

Reversed inclusion, a foundation for social development

Imagine 5 years from now: you walk into a village community near Gulu, Uganda, where you discover a scene that you have never seen before. Persons with and without disabilities are engaged in team sports, such as wheelchair basketball, sit volleyball, wheelchair tennis and showdown. Once you get closer, you spot famous non-disabled sports stars who are trying their very best to shine, but most of them appear to be the real "disabled" next to professional wheelchair users. Imagine a TV documentary that demonstrates how the blind, amputees, deaf and non-disabled participate in adventure sports, like hiking Mt. Rwenzori, camping in the national park and kayaking at Murchison falls. You see a sports community in which disability does not matter anymore. What really matters is how adaptable each one of us can be.

Ability Sports Africa wants to foster reverse inclusion, where the non-disabled are attracted by the art of challenging physical movement. The fact that we need our different senses and other abilities will soon be not viewed as a limiting factor anymore. Mastering sports with limitations will, in the end, be a driving force for creating an inclusive society.

How will we approach this goal? We will work on the following areas:

1. Girls with disabilities

One of our major objectives will be advocacy for adaptive sports and we will especially raise awareness for equal participation of girls with disabilities. These girls will be empowered in the areas of physical literacy and community activities.

Girls who have achieved in sports will become our change advocates. Participation in sports is an opportunity to demonstrate physical ability, and it is helping to reduce gender stereotypes. In the end, it will enhance leadership and communication skills, as well as building physical, emotional and mental strength through other physical activities.

2. Training of trainers

We will train coaches, teachers and peer mentors in understanding disabilities, inclusion, adaptive sports and specialized games. These trainers will assist regular schools in including students with disabilities who usually sit on the benches when everyone else has fun on the pitch.

3. Inclusive Sports festivals

Through quarterly sports festivals, children with disabilities become motivated and actively aim for an event. These festivals serve as a platform to bring the community together to participate and cheer for each other to play games in mixed teams, thus engaging everyone. This greatly contributes to them regaining their self-confidence and self-esteem, hence regaining their dignity as well.

4. Partnerships

Ability Sports Africa will engage in partnerships with international NGOs and stakeholders like schools in and around Gulu and Northern Uganda. We will seek collaborations with the corporate

Physical literacy

Physical literacy is the motivation an individual has that leads one to become physically competent, enduring, and confident. It also demonstrates knowledge about one's own physical and mental health. To be physically literate means that you own your well-being through life.

sector for sponsorship, with the government for the purpose of developing better policies, and with sports clubs for practical inclusive sports activities.

5. Competitive sports

We will develop adaptive sports leagues to engage in national and international competitions, like the World Championships and the Paralympics.

6. Adventure sports

These sports activities will strengthen teamwork both among people with and without disabilities. Boating up the Nile or swimming across a river will foster confidence and solidarity. Additionally, we will venture into more acrobatic activities like trampoline, skateboarding for the blind, climbing, tightrope walking, etc.

7. Sports innovation

Ability Sports Africa will contribute to the world by adapting already existing sports activities for the non-disabled in such a way that they become blind-, deaf- or wheelchair-friendly. Hockey for the blind, climbing for the wheelchair user, etc., is an example of this.

8. Equipment

Equipment such as racing wheelchairs, ramps, railings around running tracks, balls, rackets, sports wheelchairs, goal balls, showdown boards, tennis boards etc, are facilities that are needed in all these activities. Our organization will become a resource centre of knowledge and advice for schools clubs, governmental departments etc.

9. Campaigning

Through documentaries and posters, we will conduct mass media campaigns with the motto “My ability is what defines me”. The key messages will target parents/caregivers, youth/children with disabilities and community leaders to promote participation in and the benefits of sport, regardless of disability.

Our long-term objective will be the establishment of a recreational center with accessible facilities.

Through reversed inclusion, we want to see a real inclusive society where people with disabilities take up initiatives and responsibilities for the development of their communities. We wish to see a Uganda, where disability does not matter anymore.

Physical literacy

Physical literacy is the motivation an individual has that leads one to become physically competent, enduring, and confident. It also demonstrates knowledge about one's own physical and mental health. To be physically literate means that you own your well-being through life.