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# Divers(A)bility Youth Exchange Activities

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5 days project about  
how to use sports and  
games as a tool for  
inclusion of people with  
disabilities

**2025**



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# Project information

## About the project

This project aims to create a safe, inclusive space where young people with and without disabilities can openly discuss challenges, work together to find practical solutions against discrimination, and promote social inclusion and EU values, using sports and games as key tools.

## Objectives



Emphasize and promote common European (as well as universal) anti-discrimination rights



Raise awareness among young people about the reality of people with disabilities



Promote dialogue between people with and without disabilities



Increase awareness of the importance of inclusive activities that encourage the integration of people with and without disabilities



Provide participants with tools they can use to support people with disabilities.



Promote sports as a tool to prevent social exclusion



Name	Inclusive basketball
Brief description	Traditional basketball with the same rules, but including people in wheelchairs and people on foot. (1h)
Objectives	<ol style="list-style-type: none"><li>1. Teamwork</li><li>2. Problem-solving</li><li>3. Have fun</li><li>4. Raise awareness</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Teams are made up of four wheelchair users and four able-bodied players.</li><li>2. The able-bodied players stand behind a marked line and must pass the ball to their teammates or attempt to shoot it into the basket.</li><li>3. Otherwise, the basic rules of basketball apply.</li></ol>
Material	<ol style="list-style-type: none"><li>1. Baskets</li><li>2. Wheelchairs (8)</li><li>3. Basketball</li><li>4. Vests or other identifying clothing to mark the two teams</li></ol>
Things to consider	<ol style="list-style-type: none"><li>1. Ensure that the floor surface is suitable for wheelchairs to move around on.</li><li>2. Take care when using the wheelchair (to avoid falls, collisions, etc.).</li></ol>





<b>Name</b>	<b>Football with hands</b>
Brief description	Use your legs as a goal to score goals with your hands. (30')
Objectives	<ol style="list-style-type: none"><li>1. Problem-solving</li><li>2. Have fun</li><li>3. Raise awareness</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Create a circle with all the players and have them spread their legs, touching each other's feet.</li><li>2. Use your hands clenched into fists to score a goal between another player's legs and prevent them from scoring a goal between your legs.</li><li>3. If a player scores a goal, they are eliminated, making the circle smaller and smaller with their legs spread wider.</li></ol>
Material	<ol style="list-style-type: none"><li>1. Ball</li></ol>
Things to consider	<ol style="list-style-type: none"><li>1. Maintain good posture to avoid damaging your back.</li><li>2. Use a soft ball to prevent injury.</li></ol>





Name	Blind football
Brief description	To avoid scoring goals while keeping eyes closed. (30')
Objectives	<ol style="list-style-type: none"><li>1. Problem-solving</li><li>2. Teamwork</li><li>3. Have fun</li><li>4. Raise awareness</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Divide the participants into two teams.</li><li>2. Line up the teams in a straight line facing each other.</li><li>3. Blindfold the players.</li><li>4. Mark out each team's goal line.</li><li>5. Each participant on each team will have to kick the football, making it bounce off the ground, and try to score a goal on the other side of the line.</li><li>6. The people on the other side will have to prevent the ball from crossing the line by using the sound it makes when it bounces.</li><li>7. The team that scores the most goals wins.</li></ol>
Material	<ol style="list-style-type: none"><li>1. Ball</li><li>2. Eye-mask</li></ol>
Things to consider	<ol style="list-style-type: none"><li>1. You can use a football and bounce it to direct the sound, or a ball with a bell inside.</li></ol>



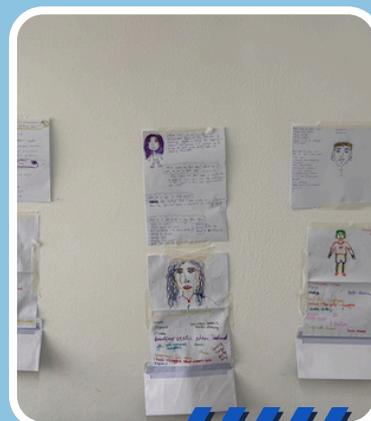


Name	Inclusive football
Brief description	Inclusive version of football, with the aim of ensuring that all participants play. (45')
Objectives	<ol style="list-style-type: none"><li>1. Problem-solving</li><li>2. Teamwork</li><li>3. Have fun</li><li>4. Raise awareness</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Divide participants into two teams.</li><li>2. Create a goal line (if there is no goal).</li><li>3. The objective is to get the ball into the opposing team's goal.</li><li>4. Before a goal can be scored, all team members must have touched the ball.</li><li>5. Once a player has the ball at their feet, they must stop before passing it to the next player.</li></ol>
Material	<ol style="list-style-type: none"><li>1. Bibs or other items to distinguish teams</li><li>2. Goals or markers to delimit the playing area</li><li>3. Ball</li></ol>
Things to consider	





Name	My safe space
Brief description	Creative activity to get to know people and set boundaries for each individual. (1h)
Objectives	<ol style="list-style-type: none"><li>1. Self-awareness</li><li>2. Reflection</li><li>3. Discussion</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Hand out a blank sheet of paper to each participant.</li><li>2. Ask them to draw themselves in the middle.</li><li>3. Ask the following questions: What makes me feel secure? What makes me feel insecure? What do I like to talk about? What do I do in my free time?</li><li>4. Participants must introduce themselves creatively, using colors and markers.</li><li>5. Afterwards, discuss each person's boundaries.</li></ol>
Material	<ol style="list-style-type: none"><li>1. Paper</li><li>2. Markers</li><li>3. Pens</li><li>4. Colors</li></ol>
Things to consider	Play relaxing music while the activity is taking place. During the discussion, do not force anyone to participate. Hang the papers around the activity room so that everyone can see what makes other people uncomfortable and what they can talk to them about.





Name	Tower of inclusion
Brief description	Build the tallest tower as a team, with handicaps. (1h)
Objectives	<ol style="list-style-type: none"><li>1.Teambuilding</li><li>2.Teamwork</li><li>3.Raise awareness</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1.Divide the group into teams of four.</li><li>2.In each group there will be: one person who has to use their non-dominant hand, one blind person, one person sitting in a chair, and one person who cannot speak.</li><li>3.Every three minutes, the roles will be rotated so that all team members have experienced the four difficulties.</li></ol>
Material	<ol style="list-style-type: none"><li>1.Jenga</li><li>2.Adhesive tape</li><li>3.String</li><li>4.Blindfold</li><li>5.One chair per team</li></ol>
Things to consider	<ol style="list-style-type: none"><li>1.Other materials can be used to build the tower.</li><li>2.Making participants work without having seen the materials beforehand adds an extra level of difficulty.</li><li>3.Encourage dialogue and reflection afterwards with questions such as: How did you feel in each position? What did you find most difficult? Was it easy to work as a team and include everyone? Would you have built the same tower without these handicaps?</li></ol>





Name	World Cafe: Disability version
Brief description	Create a space for debate on disabilities
Objectives	<ol style="list-style-type: none"><li>1. Discussion</li><li>2. Raise awareness</li><li>3. Reflection</li><li>4. Critical thinking</li></ol>
Description step by step / rules	<ol style="list-style-type: none"><li>1. Create 5 groups with a flipchart with the following topics: Perception of disability/Role of technology/Accessibility in public spaces/What does inclusion mean to you?/Inclusive education</li><li>2. Divide the group into 5</li><li>3. At each discussion table, there will be a leader who will be responsible for gathering the opinions and thoughts of the others to present them later</li><li>4. Every 5 minutes, all members of the table except the leader will move to the right to discuss the next topic</li><li>5. Finally, the leaders of each topic will summarise the thoughts of all participants</li></ol>
Material	<ol style="list-style-type: none"><li>1. Paper</li><li>2. Markers</li><li>3. Pens</li><li>4. Colors</li></ol>
Things to consider	Create a moment for reflection and encourage people to share their opinions and what they have learnt.





Name	Island of senses
Brief description	Each “tribe” (team) has different abilities. Together, they must find each other and reach the “island of unity,” using creativity and cooperation despite their differences.
Objectives	<ol style="list-style-type: none"> <li>1. Teamwork</li> <li>2. Have fun</li> <li>3. Teambuilding</li> </ol>
Description step by step / rules	<p>Team A must guide Team B and Team C to a specific location (their “home base”) on the island.</p> <p>The challenge: they must do so respecting each tribe’s communication limits.</p> <ol style="list-style-type: none"> <li>1. Part 1: The Journey – Finding Each Other               <ol style="list-style-type: none"> <li>a. Sphinx: The Sighted but Silent Tribe                   <ol style="list-style-type: none"> <li>i. They can see but cannot speak (no talking or vocal sounds). They can communicate only through gestures, facial expressions, and body language.</li> </ol> </li> <li>b. Sirens: The Balanced Tribe                   <ol style="list-style-type: none"> <li>i. They can see and speak, acting as mediators and guides between the tribes.</li> </ol> </li> <li>c. Cyclopes: The Blindfolded Tribe                   <ol style="list-style-type: none"> <li>i. They cannot see (blindfolded) but can speak and hear. They must rely on listening, touch, and teamwork.</li> </ol> </li> </ol> </li> <li>2. Part 2: The Feast of the Senses (Tasting Game)               <ol style="list-style-type: none"> <li>a. Once all tribes reach their destination, they are rewarded with a tasting challenge – a celebration of the senses!</li> <li>b. One player is blindfolded.</li> <li>c. They are given a spoon with 4 simple ingredients (safe and familiar, e.g. sugar, lemon, cinnamon, yogurt).</li> <li>d. They must guess the ingredients by taste or smell.</li> </ol> </li> </ol>
Material	<ol style="list-style-type: none"> <li>1. Paper to create the route</li> <li>2. Eye-mask</li> <li>3. Ingredients</li> <li>4. Spoon</li> </ol>
Things to consider	Be careful with allergies and intolerances for the second part of the game.





Name	"BOMB!"
Brief description	Playing the "Bomb" in a inclusive way.
Objectives	1. Have fun 2. Inclusion
Description step by step / rules	1. Players are standing in a circle wearing blindfolds and passing a ball to the next person while the music is playing. When the music stops, the organiser says "BOMB!" so the one holding the ball has to perform the activity on the card (game organiser has and reads the cards).
Material	1. Blindfolds 2. Ball/pillow 3. balloons filled with rice (2 pc)
Things to consider	It has to be a supportive environment without judgement





Name	Piraat
Brief description	A fun treasure-hunting game where participants complete different challenges to earn points or clue.
Objectives	<ol style="list-style-type: none"> <li>1. Teamwork</li> <li>2. Problem-solving</li> <li>3. Have fun</li> </ol>
Description step by step / rules	<p>Participants receive a letter containing 5 tasks.</p> <ol style="list-style-type: none"> <li>1. Complete each task as described:               <ol style="list-style-type: none"> <li>a. Task 1: Heads Up                   <ol style="list-style-type: none"> <li>i. One participant holds a paper with a word or definition.</li> <li>ii. Others give hints without saying the word, and the holder has to guess it correctly.</li> </ol> </li> <li>2. Task 2: Screaming Toes                   <ol style="list-style-type: none"> <li>a. Participants form a circle and look up.</li> <li>b. When two people make eye contact, one must scream and leave the circle.</li> <li>c. The last person remaining wins this round.</li> </ol> </li> <li>3. Task 3: Red Light, Green Light                   <ol style="list-style-type: none"> <li>a. One person stands with their back turned and calls "green light" and "red light."</li> <li>b. Others move forward on "green light" and must stop immediately on "red light."</li> <li>c. Anyone caught moving during "red light" is out. (Inspired by Squid Game rules)</li> </ol> </li> <li>4. Task 4: Pantomime                   <ol style="list-style-type: none"> <li>a. One participant acts out a word or phrase without speaking.</li> <li>b. Others guess the word correctly to complete the task.</li> </ol> </li> <li>5. Task 5: Fit Through Paper                   <ol style="list-style-type: none"> <li>a. Each participant receives a sheet of A4 paper and scissors.</li> <li>b. They must cut and fit their entire body through</li> </ol> </li> </ol> </li> </ol>
Material	<ol style="list-style-type: none"> <li>1. Letters or papers with tasks written</li> <li>2. Pens/pencils</li> <li>3. A4 papers</li> <li>4. Scissors</li> </ol>
Things to consider	<ul style="list-style-type: none"> <li>• Make sure the playing area is safe and spacious</li> <li>• Ensure that all participants understand the rules before starting</li> <li>• Encourage teamwork and fair play and have fun always!</li> <li>• Adapt tasks if participants have physical limitations, be inclusive</li> </ul>

