

GOOD PRACTICE GUIDE ON SOCIAL INCLUSION, ADAPTED SPORT, AND DUAL CAREER.

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The Para-Limits Project

The Para-Limits project "Dual Career of Student-Athletes with Disabilities as a Tool for Social Inclusion" is an Erasmus +Sport project developed between January 2021 and June 2023 with a funding of €400,000.

Consortium of nine institutions

Led by UCAM-Universidad Católica de Murcia (Spain), together with Limerick (Ireland), UNEFS (Romania), Foro Italico in Rome (Italy) and Polytechnic Institute of Viseu (Portugal), as well as other institutions such as European as Student Athlete Network (Malta), Collective Innovation (Norway) and Fundación Once and the Spanish Paralympic Committee (Spain).

Methodology → Dual Career

The project has combined scientific research with pilot actions focused on the training of mentors specialised in supporting this target population. Along the project, a series of evidences, findings and good practices have been generated, which are synthesised in this document.

to bring this information to institutions, organisations and stakeholders in order to share the knowledge generated in the Para-Limits project towards the common goal of improving the conditions of athletes-students with disabilities and their more effective social inclusion.

Through this guide, we want



Those countries that do not have a structured dual career support system for student athletes with disabilities show an even higher level of barriers.

There is a need to reorient education and sport policies in Europe to protect the rights of people with disabilities in order to end discrimination and promote a credible support system.

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What innovative tools have been developed in the framework of the Para-Limits project?

- Training course for expert mentors in dual careers and adapted sport. This course is available as open and free training via the link: <https://portal.paralimits.collectiveinnovation.no>
- Creation of support networks for student-athletes with disabilities at local level, linking federations, clubs and universities.
- Promotion of forums for meetings between athletes, teachers and technical staff within the universities in order to get to know their needs and demands.
- Personalisation of the student-athlete attention programmes in accordance with specific needs.
- Adaptation of teaching methodologies according to sports calendars.

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Findings and evidence from the Para-Limits project

The vast majority of student athletes with disabilities find it difficult to achieve success in dual career programmes.

Particularly vulnerable among disabled athletes are people with cerebral palsy, hearing impairment or physical disability.

Some of the areas where most barriers are encountered are the compatibility of timetables, travel distances, lack of support from the educational institution or fatigue due to the demands of combining studies and sport.

A gender bias is detected, with women being more disadvantaged in general than men.

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Future lines of action: What can I do as an institution to contribute to the social inclusion of disabled student-athletes?

- To insist on the need to reorient education and sport policies in Europe to protect the rights of people with disabilities in order to end discrimination and promote a reliable support system.
- Raise awareness among institutions and local governments about the specific situation of student-athletes.
- Establish reliable communication channels to efficiently address needs and problems that arise.
- Analyse physical, organisational, social and environmental barriers that may affect the environment of student-athletes with disabilities.
- Increase sources of funding through scholarships or sponsorship contracts.
- Simplify bureaucratic processes that are a barrier to the social inclusion of student-athletes.

