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Project

Moving Without Barriers



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1. Introduction

This document constitutes Deliverable D3.1 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 inclusive canoe and paddling races (Event E.3.1) held during the project's international mobility in Trakai, Lithuania, from May 25 to May 29, 2026.

Hosted and coordinated by the Lithuanian lead partner, Kazlu Rudos Saules mokykla-daugiafunkcis centras, this five-day event represented the first 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 out of the Lithuanian Sport Centre (LSC) Trakai Sport Base on Lake Galvė, the mobility was structured to address interconnected objectives across three project Work Packages (WPs). The earlier days of the schedule were dedicated to WP4, through media outreach and the official press conference held on 26 May, and to WP2, through educational seminars and practical water-safety workshops held on 26 and 27 May. These activities served as direct preparation for the mobility's primary sporting milestone under WP3: **Event E.3.1 / Task 3.1**, Inclusive Races in Lithuania, which took place on 28 May.

Held on May 28, Event E.3.1 featured a structured 200-metre inclusive kayaking competition. The objective of this event was to provide a practical platform for project participants with intellectual disabilities to participate in a regional-level competition. By applying the communication and safety strategies discussed in the preceding WP2 workshops, local sports volunteers and coaches successfully supported the athletes on the water.

The core aim of the WP3 inclusive races was to translate the project's theoretical inclusion concepts into practical application. By placing young people with intellectual disabilities and autism in a professional sports facility and conducting the event according to standard competitive frameworks, the project aimed to demonstrate that athletes can be defined by their sporting abilities rather than their disabilities.

This report details the execution of the inclusive paddling races, including the logistical preparations, the competition structure, participant performances, and the safety protocols employed to ensure an accessible sporting environment.

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 Trakai Mobility 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.	

Time	Agenda Item	Description	Facilitators
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 motivated the athletes and answered their questions.	Vaiva Abramavičiūtė (Moderator), Daiva Dabrilienė, Róża Banasik-Zarańska, Mindaugas Griškonis, Youth Athlete Leaders
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	Project Coordinators, Polish and Lithuanian Team Leaders

Time	Agenda Item	Description	Facilitators
19:00	Dinner	connection through free artistic expression. 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 Galvé rowing track. Activities included the distribution of life jackets, safety briefings, and familiarization with the 200m track ahead of the main competition.	Team Coaches, Local Volunteers
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	Rasa Kudabienė

Time	Agenda Item	Description	Facilitators
19:00	Dinner	manoeuvrable 3-metre kayaks. 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 Galvé 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-century Trakai Island Castle.	Project Coordinators
19:00	Dinner	Final formal project dinner at Le Vivier.	
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	Project Coordinators

Time	Agenda Item	Description	Facilitators
		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. Inclusive Paddling Races

On May 28, 2026, Lake Galvė, set against the historic backdrop of Trakai Island Castle, served as the venue for the WP3 Inclusive Kayaking Competition. Utilizing the Lithuanian Sport Centre's Olympic Training track, the event translated the project's theoretical objectives into practical, on-water activities.

Despite windy weather conditions, the atmosphere on the shore remained positive and supportive. Teammates, local volunteers, and coaches gathered along the shoreline to encourage the athletes. The presence of participants navigating the course reflected the Moving Without Barriers ethos: showcasing courage, overcoming barriers, and focusing on athletic ability over disability. Prior to the official races, participants engaged in a "buddy system" tandem paddling session, allowing adults and trained volunteers to paddle alongside younger participants to build confidence and ensure comfort on the water.

4.1 Event Execution and Leadership

The regatta was managed by Chief Referee Gintaras Arminas and Race Secretary Vita Gudynienė, who ensured the event met competitive standards while adhering to inclusive safety protocols.

As Chief Referee, Gintaras Arminas led the pre-race safety briefings, overseeing the mandatory life jacket fittings and equipment checks for all participants. He managed the logistics of the inclusive heats, utilizing appropriate starting methods to accommodate the diverse needs of the athletes. Arminas also coordinated directly with the on-water safety team aboard the motorized support boat, which trailed the racers to provide assistance, monitor fatigue, and maintain a secure environment in the challenging winds.

Operating from the administrative area, Race Secretary Vita Gudynienė handled the logging and categorization of the heats. Given the diverse cognitive and physical profiles of the 55 participants, the 200-meter sprint races were organized into distinct categories (Boys' Singles by nation, Girls' Singles, and Doubles). Gudynienė's timekeeping and protocol management ensured that every athlete's effort was officially recorded, maintaining the structure of a regional-level competition while upholding the project's inclusive values. The complete official

race records, including participant categories, finishing times, and placements, are maintained internally by the project consortium in compliance with data protection guidelines.

4.2 Competition Structure and Performances

The competition was structured around the standard 200-meter sprint distance. Athletes navigated the windy conditions with steady effort and determination.

- **Girls' 200m Singles:** The girls' division featured strong performances. A female athlete from the German delegation (Wassersport PCK Schwedt e.V.) took the first-place position with a time of 2:01. Her performance was noted in regional media for outpacing several male competitors across the event. She was followed by two athletes from the hosting Lithuanian team with times of 2:36 and 2:37, respectively.
- **Boys' 200m Singles (Germany):** The German athletes demonstrated solid technique. One athlete secured the top spot with a time of 1:49, followed by two of his teammates who finished at 1:56 and 2:00.
- **Boys' 200m Singles (Lithuania):** The host nation's heat had the highest number of participants, reflecting a strong local turnout. A local athlete claimed the first-place position (2:00), with two fellow Lithuanian participants rounding out the top official placements with times of 2:04 and 2:15.
- **Boys' 200m Singles (Poland):** Representing SORW Malbork, the Polish athletes showed notable resilience on the water. Their top competitor took first place in the heat (3:12), followed closely by two peers finishing at 3:18 and 3:25.
- **Boys' 200m Doubles:** The doubles event highlighted teamwork and synchronization. A German duo finished first with a time of 1:03. Another pair from the same delegation took second (1:05), while a third team secured third place (1:07).



5. Award Ceremony

The award ceremony for the 200-metre inclusive kayaking competition was held on the evening of May 28, 2026, in the Lithuanian Sport Centre (LSC) Conference Room. Serving as the concluding formal event of the mobility's sporting phase, it aimed to acknowledge the participants' efforts on the water and reflect the project's focus on social inclusion.

The venue was arranged to accommodate both the presentation of awards and the subsequent social activities. To meet Erasmus+ visibility guidelines, a branded backdrop displaying the project's visual identity and the EU co-funding acknowledgement was set up. Additionally, the three collaborative canvases created during the "Inclusive Art" workshop were displayed on the conference room walls, integrating the week's earlier activities into the closing event.

Awards were presented according to the competition categories (Girls' Singles, Boys' Singles, and Doubles). Project Coordinator Daiva Dabrilienė, alongside the team coaches, handed out the custom-designed MWB project medals, which incorporated the project logo and the EU emblem. In addition to the medals, participants, volunteers, and staff were issued official Erasmus+ certificates to formally record their attendance and support during the Trakai mobility.

The ceremony was followed by a farewell disco in the same venue. This provided a relaxed setting for the delegations from Lithuania, Poland, and Germany to interact, concluding the week's activities and fostering the informal connections made among the partner groups.



6. 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.

6.1. 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.



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Q ≡

Pozdza: ~ Kultūra ~ Rengimā ~ Tapsauzmaime projekts - priesteriem dārgākie āpat sporta galā vienlīdz žmonēs, apvienojot pastiprinājot tālruni ir padarījis jebkuru sociālās barjeras

Tarptautainie projektē – prasmingas dialogas apie sporto galā vienyti žmones, stiprinti pasitikėjimą savimi ir padėti įveikti socialinius barjerus

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Kazlių Rūdos „Saulės“ mokyklos-daugfunkcio centro koordinuojamas tarptautinis „Erasmus+“ sporto projektas „Moving Without Barriers“ („Judėjimas be barjerų“) tęsia veiklas Lietuvoje. Projekto partneriai iš Lietuvos, Lenkijos (SORW dla Dzieci i Młodzieży z Autyzmem w Malborku ir Polski Związek Kajakowy/Polish Canoe Federation), Vokietijos (Wassersport PCK SCHWEDT) susitiko Lietuvos sporto centro Trakų sporto bazėje – vietoje, kur ugdomi aukščiausio lygio šalies ikruičiai.

2025 metų gegužės 26 diena prasidėjo spaudos konferencija. Konferenciją pradėjusi mokyklos mokytoja Vaiva Abramavičiūtė pristatė projekto tikslus, veiklas bei pagrindinę idėją – skatinti įtrauktį sporte ir sudaryti galimybes kiekvienam žmogui aktyviai dalyvauti fizinio aktyvumo veiklose, nepaisant jokių kliūčių.

Sveikindama konferencijos dalyvius „Saulės“ mokyklos-daugfunkcio centro direktorė Daiva Dabrilienė pateikė pagrindinį projekto ir konferencijos žinutę, kad sportas yra galinga priemonė, jungianti žmones, ugndanti pasitikėjimą savimi ir padedanti įveikti tiek fizinis, tiek socialinius barjerus. Įtraukusis sportas padeda mažinti socialinę atskirtį ir kurti stipresnę bendruomenę, kurioje kiekvienas žmogus gali jaustis priimtas ir vertinamas.

Lenkijos partnerių atstovė Roza Zaranska pasidalijo įžvalgomis apie tarptautinio bendradarbiavimo svarbą bei projekto naudą jaunų žmonių asmeniniam augimui ir socialinei įtrauktii. Rozos manymu, tarptautinis bendradarbiavimas suteikia galimybes dalintis geria patirtimi ir kurti aplinką, kurioje kiekvienas jaunas žmogus gali augti ir tobulėti.

Ypačingą emocinį atsparv konferencijai suteikė projekto dalyviai, sportininkai Rūta Patereckaitė ir Jacek Mazanowski, kurie kalbėjo apie savo sportinius siekius, iššūkius ir lūkesčius, susijusius su dalyviu tarptautiniam projekte. Rūta dalyvasimas projekte suteikia galimybę siekti sportinių tikslų, įgyti naujų patirtį ir pasitikėjimą savimi. Jaceko manymu, dalyvasimas tarptautinėse veiklose motyvuoja nepasiduoti, ieškoti naujų galimybių ir tikiėti savo jėgoms.

Didelio susidomėjimo salaukė susitikimas su Lietuvos ikrivimo legenda Mindaugu Griškiūniu – Rio de Žaneiro olimpinį žaidynių vicečempionu, daugkartiniu Europos čempionu ir pasaulio čempionato prizininku. Mindaugas Griškiūnis papabrė, kad sėkmė sporte pasiekiami atkakli darbu, nuoseklumu ir tikėjimu saviu, o klūdytis neturi stabdyti žmogaus siekti savo svajonių. Konferencijos atsakę į dalyvių klausimus, dalijosi savo patirtimi ir skatino jaunos žmones drąsiai siekti tikslų, nepaisant kylanciu sunkumų.

Konferencijos tema „Kiek svarbus sportas mūsų gyvenime?“ tapo prasmingu dialogu apie sporto galā vienyti žmones, stiprinti pasitikėjimą savimi ir padėti įveikti socialinius barjerus. Trakuose praileista diena dar kartą įrodė, kad sportas yra universalī kalba, suprantama visiems, nepriklausomai nuo amžiaus, tautybės ar individualių galimybių.

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6.2. 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?







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15

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.



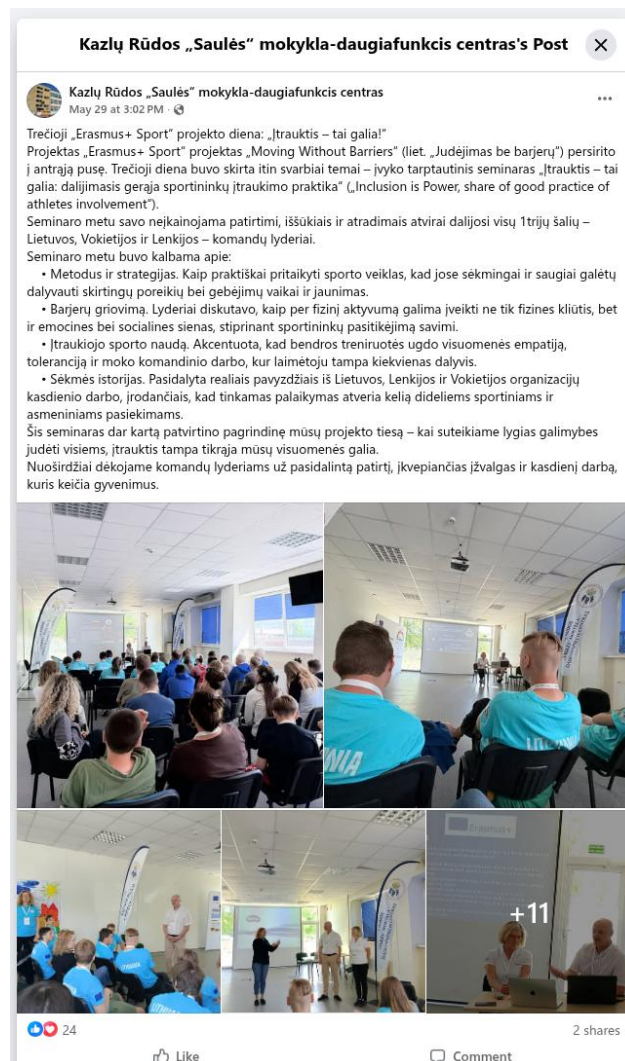
On May 31, 2026, the lead organization, Kazlu Rudos Saulės mokykla-daugiafunkcis centras, published a Facebook post highlighting the mobility's "Inclusive Art" workshop. The post detailed how participants temporarily traded their sports gear for canvases and brushes to express themes of teamwork, equality, 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 Saulės 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.



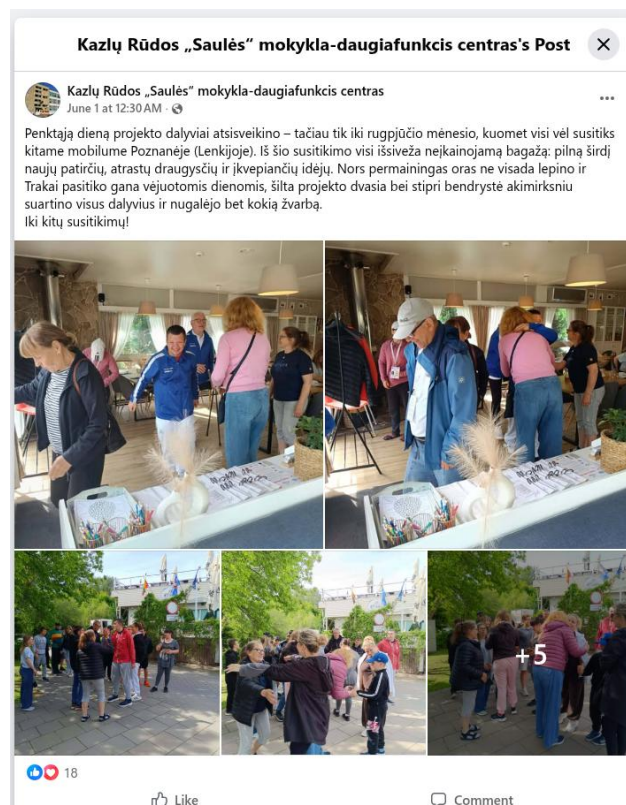
On May 28, 2026, the Polish partner, SORW Malbork, published a Facebook post summarizing the fourth day of the Trakai mobility. The update highlighted the day's diverse activities, beginning with morning gymnastics and the highly anticipated kayaking competition at the Trakai Sport Base. It also showcased 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 Frühstarts 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 Fellowick 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.

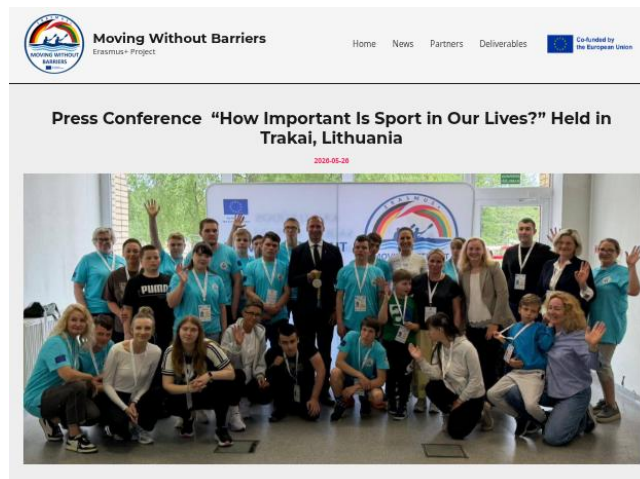
Im April 2027 werden wir Gastgeber für die Litauer und Polen sein. Dazu will unser Verein gemeinsam mit unseren Partnern, der Lebenshilfe Lückemärk e. V., dem EIF Schwedt, der Schule im Odertal und der Stadt eine Planung erarbeiten.



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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 Dorosłych i Młodzieży z Autyzmem w Malborku), shared her insights and the project's aspirations. The conference was further enriched by heartfelt and open contributions from project participants Róża and Jacki. 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/nprasmingas-dialognas-gaja-pozito-qalia-vienyti-zmones>

<https://www.facebook.com/kadunidos.saules.mokykla/posts/10148205464270011000505XfHrHyd8FgBp48536e7TnInep09UP2uLQdNt2qQ4cht>

<https://www.facebook.com/SORWMalbork/posts/10148205464270011000505XfHrHyd8FgBp48536e7TnInep09UP2uLQdNt2qQ4cht>



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 that 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/kadurudos.saulės.mokėklai/posts/tbpi8i2NWCRTphVSUkWhOxIatVtLcyVnSven/dH8Twt47JewGH3gm5Tw6Twey4f7N8umamwew>



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/kazkurudos.saulės.mokėklai/posts/9f8id04N8kwwSTDC1wUvN8dofoZMJFwm8kx5bMrWefF23cpekYPWM79hdTt9UvSr7Z/>

<https://www.facebook.com/SORWMalbork/posts/9f8id02earNcc8oMO9MXooOmN8v6gRt1LlR8sGak8acpMMD8EP1m9t8km81shNakZunl>



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.

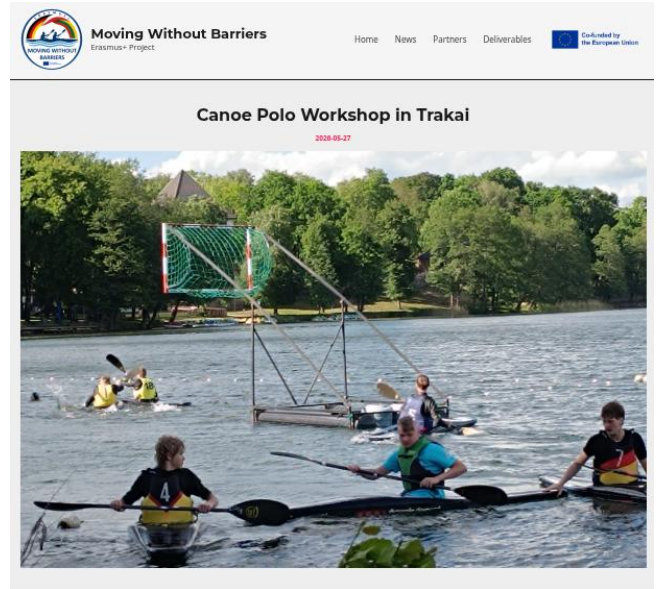
By the end of the workshop, the athletes had gained practical experience navigating the course. The training session effectively translated the project's goal of inclusive sports into a practical, on-water activity, ensuring all participants felt prepared and comfortable for the friendly competition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

[https://www.facebook.com/kazhurdos.saulės.mokykla/posts/ufbid024BUTPNb7LqzG6k2Ukmaarm1mh1qeEqvdyzZ4wezSvvy8ayC77MuFy\(tZj\)](https://www.facebook.com/kazhurdos.saulės.mokykla/posts/ufbid024BUTPNb7LqzG6k2Ukmaarm1mh1qeEqvdyzZ4wezSvvy8ayC77MuFy(tZj))

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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.

<https://www.facebook.com/kazkurudios.saulės.mokykla/posts/161610248UTPNb7LqzG6k2Ukmavm1mh1oeEeqd5yuZ4wez5Vvcy8aqC77Mu5Y7ZZ>

<https://www.facebook.com/SORMMalbork/posts/161610248UTPNb7LqzG6k2Ukmavm1mh1oeEeqd5yuZ4wez5Vvcy8aqC77Mu5Y7ZZ>



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 Dabrilienė, 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.

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6.3. 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.



6.4. 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 III: Trakai Mobility Photographs.

7. Conclusions

The Trakai mobility, held from May 25 to May 29, 2026, served as the initial physical implementation phase of the "Moving Without Barriers" (MWB) project. While the earlier days of the schedule included educational seminars and preparatory workshops, the mobility culminated in the execution of the inclusive canoe and paddling races (Event E.3.1), fulfilling the core objectives of Deliverable D3.1.

The 200-metre regatta on Lake Galvė provided a structured platform for athletes with intellectual disabilities and autism from Lithuania, Poland, and Germany to participate in a regional-level competition. By hosting the event at the Lietuvos sporto centras (LSC) Trakai Sport Base, the project offered participants the opportunity to experience a professional sporting environment. The competition structure allowed the athletes to demonstrate their capabilities on the water, supporting the project's goal of focusing on athletic ability rather than disability.

The successful execution of the races also relied on the practical application of the inclusive strategies discussed during the preceding WP2 workshops. Local sports volunteers, special educators, and coaches utilized their training to ensure a supportive and safe environment for all participants. The use of a "buddy system" during warm-ups and the coordination with on-water safety personnel helped accommodate the diverse physical and cognitive needs of the athletes, particularly given the challenging wind conditions on the day of the event.

Beyond the immediate sporting activities, the Trakai mobility contributed to broader community awareness. The involvement of Olympic silver medallist Mindaugas Griškonis and the subsequent regional media coverage helped communicate the project's message that competitive sports can be accessible to everyone.

In summary, the inclusive races in Trakai provided practical competitive experience for the participating athletes and allowed the international consortium to test its inclusive event management procedures. The event serves as a practical foundation for the project's next major milestone: the inclusive competitions planned for Poznań in August 2026.

8. Annexes

- Annex I: Trakai Mobility Consent Form
- Annex II: Trakai Mobility Programme
- Annex III: 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: Trakai Mobility Photographs

Day 1: Arrivals



Day 2: Morning Exercise



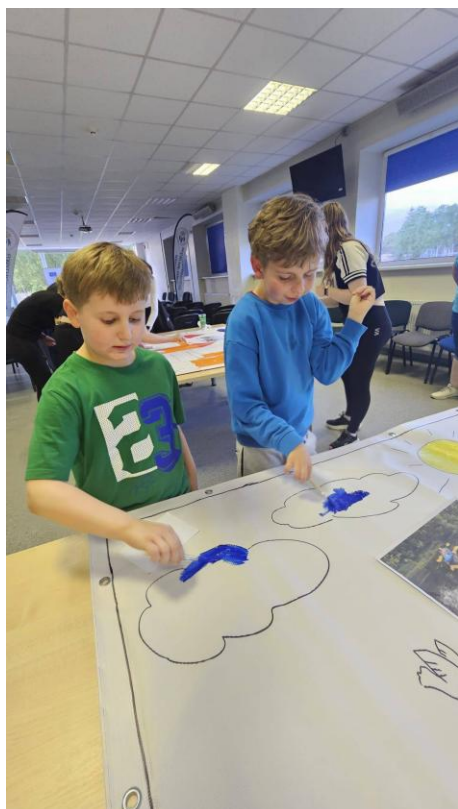
Day 2: Press Conference “Importance of sport in our life”

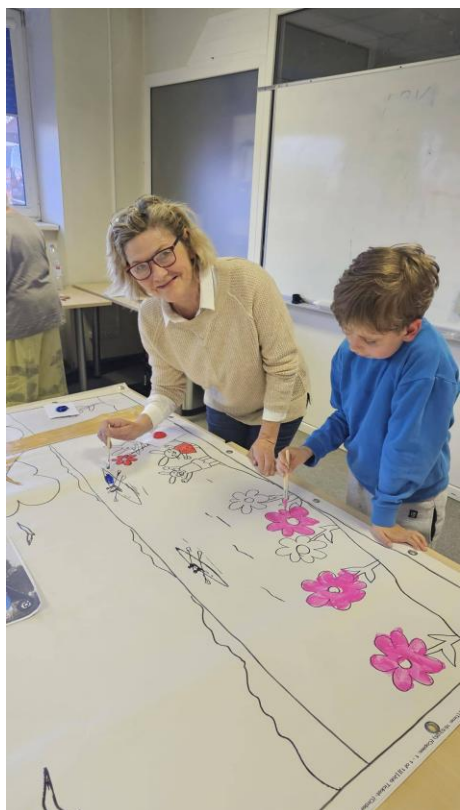




Day 2: Workshop “Inclusive Art”

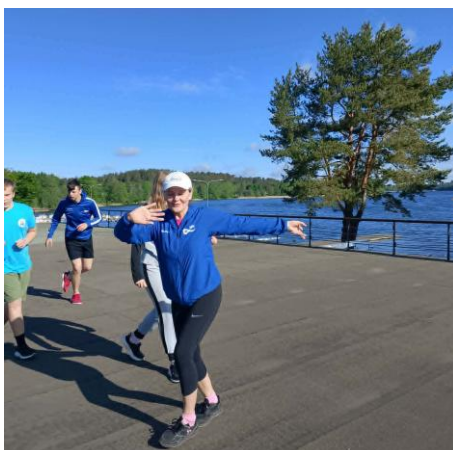
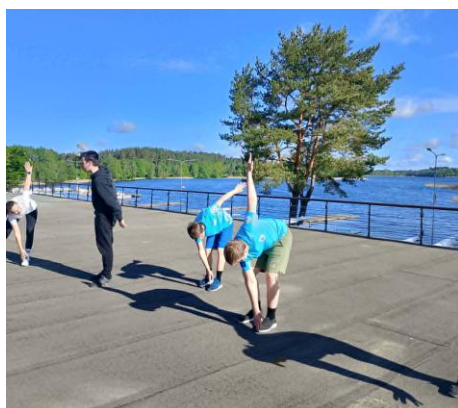


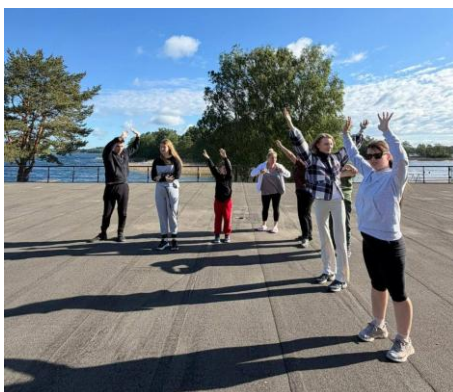






Day 3: Morning Exercise





Day 3: Seminar “Inclusion is Power”





Day 3: Workshop “Kayak Training”



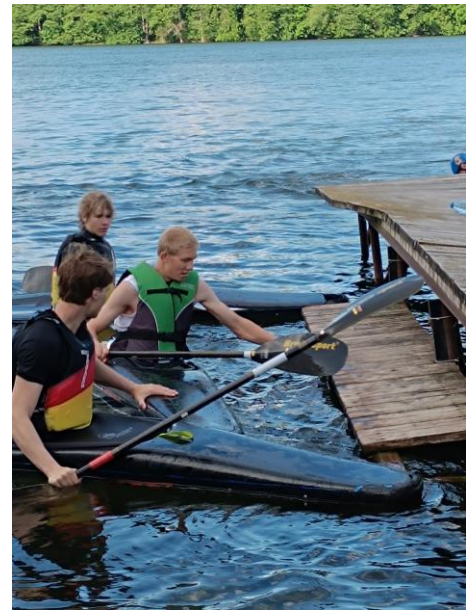




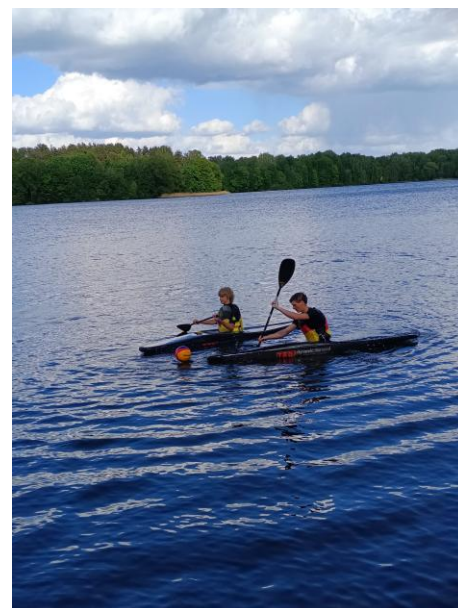


Day 3: Workshop “Canoe Polo”









Day 3: Staff Discussion



Day 3: Evening Activities



Day 4: Morning Exercise





Day 4: 200m Kayaking Competition

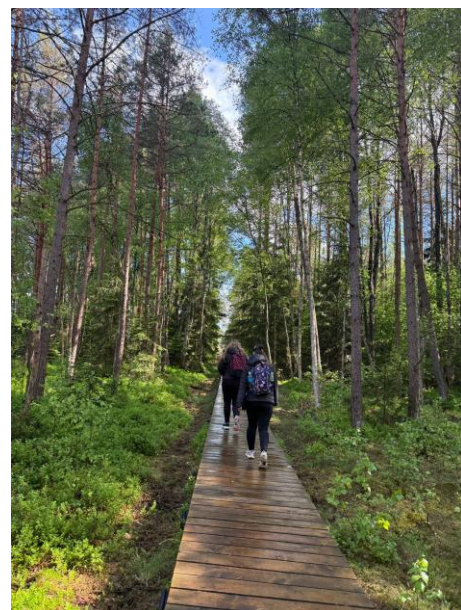








Day 4: Nature and Cultural Excursion





Day 4: Award Ceremony





Day 4: Farewell Disco



Day 5: Departures

