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Deliverable D4.3

Communication Material

Project

Moving Without Barriers



21/08/2026

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DISCLAIMER

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ACRONYMS

Acronym	Meaning
PZK / PZKaj	Polski Związek Kajakowy / Polish Canoe Federation
WZK / WZKaj	Wielkopolski Związek Kajakowy / Wielkopolska Canoe Federation
SORW	Special Rehabilitation and Educational Centre for Children and Youth with Autism in Malbork

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1. Introduction

This document constitutes **Deliverable D4.3: Communication Material** for the “Moving Without Barriers” (MWB) project. This mid-term report provides an overview of the communication, dissemination, and visibility activities carried out from the project's inception in December 2025 through August 2026.

It documents the physical and digital materials produced, outlines press publications, and details the dissemination efforts undertaken by the consortium (Kazlu Rudos Saules mokykla-daugiafunkcis centras, Polski Związek Kajakowy, Powiat Malborski/SORW Malbork, and Wassersport PCK Schwedt e.V.) to promote social inclusion through paddling sports.

2. Communication and visibility strategy

The MWB communication strategy targets several groups: athletes with intellectual disabilities (ID), sports volunteers, professional sports organizations, policymakers, and the general public. The strategy combines traditional media, branded physical materials, social media campaigns, and public events to support outreach in Lithuania, Poland, and Germany.

3. Physical communication materials produced

To support the project’s events, build community identity, and ensure visibility, a variety of tangible communication materials and promotional items were produced:

- **Event Branding & Signage:**
  - **Roll-up Banners and Backdrops:** Large-format banners featuring the MWB logo, the tagline *"Strengthening inclusion through paddling sports,"* national flags, and the EU funding acknowledgement were displayed at the Malta Training Centre in Poznań, the Trakai Sport Base, and during the press conferences.









- **Branded Merchandise (Poznań Events):**
  - A set of promotional items was distributed to volunteers as a record of their participation and to support continued project visibility. These included: project logo stickers, branded pens, backpacks, water bottles, notepads, carrying bags, and reflective wristbands. 80 sets of items were produced and distributed.
- Branded Merchandise (Trakai Mobility):
  - Custom-designed MWB project medals were produced and awarded to the athletes competing in the 200-metre inclusive kayaking races during the Trakai mobility. The medals featured the project logo and EU emblem and were presented to participants in recognition of their participation in the inclusive kayaking races. 68 medals were produced and distributed.







- **Apparel:**
  - Customized light blue T-shirts featuring the project logo and EU emblem were produced for the Lithuanian delegation during the Trakai mobility (May 2026). 26 T-shirts were produced and distributed.





- **Formal Invitations:**
  - Printed invitation cards were produced by PZK to invite stakeholders, volunteers, and local politicians (e.g., MP Katarzyna Ueberhan) to the project events.



- **Volunteer Educational Leaflet**
  - A specialized training leaflet titled *"Supporting Athletes with Intellectual Disability and Autism"* was developed by special education experts from SORW Malbork. Distributed to over 80 volunteers during the Poznań seminar, it provided practical guidelines on using "plain language" and managing sensory overload. 80 copies were printed and distributed.



4. Press, television, and media coverage

The project engaged several regional and national media outlets and received television, print, and online coverage.

4.1. Press conferences

- **Trakai Press Conference (May 26, 2026):** Held under the theme *"Importance of sport in our lives,"* this event featured Lithuanian Olympic silver medallist Mindaugas Griškonis. The conference received regional press coverage and addressed the accessibility of competitive sport.



4.2. Television and broadcast media

- **Television Broadcast (TVP3 Poznań):** On March 25, 2026, Polish regional public television covered the MWB volunteer seminar during its daily sports news broadcast. The segment highlighted the Erasmus+ initiative's mission to prepare volunteers for the 2026 World Championships.



Full broadcast (see 5:34 - 7:57)

Saved segment about the seminar

4.3. Print and online press

- **Print Press (Poland):** On March 23, 2026, the regional newspaper *Głos Wielkopolski* published an article titled *"A unique and noble project during the Kayaking World Championships"* about the inclusive initiative planned alongside the championships.



Koniec kompleksu Zagłębia? Enea AZS bliżej medalu

Wyjątkowy i szlachetny projekt podczas MŚ w kajakach

Ruszyły zapisy na Ironkids

- **Print and Online Press (Lithuania):** On June 5, 2026, *Suvalkietis* published an article titled *"In an international project -- a meaningful dialogue about the power of sport to unite people."* The article, made available online on June 9, covered the Trakai press conference and the participation of Olympic medallist Mindaugas Griškonis.



Tarptautiniame projekte – prasmingas dialogas apie sporto galią vienyti žmones, stiprinti pasitikėjimą savimi ir padėti įveikti socialinius barjerus



Suvalkietis

Tarptautiniame projekte – prasmingas dialogas apie sporto galią vienyti žmones, stiprinti pasitikėjimą savimi ir padėti įveikti socialinius barjerus

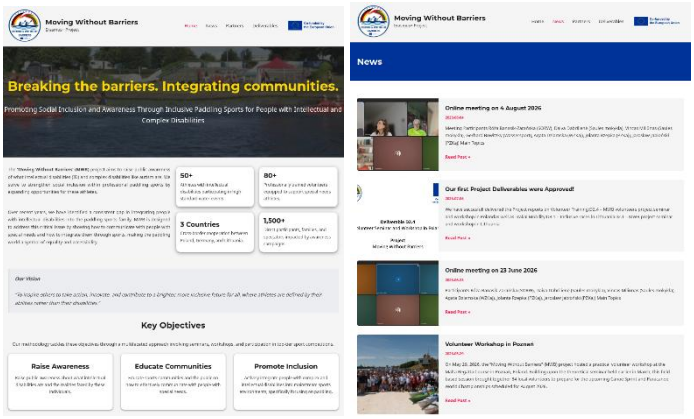
5. Digital and social media dissemination

Digital channels were used to maintain communication with audiences in Lithuania, Poland, and Germany.

5.1. Central project website

A dedicated project platform (mwb.krsaules.lt) was established by the coordinator to serve as the central repository for project news. Articles are published in English. Website coverage includes:

- Summaries of the volunteer seminars and workshops held in Poznań in March and May 2026.
- Detailed coverage of the Trakai Mobility (May 2026), including the “Inclusive Art” workshop, “Inclusion is Power” seminar, Kayak Training, Canoe Polo, and the 200-metre Inclusive Competition.
- Publication of the official press conference highlights.
- Consortium online meeting summaries.



5.2. Partner institutional websites

The consortium beneficiaries established project pages on their institutional websites. They present the project’s objectives, project updates, and achievements in the partners’ native languages (Lithuanian, Polish, and German):

- **Kazlu Rudos Saules mokykla-daugiafunkcis centras (Saules mokykla)**

  https://www.krsaules.lt/2025-2026/erasmus-projektas-judejimas-be-barjeru

- **Polski Związek Kajakowy (PZK)**

  https://pzkaj.pl/polski-zwiazek-kajakowy-partnerem-w-projekcie-erasmus-plus-moving-without-barriers/

- **Powiat Malborski / SORW Malbork (SORW)**

  https://autyzm.malbork.edu.pl/nasz-wielki-sukces-sorw-partnerem-w-projekcie-erasmus-moving-without-barriers/

- **Wassersport PCK Schwedt e.V. (Wassersport)**

  https://www.wassersport-schwedt.de/kanuten-erasmus-2

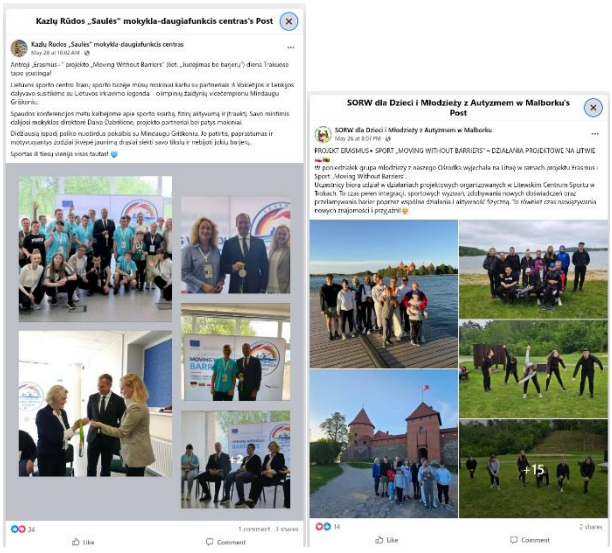
5.3. Coordinated social media campaigns

The consortium partners used their Facebook pages and other digital platforms to publish project information.

- **Volunteer Recruitment Campaign:** The digital campaign coordinated by PZK and WZK supported the recruitment of 84 volunteers for the Poznań training events. Details of social media coverage relating to the volunteer training activities are provided in Annex I (volunteer training seminar) and Annex II (volunteer training workshop).



- **Trakai Mobility Coverage:** Real-time updates were posted daily during the May 2026 mobility. *Kazlu Rudos Saules mokykla* posted daily summaries (e.g., morning exercises, canoe polo workshops). *SORW Malbork* provided updates for the Polish community, highlighting cultural exchange and athletic achievements. *Wassersport PCK Schwedt* published website updates for German-speaking audiences. Details of social media coverage relating to the Trakai mobility are provided in Annex III.



The full social media coverage of project activities is attached to this document as Annex I: Social media coverage of the volunteer seminar; Annex II: Social media coverage of the volunteer workshop; and Annex III: Social media coverage of the Trakai mobility.

6. Dissemination events summary

The project events shared approaches to inclusion with educators, coaches, and sports volunteers:

- **Volunteer Seminars & Workshops (Poznań, Poland):** Delivered inclusive communication, event logistics, and water safety training to a cohort of 84 sports volunteers.
- **Seminar "Inclusion is Power" (Trakai, Lithuania):** Enabled 55 participants from the partner countries to exchange approaches to involving athletes with intellectual disabilities in paddling sports.

7. Visibility of EU funding

In accordance with Article 17 of the Grant Agreement, EU funding information was included in the project's communication materials:

- **European Flag and Funding Statement:** The EU emblem and the text *"Funded by the European Union"* appear on the project website, printed materials, merchandise, presentation slides, and official event backdrops.
- **Disclaimer:** The required EACEA disclaimer regarding the views and opinions expressed in the project is included in official deliverable reports and public-facing project summaries.

8. KPI assessment

At the mid-term mark, the communication and dissemination activities of the "Moving Without Barriers" project are progressing towards meeting the projects' Key Performance Indicators (KPIs):

- **Volunteer Recruitment:** Digital campaigns supported the recruitment of more than 80 volunteers, who subsequently took part in training.
- **Audience Reach:** The project recorded more than 130 direct participants, including more than 80 male and 50 female participants, while coverage by *TVP3*, *Głos Wielkopolski*, and *Suvalkietis* has exposed the project to thousands of regional citizens.
- **Target Demographics Engaged:** Events reached over 40 people with disabilities.

9. Conclusion

Deliverable D4.3 indicates that the MWB consortium implemented a range of communication activities during the first half of the project. Through social media, regional television and print coverage, and educational materials, the project disseminated information about intellectual disability and participation in sport. These activities supported volunteer preparation and informed relevant audiences about the inclusive races planned during the Canoe Sprint World Championships in Poznań.

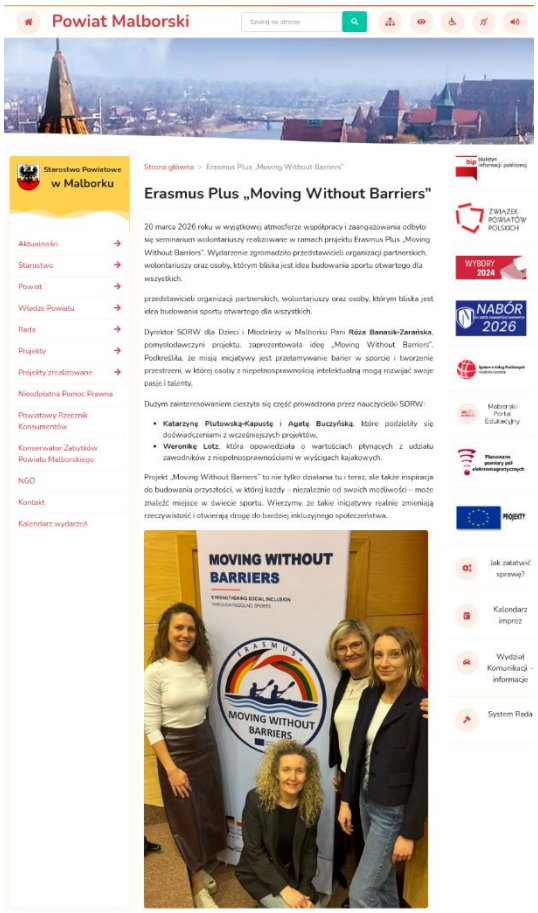
10. Annexes

- Annex I: Social media coverage of the volunteer training seminar
- Annex II: Social media coverage of the volunteer training workshop

- Annex III: Social media coverage of the Trakai mobility

Annex I: Social media coverage of the volunteer training seminar

Malbork County municipality published a dedicated web article on its official website, describing the seminar as an event held in a spirit of collaboration and commitment, attended by partner organisations, volunteers, and individuals committed to building sport that is open to all.



SORW dla Dzieci i Młodzieży z Autyzmem w Malborku (the Special Rehabilitation and Education Centre for Children and Youth with Autism in Malbork), one of the project's key consortium partners and a co-organiser of the seminar, published a post on its official Facebook page.



On March 30, 2026, the regional online television network *TV Malbork* published a dedicated web article titled *"Moving Without Barriers w SORW w Malborku - sport bez barier dla każdego."* The piece highlighted the exceptional volunteer seminar conducted within the Erasmus+ framework, emphasizing the gathering of partner organizations, volunteers, and stakeholders dedicated to making sports accessible to everyone.



Following the web publication, TV Malbork extended the project's reach to social media by publishing a dedicated post on its Facebook page.



The project coordinator, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published a dedicated post on its official Facebook page to announce the successful completion of the volunteer seminar in Poznań as the project's first major milestone, emphasizing the consortium's mission to break down social stigmas and ensure professional, safe assistance for athletes with intellectual disabilities at the upcoming August 2026 Canoe Sprint World Championships. Additionally, the post served as a forward-looking promotional tool, generating local interest by teasing the project's next phase: an inclusive canoe race and seminar scheduled to take place in Trakai, Lithuania, in the last week of May.



Additionally, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published this news update as an article on their website.

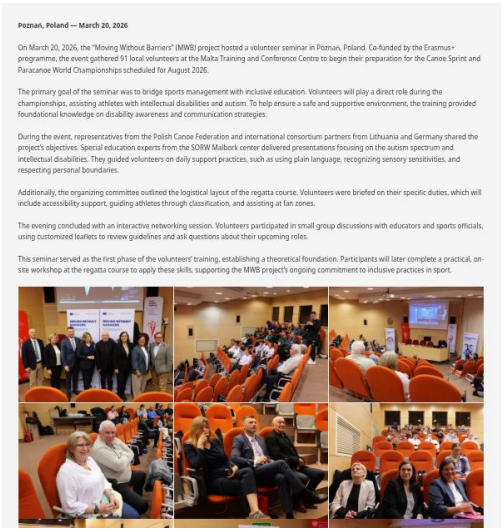


On March 31, 2026, the “Start” Sports and Rehabilitation Association in Poznań published a Facebook post regarding their participation in the volunteer seminar. As contributors to the ICF Classification Commission, the organization highlighted the Erasmus+ "Moving Without Barriers" presentation delivered by Róża Banasik-Zarańska. The entry outlined the project's objectives to raise social awareness, improve communication with individuals with special needs, and foster social inclusion. Additionally, it noted the planned exhibition race for approximately 50 athletes with intellectual disabilities during the 2026 World Championships, emphasizing the project's focus on the athletes' capabilities and sporting achievements.



The official project website published a dedicated article summarizing the volunteer seminar held in Poznań. The post outlines the theoretical training provided to local volunteers preparing to assist athletes with intellectual disabilities at the August 2026 World Championships. It details the presentations delivered by special education experts on autism awareness and practical communication strategies, alongside logistical briefings from the organizing committee.





Poznań, Poland — March 20, 2026

On March 20, 2026, the "Moving Without Barriers" (MWB) project hosted a volunteer seminar in Poznań, Poland. Co-funded by the Erasmus+ programme, the event gathered 91 local volunteers at the Malta Training and Conference Centre to begin their preparation for the Canoe Sprint and Paracanoe World Championships scheduled for August 2026.

The primary goal of the seminar was to bridge sports management with inclusive education. Volunteers will play a direct role during the championships, assisting athletes with intellectual disabilities and autism. To help ensure a safe and supportive environment, the training provided foundational knowledge on disability awareness and communication strategies.

During the event, representatives from the Polish Canoe Federation and international consortium partners from Lithuania and Germany shared the project's objectives. Special education experts from the SORW Malbork center delivered presentations focusing on the autism spectrum and intellectual disabilities. They guided volunteers on daily support practices, such as using plain language, recognizing sensory sensitivities, and respecting personal boundaries.

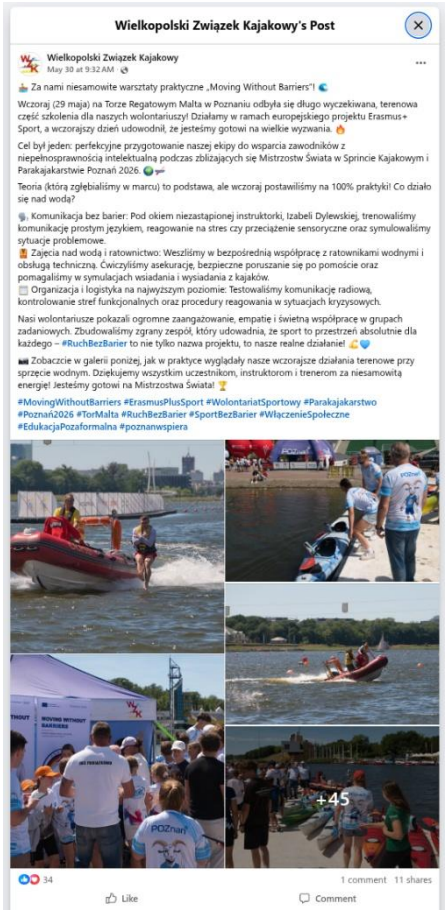
Additionally, the organizing committee outlined the logistical layout of the regatta course. Volunteers were briefed on their specific duties, which will include accessibility support, guiding athletes through classification, and assisting at fan zones.

The evening concluded with an interactive networking session. Volunteers participated in small group discussions with educators and sports officials, using customized leaflets to review guidelines and ask questions about their upcoming roles.

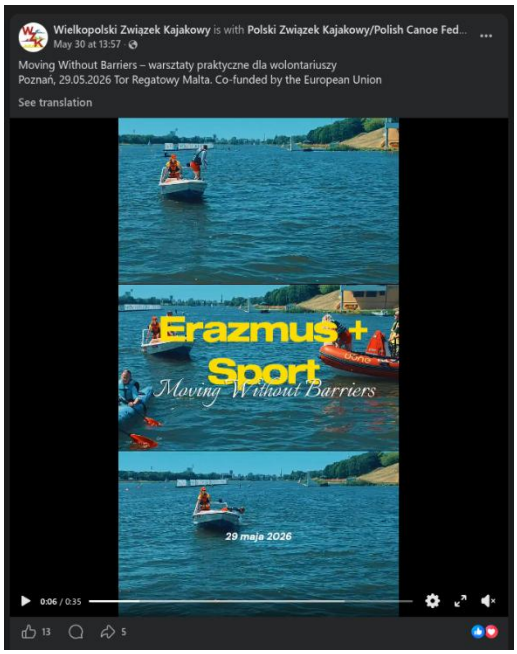
This seminar served as the first phase of the volunteers' training, establishing a theoretical foundation. Participants will later complete a practical, on-site workshop at the regatta course to apply these skills, supporting the MWB project's ongoing commitment to inclusive practices in sport.

Annex II: Social media coverage of the volunteer training workshop

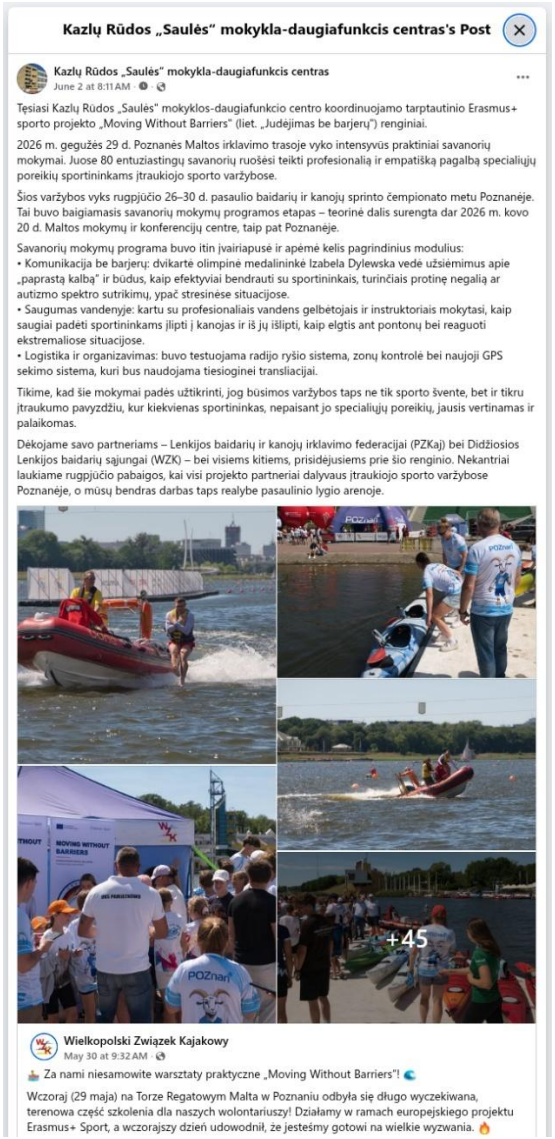
On 30 May 2026, Wielkopolska Canoe Federation (WZK) published an extensive summary post on its official Facebook page. The post celebrated the successful transition from theory to practice, highlighting specific workshop modules such as plain language communication with Olympic medalist Izabela Dylewska, and water rescue simulations with professional lifeguards. The post emphasized the team's readiness for the 2026 World Championships.



To maximize digital reach, WZK supplemented their photo gallery with a dedicated Facebook Reel, capturing dynamic video footage of the volunteers engaging in water rescue and dock assistance exercises.



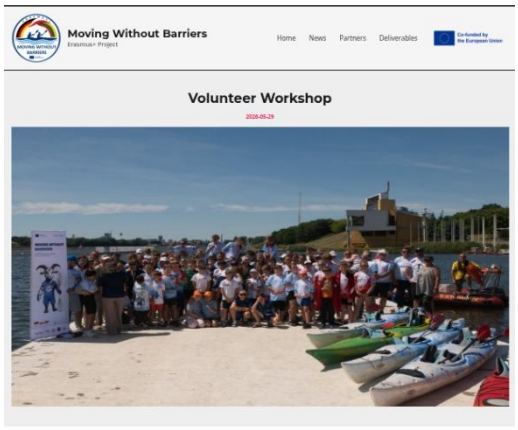
The Lithuanian project coordinator, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published a comprehensive update on Facebook summarizing the practical volunteer workshop held on May 29 at the Malta Regatta Course in Poznań. The post highlights the successful participation of the volunteers completing their final, hands-on training phase in preparation for the inclusive races at the August 2026 World Championships. It details the core training modules delivered, specifically noting the "communication without barriers" session led by Olympian Izabela Dylewska, water safety exercises conducted with professional lifeguards, and logistical testing. The entry concludes by expressing gratitude to the Polish partners (PZK and WZK) and emphasizing the project's shared vision of transforming the upcoming championships into a prime example of inclusivity in sport, where athletes of all abilities are fully supported and valued.

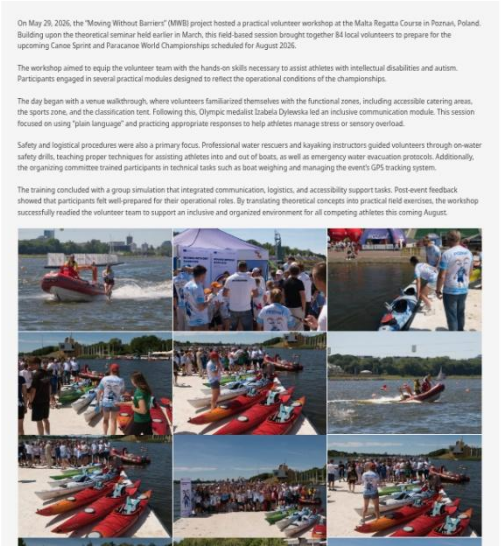


Additionally, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published this news update as an article on their website.



The official project website published an article summarizing the practical volunteer workshop held on May 29, 2026, at the Malta Regatta Course. The post details how volunteers engaged in hands-on training to prepare for the upcoming Canoe Sprint and Paracanoe World Championships. It outlines the core modules covered, including a venue walkthrough, inclusive communication exercises, water safety drills, and technical event logistics.




On May 29, 2026, the "Moving Without Barriers" (MWB) project hosted a practical volunteer workshop at the Malta Regatta Course in Poznań, Poland. Building upon the theoretical seminar held earlier in March, this field-based session brought together 84 local volunteers to prepare for the upcoming Canoe Sprint and Paracanoe World Championships scheduled for August 2026.

The workshop aimed to equip the volunteer team with the hands-on skills necessary to assist athletes with intellectual disabilities and autism. Participants engaged in several practical modules designed to reflect the operational conditions of the championships.

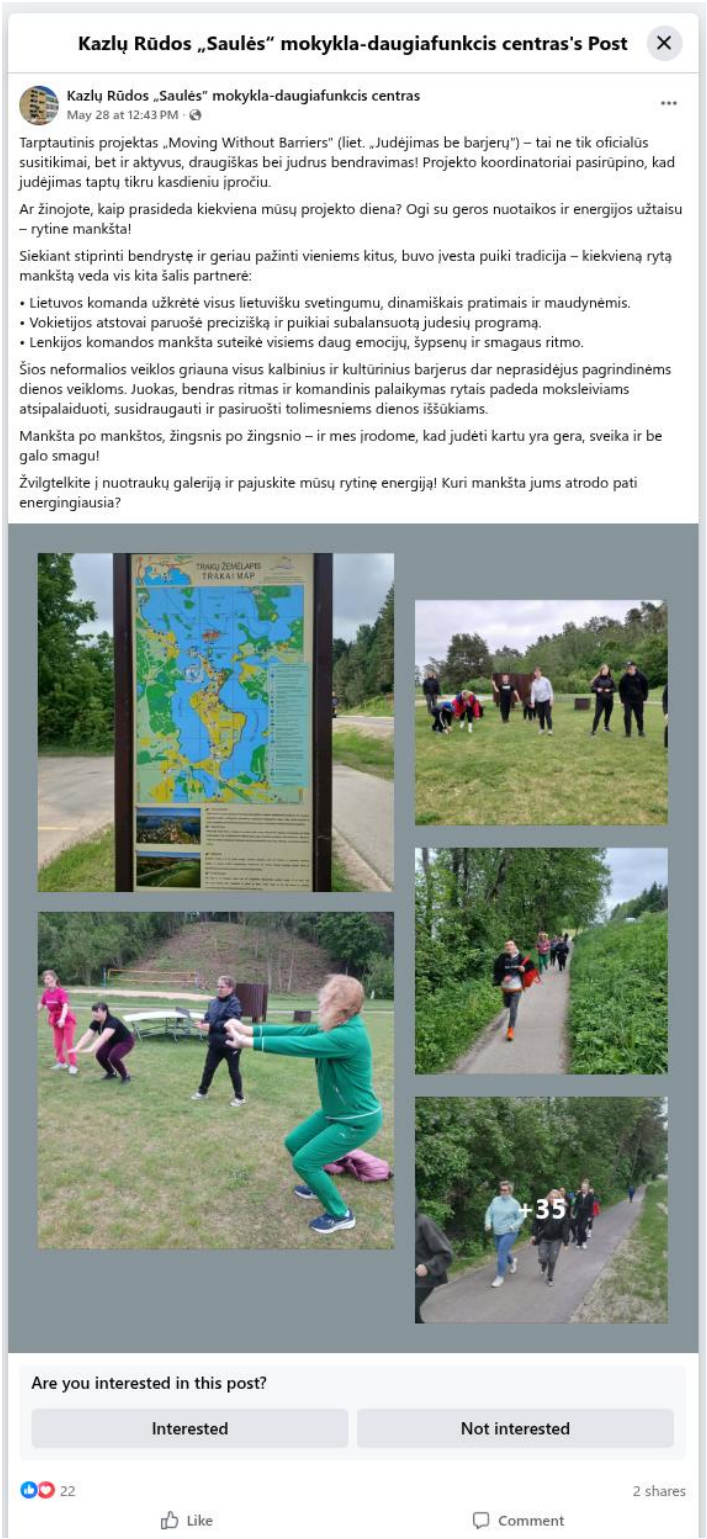
The day began with a venue walkthrough, where volunteers familiarized themselves with the functional zones, including accessible catering areas, the sports zone, and the classification tent. Following this, Olympic medalist Izabela Dylewska led an inclusive communication module. This session focused on using "plain language" and practicing appropriate responses to help athletes manage stress or sensory overload.

Safety and logistical procedures were also a primary focus. Professional water rescuers and kayaking instructors guided volunteers through on-water safety drills, teaching proper techniques for assisting athletes into and out of boats, as well as emergency water evacuation protocols. Additionally, the organizing committee trained participants in technical tasks such as boat weighing and managing the event's GPS tracking system.

The training concluded with a group simulation that integrated communication, logistics, and accessibility support tasks. Post-event feedback showed that participants felt well-prepared for their operational roles. By translating theoretical concepts into practical field exercises, the workshop successfully readied the volunteer team to support an inclusive and organized environment for all competing athletes this coming August.

Annex III: Social media coverage of the Trakai mobility

Kazlu Rudos Saules 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.



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 Saules 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.



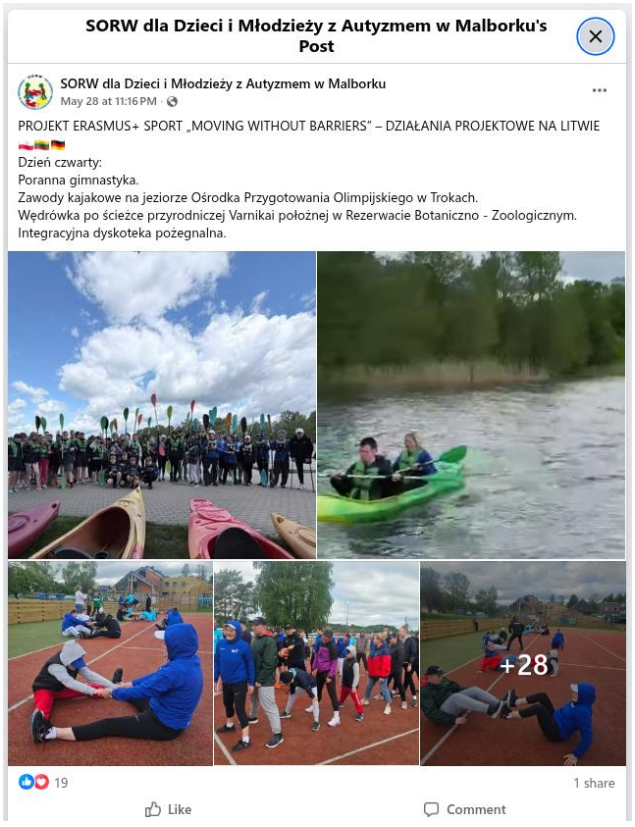
On May 27, 2026, the Polish partner, SORW Malbork, published a Facebook post summarizing the third day of the Trakai mobility. The update highlighted the day's diverse activities, beginning with the morning gymnastics session. It then detailed the educational seminar, "Inclusion is Power," which focused 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 Saules 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.



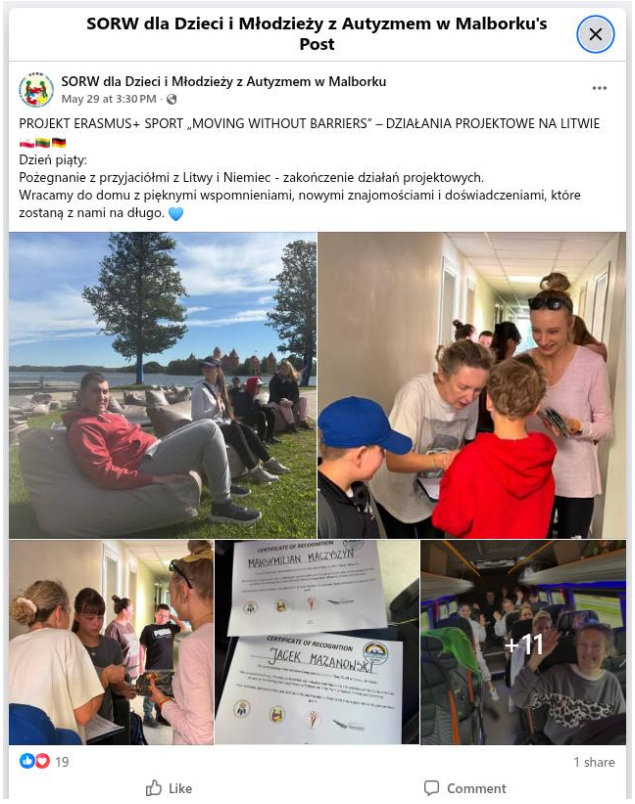
On May 28, 2026, the Polish partner, SORW Malbork, published a Facebook post summarizing the fourth day of the Trakai mobility. The update highlighted the day's diverse activities, beginning with morning gymnastics and the highly anticipated kayaking competition at the Trakai Sport Base. It also showcased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



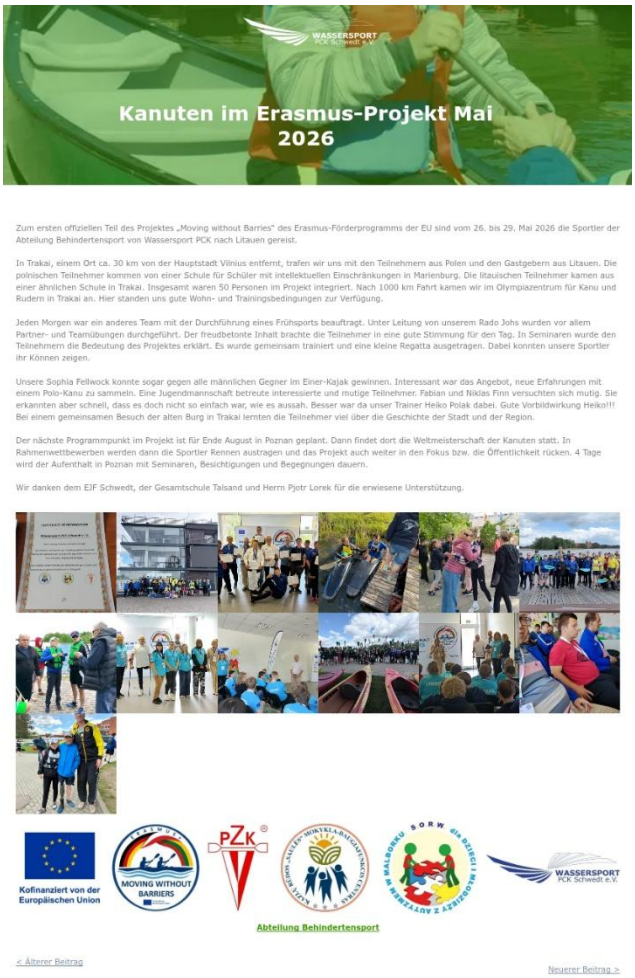
On July 1, 2026, the lead coordinating organization, Kazlu Rudos Saules mokykla-daugiafunkcis centras, published a farewell post marking the conclusion of the Trakai mobility. The post highlighted the successful completion of the mobility's networking and educational objectives, noting that despite challenging, 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.



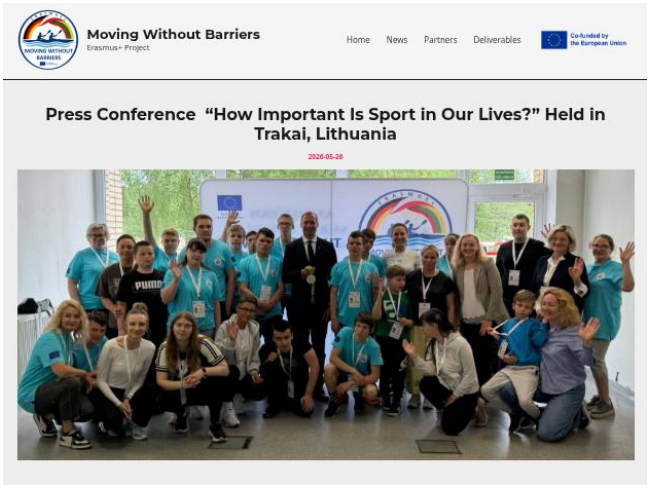
Wassersport PCK Schwedt posted an account of its delegation's participation in the Trakai mobility. It recounted the joint seminars, morning exercises, kayak training, canoe polo workshop and visit to Trakai Castle. The post highlighted the German athletes' achievements and willingness to try unfamiliar 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.

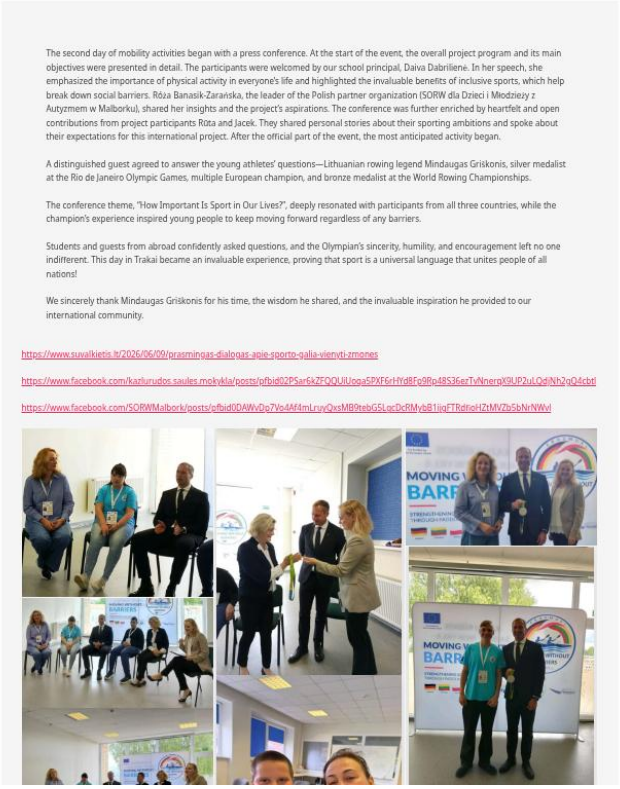


Before the Trakai Mobility, Wassersport PCK Schwedt announced its participation in the EU-funded "Moving Without Barriers" project and outlined its commitment to para-sport, inclusion and international cooperation. The post introduced the planned Trakai mobility, where 15 club members would meet Lithuanian 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.



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 Dabriliene. 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 Malborku), shared her insights and the project's aspirations. The conference was further enriched by heartfelt and open contributions from project participants Róża and Jacek. 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

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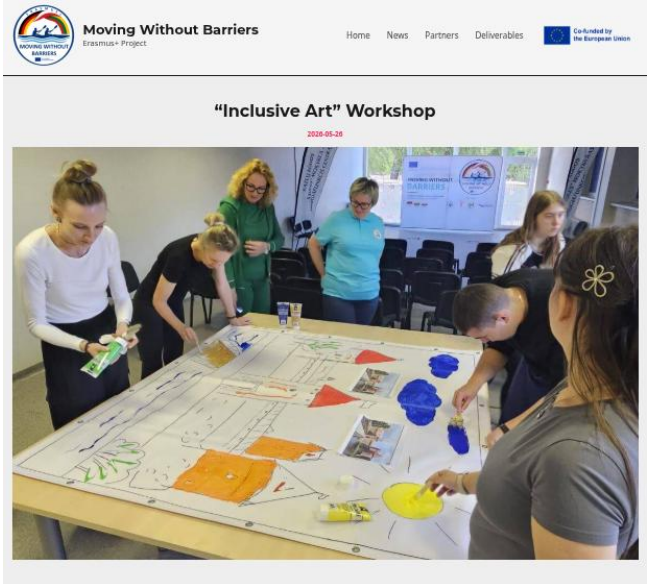
The official project website published a post detailing the "Inclusive Art" workshop held on May 26, 2026. The article describes how athletes with intellectual disabilities, coaches, and volunteers engaged in a collaborative painting session focused on themes of teamwork and equality. Highlighting art 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.

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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.

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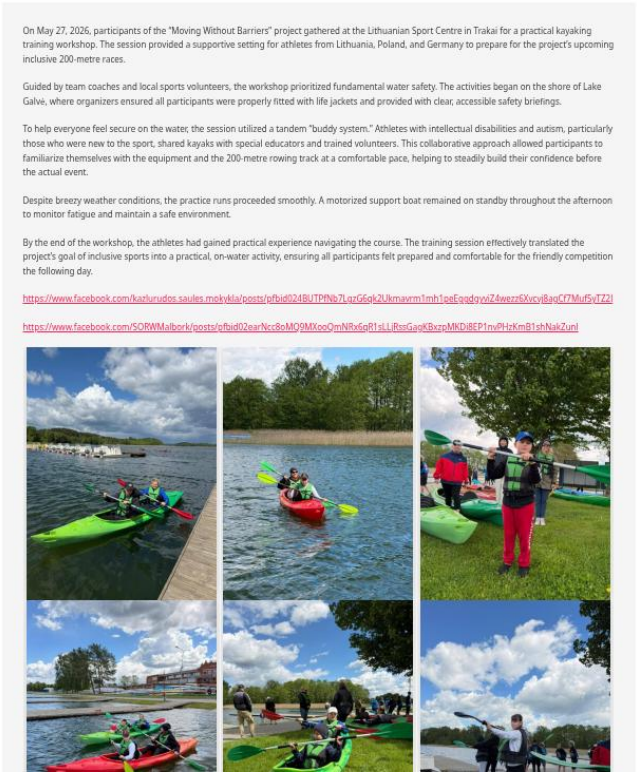
The official project website published an update about the kayaking training workshop held in Trakai on May 27, 2026. The post details how participants from Lithuania, Poland, and Germany practiced on Lake Galvė to prepare for the inclusive 200-metre races. It emphasizes standard safety protocols, including 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 Galve, 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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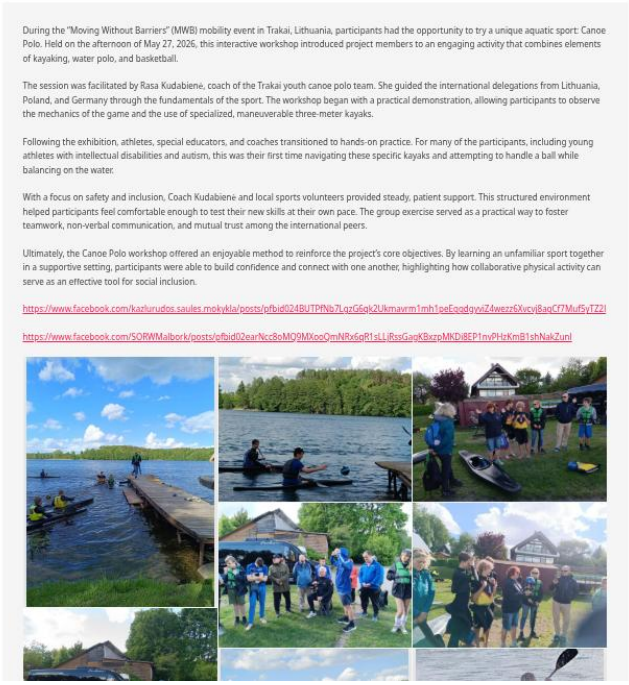
The official project website published an update regarding the Canoe Polo workshop held on May 27, 2026. Facilitated by local coach Rasa Kudabienė, the session introduced participants from Lithuania, Poland, and Germany to the sport's fundamentals. Following a demonstration, athletes with intellectual 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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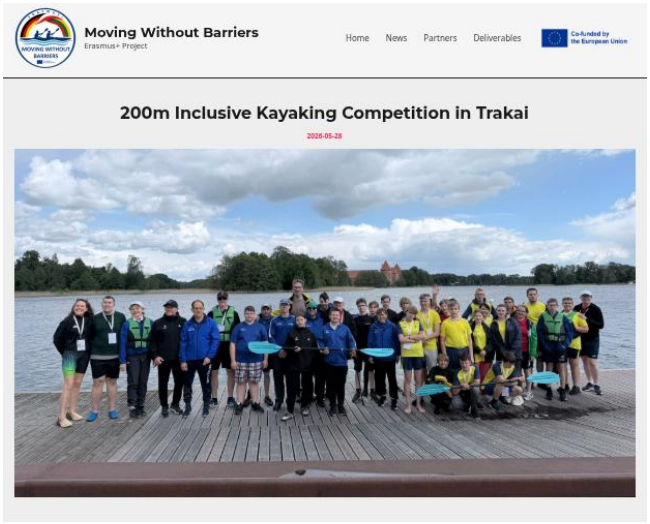
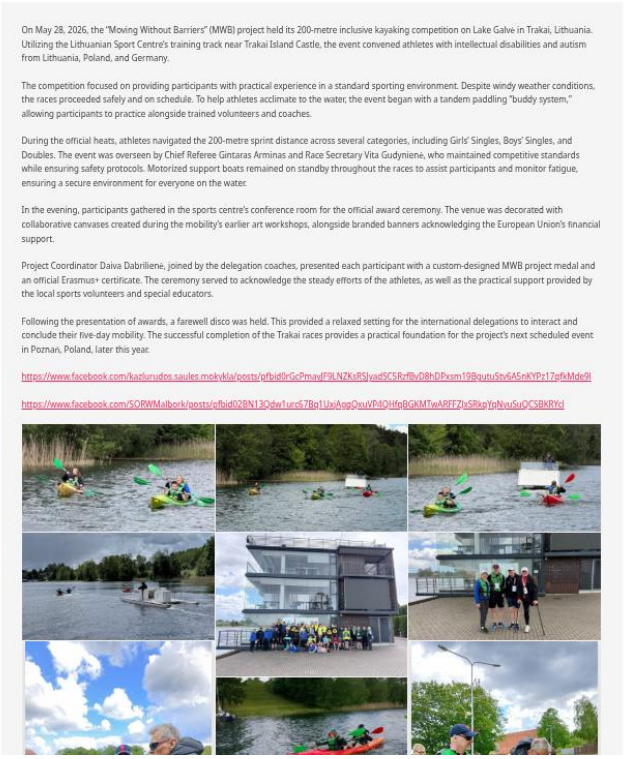
Project: 101245580 — MWB — ERASMUS-SPORT-2025-SNCESE

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 Dabriliene, 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 Poznan, Poland, later this year.

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