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1. Introduction

This document constitutes Deliverable D2.1 for the “Moving Without Barriers” (MWB) project, co-funded by the European Union under the Erasmus+ Sport programme (Project Number: 101245580). It provides an overview of the international mobility, educational seminar, and practical workshops held in Trakai, Lithuania, from 25 May to 29 May 2026.

Hosted and coordinated by the Lithuanian lead partner, Kazlu Rudos Saules mokykla-daugiafunkcis centras, this five-day event served as the initial physical implementation phase of the MWB project. The mobility brought together a cross-border consortium of 55 participants—comprising athletes with intellectual disabilities (ID) and autism, special educators, coaches, and sports volunteers—from Lithuania, Poland, and Germany. The Polish partner is formally Malbork Municipality (Powiat Malborski), while the Polish activities were implemented through SORW dla Dzieci i Młodzieży z Autyzmem w Malborku (SORW), an institution owned by Malbork Municipality and represented by the same project personnel, together with the Polish Canoe Federation; the German delegation was represented by Wassersport PCK Schwedt e.V.

Operating from the Lithuanian Sport Centre (LSC) Trakai Sport Base on Lake Galvė, the mobility featured a comprehensive programme of activities. Within the scope of Deliverable D2.1, this report focuses specifically on the implementation of **Event E.2.1 / Task 2.1** (WP2: Seminars and Workshops). This milestone constituted a two-day educational and training phase held across May 26 and 27, which included an “Inclusive Art” session, the “Inclusion is Power” capacity-building seminar, and practical preparation workshops—namely Kayak Training and Canoe Polo—designed to support sports volunteers and athletes. While the broader mobility also encompassed public dissemination activities and an inclusive kayaking competition, those elements are documented separately under their respective Work Packages.

A primary goal of this mobility phase was to bridge theoretical inclusion strategies with practical on-water activities and public visibility. To support this goal, the event focused on two main areas:

- **Educational Capacity Building:** Centred around the “Inclusion is Power” seminar, this component aimed to increase awareness regarding intellectual disabilities, facilitate the exchange of best practices among educators, and provide local sports volunteers with practical communication skills (such as the use of simple language and visual aids) to assist athletes with special needs.
- **Practical Inclusive Workshops:** To translate theoretical concepts into practice, participants took part in interactive workshops. These included an “Inclusive Art” session to encourage non-verbal communication, preparatory “Kayak Training” to build confidence and ensure safety on the water, and a “Canoe Polo” introductory workshop that engaged both athletes and coaches in a shared activity.

By involving young people with intellectual disabilities and autism in mainstream sports facilities alongside mainstream athletes and volunteers, the Trakai mobility sought to emphasize their sporting abilities and promote social inclusion. This report outlines the participant demographics, the daily programme, the methodological approach of the seminar and workshops, and the associated media visibility, offering a reference for organizing similar inclusive paddling events.

2. Trakai Mobility Participants

The Trakai mobility event convened stakeholders from Lithuania, Poland, and Germany to participate in the “Moving Without Barriers” (MWB) project. A total of 55 participants were officially registered in the attendance logs for the mobility activities.

The participant cohort integrated several target groups, including young athletes with intellectual disabilities (ID) and autism, special educators, therapeutic staff, sport coaches, and sports volunteers.

2.1. National Delegations

The 55 participants (35 male, 20 female) were distributed among the three project partner countries as follows:

- **Lithuania (23 participants):** Representing the project's lead coordinating organization, Kazlu Rudos Saules mokykla-daugiafunkcis centras. This delegation included the central project coordinating team (led by Daiva Dabrilienė), special educators, local athletes, and trained sports volunteers who provided logistical and safety support.
- **Poland (17 participants):** Comprising 15 delegates from the Special Revalidation and Education Centre for Children and Adolescents in Malbork (SORW) and 2 representatives from the Polish Canoe Federation (PZK). The delegation included therapeutic experts, young athletes on the autism spectrum, and Erasmus+ experts.
- **Germany (15 participants):** Representing Wassersport PCK Schwedt e.V. This delegation included club coaches (led by Gerhard Bowitzky), integration sports staff, and athletes with disabilities from the club's para-sports division.

All participants signed a consent and release form (attached as Annex I: Trakai Mobility Consent Form to this document), which also informed them of their data protection rights.

2.2. Key Experts and Guests

In addition to the core project teams, the mobility activities were supported by specific contributors and guests who provided subject-matter expertise and facilitated various sessions:

- **Mindaugas Griškonis:** Olympic silver medallist, and President of the Lithuanian Rowing Federation. He participated in the press conference, sharing his perspective on the role of physical activity and the value of sports in daily life.
- **Rasa Kudabienė:** Coach of the Trakai youth canoe polo team. She facilitated the practical canoe polo workshop, guiding participants through the basic mechanics and safety protocols of the sport.
- **Jarosław Jabłoński:** Erasmus+ expert representing the Polish Canoe Federation (PZK). During the educational seminar, he provided a structured overview of the Erasmus+ programme framework and outlined the specific priorities of the MWB project.
- **Róża Banasik-Zarańska:** Director of SORW Malbork and co-representative of the Polish Canoe Federation. She contributed to the educational seminar by discussing approaches to autism, intellectual disabilities, and the practical implementation of inclusive sports.

3. Trakai Mobility Programme

The mobility followed a structured five-day schedule (the full programme is attached as Annex II: Trakai Mobility Programme to this document):

Day 1: 25 May 2026 (Arrival & Orientation)

Time	Agenda Item	Description	Facilitators
15:00 - 18:30	Arrival and Guest House Registration	Arrival of the Lithuanian, Polish, and German delegations at the Trakai Sport Base. Accreditation and room registration procedures were completed.	
19:00	Welcome Dinner	The first joint dinner for the arrived project teams was held at Le Vivier restaurant, offering participants an initial networking opportunity accompanied by panoramic views of Trakai Castle.	

Day 2: 26 May 2026 (Press Conference & Creative Workshop)

Time	Agenda Item	Description	Facilitators
08:30 - 09:30	Morning Exercise	An energizing morning warm-up featuring team-building exercises and stretching. This set a positive tone for the day and helped physically prepare the athletes.	Lithuanian Team
10:00	Breakfast	Group breakfast for all present participants at Le Vivier.	
12:00 - 13:30	Press Conference: "Importance of sport in our life"	Official project press conference addressing the role of sports in breaking social barriers. It featured a guest appearance by Lithuanian rowing legend and Olympic silver medallist Mindaugas Griškonis, who	Vaiva Abramavičiūtė (Moderator), Daiva Dabrilienė, Róża Banasik-Zarańska, Mindaugas Griškonis, Youth Athlete Leaders

Time	Agenda Item	Description	Facilitators
		motivated the athletes and answered their questions.	
15:00 - 16:00	Lunch	Joint lunch service.	
17:00 - 18:30	Inclusive Art Workshop	A creative integration session where participants swapped sports gear for canvases and brushes. Athletes with and without intellectual disabilities expressed themes of teamwork, equality, and connection through free artistic expression.	Project Coordinators, Polish and Lithuanian Team Leaders
19:00	Dinner	The first official evening meal featuring all three fully assembled international delegations.	

Day 3: 27 May 2026 (Seminar & Workshop)

Time	Agenda Item	Description	Facilitators
08:30 - 09:30	Morning Exercise	Exercises prepared participants for the day's water-based activities.	German Team
10:00	Breakfast	Joint breakfast at Le Vivier.	
11:00 - 12:00	Seminar: "Inclusion is Power, sharing good practices in athlete involvement"	A visually adapted educational seminar held in the LSC Conference Room. Focused on Erasmus+ priorities, breaking social barriers, and the practical benefits of inclusive sports. Team leaders shared success stories and best practices.	Vaiva Abramavičiūtė (Moderator), Jarosław Jabłoński (PZK), Róża Banasik-Zarańska (SORW), Team Leaders
12:00 - 14:30	Kayak Training Session	Practical on-water training at the Lake Galvė rowing track. Activities included the distribution of life jackets, safety briefings,	Team Coaches, Local Volunteers

Time	Agenda Item	Description	Facilitators
		and familiarization with the 200m track ahead of the main competition.	
15:00 - 16:00	Lunch	Joint lunch service.	
16:30 - 18:30	Workshop: Canoe Polo	An exhibition and interactive workshop introducing Canoe Polo—a sport combining kayaking, water polo, and basketball. Participants and coaches tested their skills in specialized, highly manoeuvrable 3-metre kayaks.	Rasa Kudabienė
19:00	Dinner	Joint evening meal at Le Vivier.	

Day 4: 28 May 2026 (Inclusive Competition & Cultural Excursion)

Time	Agenda Item	Description	Facilitators
08:30 - 09:30	Morning Exercise	The final morning physical activation session, featuring fun, rhythmic exercises led by the Polish delegation to promote group cohesion.	Polish Team
10:00	Breakfast	Joint breakfast at Le Vivier.	
12:00 - 14:30	200m Kayaking Competition	A highly anticipated 200-metre inclusive kayak racing competition on the Lake Galvė rowing track. Athletes showcased their skills in a safe environment with motorboats on standby.	Team Coaches, Event Lifeguards
14:30 - 15:30	Lunch	Joint post-competition lunch.	
17:00 - 19:00	Cultural and Nature Excursion	An outdoor excursion featuring a hike along the Varnikai nature trail to experience local biodiversity, followed by a collaborative visit to the historical 14th-	Project Coordinators

Time	Agenda Item	Description	Facilitators
19:00	Dinner	century Trakai Island Castle. Final formal project dinner at Le Vivier.	Project Coordinators
20:00 - 22:30	Farewell Disco and Award Ceremony	An evening of celebration and dancing in the LSC Conference Room. Medals and Erasmus+ participation certificates were awarded to all participants to celebrate courage, effort, and sportsmanship.	

Day 5: 29 May 2026 (Departure)

Time	Agenda Item	Description	Facilitators
08:00 - 09:00	Check-out	Strict room check-out procedures to accommodate incoming athletes at the Sport Base. Luggage storage was provided for teams exploring the area prior to departure.	
10:00	Breakfast and Farewell	Final meal and exchange of goodbyes. The delegations officially concluded the Trakai mobility.	

4. Workshop: Inclusive Art

On the late afternoon of May 26, 2026 (17:00 – 18:30), following the structured and formal environment of the official press conference, the mobility programme deliberately transitioned into a low-pressure, creative interlude. The “Inclusive Art” workshop was held in the LSC Conference Room and served as an essential team-building exercise and an alternative, non-verbal communication channel.

Recognizing that athletes with intellectual disabilities (ID) and autism spectrum disorder (ASD) possess varying verbal and cognitive preferences, this workshop provided a universal medium for expression. The primary objective was to creatively explore themes central to the “Moving Without Barriers” (MWB) project—teamwork, equality, cross-cultural connection, and the dismantling of social barriers—without the pressures of athletic competition.

4.1. Inclusive Design and Collaborative Methodology

The workshop was designed with a highly inclusive, low-threshold methodology to ensure that participants of all abilities, ages, and artistic backgrounds could contribute meaningfully. Facilitated by the project coordinators and team leaders, the session utilized a modular, section-based collaborative approach.

To provide visual guidance, printed photographs of kayakers and local landmarks were placed on the canvases. Participants were encouraged to engage at their own comfort levels—whether by painting broad background strokes, filling in pre-sketched outlines, or adding fine details.

This parallel workflow naturally fostered peer-to-peer assistance and cross-age mentorship, where adults, teenagers, and younger children worked shoulder-to-shoulder, organically negotiated colour choices and composition, and supported one another throughout the creative process (photographs are attached as Day 2: Workshop “Inclusive Art” to this document). This shared decision-making process mirrored the collaborative spirit and patience required in inclusive sport volunteering.

4.2. Thematic Execution and Materials

Participants utilized vibrant acrylic paints on three large-format, durable printed canvases to create collaborative murals. Acrylics were specifically chosen for their fast-drying properties and bright opacity, allowing for fluid layering by multiple hands.

The resulting artworks depicted a cohesive narrative landscape that combined elements of Lithuanian cultural heritage with the core themes of the MWB project:

- **Cultural and Sporting Integration:** The compositions prominently featured the historic, terracotta-roofed Trakai Island Castle grounded alongside the blue waters of Lake Galvė. The foreground was populated with dynamic depictions of kayaks and canoes in motion, physically linking the sport with the environment.
- **Whimsical Inclusivity:** The natural scenes were enriched with playful, child-friendly motifs, such as cartoon-style rabbits in clothing, bright yellow suns, and lively flora. These elements softened the aesthetic, signaling joy, safety, and accessibility.

The workshop produced three collaborative murals, which were displayed in the LSC Conference Room for the remainder of the mobility. They formed the backdrop for subsequent activities, including the “Inclusion is Power” seminar and the certificate award ceremony.



5. Seminar: “Inclusion is Power”

5.1. Overview and Setting

On May 27, 2026, from 11:00 to 12:00, the official educational seminar titled *“Inclusion is Power, sharing good practices in athlete involvement”* was held in the Conference Room of the Lithuanian Sport Centre (LSC) Trakai Sport Base. As a core component of Work Package 2 (WP2) as well as Event E.2.1, this one-hour session served as the theoretical anchor of the mobility event, bridging high-level European Union objectives with actionable, on-the-ground inclusive practices. The seminar content was supported by a dedicated slide deck (the Seminar Presentation is attached as Annex III: Seminar Presentation to this document). The conference room displayed a project banner and canvases created during the previous day’s “Inclusive Art” workshop, linking the two activities visually.

5.2. Presentation Structure and Key Themes

The seminar utilized a multi-facilitator approach, moderated by Vaiva Abramavičiūtė (Kazlu Rudos Saules mokykla-daugiafunkcis centras), to ensure diverse, cross-border perspectives. The presentation was divided into two distinct but complementary segments: institutional frameworks and applied specialized methodologies.

5.2.1. The Erasmus+ Framework and Project Objectives

The first segment was led by Jarosław Jabłoński, Erasmus+ expert. He situated the “Moving Without Barriers” project within the broader Erasmus+ Sport framework and presented its priorities, planned activities, target groups, and expected contribution to social inclusion through paddling sports and sport volunteering.

- **Institutional Goals:** Facilitators highlighted the EU’s co-funding role in promoting social integration, equal opportunities, and the development of soft skills (e.g., teamwork and leadership) for both athletes and volunteers.
- **Project Roadmap:** The audience was guided through the project’s core pillars: **Awareness** (educating the public on Intellectual Disabilities), **Education** (teaching effective communication with special needs athletes), and **Integration** (mainstreaming athletes into professional paddling).
- **Quantitative Targets:** The seminar clearly outlined the project’s ambition to actively involve over 50 athletes with intellectual disabilities in high-level competitions and to train more than 80 sports volunteers across Lithuania, Poland, and Germany. A clear timeline was presented, demonstrating how the Trakai mobility served as the vital preparation phase for the upcoming ICF Canoe Sprint and Paracanoe World Championships in Poznań (August 2026).

5.2.2. Understanding Autism and Inclusive Best Practices

The second half of the seminar transitioned into a deep dive on special education and psychological support, led by Róża Banasik-Zarańska and the expert delegation from SORW Malbork.

- **Reframing Disability:** Using empowering quotes, such as Temple Grandin’s *“The world needs different minds,”* the presentation defined Autism Spectrum Disorder (ASD) while urging volunteers to focus on an athlete’s abilities rather than their limitations.
- **Practical Insights:** SORW experts shared case studies from previous bilateral projects (e.g., “Poznaj Poznań” and international trips to Greece) to demonstrate the tangible benefits of inclusive sports. They

detailed how tailored preparations—including specialized strength, water, and mental training adapted for sensory processing differences—directly result in increased self-confidence, social independence, and athletic success for youth with ID.

5.2.3. Preparing for the Poznań 2026 World Championships

To provide a clear view of the project’s ultimate practical phase, the seminar concluded with a structured preview of the ICF Canoe Sprint and Paracanoe World Championships, scheduled for late August 2026 in Poznań. This segment illustrated how the training and practices discussed earlier will be applied at a major international sporting event.

The presentation outlined the spatial organization of the Poznań regatta venue at Lake Malta, demonstrating how large-scale events can be designed to support both elite competition and community inclusion. The venue is planned to be divided into specific functional areas:

- **Professional Sports Zone:** A secure, designated area encompassing the regatta track, technical facilities, and athlete support stations, ensuring safety and operational efficiency for the professional sprint and paracanoe teams.
- **Interactive and Fan Zones:** To foster a welcoming environment for families, local residents, and athletes with special needs, the venue will feature broad activity zones. These areas are designed to encourage public engagement through recreational sports animations, such as ergometers and mini-kayaks.
- **Supervised “Do It Yourself” Area:** A notable feature of the inclusion strategy is a designated space where attendees can try recreational water sports—such as tourist kayaks, stand-up paddleboards (SUP), and dragon boats—under the guidance of professional instructors.

Furthermore, the presentation emphasized that the integration of athletes with intellectual disabilities will not be limited to the sidelines. The official championship schedule incorporates specific time slots between the main professional sessions for inclusive accompanying regattas. This approach provides athletes with special needs the opportunity to experience the atmosphere of a world-class venue, serving as a practical operational model for other sports federations aiming to host inclusive events.

5.3. Facilitation Methodology and Audience Engagement

Recognizing the diverse cognitive profiles of the audience, the seminar deliberately avoided an overly academic lecture format. Instead, it utilized a highly visual and interactive delivery methodology. The slide presentation was supplemented by facilitated discussions, during which educators explained the concept of inclusion and invited participants to share their views. Athletes and volunteers attended the session together and participated in the discussions. Photographs of the seminar are included in Day 3: Seminar “Inclusion is Power”.



6. Seminar Feedback

Following the conclusion of the seminar titled "Inclusion is Power, sharing good practices in athlete involvement" held on May 27, 2026, an evaluation was conducted to assess the effectiveness, relevance, and clarity of the session. Feedback was collected via a paper-based survey distributed to all event attendees (the Seminar Feedback Form is attached as Annex IV: Seminar Feedback Form to this document). A total of 56 responses were recorded. Caregivers, coaches, and volunteers assisted athletes with intellectual disabilities in completing the survey. The collected responses were compiled and analysed (the Seminar Feedback Summary is attached as Annex V: Seminar Feedback Summary to this document).

6.1. Overall Satisfaction and Educational Impact

The general reception of the seminar was highly positive, reflecting the successful execution of the project's educational objectives. The majority of attendees expressed strong satisfaction with the event's organization and content.

- **Overall Quality (Q1):** 43 out of 56 respondents (77%) rated the overall quality of the seminar highly, scoring it as "5 - Excellent" (42) or "4 - Very Good" (1). The remaining 13 respondents (23.2%) rated the seminar as "3 - Average."
- **Likelihood to Recommend (Q2):** While the same 43 respondents (77%) indicated they were highly likely to recommend a similar Erasmus+ seminar to their peers (scoring "5" or "4"), the 13 respondents who found the seminar's quality "Average" expressed a notably lower likelihood to recommend it, scoring this metric as "2 - Poor" (23.2%).
- **Educational Impact (Q3):** 38 out of 56 respondents (68%) reported that the seminar "significantly" improved their understanding of how to communicate with and support athletes with special needs. One participant noted they "already possessed this knowledge," which aligns with the attendance of experienced project coordinators and special educators who led the initiatives.
- **Pacing and Duration (Q5):** The 1-hour time allocation was deemed "About right" by 50 out of 56 participants (89%), confirming that the seminar's schedule was well-tailored to the audience's attention span.

6.2. Content Relevance and the Importance of Practical Focus

A core objective of the MWB project is to bridge theoretical inclusion strategies with practical execution. The feedback survey strongly validated this approach.

- **Relevance to Social Inclusion (Q4.1):** 100% of the respondents were either "Very Satisfied" or "Satisfied" with the relevance of the topics presented regarding social inclusion in sports.

- **Usefulness of Shared Practices (Q4.2):** A strong majority of the respondents (over 75%) were "Very Satisfied" or "Satisfied" with the usefulness of the "good practices" shared regarding athlete involvement. The remaining participants recorded a "Neutral" response, logically reflecting that while this exchange of methodologies is highly valuable for coaches, educators, and volunteers, it is less directly applicable to the athletes with intellectual disabilities themselves.
- **Clarity of Presentations (Q4.3):** The feedback highlighted a natural and expected divergence in how different segments of our inclusive audience engaged with theoretical content. While project staff, volunteers, and coaches highly rated the seminars and shared good practices, a specific subset of participants (14 out of 56, 25%) indicated dissatisfaction regarding the clarity of the spoken presentations. This reflects the inherent communication barriers faced by athletes with intellectual disabilities during traditional, lecture-style sessions and emphasizes the need for continuous visual and cognitive adaptations.
- **Focus on Practical Skills (Q4.4):** In strong contrast to the theoretical segments, the practical and hands-on elements of the mobility were significantly successful. Notably, the same 25% of participants who struggled with the spoken presentations reported being "Very Satisfied" with the event's focus on practical skills. This clearly demonstrates that experiential learning, interactive workshops, and direct on-water paddling activities are the effective and accessible methods for engaging and integrating individuals with intellectual disabilities.

7. Workshop: Kayak Training

7.1. Objective and Setting

As the practical counterpart to the morning's educational seminar, the "Kayak Training" workshop took place on May 27, 2026, from 12:00 to 14:30. Set against the historic backdrop of Trakai Island Castle on Lake Galvė, the session utilized the LSC Trakai rowing course. This workshop served as a crucial bridge between theory and practice within Work Package 2 (WP2) as well as Event E.2.1, translating the inclusive communication strategies discussed earlier into active, on-water application. The primary goal was to familiarize the participants—especially athletes with intellectual disabilities (ID) and autism—with the aquatic environment, the equipment, and the 200-metre rowing track ahead of the main competition.

7.2. Safety Protocols and Preparation

Given the changeable and windy weather conditions on the day, rigorous safety measures were prioritized. The session commenced with a comprehensive safety briefing led by team coaches and local safety personnel. Every participant was fitted with a mandatory life jacket. Local sport volunteers, who had been conceptually trained in inclusive assistance, were deployed to physically support the athletes. Their roles involved guiding the athletes safely onto the docks, stabilizing the kayaks during entry and exit, and providing clear, reassuring instructions.

7.3. On-Water Familiarization and Inclusive Methodology

The training methodology focused on building confidence rather than purely athletic technique. For many athletes from the Polish, German, and Lithuanian delegations, navigating the water required overcoming sensory and physical apprehensions. Coaches and volunteers applied specialized communication techniques—focusing on patience, visual cues, and positive reinforcement—to help the athletes acclimatize to the kayaks.

Participants progressively moved from basic stabilization exercises near the dock to navigating the 200-metre distance. The collaborative environment ensured that able-bodied volunteers and athletes with special needs shared the same track, physically embodying the project's core philosophy, "Moving Without Barriers." The successful conclusion of the training session left the athletes empowered and fully prepared for the competitive

kayak racing competition scheduled for the following day. The workshop's safety procedures, participant support and on-water activities were visually documented (photographs are attached as Day 3: Workshop "Kayak Training" to this document).



8. Workshop: Canoe Polo

8.1. Objective and Setting

On the late afternoon of May 27, 2026 (16:30 – 18:30), the mobility programme transitioned from sprint kayaking to an interactive Canoe Polo workshop. As part of Work Package 2 (WP2) and Event E.2.1, the two-hour session combined theoretical instruction, demonstration, and hands-on practice. Held on Lake Galvė, it introduced participants to a discipline combining elements of kayaking, water polo, and basketball.

Led by Rasa Kudabienė, the coach of the Trakai youth canoe polo team, the workshop was designed to challenge the participants' boundaries, introduce novel motor skills, and reinforce the project's core ethos: that sport is a universal language capable of uniting diverse groups.

8.2. Theoretical Framework and Professional Exhibition

The workshop commenced with a theoretical introduction and a live exhibition. Coach Kudabienė and a local youth canoe polo team demonstrated the fundamentals of the sport. Participants observed the specific mechanics of the game, which is traditionally played on a 35m x 23m pitch where teams of five attempt to score in 1.5m x 1m goals suspended two meters above the water.

Special emphasis was placed on the unique equipment. Participants were introduced to the specialized 3-metre manoeuvrable kayaks, double-bladed paddles, and the stringent safety gear required for the sport, which includes life jackets and distinct helmets fitted with protective face guards. Watching the youth team execute sharp turns, tackles, and goals gave the international delegations a demonstration of the sport's basic techniques.

8.3. Practical and Inclusive Interactive Session

Following the exhibition, the workshop rapidly transitioned from observation to hands-on practice. In true alignment with the "Moving Without Barriers" philosophy, the session was opened to all willing participants—including athletes with intellectual disabilities, coaches, and volunteers—allowing them to physically experience the sport. Coach Kudabienė guided the participants, including those using a kayak for the first time. The local youth team supervised the activity and assisted participants on the water.

The transition to Canoe Polo proved to be an exciting challenge. Athletes tested the manoeuvrable kayaks but quickly realized that balancing, paddling, and handling a water polo ball simultaneously was much more difficult than it appeared from the shore. Meanwhile, the coaches took to the water themselves, successfully demonstrating the required techniques and setting a highly positive example for the youth athletes.

The workshop supported inclusion by bringing coaches, local youth players, and athletes with intellectual disabilities together in a shared learning environment. As participants were introduced to canoe polo, they practised the same skills and supported one another during the activity. The workshop was visually documented (photographs are included in Day 3: Workshop “Canoe Polo”).



9. Trakai Mobility Communication & Visibility

In alignment with Work Package 4 (Dissemination and Promotion) and Deliverable D4.1 (Organizing and conducting project media meetings), the communication and visibility strategy for the Trakai mobility aimed to maximize public awareness of social inclusion through sport, highlight the excellence of sports volunteering, and ensure prominent visibility of the European Union’s financial support.

Dissemination activities utilized a multi-channel approach, leveraging traditional regional press, official partner websites, and active social media campaigns (Facebook). All official venues, media backdrops, and digital communications were required to adhere to the visual identity guidelines of the Erasmus+ programme, prominently featuring the EU flag and the “Funded by the European Union” disclaimer.

A cornerstone of the visibility strategy was the official Press Conference (part of Event E.4.1) held on May 26, 2026, which featured Lithuanian Olympic silver medallist Mindaugas Griškonis. The event successfully bridged the project’s participants with the broader public, attracting attention from regional media. Furthermore, all three international partner organizations provided updates via their digital channels, documenting the achievements of the athletes and volunteers.

9.1. Press Coverage

Suvalkietis, a regional newspaper serving the Suvalkija region of Lithuania, published a print article on 5 June 2026 titled “Tarptautiniame projekte – prasmingas dialogas apie sporto galią vienyti žmones, stiprinti pasitikėjimą savimi ir padėti įveikti socialinius barjerus” (“In an international project – a meaningful dialogue about the power of sport to unite people, strengthen self-confidence, and help overcome social barriers”). The article detailed the activities of the “Moving Without Barriers” project in Trakai, specifically highlighting the high-profile press conference featuring Olympic silver medallist Mindaugas Griškonis and the personal testimonials of participating youth athletes. By emphasizing the project’s core mission of fostering social inclusion and dismantling barriers through sport, the piece provided significant regional visibility to the international cooperation between the partners from Lithuania, Poland, and Germany.



The article was also published on the Suvalkietis website on June 9, 2026, making it accessible online and available for sharing through digital channels. The online version covered the Trakai activities, including the meeting with Olympic silver medallist Mindaugas Griškonis, and documented the project's work on social inclusion and international cooperation.



9.2. Online and Social Media Coverage

Kazlu Rudos Saulės mokykla-daugiafunkcis centras published a Facebook post celebrating the mobility's daily morning exercise tradition. Each partner country took turns leading the group warm-up: Lithuania contributed dynamic exercises and swimming; Germany delivered a precise, well-balanced programme; and Poland brought lively, rhythmic movement. The post emphasised how these informal sessions served as a non-verbal icebreaker for the international participants. Accompanied by a photo gallery, it invited followers to vote on which country's session was the most energetic.



Kazlų Rūdos „Saulės“ mokykla-daugiafunkcis centras's Post

Kazlų Rūdos „Saulės“ mokykla-daugiafunkcis centras

May 28 at 12:43 PM · 🌐

Tarptautinis projektas „Moving Without Barriers“ (liet. „Judėjimas be barjerų“) – tai ne tik oficialūs susitikimai, bet ir aktyvus, draugiškas bei judrus bendravimas! Projekto koordinatoriai pasirūpino, kad judėjimas taptų tikru kasdieniu įpročiu.

Ar žinojote, kaip prasideda kiekviena mūsų projekto diena? Ogi su geros nuotaikos ir energijos užtaisu – rytine mankšta!

Siekiant stiprinti bendrystę ir geriau pažinti vieniems kitus, buvo įvesta puiki tradicija – kiekvieną rytą mankštą veda vis kita šalis partnerė:

- Lietuvos komanda užkrėtė visus lietuvišku svetingumu, dinamiškais pratimais ir maudynėmis.
- Vokietijos atstovai paruošė precizišką ir puikiai subalansuotą judesių programą.
- Lenkijos komandos mankšta suteikė visiems daug emocijų, šypsenų ir smagaus ritmo.

Šios neformalios veiklos griauja visus kalbinius ir kultūrinius barjerus dar neprasidėjus pagrindinėms dienos veikloms. Juokas, bendras ritmas ir komandinis palaikymas rytais padeda moksleiviams atsipalaiduoti, susidraugauti ir pasiruošti tolimesniems dienos iššūkiams.

Mankšta po mankštos, žingsnis po žingsnio – ir mes įrodome, kad judėti kartu yra gera, sveika ir be galo smagu!

Žvilgtelkite į nuotraukų galeriją ir pajuskite mūsų rytinę energiją! Kuri mankšta jums atrodo pati energingiausia?







Are you interested in this post?

Interested

Not interested

👍 Like

💬 Comment

22

2 shares

Project: 101245580 — MWB — ERASMUS-SPORT-2025-SNCESE

20

The Polish partner, SORW Malbork, published a Facebook post announcing the departure of their youth group to Trakai, Lithuania. The post highlighted the commencement of the "Moving Without Barriers" mobility activities at the Lithuanian Sport Centre. It emphasized the project's core objectives of fostering social integration, overcoming sporting challenges, and breaking down barriers through physical activity and international friendship.



On May 28, 2026, the lead organization published a Facebook post highlighting a high-profile meeting with Lithuanian rowing legend and Olympic silver medallist Mindaugas Griškonis. Held at the Trakai Sport Base, the event featured a press conference focused on the importance of physical activity and social inclusion. The post emphasized how Griškonis's motivating insights and personal humility inspired students from Lithuania, Germany, and Poland to pursue their goals regardless of barriers, reinforcing the project's core message that sport is a universal language that unites nations.



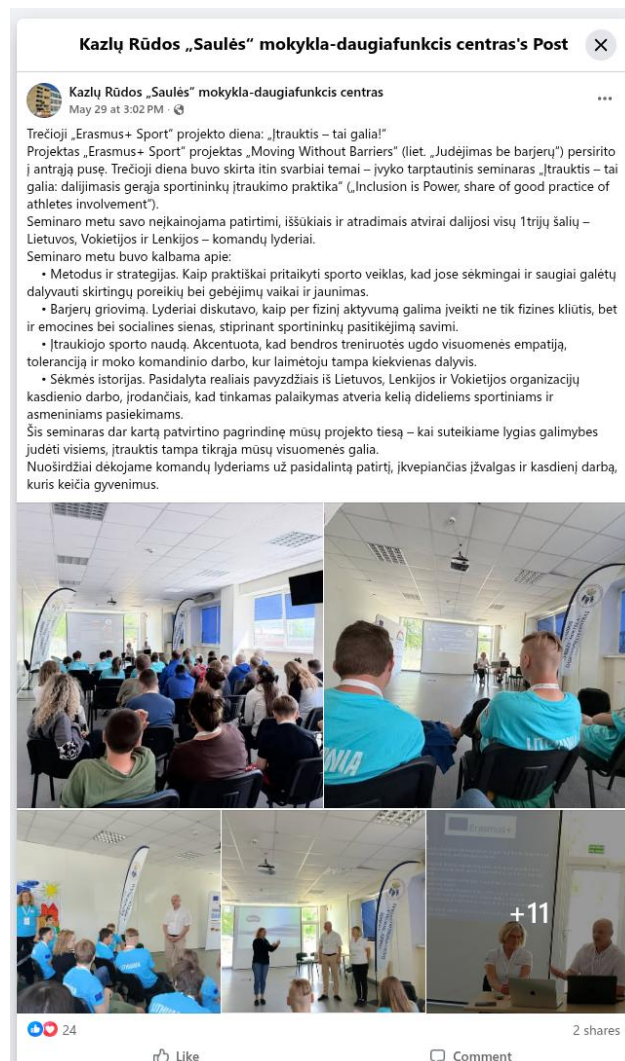
On May 31, 2026, the lead organization, Kazlu Rudos Saulės mokykla-daugiafunkcis centras, published a Facebook post highlighting the mobility's "Inclusive Art" workshop. The post detailed how participants temporarily traded their sports gear for canvases and brushes to express themes of teamwork, equality, and connection. Emphasizing that creativity knows no borders, the publication illustrated how art, much like sport, serves as a universal language capable of uniting diverse cultures. It provided participants with a unique, joyful medium for non-verbal self-expression and shared reflection.



On May 26, 2026, the Polish partner SORW Malbork published a Facebook post summarizing the second day of the Trakai mobility. The post covered the press conference with Lithuanian rower and Olympic silver medallist Mindaugas Griškonis, held under the theme "Importance of sport in our life". It also reported on the delegation's activities in central Vilnius and the "Inclusive Art" workshop, where participants used art as a form of non-verbal expression.



On May 29, 2026, the lead organization, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published a Facebook post summarizing the international seminar "Inclusion is Power." The post detailed how team leaders from Lithuania, Germany, and Poland shared best practices for integrating athletes with special needs into sports. Key discussion topics included practical adaptation strategies, breaking emotional and social barriers, and the societal benefits of inclusive training. By highlighting real-world success stories, the post reinforced the project's core message: providing equal opportunities for movement transforms inclusion into a genuine societal power.



On May 31, 2026, the lead organization published a Facebook post detailing the Canoe Polo workshop held during the Trakai mobility. The post described how local youth coach Rasa Kudabienė introduced the dynamic sport, which uniquely combines kayaking, water polo, and basketball. It highlighted the seamless transition from a professional demonstration to inclusive, hands-on practice. The publication emphasized that sports serve as a powerful tool for fostering cooperation and trust, noting that the coach's encouraging energy helped participants overcome their fears and feel like valued team members.



On May 27, 2026, the Polish partner, SORW Malbork, published a Facebook post summarizing the third day of the Trakai mobility. The update highlighted the day's diverse activities, beginning with the morning gymnastics session. It then detailed the educational seminar, "Inclusion is Power," which focused on shared best practices for engaging young athletes. Finally, the post showcased the practical on-water training and the exciting Canoe Polo exhibition, describing it as a dynamic mix of kayaking, basketball, and water polo, effectively documenting the project's blend of theoretical and practical integration.



On May 31, 2026, the lead organization, Kazlu Rudos Saulės mokykla-daugiafunkcis centras, published a Facebook post celebrating the 200-metre inclusive kayaking competition held at the Trakai Sport Base on Lake Galvė. The update captured the high energy and sportsmanship of the races, highlighting the enthusiastic team support from the shore. Emphasizing the project's inclusive ethos, the publication proudly noted that every participant who crossed the finish line was considered a winner and was formally awarded for their courage, effort, and sporting spirit.



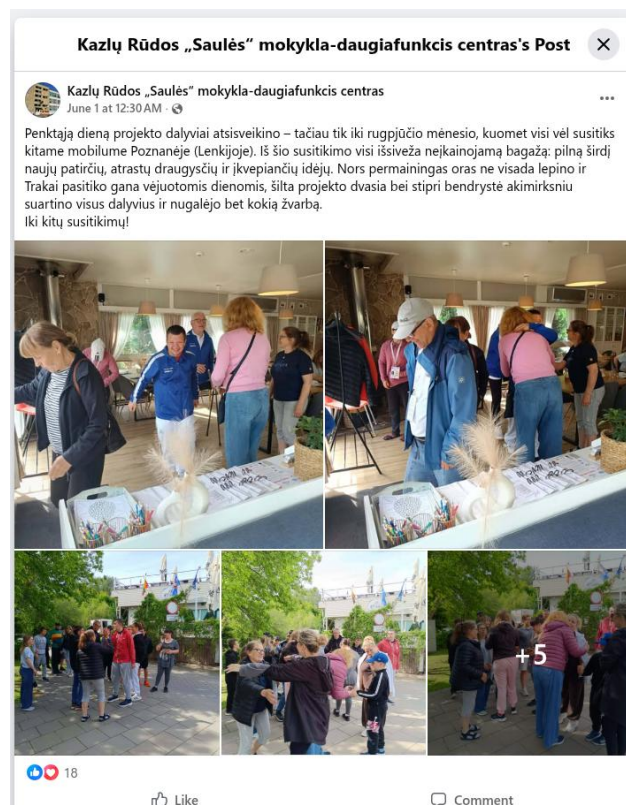
On May 28, 2026, the Polish partner, SORW Malbork, published a Facebook post summarizing the fourth day of the Trakai mobility. The update highlighted the day's diverse activities, beginning with morning gymnastics and the highly anticipated kayaking competition at the Trakai Sport Base. It also showcased the environmental and cultural excursions, specifically noting the group's hike along the Varnikai nature trail in the local botanical-zoological reserve. Finally, the post celebrated the integrative farewell disco, emphasizing the strong international friendships and camaraderie built throughout the project.



On July 1, 2026, the lead coordinating organization, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published a farewell post marking the conclusion of the Trakai mobility. The post highlighted the successful completion of the mobility's networking and educational objectives, noting that despite challenging, windy weather conditions in Trakai, participants completed all scheduled activities as planned. It concluded by looking ahead to the next project milestone: the upcoming mobility in Poznań, Poland, in August 2026.



On May 29, 2026, the Polish partner, SORW Malbork, published a concluding Facebook post marking the conclusion of the Trakai mobility. The update highlighted the emotional farewell to their international partners from Lithuania and Germany, officially bringing the five-day project activities to a close. Emphasizing the project's success in fostering social inclusion and cross-border camaraderie, the post celebrated the new friendships, lasting experiences, and beautiful memories the youth participants gained, which they will proudly carry back home to Poland.



Wassersport PCK Schwedt posted an account of its delegation's participation in the Trakai mobility. It recounted the joint seminars, morning exercises, kayak training, canoe polo workshop and visit to Trakai Castle. The post highlighted the German athletes' achievements and willingness to try unfamiliar activities. It presented the event as a valuable opportunity for inclusive sport, international exchange and skills development, and previewed the next project mobility in Poznań.



Before the Trakai Mobility, Wassersport PCK Schwedt announced its participation in the EU-funded "Moving Without Barriers" project and outlined its commitment to para-sport, inclusion and international cooperation. The post introduced the planned Trakai mobility, where 15 club members would meet Lithuanian and Polish partners for joint training and cultural exchange. It also previewed subsequent activities in Poznań and Schwedt, including competitions, meetings with leading canoeists and collaboration with local inclusion partners.



Zum ersten offiziellen Teil des Projektes „Moving without Barriers“ des Erasmus-Förderprogramms der EU sind vom 26. bis 29. Mai 2026 die Sportler der Abteilung Behindertensport von Wassersport PCK nach Litauen gereist.

In Trakai, einem Ort ca. 30 km von der Hauptstadt Vilnius entfernt, trafen wir uns mit den Teilnehmern aus Polen und den Gastgebern aus Litauen. Die polnischen Teilnehmer kommen von einer Schule für Schüler mit intellektuellen Einschränkungen in Marienburg. Die litauischen Teilnehmer kamen aus einer ähnlichen Schule in Trakai. Insgesamt waren 50 Personen im Projekt integriert. Nach 1000 km Fahrt kamen wir im Olympiastadion für Kanu und Rudern in Trakai an. Hier standen uns gute Wohn- und Trainingsbedingungen zur Verfügung.

Jeden Morgen war ein anderes Team mit der Durchführung eines Frühlingsbouts beauftragt. Unter Leitung von unserem Rado Jahn wurden vor allem Partner- und Teamübungen durchgeführt. Der freudbetonte Inhalt brachte die Teilnehmer in eine gute Stimmung für den Tag. In Seminaren wurde den Teilnehmern die Bedeutung des Projektes erklärt. Es wurde gemeinsam trainiert und eine kleine Regatta ausgetragen. Dabei konnten unsere Sportler ihr Können zeigen.

Unsere Sophia Fellwisch konnte sogar gegen alle männlichen Gegner im Einer-Kajak gewinnen. Interessant war das Angebot, neue Erfahrungen mit einem Polo-Kanu zu sammeln. Eine Jugendmannschaft betreute interessierte und mutige Teilnehmer. Fabian und Niklas Fini versuchten sich mutig. Sie erkannten aber schnell, dass es doch nicht so einfach war, wie es aussah. Besser war da unser Trainer Heiko Polak dabei. Gute Vorbildwirkung Heiko!!! Bei einem gemeinsamen Besuch der alten Burg in Trakai lernten die Teilnehmer viel über die Geschichte der Stadt und der Region.

Der nächste Programmpunkt im Projekt ist für Ende August in Poznań geplant. Dann findet dort die Weltmeisterschaft der Kanuten statt. In Rahmenwettbewerben werden dann die Sportler Rennen austragen und das Projekt auch weiter in den Fokus bzw. die Öffentlichkeit rücken. 4 Tage wird der Aufenthalt in Poznań mit Seminaren, Besichtigungen und Begegnungen dauern.

Wir danken dem EIF Schwedt, der Gesamtschule Talsand und Herrn Piotr Lorek für die erwiesene Unterstützung.



[← Älterer Beitrag](#)

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Die Kanuten mit Behinderungen sind Teil eines von der EU geförderten Projektes „Moving Without Barriers“. Die Initiative dazu kam von einer polnischen Förderschule für Menschen mit geistigen Behinderungen aus Marienburg. Diese beteiligt sich schon seit langem an Regatten von „special olympics“ International und Deutschland. Die Schule unterhält viele internationale Partnerschaften, so zu Schulen auf Kreta und in Litauen.

Bei Wettkämpfen haben wir die Sportler und Verantwortlichen mehrfach kennengelernt. Aus Polen und Litauen wurden wir gebeten, zu einer Zusammenarbeit im Projekt eingeladen. Auf Grund vieler Erfahrungen mit Maßnahmen im deutsch-polnischen Austausch hat unser Verein zugestimmt. Das entspricht auch der Philosophie unseres Vereins, aktiv an der internationalen Arbeit, speziell im Bereich des Behindertensports und der Inklusion, teilzuhaben.

In der Zeit vom 25. bis 29. Mai 2026 werden 15 Mitglieder unseres Vereins nach Trakai, ganz in der Nähe von Vilnius, reisen, um uns mit den polnischen und litauischen Teilnehmern zu treffen. Dort wird es zu Begegnungen in der Schule und beim gemeinsamen Training kommen, Kontakte zu Menschen und das Kennenlernen der Region werden eine Rolle spielen.

Im August werden wir dann fünf Tage lang Gäste der Stadt Poznań sein. Dort findet die Weltmeisterschaft der Renn- und Parakanuten statt, in dessen Rahmen wir Rennen austragen werden. Hier sind Treffen mit den besten Kanuten der Welt vorgesehen.

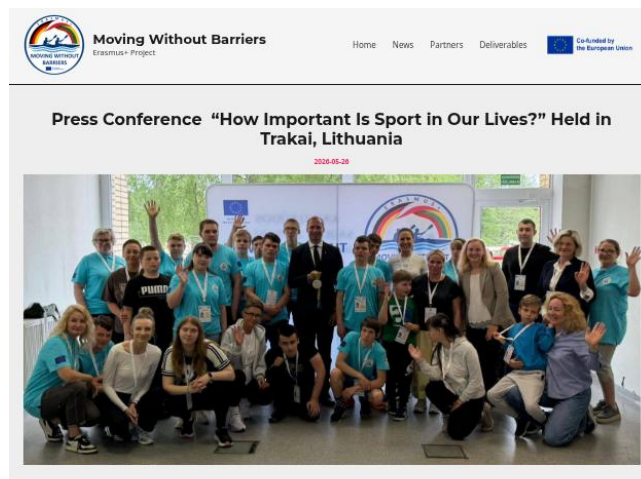
Im April 2027 werden wir Gastgeber für die Litauer und Polen sein. Dazu will unser Verein gemeinsam mit unseren Partnern, der Lebenshilfe Lückemärk e. V., dem EIF Schwedt, der Schule im Odertal und der Stadt eine Planung erarbeiten.



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The official project website published an update on May 26, 2026 summarizing the press conference. The post outlines the opening remarks by project coordinators Daiva Dabrilienė and Róża Banasik-Zarańska regarding the role of inclusive sports in overcoming social barriers. It also notes contributions from youth athletes leaders, who shared their personal sporting goals. Additionally, the update highlights the interactive Q&A session with Olympic medalist Mindaugas Griškonis. The article emphasizes that his practical insights on the importance of physical activity provided valuable encouragement to the international youth participants.



The second day of mobility activities began with a press conference. At the start of the event, the overall project program and its main objectives were presented in detail. The participants were welcomed by our school principal, Daiva Dabrilienė. In her speech, she emphasized the importance of physical activity in everyone's life and highlighted the invaluable benefits of inclusive sports, which help break down social barriers. Róża Banasik-Zarańska, the leader of the Polish partner organization (SORW dla Dzieci i Młodzieży z Autyzmem w Małorku), shared her insights and the project's aspirations. The conference was further enriched by heartfelt and open contributions from project participants Róża and Jack. They shared personal stories about their sporting ambitions and spoke about their expectations for this international project. After the official part of the event, the most anticipated activity began.

A distinguished guest agreed to answer the young athletes' questions—Lithuanian rowing legend Mindaugas Griškonis, silver medalist at the Rio de Janeiro Olympic Games, multiple European champion, and bronze medalist at the World Rowing Championships.

The conference theme, "How Important Is Sport in Our Lives?", deeply resonated with participants from all three countries, while the champion's experience inspired young people to keep moving forward regardless of any barriers.

Students and guests from abroad confidently asked questions, and the Olympian's sincerity, humility, and encouragement left no one indifferent. This day in Trakai became an invaluable experience, proving that sport is a universal language that unites people of all nations!

We sincerely thank Mindaugas Griškonis for his time, the wisdom he shared, and the invaluable inspiration he provided to our international community.

<https://www.suvalkietis.lt/2026/06/09/prasmingas-dialogas-apie-sporto-galia-vienyti-zmones>

<https://www.facebook.com/kazurudos.talies.mokyma/hosts/rb8d02PSnFkZ7QJULUoo5PXF6r1t8F0e0u48536e7uNneryQ9UP2uLQdNhzqQ4cpl>

<https://www.facebook.com/SORWMalorki/hosts/rb8d02PSnFkZ7QJULUoo5PXF6r1t8F0e0u48536e7uNneryQ9UP2uLQdNhzqQ4cpl>



The official project website published a post detailing the "Inclusive Art" workshop held on May 26, 2026. The article describes how athletes with intellectual disabilities, coaches, and volunteers engaged in a collaborative painting session focused on themes of teamwork and equality. Highlighting art as a practical medium for non-verbal communication, the post notes that participants from diverse backgrounds worked together on three large canvases. The update emphasizes the workshop's role in providing a relaxed environment for team-building and mentions that the completed artworks were subsequently displayed in the venue's Conference Room.



During the "Moving Without Barriers" (MWB) project mobility on May 26, 2026 in Trakai, Lithuania, participants paused their athletic schedules to engage in a collaborative "Inclusive Art" workshop. The session provided athletes with intellectual disabilities, coaches, and volunteers an opportunity to connect off the water. Trading paddling gear for canvases and brushes, the international groups worked together on a shared creative activity. The workshop was designed to explore themes of teamwork, equality, and connection. With participants representing different native languages and cognitive profiles, painting offered a practical medium for non-verbal self-expression. Collaborating on three large canvases, the groups demonstrated their creativity, much like sport, can function as a shared language to help bridge cultural and communication differences. The relaxed setting allowed the young athletes to interact comfortably and build camaraderie. The completed artworks were later hung on the Conference Room wall, serving as a visual record of the group's cooperation.

<https://www.facebook.com/xairuridos.saulis.mokyma/posts/pfbid82NWCRTqhv5UUXWh0zXidVLCqVim5veu0H8Tw47UewFHVom5Tw6Twev4FNB8umamwww>



The official project website published a summary of the “Inclusion is Power” seminar held on May 27, 2026, in Trakai. The post outlines a collaborative session where team leaders from Lithuania, Poland, and Germany discussed practical methods for involving athletes with intellectual disabilities in sports. It covers the institutional framework of the Erasmus+ programme and specialized educational approaches for supporting youth with autism. The entry highlights how exchanging everyday strategies and minor training adaptations can foster social integration, providing a helpful link between project theory and the practical workshops held on Lake Galvė.



On May 27, 2026, the “Moving Without Barriers” project hosted an educational seminar titled “Inclusion is Power” during its international mobility in Trakai, Lithuania. Held at the Lithuanian Sport Centre, the session provided a collaborative space for team leaders and educators from Lithuania, Poland, and Germany to discuss athlete involvement in sports.

Moderated by Vaiva Abramavičiūtė, the seminar was visually adapted to ensure the content was accessible to all attendees. Guest speaker Jarosław Jabłoński opened the discussion with a clear overview of the Erasmus+ programme framework and the project's specific priorities. Following this, Róża Banasik-Zarańska shared practical approaches to supporting young people with autism and intellectual disabilities in a sporting environment.

Throughout the session, team leaders exchanged everyday strategies for adapting physical activities to meet diverse cognitive and physical needs. The conversation gently explored ways to address emotional and social hurdles, emphasizing the everyday benefits of inclusive training. By sharing real-life experiences from their respective organizations, the speakers illustrated how thoughtful, minor adjustments can make a meaningful difference for athletes.

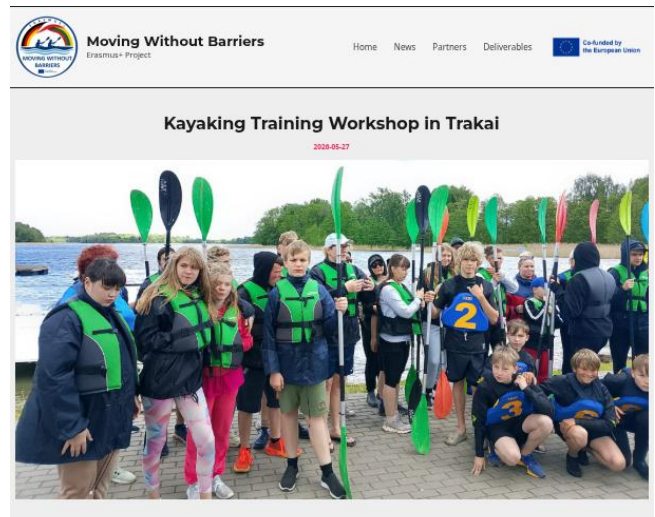
The seminar served as a helpful transition between the project's theoretical framework and the practical, water-based workshops that followed later in the week. By focusing on shared experiences and steady support, the “Inclusion is Power” meeting reinforced a central theme of the project: providing equal opportunities for physical movement helps create a more welcoming and supportive community for everyone.

<https://www.facebook.com/sazkurudos.saules.mokykla/posts/9fbsd02earNrc8eMO5MXoeOmN8u6pR1sLUBsGa9K8cpzMD8EP1mPtkKmB1shNakZunl>

<https://www.facebook.com/SORWIMalborok/posts/9fbsd02earNrc8eMO5MXoeOmN8u6pR1sLUBsGa9K8cpzMD8EP1mPtkKmB1shNakZunl>



The official project website published an update about the kayaking training workshop held in Trakai on May 27, 2026. The post details how participants from Lithuania, Poland, and Germany practiced on Lake Galvė to prepare for the inclusive 200-metre races. It emphasizes standard safety protocols, including life jacket fittings and the presence of a support boat. To assist athletes with intellectual disabilities and autism, the session employed a tandem "buddy system," pairing them with volunteers. This approach allowed participants to familiarize themselves with the equipment and the rowing track at a manageable pace despite breezy weather conditions.



On May 27, 2026, participants of the "Moving Without Barriers" project gathered at the Lithuanian Sport Centre in Trakai for a practical kayaking training workshop. The session provided a supportive setting for athletes from Lithuania, Poland, and Germany to prepare for the project's upcoming inclusive 200-metre races.

Guided by team coaches and local sports volunteers, the workshop prioritized fundamental water safety. The activities began on the shore of Lake Galvė, where organizers ensured all participants were properly fitted with life jackets and provided with clear, accessible safety briefings.

To help everyone feel secure on the water, the session utilized a tandem "buddy system." Athletes with intellectual disabilities and autism, particularly those who were new to the sport, shared kayaks with special educators and trained volunteers. This collaborative approach allowed participants to familiarize themselves with the equipment and the 200-metre rowing track at a comfortable pace, helping to steadily build their confidence before the actual event.

Despite breezy weather conditions, the practice runs proceeded smoothly. A motorized support boat remained on standby throughout the afternoon to monitor fatigue and maintain a safe environment.

By the end of the workshop, the athletes had gained practical experience navigating the course. The training session effectively translated the project's goal of inclusive sports into a practical, on-water activity, ensuring all participants felt prepared and comfortable for the friendly competition the following day.

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The official project website published an update regarding the Canoe Polo workshop held on May 27, 2026. Facilitated by local coach Rasa Kudabienė, the session introduced participants from Lithuania, Poland, and Germany to the sport's fundamentals. Following a demonstration, athletes with intellectual disabilities and project staff engaged in hands-on practice using specialized equipment. The workshop focused on teamwork and communication in a supportive setting. By learning an unfamiliar activity together, participants developed confidence and coordination, illustrating a practical method for fostering social inclusion and strengthening international connections through shared physical activity.



During the "Moving Without Barriers" (MWB) mobility event in Trakai, Lithuania, participants had the opportunity to try a unique aquatic sport: Canoe Polo. Held on the afternoon of May 27, 2026, this interactive workshop introduced project members to an engaging activity that combines elements of kayaking, water polo, and basketball.

The session was facilitated by Rasa Kudabienė, coach of the Trakai youth canoe polo team. She guided the international delegations from Lithuania, Poland, and Germany through the fundamentals of the sport. The workshop began with a practical demonstration, allowing participants to observe the mechanics of the game and the use of specialized, maneuverable three-meter kayaks.

Following the exhibition, athletes, special educators, and coaches transitioned to hands-on practice. For many of the participants, including young athletes with intellectual disabilities and autism, this was their first time navigating these specific kayaks and attempting to handle a ball while balancing on the water.

With a focus on safety and inclusion, Coach Kudabienė and local sports volunteers provided steady, patient support. This structured environment helped participants feel comfortable enough to test their new skills at their own pace. The group exercise served as a practical way to foster teamwork, non-verbal communication, and mutual trust among the international peers.

Ultimately, the Canoe Polo workshop offered an enjoyable method to reinforce the project's core objectives. By learning an unfamiliar sport together in a supportive setting, participants were able to build confidence and connect with one another, highlighting how collaborative physical activity can serve as an effective tool for social inclusion.

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<https://www.facebook.com/SORWMalbork/posts/ufbid02earNcc8oMD9MXooOmNR6qR1sLlRsaGaeK6zroMND8EP1nyPhrkmb1shNakZunl>



The project website published a summary of the 200-metre inclusive kayaking competition held on Lake Galvė on May 28, 2026. The entry describes how athletes from Lithuania, Poland, and Germany competed in various categories under the supervision of professional referees. Despite windy conditions, safety was maintained through motorized support boats and a tandem "buddy system" featuring trained volunteers. The day concluded with an award ceremony where participants received medals and Erasmus+ certificates, followed by a farewell social event. This competition provided practical experience for the athletes ahead of the project's next phase in Poznań.



On May 28, 2026, the "Moving Without Barriers" (MWB) project held its 200-metre inclusive kayaking competition on Lake Galvė in Trakai, Lithuania. Utilizing the Lithuanian Sport Centre's training track near Trakai Island Castle, the event convened athletes with intellectual disabilities and autism from Lithuania, Poland, and Germany.

The competition focused on providing participants with practical experience in a standard sporting environment. Despite windy weather conditions, the races proceeded safely and on schedule. To help athletes acclimate to the water, the event began with a tandem paddling "buddy system," allowing participants to practice alongside trained volunteers and coaches.

During the official heats, athletes navigated the 200-metre sprint distance across several categories, including Girls' Singles, Boys' Singles, and Doubles. The event was overseen by Chief Referee Gintaras Arminas and Race Secretary Vita Gudynienė, who maintained competitive standards while ensuring safety protocols. Motorized support boats remained on standby throughout the races to assist participants and monitor fatigue, ensuring a secure environment for everyone on the water.

In the evening, participants gathered in the sports centre's conference room for the official award ceremony. The venue was decorated with collaborative canvases created during the mobility's earlier art workshops, alongside branded banners acknowledging the European Union's financial support.

Project Coordinator Daiva Dabiriliene, joined by the delegation coaches, presented each participant with a custom-designed MWB project medal and an official Erasmus+ certificate. The ceremony served to acknowledge the steady efforts of the athletes, as well as the practical support provided by the local sports volunteers and special educators.

Following the presentation of awards, a farewell disco was held. This provided a relaxed setting for the international delegations to interact and conclude their five-day mobility. The successful completion of the Trakai races provides a practical foundation for the project's next scheduled event in Poznań, Poland, later this year.

<https://www.facebook.com/karlurudos.saules.mokykla/posts/pfbid0GcPmavIF9LNZKRSJyadSC5RtFbV08hDPxsm19BqutuSv6A5nKYPz17gfkMde0>

<https://www.facebook.com/SORWMalbork/posts/ofbid02BN130dw1urc57Bq1UxiAqgOxvVP4OIhfgBGKMTwARFFZixSRkeYqNyuSuOCSBKRY>



9.3. On-Site Visibility and Branded Materials

A branded backdrop was displayed at the venue. It featured the “Moving Without Barriers” project name, the tagline “Strengthening social inclusion through paddling sports,” the European Union funding acknowledgement and the flags of Germany, Lithuania and Poland.



To enhance project identity, customized light blue T-shirts were produced as branded apparel for the Lithuanian team.



9.4. Photographic Documentation

Photographic documentation was collected during the five-day Trakai mobility to visually record the project's implementation. The captured images provide a chronological and thematic overview of the activities associated with Work Packages 2, 3, and 4. The documentation covers the main components of the mobility, including:

- **Educational and Theoretical Sessions:** The “Importance of Sport” press conference featuring Mindaugas Griškonis, and the “Inclusion is Power” seminar, illustrating participant attendance and the exchange of practices.
- **Practical Workshops and Sporting Events:** The on-water kayak training, the Canoe Polo workshop, and the 200m inclusive kayaking competition, showing the participation of athletes with intellectual disabilities alongside sports volunteers.
- **Social Integration and Visibility:** The daily morning exercises, the “Inclusive Art” workshop, the cultural excursion to Trakai Island Castle and the Varnikai nature trail, and the award ceremony. These photographs also record the presence of required Erasmus+ visual identity elements, such as the EU co-funding banners.

The complete, categorized photographic gallery of the event is enclosed in this report under Annex VI: Trakai Mobility Photographs.

10. Conclusions

The Trakai mobility, held from 25 May to 29 May 2026, served as the initial physical implementation phase of the “Moving Without Barriers” (MWB) project. Bringing together a cross-border consortium of 55 participants from Lithuania, Poland, and Germany, the event addressed the core objectives of Work Package 2 (Deliverable D2.1) by combining theoretical education with practical, on-water applications.

The **“Inclusion is Power” seminar** introduced local sports volunteers, special educators, and sports staff to methods for supporting athletes with intellectual disabilities (ID) and autism. The session focused on practical communication strategies and encouraged participants to focus on athletic abilities rather than limitations. The seminar also provided a forum for professional and volunteer participants to discuss inclusive support practices, establishing a framework that can be referenced when designing future MWB training activities.

The concepts discussed during the seminar were subsequently applied during the **practical workshops**:

- The **Inclusive Art** workshop offered a useful non-verbal medium for participants to collaborate and express themes of teamwork and equality outside the standard sports environment.
- The **Kayak Training** workshop familiarized athletes with the aquatic environment in a supervised setting, helping them build confidence on the water with the assistance of coaches and volunteers.
- The **Canoe Polo** exhibition and workshop provided a shared learning experience. By introducing a relatively unfamiliar sport to able-bodied coaches, volunteers, and athletes with ID simultaneously, the activity fostered team bonding and helped reduce social barriers.

Beyond the immediate project participants, the Trakai mobility gained steady community and media attention. The participation of Olympic silver medallist Mindaugas Griškonis contributed to regional and digital media coverage, increasing the visibility of the Erasmus+ Sport initiative and promoting the message of inclusivity in competitive sports.

In summary, the Trakai seminar and workshops provided volunteers with practical experience in supporting inclusive sports activities and enabled athletes with intellectual disabilities to actively participate in paddling events at the LSC Trakai rowing course. The event facilitated the exchange of international methodologies and effectively prepared the consortium for the project's next milestone at the ICF World Championships in Poznań in August 2026.

11. Annexes

- Annex I: Trakai Mobility Consent Form
- Annex II: Trakai Mobility Programme
- Annex III: Seminar Presentation
- Annex IV: Seminar Feedback Form
- Annex V: Seminar Feedback Summary
- Annex VI: Trakai Mobility Photographs

Annex I: Trakai Mobility Consent Form



PARTICIPANT DECLARATION AND CONSENT FORM

Erasmus+ Sport Project: “Moving Without Barriers”

Location: Trakai, Lithuania

Date: 25-29 May 2026

Organizer: Kazlu Ruda “Saules” School-Multifunctional Center (Kazlų Rūdos „Saulės“ mokykla-daugiafunkcis centras)

DECLARATIONS AND CONSENTS

I agree to the following:

1. **Ability to Participate.** I am participating voluntarily in the “Moving Without Barriers” kayaking races, seminar, and workshop. I declare that my state of health allows me to participate safely in these activities, including water sports and paddling with kayaks.
2. **Assumption of Risk.** I understand that kayaking and water sports involve inherent risks of physical injury, property damage, or other dangers. I have read, understood, and agree to abide by all safety rules and instructions provided by the organizers and instructors.
3. **Emergency Care.** If I am unable, or my guardian is unavailable, to consent or make medical decisions in an emergency, I authorize the organizers to seek necessary medical care and treatment on my behalf.
4. **Likeness Release.** I consent to the free use of my image (photos, video recordings, and voice) by Kazlu Ruda “Saules” School-Multifunctional Center and the partners of the Erasmus+ Sport project “Moving Without Barriers”.
 - This consent includes publication on websites, social media, and promotional materials.
 - The purposes of this use are project promotion, informational/educational activities, and official reporting to funding institutions (EU / Erasmus+).

GDPR INFORMATION CLAUSE

I hereby consent to the processing of my personal data by the **Kazlu Ruda “Saules” School-Multifunctional Center** in connection with my participation in the “Moving Without Barriers” event in Trakai, Lithuania.

The scope of consent includes processing data for:

- Organizing the event (including inclusive races, seminars, and workshops).
- Ensuring health and safety during water activities (processing necessary health or accessibility information).
- Organizational contact and logistics.
- Project implementation and reporting activities.
- Promotional activities related to the Erasmus+ project.

Data Controller: The personal data controller is the Kazlu Ruda “Saules” School-Multifunctional Center. Personal data will be processed in accordance with the Regulation of the European Parliament and of the Council (EU) 2016/679 (GDPR) for the purpose of implementing the project and obligations resulting from the Erasmus+ program.

Data Sharing and Retention: Data may be shared confidentially with project partners, medical professionals (in an emergency), and funding institutions (e.g., the European Commission) for official reporting. Data will be stored only for the period necessary for the implementation of the project and statutory reporting obligations.



My Rights: I understand that I have the right to:

- Access, rectify, or request deletion of my personal data.
- Restrict the processing of my data.
- Lodge a complaint with the national supervisory authority for data protection. *(Providing data is voluntary, but necessary for participation in the event.)*

Participant Name:	
PARTICIPANT SIGNATURE (required for adult participant with capacity to sign legal documents)	
I have read and understand this form. If I have questions, I will ask. By signing, I agree to this form.	
Participant Signature:	Date:
PARENT/GUARDIAN SIGNATURE (required for participant who is a minor or lacks capacity to sign legal documents)	
I am a parent or guardian of the participant. I have read and understand this form and have explained the contents to the participant as appropriate. By signing, I agree to this form on my own behalf and on behalf of the participant.	
Parent/Guardian Signature:	Date:
Printed Name:	Relationship:

Annex II: Trakai Mobility Programme

PROGRAM

25-29 of May 2026

Trakai, Lithuania



25 of May (Monday)

Teams arrival until day to LSC “Trakai”

19:00 Dinner at Le Vivier restaurant

26 of May (Tuesday)

8:30 – 9:30 Training session (Lithuania)

10:00 Breakfast at Le Vivier restaurant

12:00 Press release conference “Importance of sport in our life”

15:00 Lunch at Le Vivier restaurant

17:00 Inclusive workshop - painting activity.

19:00 Dinner at Le Vivier restaurant

27 of May (Wednesday)

8:30 – 9:30 Training session (Poland)

10:00 Breakfast at Le Vivier restaurant

*11:00 Seminar “**Inclusion is Power, share of good practice of athletes involvement**”*

12:00 – 14:30 Kayaking training session at the Olympic training center lake

14:30 Lunch at Le Vivier restaurant

16:30 Workshop “Kanupol”. Kanupol is a dynamic team water sport that combines elements of kayaking, water polo, and basketball. The main objective is to score goals by throwing a water polo ball into a net suspended 2 meters above the water, while maneuvering a short, specialized kayak. This event will be hosted by Rasa Kudabienė, coach of the Trakai youth canoe polo team.

19:00 Dinner at Le Vivier restaurant

PROGRAM

25-29 of May 2026

Trakai, Lithuania

28 of May (Thursday)

8:30 – 9:30 Training session (Germany)

10:00 Breakfast at Le Vivier restaurant

12:00 – 14:30 Kayaking competition of 200 m. at the Olympic training center lake

14:30 Lunch at Le Vivier restaurant

17:00 Hiking around the Varnikiai natural trail. The Varnikai Nature Trail (Lithuanian: Varnikų pažintinis takas) is a popular educational hiking path located in the Varnikai Botanical-Zoological Reserve, just a few kilometers from the historic town of Trakai. It is highly praised for offering a quick, scenic escape into wild Lithuanian nature.

19:00 Dinner at Le Vivier restaurant

20:00 Disko time 😊

29 of May (Friday)

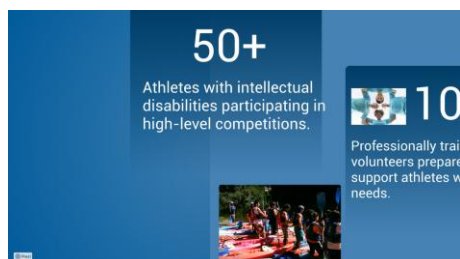
Check out from Guest house until 9:00

10:00 Breakfast at Le Vivier restaurant

Departure

Annex III: Seminar Presentation

<https://prezi.com/view/JkcNH7r2GNDi2rzyKmGn/>



Team-building races with seminars and workshops in Germany

April 2027

Final seminar, workshops, press conference and team-building kayaking competition.

Project evaluation and summary

May 2027

Project Impact

Quantitative impact

Quality impact

Direct participants

At least 50 athletes with intellectual disabilities and 100 trained volunteers directly involved in basic activities.

Wider coverage

Around 1.500 direct participants, including families, spectators and local authorities involved in the activities and events.

Media coverage

Wide reach thanks to partner networks (approx. 13.000 viewers via PZK and partner networks) and press conferences.

A change of attitude

A measurable positive change in social attitudes and tolerance towards people with disabilities within the wider sporting community.

Skills development

Volunteers and staff will gain specialist skills in 'adapted sports' and communication strategies tailored to the needs of people with special needs.

Operating model

To develop an effective, standardised operational model for inclusive sporting events that can be replicated by other European sports federations.

Sustainable development and vision

The project aims to create an environment in which high-profile sporting events are accessible to everyone. By fostering collaboration between sports federations and special education centres, the MWB project is creating a sustainable ecosystem in which athletes are defined by their courage and skills, rather than by barriers.

Work packages

WP1: Project management and coordination

Ensuring smooth operations, financial management, and communication between partners. This includes regular online meetings, progress reporting, and quality assurance to ensure the project remains on schedule and on budget for the next months.

WP2: Seminars and workshops

We focus on education and preparation for organizing seminars in Lithuania, Poland, and Germany to share staff experience and expand knowledge about intellectual disabilities. We place particular emphasis on training volunteers in safety, communication, and logistical support for inclusive events.

WP 3: Integration races (sports competitions)

The project's main practical activities include organising inclusive canoeing races in which athletes with intellectual disabilities compete alongside their able-bodied peers. Key event: Inclusive canoeing races organised during the Canoe Sprint World Championships in Poznań (2026). Regional events: Competitions in Lithuania and Germany, aimed at demonstrating courage, determination and sporting spirit at local and national level.

WP 4: Dissemination and promotion

We aim to maximise the project's visibility. Our activities include meetings with the media, press conferences in all three partner countries, and an intensive social media campaign. The aim is to reach a wider audience, beyond the direct participants, by promoting the results funded by the EU and the values of social inclusion.

Work packages

Partner Group

Polish Canoe Federation (PZK)

Warsaw, Poland

The governing body for canoeing and white-water rafting in Poland, responsible for the development of sprint, slalom, marathon and para canoe disciplines. With extensive experience in organising national and international competitions, including ICF Canoe Sprint and Para-canoe events, PZK brings a wealth of expertise in event management, athlete development and inclusion. Through its nationwide network of clubs, coaches and athletes, the federation actively supports accessible sporting pathways and the inclusion of people with disabilities in canoeing.

Kazlų Rūdos „Saulės“ mokykla-daugiafunkcis centras

Kazlų Rūda, Lithuania

This is a well-known, multi-purpose school in Kazlų Rūda, Lithuania, where aim is to provide high-quality generalised education to children and young people with a range of abilities and needs. The school creates a safe, inclusive environment in which every pupil can fully participate in lessons and develop socially, emotionally and academically. It offers subject curricula, social skills development and non-formal learning opportunities that support independence and integration into the community. By actively engaging in social and educational initiatives, the school involves pupils in creative activities and international cooperation, including Erasmus projects, which strengthen integration, mobility and collaborative learning across borders.

Wassersport PCK Schwedt e.V.

Schwedt/Oder, Germany

It is a well-established water sports club based in Schwedt an der Oder in Germany, with extensive experience in canoeing, rowing and inclusive sports. The club operates as a community-focused sports organisation, offering organised training sessions and recreational activities for children, young people and adults of all ability levels. In addition to competitive sport, the organisation offers a wide range of health, fitness and educational programmes, and works closely with schools and local partners to promote physical activity, social integration and lifelong participation in sport. Its location on a major waterway and well-equipped facilities provide excellent conditions for canoeing and jet-skiing to swim.

Special Rehabilitation and Educational Centre for Children and Youth with Autism in Malbork

Malbork, Poland

It is a specialist public educational and therapeutic centre based in Malbork. Since its establishment in 1997, the centre has focused on supporting children and young people on the autism spectrum through comprehensive education, therapy and integration activities. SOINE Malbork offers personalised educational and rehabilitation programmes, tailored to the needs and abilities of its pupils, with a particular emphasis on developing independence, social skills, physical fitness and self-confidence. An important element of the centre's work is the use of movement, sport and outdoor activities as tools for therapy, learning and social participation.

SORW dla Dzieci i Młodzieży z Autyzmem w Malborku

„Świat potrzebuje różnych umysłów.”

Temple Grandin

Autyzm (czyli zaburzenie ze spektrum autyzmu) to zaburzenie neurorozwojowe, które wpływa na to, jak człowiek:

- komunikuje się z innymi,
- naśladuje relacje społeczne,
- odbiera bodźce i reaguje na otoczenie.

Osoby z autyzmem mogą np.:

- mieć trudności w rozmowie i rozumieniu emocji innych,
- preferować rutynę i powtarzalne zachowania,
- być bardzo wrażliwe lub mało wrażliwe na dźwięki, światło czy dotyk.

Autyzm pojawia się w wczesnym dzieciństwie i towarzyszy człowiekowi przez całe życie. Osoby ze spektrum mogą mieć bardzo różne zdolności i potrzeby.

„Kiedy skupiasz się na czyjejś niepełnosprawności, przeczasz jego zdolności, pełnię i wyjątkowość. Kiedy nauczysz się akceptować i kochać ludzi takich, jakimi jest, podświadomie nauczysz się kochać siebie bezwarunkowo”

Nonne Pore

Osoby z niepełnosprawnością mogą mieć różne trudności fizyczne, intelektualne lub sensoryczne, które wpływają na codzienne życie. Ważna jest ich integracja w społeczeństwie, czyli zapewnienie równych szans do nauki, pracy, sportu i uczestnictwa w życiu społecznym. Dzięki wsparciu, zrozumieniu i otwartości innych mogą aktywnie uczestniczyć w życiu społecznym.

PROJEKTY BILATERALNE

WRZESIEŃ 2024 - Poznań włączeniu poprzez sport

PAŹDZIERNIK 2024 - Lubie Łezba - międzykulturowy dialog włączający

POZNAŃ

DZIEŃ PIERWSZY

zakwaterowanie Camping Hotel Malta, spotkanie z przyjaciółmi z Libii, zwiedzanie

DZIEŃ DRUGI

dotarcie projektowe na Stadion Lecha Poznań z przewodnikiem, trening kajakowy na wodzie z Medalistką Olimpijską Izabelą Dylewską, spotkanie z Sekretarzem Polskiego Związku Kajakowego Jolantą Rozpiąk - wódni i igrzysk Olimpijskich.

DZIEŃ TRZECI

dotarcie projektowe w centrum Poznania Rynek, Starówka, Ostrowo, warsztaty sportowe z trenerką Izabelą Dylewską na deskach do pływania SUP, spotkanie integracyjne - poznaliśmy naszych najbliższych olimpijskich - kalamitury rysowanie dyscypliny sportowe

DZIEŃ CZWARTY

wizyta w Zespole Szkół Zawodowych, działania projektowe - Bazylika Archikatedralna pw. Świętych Apostołów Piotra i Pawła - najstarszy zabudowany most, przejażdżka Kąpielą Parkową Małutka

DZIEŃ PIĄTY

ERASMUS+ POLSKA · LITWA · GRECJA

Korzyści dla osób z niepełnosprawnością w projektach Erasmus+ i wymianach międzynarodowych

- Rozwój osobisty - większa pewność siebie i samodzielność.
- Edukacja i umiejętności - zdobywanie wiedzy i doświadczenia zawodowego.
- Integracja społeczna - nawiązywanie kontaktów i poczucie przynależności.
- Równe szanse - wsparcie dostosowane do potrzeb i aktywne uczestnictwo.
- Otwartość na świat - poznanie nowych kultur i ludzi.

- Puchar Świata w Sprincie Kajakowym i Parakajakowym - Poznań 23.05.2025
- Puchar Świata ICF w Sprincie Kajakowym - Poznań 24.05.2024
- Mistrzostwa Świata w Kajakarstwie Klasycznym i Parakajakarstwie - Duisburg 24.08.2023
- Puchar Świata w Kajakarstwie - Poznań 26.05.2023

Elementy przygotowania:

- trening siłowy i wytrzymałościowy,
- treningi na wodzie,
- trening mentalny osób ze spektrum autyzmu.

Efekty udziału w zawodach sportowych:

- zdobycie medali,
- kwalifikacje na kolejne zawody,
- promocja sportu osób z niepełnosprawnościami,
- integracja społeczna,
- inspiracja dla innych osób z niepełnosprawnościami.

Mistrzostwa Świata w Sprincie Kajakowym i Parakajakarstwie

Mistrzostwa Świata w Sprincie Kajakowym i Parakajakarstwie

26-30.08.2026 r. Poznań, Malta

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MISTRZOSTWA ŚWIATA ICF

Polska triкратно była organizatorem Mistrzostw Świata Seniorów w kajakarstwie klasycznym.

Rok	Miejscowość	Państwo
1990	Poznań	Polska
2001	Poznań	Polska
2010	Poznań	Polska
2011	Szeged	Węgry
2013	Duisburg	Niemcy
2014	Medan	Chiny
2015	Medan	Chiny
2017	Baku	Azja
2018	Montemor-o-Velho	Portugalia
2019	Szeged	Węgry
2021	Kioperfaga	Dania
2022	Darmstadt	Niemcy
2023	Duisburg	Niemcy
2024	Garmisch	Niemcy
2025	Medan	Chiny
2026	Poznań	Polska

GŁÓWNE STREFY

Strefa sportowa
To serce wydarzenia – miejsce, gdzie rozgrywane są zawody kajakowe. Obejmuje: tor regatowy z linią startu i mety, stanowiska dla sędziów i zawodników, zaplecze techniczne (np. stołówka, wiosła zawodnicza, hangary na kajaki).

Ta przestrzeń jest w pełni podporządkowana rywalizacji sportowej i bezpieczeństwu uczestników.

<https://www.poznanmarathon.com/>



GŁÓWNE STREFY

1. Stołówka
- 1a. wejście dla parakajakarzy
- 1b. wejście dla sprintu
- 1c. wejście dla obsługi
2. Akrotyżacja dla ekip
3. Siłownia / ice bath
4. Klatka schodowa parakajakarzy / masaż
5. Kontrola ID / numerki na łodzi / GPS
6. Namoty dla ekip – parakajakarze
7. Namoty dla ekip – sprint
8. Zaplecze wolontariatu
9. Strefa dla serwisów ICF
10. Pomost dla TV

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

11. Kładoza
12. Kontrola łodzi
13. Strefa dla dzieci / gastronomia
14. Akrotyżacja VIP / dźwiękarka
15. Wyposażenie VIP
16. Wejście do strefy VIP
17. Strefa dla kibiców / aktywności
18. Strefa dla kibiców / gastronomia
19. Akrotyżacja VIP / dźwiękarka
20. Sprzedaż biletów
21. Sprzedaż pamiątek
22. Wejście do centrum prasowego

<https://www.poznanmarathon.com/>

Mistrzostwa Świata

...to nie tylko regaty

Make it amazing

GŁÓWNE STREFY

Strefa kibiców
Miejsce stworzone z myślą o widzach. Zawiera: trybuny z widokiem na tor, dekoracje zwycięzców, telebimy i nagłośnienie.

Zapewnia komfortowe śledzenie zawodów i tworzy atmosferę wielkiego sportowego święta.

<https://www.poznanmarathon.com/>

Trybuna:
A – naziemna
B – główna
Wejście biletowe
Trybuna dla kibiców

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

Strefa dodatkowej aktywności
Przestrzeń interakcji, rozrywki i promocji wydarzenia, miejsca idealne dla rodzin i odwiedzających: animacje sportowe dla dzieci i młodzieży (np. mini-kajak, SUP, ergometry, dmuchawce), strefa informacyjna i promocyjna Miasta Poznania, PZKaj, WZKaj, spotkania z Olimpijczykami, konkursy.

To miejsce, gdzie każdy może aktywnie uczestniczyć w wydarzeniach towarzyszących i poznać kajakarstwo „od środka”.

<https://www.poznanmarathon.com/>

Strefa dla kibiców i mieszkańców Poznania

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

Część przy mieście

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

Strefa turystyczna

Strefa sportowa

- ✓ Strefa kibiców – przestrzeń dedykowana dla kibiców i rodziny uczestników
- ✓ Strefa gastronomiczna – promocja i zapewnienie na miejscu, kuchenki, stoły, sztućce, naczynia
- ✓ Po zakończeniu wyścigu „złoty łódź” – nagroda dla zwycięzcy
- ✓ Strefa dla dzieci – animacje sportowe dla dzieci i młodzieży (np. mini-kajak, SUP, ergometry, dmuchawce)
- ✓ Strefa informacyjna – promocyjna Miasta Poznania, PZKaj, WZKaj, spotkania z Olimpijczykami, konkursy
- ✓ Strefa dla kibiców – przestrzeń dedykowana dla kibiców i rodziny uczestników
- ✓ Strefa sportowa – przestrzeń dedykowana dla zawodników i trenerów
- ✓ Strefa dla serwisów ICF
- ✓ Pomost dla TV

<https://www.poznanmarathon.com/>

PARKINGI

<https://www.poznanmarathon.com/>

PROGRAM MISTRZOSTW

20 sierpnia (sobota)	21 sierpnia (niedziela)
08:00 - 10:00	08:00 - 10:00
10:00 - 12:00	10:00 - 12:00
12:00 - 14:00	12:00 - 14:00
14:00 - 16:00	14:00 - 16:00
16:00 - 18:00	16:00 - 18:00
18:00 - 20:00	18:00 - 20:00
20:00 - 22:00	20:00 - 22:00
22:00 - 24:00	22:00 - 24:00

W dniach 20-21 sierpnia pomiędzy innymi, w godzinach 10:00-18:00, zaplanowano następujące wydarzenia:

- Olimpiada Specjalna
- Mini-kajak
- Sprawy łodzi
- SUP

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

Strefa dodatkowej aktywności
Przestrzeń interakcji, rozrywki i promocji wydarzenia, miejsca idealne dla rodzin i odwiedzających: animacje sportowe dla dzieci i młodzieży (np. mini-kajak, SUP, ergometry, dmuchawce), strefa informacyjna i promocyjna Miasta Poznania, PZKaj, WZKaj, spotkania z Olimpijczykami, konkursy.

To miejsce, gdzie każdy może aktywnie uczestniczyć w wydarzeniach towarzyszących i poznać kajakarstwo „od środka”.

<https://www.poznanmarathon.com/>

GŁÓWNE STREFY

Trybuna naziemna

Strefa gastronomiczna/food truck, punkty gastronomiczne
Strefa PZKaj – punkt dystrybucji gadatek Miasta Poznania
Strefa Miasta Poznania – punkt informacji turystycznej
Strefa animacji VIP

<https://www.poznanmarathon.com/>

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<https://www.poznanmarathon.com/>

THANK YOU FOR YOUR ATTENTION

Annex IV: Seminar Feedback Form



Seminar Evaluation Form

Trakai, Lithuania
27 May 2026



Co-funded by
the European Union

1. How would you rate the overall quality of the seminar?				
Excellent	...	...	...	Very Poor
5	4	3	2	1

2. How likely are you to recommend a similar Erasmus+ seminar on sports inclusion to a colleague or peer?				
Very Likely	...	...	...	Very Unlikely
5	4	3	2	1

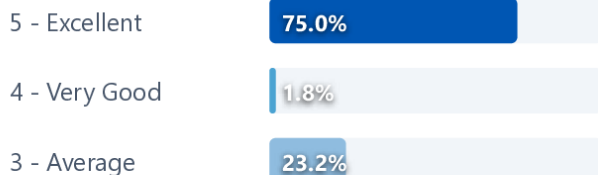
3. Did the seminar improve your understanding of how to communicate with and support athletes with special needs?			
Yes, significantly	Yes, somewhat	No, not really	I already possessed this knowledge

4. How satisfied are you with the following aspects of the seminar?				
Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
4.1. Relevance of the topics to social inclusion in sports.				
☐	☐	☐	☐	☐
4.2. Usefulness of the "good practices" shared regarding athlete involvement.				
☐	☐	☐	☐	☐
4.3. Clarity of the presentations.				
☐	☐	☐	☐	☐
4.4. Focus on practical skills for integrating people with intellectual disabilities into paddling sports.				
☐	☐	☐	☐	☐
Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied

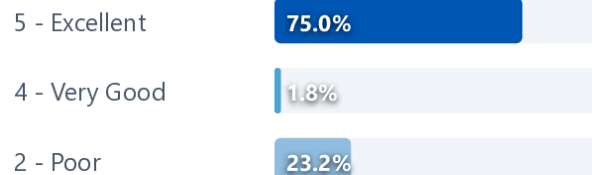
5. Was the allocated time for the seminar appropriate?				
Much too long	Too long	About right	Too short	Much too short

Annex V: Seminar Feedback Summary

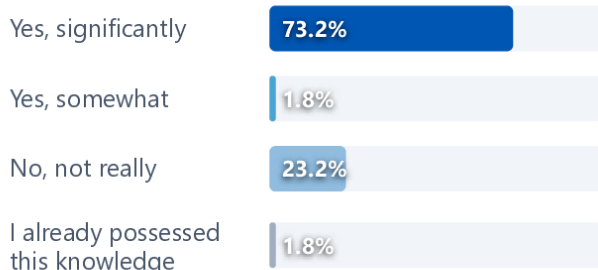
1. How would you rate the overall quality of the seminar?



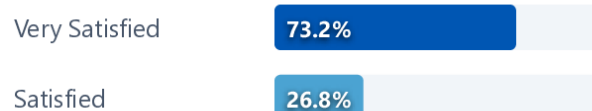
2. How likely are you to recommend a similar Erasmus+ seminar to a colleague or peer?



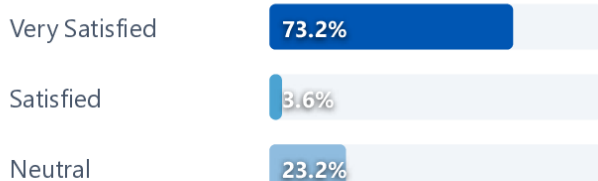
3. Did the seminar improve your understanding of how to communicate with and support athletes with special needs?



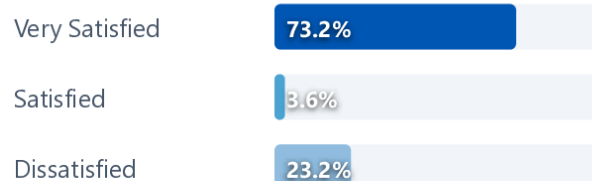
4.1. Relevance of the topics to social inclusion in sports.



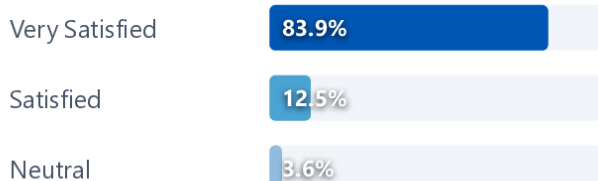
4.2. Usefulness of the "good practices" shared regarding athlete involvement.



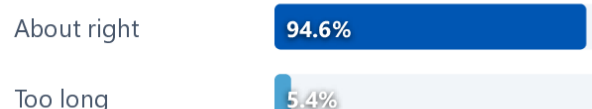
4.3. Clarity of the presentations.



4.4. Focus on practical skills for integrating people with intellectual disabilities into paddling sports.



5. Was the allocated time for the seminar appropriate?



Annex VI: Trakai Mobility Photographs

Day 1: Arrivals



Day 2: Morning Exercise



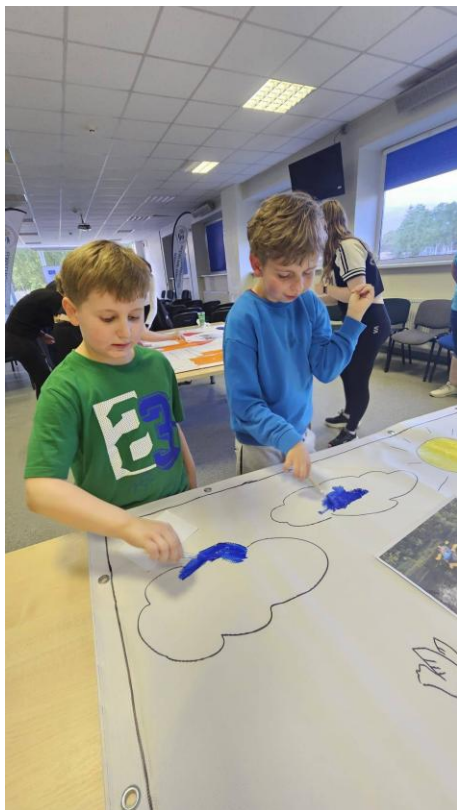
Day 2: Press Conference “Importance of sport in our life”

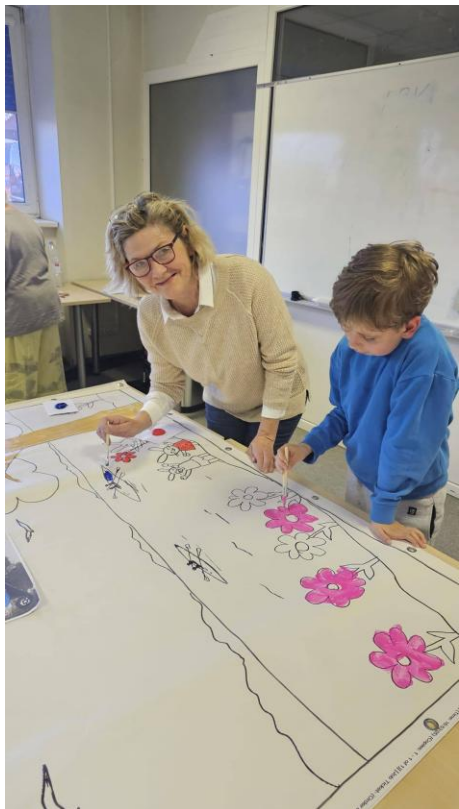




Day 2: Workshop “Inclusive Art”

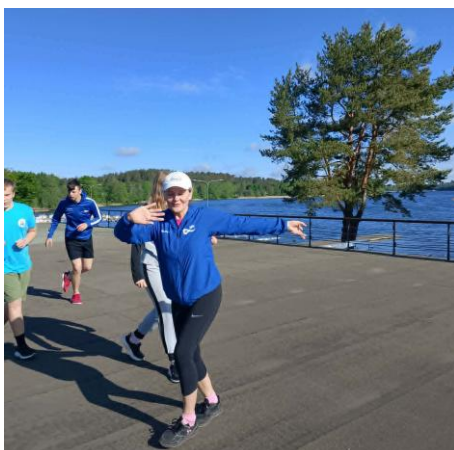
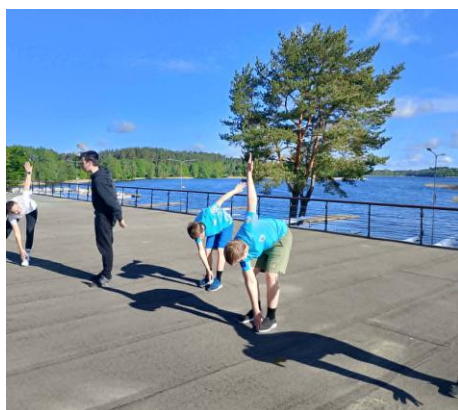
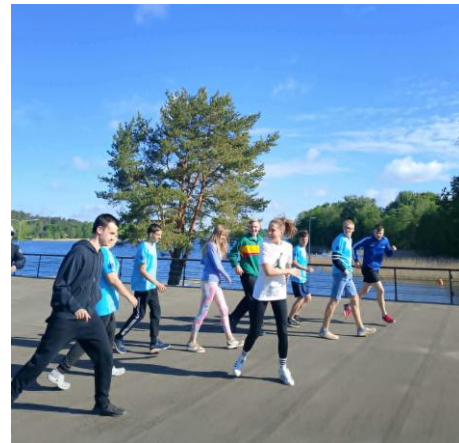


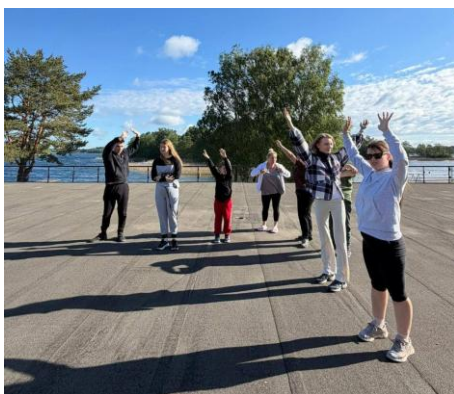






Day 3: Morning Exercise





Day 3: Seminar “Inclusion is Power”





Day 3: Workshop “Kayak Training”







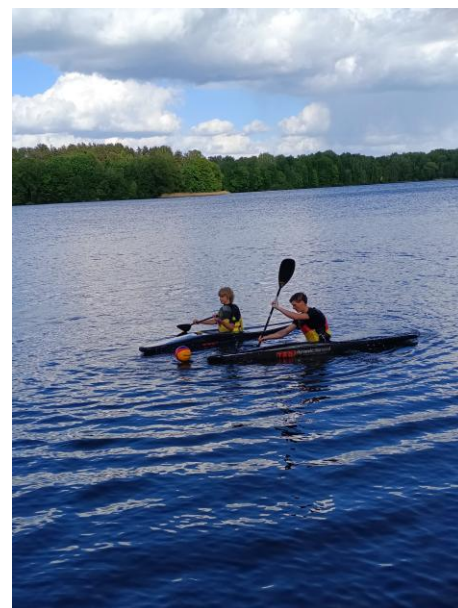


Day 3: Workshop “Canoe Polo”









Day 3: Staff Discussion



Day 3: Evening Activities



Day 4: Morning Exercise





Day 4: 200m Kayaking Competition

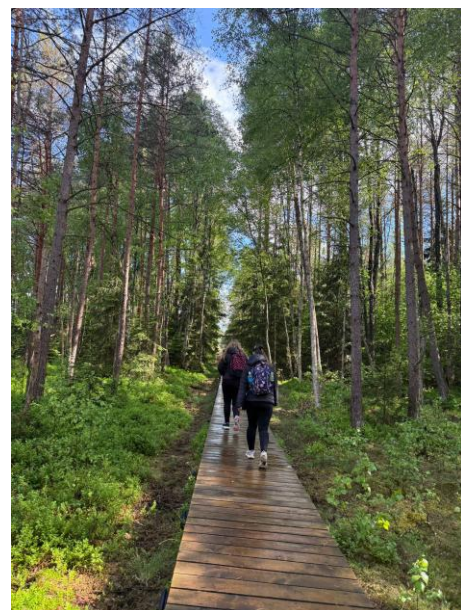








Day 4: Nature and Cultural Excursion





Day 4: Award Ceremony





Day 4: Farewell Disco



Day 5: Departures

