



## WELCOME TO THE **MOVE AS YOU ARE** WORLD!

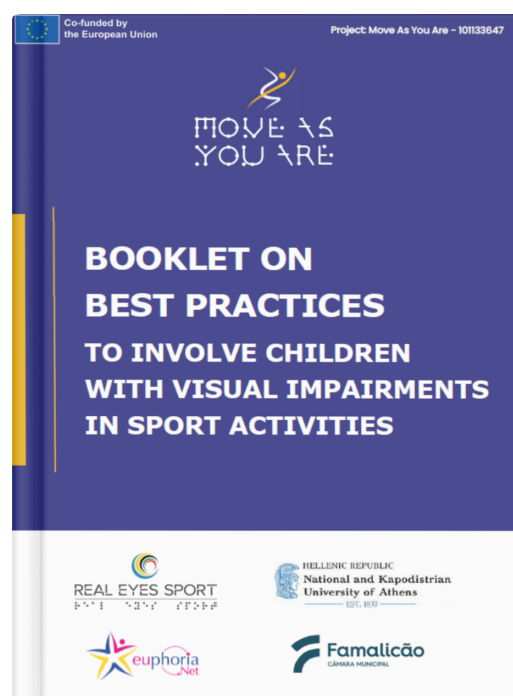
“**Move as you are**” is an Erasmus Plus Sport project that aims to increase social inclusion and equal opportunities in sports by **empowering visually impaired children** to actively participate in physical activities. It focuses on developing their motor skills while enhancing their social integration within their communities.

The project also focuses on upskilling coaches, PE teachers, and trainers by equipping them with **ready-to-use resources and practical tools**, helping them create inclusive and accessible sports experiences for all.

The **first result** is ready:

### **Booklet on Best Practices to Involve Children With Visual Impairments in Sports Activities**

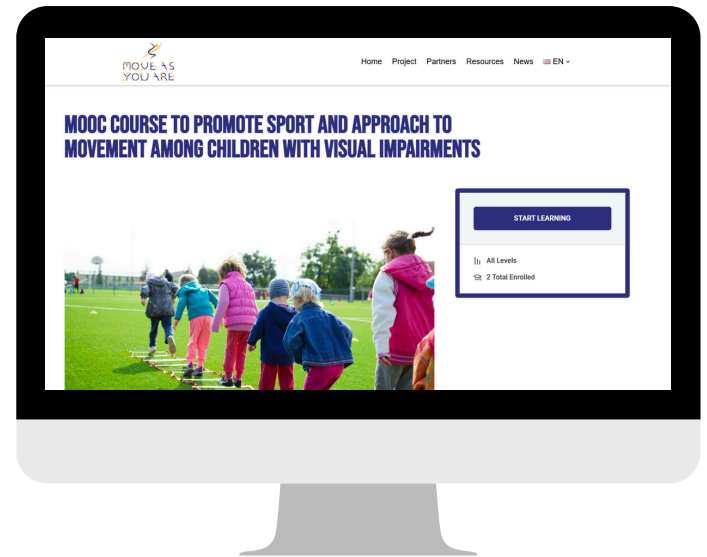
with guidelines and a collection of **best practices** to involve Children With Visual Impairments (CWVI) in sports activities, promoting the approach to sport and general movement since the first school years.



And we are finalising the **second result**:

### MOOC Course to Promote Sport And Approach to Movement Among Children With Visual Impairments

a training path with videos, video lessons, and written parts to provide physical education teachers, coaches, and trainers with an **explanation of strategies and techniques** to be used with Children With Visual Impairments (CWVI), and specific sports explanation of motor skills development for athletics and swimming.



All results are available in **4 languages**: EN, IT, PT, GR!



In these months, we also **met in person** during three international meetings:

- 🇮🇹 in Rome, Italy, hosted by Euphoria Net;
- 🇮🇹 in Tirrenia, Italy, for the sports camp hosted by Real Eyes Sport
- 🇬🇷 and in Athens, hosted by the APALab of Athens University.

**Stay tuned for future updates on the **Move As You Are** project!**



**CLICK HERE FOR MORE  
MOVE AS YOU ARE!**