills in matters of art of adults with intellectual disability. People can have a better idea of this public.
The participants have to make a commitment to do this activity during one year.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

book - Diaporama

37



TITLE OF GOOD PRACTICE

Gardening

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☒ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☒ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disability (no age boundaries)

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☒ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Clos du chemin Vert" (home center from papillons blanc) "Ferme du héron"

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Learning about nature, about gardening, to grow gardens, to grow food and flowers

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

In the center there is a garden with flowers and lawn which has to be maintained by the residents. Some of them like gardening and they can plant their own flowers. An educator from the center settled some sort of big boxes which were elevated so they can plant some vegetables in it.

Now there is a group of three people who can go in a community garden to learn some new skills in this particular matters. This activity is given by an expert gardener from the city.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

about three years of partnership with a gardener who is not an expert with pwd.

- pretty garden and vegetables from their own garden to eat.
- Keep them busy with activity they enjoy.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The residents of the center are particularly active in this activity. They always care about their garden and it gave them some responsibilities in the maintenance of it. It raised their knowledges and their interest in matter of nature. They can use this knowledge outside the garden, in the community center. Sometimes, they bring some seeds or flowers from this activity to settle in the centers garden.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

- There is no money involved in this activity with the community garden which depends on the good will of the gardener.
- This activity is an opportunity for itself.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

diaporama



TITLE OF GOOD PRACTICE

Playing group in a game and toy library

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Solo activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☒ Other (Please Specify)

Play board games

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Mentally pwd from a center who take in aging.(aged 40-65)
This activity could also be adapted for younger people or children.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

“ludothèque du cerf volant” in association with a center for adults with mental disability “le clos du chemin vert”

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☒ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: Habitat des Papillons Blancs de Lille
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 EMAIL: habitat@papillonsblancs-lille.org
 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Playing group, collaboration, cognitive work with fun, following rules and explanations, high concentration

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Every week, a little group of 4 people with disabilities from a center for people with mental disability go in a game library. They stay for one hour to play board games which are co-animated by a person who works in the toy library and a social worker from the center. The game is carefully chosen by the professional who works in the library in accordance with their abilities, their needs, their interests. Every week, they can try a new game or they can play with a game they already know. There is another group from the center which is able to go independently every two weeks to this activity.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

- a long partnership with the game library (about 10 years).
- a new group since 2 years which can practise this activity by itself.
- the professionals who work in the toy library are invited to festive events in the center
- The center is used to go to big meetings in the city to play with other players without disabilities, in association with the professionals of the toy library who make sure that the group is included in the event.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The participants have fun with this leisure time activity. It keeps them busy. At the same time, while they are playing, they are learning new skills. They have to mobilize their ability to memorise, to react, to choose, to play together... Sometimes, educators from the center find hidden talents or skills of the participants.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

The greatest difficulty is to find time for the social workers from the home center to accompany the group every week.
With their practise, people with intellectual disability can take part in a big meeting about playing board games which take place every year in their city.
There are many other residents in the center who could beneficiate of this activity if we had another time to be welcomed in the toy library. However, this activity is free and the mayor asks every year for proves that the activity is useful and efficient so it can be pursued.
Indeed, we can not take this activity for granted.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Diaporama

39



TITLE OF GOOD PRACTICE

Ping-Pong table tennis

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

habitat@papillonsblancs-lille.org
WEBSITE: www.papillonsblancs-lille.org"/>

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

NUMBER OF PARTICIPANTS (Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Physical activity
Commitment in a sport club
Competition
Integration

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

This sport section is open to people with mental disability who come from any association. It's also open to people who don't have a disability. There are 4 training sessions every week. 2 are animated by a professional of the ping pong club and the 2 others training sessions are animated by a social worker from the "ESAT". There are some volunteers who come every week to help the coaches. The players are divided in level group : the beginners, the middle beginners, level confirmed. The group of good level will try to be qualified for the France championships, and 4 of them play competitions with non disabled people.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

-4 adults with mental disability are integrated in the competitions with non disabled people. -They participate every year in qualifications of France championships in the section "sport adapté" (adapted sport).
-Festives events with the club (party, Christmas buffet, sport days)
-A journey was organised for 30 persons of the Club in Munster during 5 days. - Every year they go to Bray Dunes to quad bike ("Rosalie") (sportif event).

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The members of the club can practice ping pong like everyone, in spite of their mental disability. For some of them, it was the opportunity to be integrated in regular competitions. They have to practise hard every week to play competitions. This activity is really gratifying and gives them the opportunity to take part in different sportive events.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

- Participation in regular competition (4 members of the club).
- Difficulty: a lot of participants need the involvement of volunteers.
- The partnership exists since 2005 (between the club and the work place "ESAT Malécots").
- The club is open to others (people who don't have disability) - A great example of integration.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

diaporama



TITLE OF GOOD PRACTICE

Drama Classes/Workshop theatre



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation☐ Individual activities
gym, swimming etc☐ Group activities
basketball, football, etc☒ Arts and entertainment☒ Theatre☐ Gigs and concerts☐ Painting☐ Films☐ Other (Please Specify)
☒ Countryside recreation☐ Hiking☐ Camping☐ Picnics☐ Cycling☐ Horse riding☐ Other (Please Specify)
☒ Home-based leisure☐ Reading☐ Gardening☐ TV, videos and DVDs☐ Computer games and the net☐ Other (Please Specify)
☒ Children's play activities☐ Organised play schemes☐ After school clubs☐ Playgrounds and adventure playgrounds☐ Other (Please Specify)
☒ Visitor attractions☐ Theme and leisure parks☐ Museums☐ Historic building☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☒ 1-9☐ 10-49☐ 50-99☐ 100 and over☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

☒ Local☐ National☐ International☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
☒ Co-funded
☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Workshop theatre is animated by a professional who works for differ'art's association which works for cultural projects.

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
☐ Non Governmental
☒ Private Sector
☐ Local Authority
- ☐ International
☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: Habitat des Papillons Blancs de Lille
 ADDRESS: 42,rue roger Salengro, CS 10092, 59030 Lille Cedex
 TELEPHONE: +33 320439573 - Fax : +33 320046042
 EMAIL: habitat@papillonsblancs-lille.org
 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Verbal expression, body language, built trust in yourself, improve your memory, to propose creatives ideas for staging, texts, costumes, working together, listen to each other.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The group gathers once every two weeks for about two hours in "Papillons Blancs" center. The workshop begins with warm-up exercises, then they practice different types of theatre exercises. All year long they work on a show for the end of the year.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Since the beginning of this activity there were three representations of three different shows in a professional performance hall. There was a local newspaper article about one of this performances.
 The participants were able to go on stage in spite of their fears.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Impact positive: the promotion of their abilities, their work all year long self-esteem, through the final show and through the congratulations from their family, their friends and the social worker.
Impact negative: There are many people of the association who would like to participate in this group but there is not enough money to create a second theatre workshop.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

To success in memorising a show in spite of their intellectual disability. Some of the participants have to go outside their center to come at the workshop. The challenge is to be steady in the participation. The social workers have to organize their transfer.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Diaporama


41

TITLE OF GOOD PRACTICE

Equine Assisted Activities



THEME (Please tick the appropriate box (es))

<input checked="" type="radio"/> Sport and physical recreation <ul style="list-style-type: none"><input type="radio"/> Individual activities gym, swimming etc<input type="radio"/> Group activities basketball, football, etc 	<input checked="" type="radio"/> Arts and entertainment <ul style="list-style-type: none"><input type="radio"/> Theatre<input type="radio"/> Gigs and concerts<input type="radio"/> Painting<input type="radio"/> Films<input type="radio"/> Other (Please Specify) <div></div>
<input checked="" type="radio"/> Countryside recreation <ul style="list-style-type: none"><input type="radio"/> Hiking<input type="radio"/> Camping<input type="radio"/> Picnics<input type="radio"/> Cycling<input checked="" type="radio"/> Horse riding<input type="radio"/> Other (Please Specify) <div></div>	<input checked="" type="radio"/> Home-based leisure <ul style="list-style-type: none"><input type="radio"/> Reading<input type="radio"/> Gardening<input type="radio"/> TV, videos and DVDs<input type="radio"/> Computer games and the net<input type="radio"/> Other (Please Specify) <div></div>

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

From children to adults with disabilities

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

USA

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Federation of Horses in Education and Therapy international

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☒ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON:
ADDRESS: HETI Office P.O. Box 134
TELEPHONE:
EMAIL: office@hetifederation.org
WEBSITE: www.frdi.net www.frdi.net/membership_list.html

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☒ Other (Please Specify)

HETI is a global organisation that forms worldwide links between countries ,centres and individuals offering equine facilitated activities. Members from 47 different countries

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☐ Local
- ☐ National
- ☒ International
- ☐ Other (Please Specify)

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Physical, Mental, Emotional, Intellectual

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

It is widely recognised that the interaction between people and horses has a powerful and varied benefit. The benefits are physical, mental, emotional and intellectual. The scope for transferring learning from the horse’s environment to life skills acquisition is significant. Interaction with a horse can include riding, carriage driving, vaulting and horsemanship.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Improvement in joint mobility, balance and cooperation
Changes in muscle tone
Increased self confidence through improved self-image
Improved learning, concentration
Opportunity to take responsibility and control
Transfer of learning outcomes in an equine environment to daily living skills
Motivation to set and achieve goals

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Increased self-confidence
Overcoming fear
Joy and happiness
Being part of a group
Cooperation
Balance and coordination of movements

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Independence and responsibility
Participation

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Very Special Arts - The international organisation on arts and disability

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

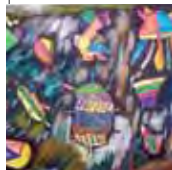
☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

VSA is providing arts and education programming for youth and adults with disabilities around the world.

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

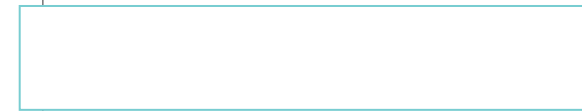
☐ Other (Please Specify)

[RETURN TO THE MAIN MENU](#)
☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)


TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

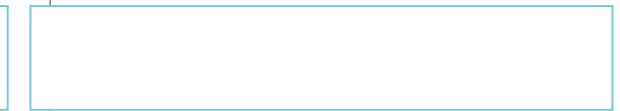
All children, youth, and adults with disabilities

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☐ 10-49

☐ 50-99

☐ 100 and over

☒ Other (Please Specify)

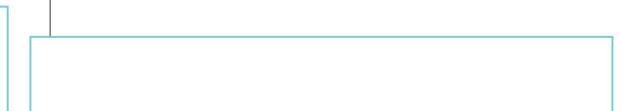
Each year, 7 million people of all ages and abilities participate in VSA programs, in every aspect of the arts - from visual arts, performing arts, to the literary arts.

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☐ Local

☐ National

☒ International

☐ Other (Please Specify)


TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

USA

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Workshop theatre is animated by a professional who works for differ'art's association which works for cultural projects.

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION**CONTACT PERSON:**

ADDRESS: The John F. Kennedy Center for the performing Arts
2700 F Sreet, NW Washinton DC 20566 USA

TELEPHONE:**EMAIL:**

WEBSITE: <http://education.kennedy-center.org/education/vsa/>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Opportunity
Access
Inclusion

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))**2015 Yo Soy...Je Suis...I Am...The Future**

Children with disabilities were encouraged to imagine their future. Student-artists were asked to consider what their future holds: Who will I be? Where will I live? How will I change the world? In response, the artists help us see the environments in which they will live, learn and play, and explore how they can impact the future.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

The resulting artwork testifies to the vital role of arts education in unlocking every child's potential, not only in the arts, but in all facets of their lives.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

The artists helped us see the environments in which they will live, learn and play, and explore how they can impact the future.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Every young person with a disability deserves access to high quality arts learning experiences

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Dynamic Games - for example through slow-motion or developing characters and emotions through movement

THEME (Please tick the appropriate box (es))

<input checked="" type="radio"/> Sport and physical recreation <ul style="list-style-type: none"><input type="radio"/> Individual activities gym, swimming etc<input type="radio"/> Group activities basketball, football, etc	<input checked="" type="radio"/> Arts and entertainment <ul style="list-style-type: none"><input type="radio"/> Theatre<input type="radio"/> Gigs and concerts<input type="radio"/> Painting<input type="radio"/> Films<input type="radio"/> Other (Please Specify) <div></div>
<input checked="" type="radio"/> Countryside recreation <ul style="list-style-type: none"><input type="radio"/> Hiking<input type="radio"/> Camping<input type="radio"/> Picnics<input type="radio"/> Cycling<input type="radio"/> Horse riding<input type="radio"/> Other (Please Specify) <div></div>	<input checked="" type="radio"/> Home-based leisure <ul style="list-style-type: none"><input type="radio"/> Reading<input type="radio"/> Gardening<input type="radio"/> TV, videos and DVDs<input type="radio"/> Computer games and the net<input type="radio"/> Other (Please Specify) <div></div>

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

CONTACT PERSON: Lina Trebeiene
ADDRESS: Kranto 16, Panevezys, Lithuania
TELEPHONE: +370 611 96668
EMAIL: dienos_centras@hotmail.com
WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

DYNAMIC GAMES

This technique can be used to highlight a key moment in a scene or improvisation. This can be done in a number of different ways: for example through slow-motion or developing characters and emotions through movement use of facial expressions and interaction with other characters.

Improvisation or movements opens up learner`s self-expression, self-development opportunities, helps to transfer the negative energy into positive activities.

It is possible to include dance actions - a way of express, connect every human feeling, and tell stories, to strengthen discipline and personal integrity. This is important as all-in-one moves, what everybody feels dancing movements, as expression of behaviour and communication actions at the time.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- For some students is very difficult to make slow motion or gracious movements
- It very much depends on student`s mood during the lesson. Sometimes the same student can act very nice- sometimes can not be able to do even a small exercise.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
New knowledge, good emotions

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES: the main topics of this game we have tested:

- Mirror games, when one student should copy other student`s movements
- All are going to long tracking
- The five rhythms (in order) are: flowing, staccato, chaos, lyrical, stillness.
- Impatient waiting
- I lost my key

OVERALL EVALUATION OF PARTICIPANTS` PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants` involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No



TITLE OF GOOD PRACTICE

Percussion workshop

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)


TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disability, there is no age limit for this practice, the participants come from 6 different centers and they have to want to play percussion.

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

France

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

“Les Percuteurs” is the group’s name percussion, the responsible for the good practice is the Papillons Blancs’s association. They have signed a convention with ARA association (for to train with a music teacher)

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☐ Non Governmental
- ☒ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: HABITAT des Papillons Blancs de Lille
 ADDRESS: 42, rue Roger Salengro CS 10092 - 59030 Lille Cedex
 TELEPHONE: +33 320439573 - Fax : +33 320046042
 EMAIL: habitat@papillonsblancs-lille.org
 WEBSITE: www.papillonsblancs-lille.org

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Mental concentration, listening to each other, to like music, exhibition of their pieces of music, play the rhythm

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

The music group gathers to train to make music twice a month or to play a concert in different places (7 or 8 per year, depending on selection which has been done). First they don't have to know the score to participate at percussion workshop. During rehearsal, the musicians have to learn to make music together, listening, to keep up to the leader of orchestra. The musicians have to keep focused during all session.

The workshop percussion is animated by 3 social professionals who like music, and they want to invest for this activity. They aren't necessarily qualified. Social Workers make music with adults. One of them leads the group. Since last month, an adult with intellectual disability leads the group.

The group's name is “Les Percuteurs” and they play Brazilian music (“Batuçada”) with the help of a music teacher.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Percussionists play a concert in front of a public, in spite of their fears. They meet regularly other associations to make music, with others persons who don't have mental disabilities, for example the participation at district's carnival procession

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Impact positive: Percussionists are very solicited to make music in different places. This activity is a beautiful image of integration, because they make music not only for persons with intellectual disability, but also for persons who don't have a mental handicap (for example, they make music for different cities like “Lille”, other associations)

The promotion of their abilities, their work of all year, through different shows and through the congratulations from public.

Impact negative: There is a lot of equipments, some instruments are heavy and large. It's sometimes difficult to move them in different places.



OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

The challenge is to be regular in the participation because it can be difficult to keep it operated if a person is missing the group. The social workers have to organize the transfer, it can be difficult and this investment requests time.

The social workers who invest in this activity have to find others partners for the gigs. They would like the music group to continue to develop, and they would like to go to festivals, and why not to go to a Brazilian carnival. For that purpose, they need support of the association.

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

Diaporama

TITLE OF GOOD PRACTICE

4th wheelchair rugby training programme

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☒ Group activities
basketball, football, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

New players and acquaintance of the sport to the general public and people with quadriplegia, interested to get involved with the sport will have the chance to try racing seats

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☒ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON:
ADDRESS: the event was held at the Kassimatis hall of the central Olympic Stadium
TELEPHONE: 6936174917, 6949869018
EMAIL: wheelchairrugbyhellas@gmail.com, www.alli-opsi.gr info@alli-opsi.gr
WEBSITE: <http://alli-opsi.gr/4th-wheelchair-rugby-training-program/>

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Rugby for people in a wheelchair or persons with tetraplegia group ‘Dourios Ippos’.

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Attracting new players and promote the sport to the general public, people with quadriplegia, the interested to get involved with the sport will have the chance to try racing seats. There will be even a presentation of the sport and a friendly match!

The program aims to transfer knowledge from experienced coaches and players of the sport from abroad to the Greek Wheelchair Rugby Team, which will be achieved through intensive training sessions.

The Wheelchair Rugby first appeared in 1977 in Canada and became a Paralympic sport in 1994. It is the only team sport for people with quadriplegia and by September 2010 completely absent from Greece.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- Engagement and activity in sports and source of motivation for creative activities in their free time.
- Integration of disabled people in a sheltered environment where sports are protagonists themselves, to an activity and not mere observers of sport.
- Raising awareness of the public regarding the objectives and work of the organizing team of the event people with disabilities.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

- Improves their socialization through their participation in group activities.
- Accept the love, support and respect from friends-teammates.
- Sport teaches cooperation, companionship, communication, interaction person with a disability to conquer a common objective, such as the victory of the team.
- Team members learn through the game rules which should be consistent and formal, and thus adapt to the demands of game-sport.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Our priority is to encourage other sport clubs to create groups of rugby players with wheelchairs

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)



TITLE OF GOOD PRACTICE

Experimental Acting Games - The everyday situations transformed to theatric games

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☒ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

☐ Playgrounds and adventure
playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☐ 10-49

☒ 50-99

☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

CONTACT PERSON: Lina Trebeiene
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 TELEPHONE: +370 611 96668
 EMAIL: dienos_centras@hotmail.com
 WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))**EXPERIMENTAL ACTING GAMES**

This is the technique, when students acting not in stage but in different places and different everyday situations. The everyday situations transformed to theatrics game have big impact on learning process of mentally disabled youth.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))**DISCOVERIES:**

- It is not easy to act in open space
- The students are concerned very much what external people will say if they discover them acting in public place
- Our students like to watch people in public places

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
 New knowledge, good emotions.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES: the main topics of this game we have tested:

- Go out to street and act as very rushing busy person (as intelligent lady, as old man, as tourist...)
- Go out to the street and act as lost person who needs somebody's help (observe reactions of people passing by)
- Take the public transports and act as very noisy company

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No

RETURN TO THE MAIN MENU

47



TITLE OF GOOD PRACTICE

Shadow Games

THEME (Please tick the appropriate box (es))

- ☒ Sport and physical recreation

 - ☐ Individual activities
gym, swimming etc
 - ☐ Group activities
basketball, football, etc
- ☒ Arts and entertainment

 - ☒ Theatre
 - ☐ Gigs and concerts
 - ☐ Painting
 - ☐ Films
 - ☐ Other (Please Specify)
- ☒ Countryside recreation

 - ☐ Hiking
 - ☐ Camping
 - ☐ Picnics
 - ☐ Cycling
 - ☐ Horse riding
 - ☐ Other (Please Specify)
- ☒ Home-based leisure

 - ☐ Reading
 - ☐ Gardening
 - ☐ TV, videos and DVDs
 - ☐ Computer games and the net
 - ☐ Other (Please Specify)

Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)

Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Intellectually disabled youth 18-39 years old

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☐ 1-9
- ☐ 10-49
- ☒ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

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 EMAIL: dienos_centras@hotmail.com
 WEBSITE: www.pjdc.lt

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

SHADOW GAMES
It is an especially good technique for autistic people- they act more freely when nobody can see them. It is possible to use puppets, cut figures or one body to create the illusion of moving images.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

DISCOVERIES:

- The movements of most of students are much more relaxed when they can not see spectators
- At the beginning it was difficult to learn the technique of this theatre, but after they discover all the secrets, they become very clever and much more relaxed then during the usual stage play
- Our students are able to play just real actions behind the sheet – they are not able to create group shadow objects like house, cat and etc
- We like to use combining theatre: some action is in front of sheet and behind the sheet in the same time.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Positive impact
New knowledge, good emotions

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

CHALLENGES: the main topics of this game we have tested:

- Gracious birds
- In the bus
- In the barber shop
- In the night club
- In the doctors office

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No

**TITLE OF GOOD PRACTICE**

Game Orange Dance

THEME (Please tick the appropriate box (es))☒ **Sport and physical recreation**☐ Individual activities
gym, swimming etc☐ Group activities
basketball, football, etc☒ **Countryside recreation**☐ Hiking☐ Camping☐ Picnics☐ Cycling☐ Horse riding☐ Other (Please Specify)☒ **Arts and entertainment**☐ Theatre☐ Gigs and concerts☐ Painting☐ Films☐ Other (Please Specify)☒ **Home-based leisure**☐ Reading☐ Gardening☐ TV, videos and DVDs☐ Computer games and the net☐ Other (Please Specify)☒ **Children's play activities**☐ Organised play schemes☐ After school clubs☐ Playgrounds and adventure
playgrounds☐ Other (Please Specify)☒ **Visitor attractions**☐ Theme and leisure parks☐ Museums☐ Historic building☐ Other (Please Specify)**TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)**

Intellectually disabled youth 18-39 years old

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)☐ 1-9☐ 10-49☒ 50-99☐ 100 and over☐ Other (Please Specify)**LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE**
(Please tick the appropriate box)☒ Local☐ National☐ International☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Lithuania

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Jaunuolių dienos centras

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

Non profit

CONTACT INFORMATION

CONTACT PERSON: Lina Trebeiene
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 TELEPHONE: +370 611 96668
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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Intellectually disabled youth and theatre

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))**ORANGE DANCE**

Material: Oranges, music. Content: Dancing game 4 - 100 Players.

Gameplay: Every player needs a partner and every couple needs an orange. Put the orange between the heads of the partners. When the music starts, the people begin to dance. - The couple who is able to keep the orange between the heads the longest is the winner.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Good mood
 A lot of fun
 Team building

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Good relationships
 Increased self confidence

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Good time, fun, non formal learning

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
		x		

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No



TITLE OF GOOD PRACTICE

Wall - Climbing



THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☒ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc



☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)



☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☐ Other (Please Specify)

☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

- ☐ Organised play schemes
- ☐ After school clubs
- ☐ Playgrounds and adventure playgrounds
- ☐ Other (Please Specify)



TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Adults with intellectual disability

☒ Visitor attractions

- ☐ Theme and leisure parks
- ☐ Museums
- ☐ Historic building
- ☐ Other (Please Specify)

TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☐ Free
- ☒ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Greece

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

ESTIA- Support& Social Care Centre for PWID

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

CONTACT PERSON: Panagiotis Stefanidis
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TELEPHONE:+302106713149
EMAIL: eseepa@otenet.gr
WEBSITE: www.eseepa.gr

NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

- ☒ 1-9
- ☐ 10-49
- ☐ 50-99
- ☐ 100 and over
- ☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE (Please tick the appropriate box)

- ☒ Local
- ☐ National
- ☐ International
- ☐ Other (Please Specify)

KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Participation, Fitness, Recreation, Control, Achieve goals, Spirit, Confidence, Joy

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

Find the suitable venue having all the safety regulations in mind. Train the trainers how to carry out the activity taking into account all the risks. Show the activity to the participants using video. Make a test visit to the venue with the participants in order to identify difficulties. A presentation of the activity by the instructors showing and using the equipment. A trial on the easiest wall. Design an individual programme for each one of the participants based on needs and ability. After each session discuss the activity with each participant in order to improve the feeling of safety.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

For all the participants this was a completely new activity. The results was that most of them made huge steps of overcoming their fears eg, for heights lack of balance. Their self-esteem increased as they made progress and increased the difficulty level. They became a team and supported each other. And most important they had a good time.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Increased self- esteem for all the participants.
Control of fear.
Better coordination of body movement.
Achieving goals and setting new ones.
Development of spirit and confidence
Improving physical health and fitness

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

A challenge for some of the participants was to overcome the fear of heights

OVERALL EVALUATION OF PARTICIPANTS’ PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants’ involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
				x

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

No

50



TITLE OF GOOD PRACTICE

Music loves autism

THEME (Please tick the appropriate box (es))

☒ Sport and physical recreation

☐ Individual activities
gym, swimming etc

☐ Group activities
basketball, football, etc

☒ Countryside recreation

☐ Hiking

☐ Camping

☐ Picnics

☐ Cycling

☐ Horse riding

☐ Other (Please Specify)

☒ Arts and entertainment

☐ Theatre

☐ Gigs and concerts

☐ Painting

☐ Films

☒ Other (Please Specify)

Creative contact with music, rhythm and role play by coming in touch with various musical instruments

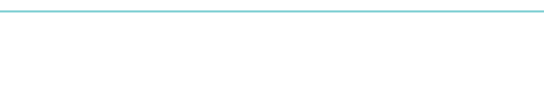
☒ Home-based leisure

☐ Reading

☐ Gardening

☐ TV, videos and DVDs

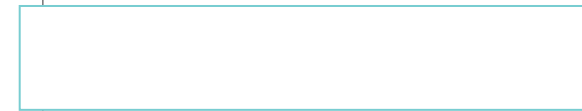
☐ Computer games and the net

☐ Other (Please Specify)

☒ Children's play activities

☐ Organised play schemes

☐ After school clubs

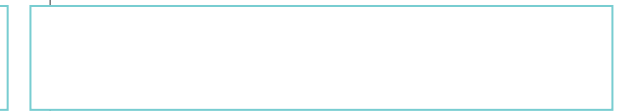
☐ Playgrounds and adventure playgrounds

☐ Other (Please Specify)

☒ Visitor attractions

☐ Theme and leisure parks

☐ Museums

☐ Historic building

☐ Other (Please Specify)

TARGET GROUP (Please specify the target group. For example: women, children aged 3-14, youth, adults with intellectual disability etc)

Children with autism and other disabilities aged 5-7 and 8-11

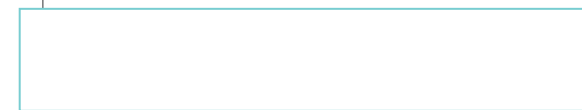
NUMBER OF PARTICIPANTS
(Please tick the number of participants involved in the activity, good practice)

☐ 1-9

☒ 10-49

☐ 50-99

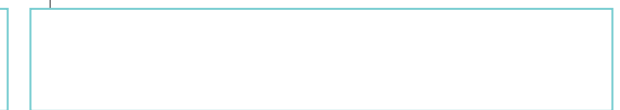
☐ 100 and over

☐ Other (Please Specify)

LOCATION/GEOGRAPHICAL COVERAGE OF GOOD PRACTICE
(Please tick the appropriate box)

☒ Local

☐ National

☐ International

☐ Other (Please Specify)


TYPE OF GOOD PRACTICE/ACTIVITY (Please tick the appropriate box)

- ☒ Free
- ☐ Co-funded
- ☐ Other (Please Specify)

COUNTRY OF ORIGIN (Please specify the country where the good practice originated)

Greece

NAME OF ORGANISATION RESPONSIBLE FOR THE GOOD PRACTICE

Stegi Grammaton kai Tehnon, Onasis Institution

TYPE OF ORGANISATION (Please tick the appropriate box)

- ☐ Governmental
- ☒ Non Governmental
- ☐ Private Sector
- ☐ Local Authority
- ☐ International
- ☐ Other (Please Specify)

CONTACT INFORMATION

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KEYWORDS (Please provide a few keywords or tags that best describe the key issues being addressed and processes being applied by the good practice)

Music, summer programme Stegi Grammaton kai Tehnon

BRIEF DESCRIPTION OF THE GOOD PRACTICE (The description should be useful to someone considering implementation of the practice. (max 400 words))

These workshops bring children into creative contact with music, rhythm and role playing, but also make them familiar with various music instruments.

MAIN ACHIEVEMENTS OF THE GOOD PRACTICE (Please summarise briefly main results and/or impact achieved. (max 400 words))

Cooperate and prepare for the ultimate goal of the workshops, which is an interactive music concert, a music festival where actors and performers are the children themselves. In the concert the children come out of the shadows and come to the forefront to become known to the general public.

IMPACT (What has been the impact (positive or negative) of this good practice on the beneficiaries)

Children learn to express their feelings through music, rhythm and knowing music instruments. Also, they cooperate and coexist with children of their age in order to play and communicate even when there is no apparent reason.

In a safe environment where parents are constantly close to them, they experience the process of teamwork and interaction with people who do not know. In this context they make friendships and relationships in order to enjoy leisure and creative time discovering the diversity and temperament of other people with the same syndrome.

The children discover new music and sounds which are incentive for the synthesis and development of their personality.

OPPORTUNITIES/DIFFICULTIES AND CHALLENGES (Please share any opportunities, difficulties or challenges encountered in your good practice regarding the leisure activities of people with intellectual disability)

Parents' involvement
Motivation for participation

OVERALL EVALUATION OF PARTICIPANTS' PHYSICAL INVOLVEMENT IN GOOD PRACTICE (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the participants' involvement (energy) in specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OVERALL EVALUATION OF INCLUSION (In a scale from 1 to 5, where 1 is minimum and 5 maximum, to what extent would you rate the opportunities for inclusion in this specific good practice? Please tick one of the boxes)

1	2	3	4	5
			x	

OTHER RELATED DOCUMENTS (Please send in attachment any relevant documents (Leaflets, dvd, etc) as PDF files)

This guide was created with in the ELLA project and is a cooperation between the following organisations:



LINDEPARKEN SECONDARY SCHOOL FOR PEOPLE WITH LEARNING DISABILITIES



CARAVAN 2000 FRANCE



JAUNUOLIŲ DIENOS CENTRAS



UNITED IN DIVERSITY



KENTRO KOINONIKIS FRONTIDAS ATOMON ME NOITIKI YSTERISI ESTIA

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