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TEMPO LIVRE GUIMARÃES



CÂMARA  
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# EXCHANGE REPORT - GUIMARÃES



**Planning for disabilities – What kind of infrastructure / facilities women/people with disabilities need to be encouraged/capable to do sport outdoors?**

Urban planning in a city that considers the mobility and accessibility limitations of its impaired and disabled population is certainly a technical challenge. In launching the discussion around this topic, we aim to alert the multiplicity of obstacles that people with disabilities face. If it is already difficult for a person in their full physical and mental capacity to combat their sedentary lifestyle and to be active, persuading a disabled person is something that forces us to deep reflection.

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# EXCHANGE REPORT - guimarães

## PLANNING FOR DISABILITIES – WHAT KIND OF INFRASTRUCTURE / FACILITIES WOMEN/PEOPLE WITH DISABILITIES NEED TO BE ENCOURAGED/CAPABLE TO DO SPORT OUTDOORS?

### INTRODUCTION

This report summarizes some of the key issues related to the broad discussion, promoted by “Tempo Livre” around the theme of **planning and disability - what kind of infrastructure / facilities do women / people with disabilities need to be encouraged / able to play outdoor sports?**

This document contains the main information, suggestions, ideas and recommendations gathered in the course of different sessions and debates that have been promoted in order to explore, as deeply as possible, the topic entrusted to us in the framework of the SW-UP project ( Sport for Women in Urban Places)<sup>1</sup> co-financed by the European Union's Erasmus + fund and whose mission is to promote women's participation in sports and physical activities in the open air. This project intends to shed some light on how to design friendly urban environments that motivate the practice of outdoor physical activity.

Five other topics, beyond what has been covered in this report have been identified and discussed by the project partners: the role of the municipality, the role of women in positions of executives, the convenience of activities and exclusively female infrastructure, friendly approach, local impact generated for outdoor sports activities.

The information was collected from the SWUP project partners as well as the local partners involved in the SWUP in Guimarães and other interested stakeholders who shared some of their opinions in the online forum hosted on the project website.

This report is organized into three sections. The first section consists of the presentation and framing of the topic discussed, in the second section the main contributions are gathered together and analysed. Finally, the last section presents some reading suggestions and supporting documentary references that contribute to a better understanding of the theme.

## 1. THE TOPIC IN DEBATE

Two questions emerge when we speak of adapted sports or sports for people with disabilities: overcoming prejudices and overcome barriers. Both are enrolled in domains where change, always necessary, operates at different scales.

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<sup>1</sup> <http://www.swup-project.eu/>

The attention of the public authorities in Portugal in relation to disability and disabled people is focused on implementing policies that include, in addition to regulations for building inclusive spaces, social and community support, sports and leisure services.

Issues related to urbanism that are friendly to outdoor sport and easy access for all, although present in the regulation and implementation of interventions, do not always correspond to something as effective as would be desirable in practice and in everyday life.

Much has already been done, but there is still much work to be done. It is necessary to maintain the fight against discrimination, and particularly to fight the physical barriers that persist as one of the problems that the new urban order poses, despite all the efforts made in the opposite direction.

We cannot focus our attention solely on the usability of spaces or facilities, design parks and sports facilities, without reflecting on the impact these buildings can have on the lives of people with disabilities. Therefore, it is imperative to design a city as a unique space, where everyone can live and enjoy without barriers or obstacles. The keyword must be accessibility.

In Guimarães, accessibility issues are present in municipal policies, not just those aimed at promoting physical activity and recreation, but also the city planning. We always believe that it is possible to improve and evolve, so at the end of the project we intend to gather a set of proposals and recommendations that, complementing the identification of barriers and obstacles that disabled people face in accessing leisure parks or outdoor sports facilities, help overcome the flagged difficulties.

During this process we involve partners and other entities that, in their day to day work with citizens with disabilities. Our goal was to gather vital and realistic information on the one hand and, on the other hand, to contribute to building a better city and a city for all.

In order to deepen and explore further readings on the subject, we held several working meetings to which we convened local partners<sup>2</sup> who, in a first phase, contributed information and data regarding the condition of persons with disabilities residing in Guimarães. This hearing was developed in different dimensions and taking into account the central issue: **What kind of infrastructure / facilities do women / people with disabilities need to be encouraged / able to practice outdoor sports?**

The questions we launched for discussion on the SW-UP project partners forum were also subject to prior discussion with our local partners:

1. What kind of issues should a diagnostic tool include to identify barriers in the urban space and what items should be included?
2. The design and construction of leisure and outdoor sports spaces should contemplate what kind of situations to be effectively accessible to all? Is it enough to eliminate physical barriers or are there other areas, namely social and cultural, where intervention is needed?

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<sup>2</sup> We called for these meetings representatives of CERCIGUI (Education and Rehabilitation of disabled Citizens of Guimarães), APCG (Cerebral Paralysis Association of Guimarães) and Municipal Forum for Persons with Disabilities (representing 17 entities and public institutions and of local social solidarity).

3. Approaches to implement should fit the different types of disability? Should we design custom environments or simply promote accessibility as a general feature?
4. Will the development and adaptation of outdoor sports facilities be the best response to meet the needs of people with disabilities to develop sports activities?
5. Should outdoor sports facilities be supported by specialized technicians or not?

## 1. KEY ASPECTS IN THE TOPIC DISCUSSION

### Local partners: the most relevant contributions

After the meetings held with the CERCIGUI the APCG and the Municipal Forum for Persons with Disabilities (FMPD), the result of the generated discussion has become a set of observations and recommendations that we share in this report. The partners' first concern was to consider different aspects in approaching the theme, to respect the local reality and to clarify concepts.

**Table 1. Clarification of concepts proposed by local partners (Guimarães)**

Concepts	Description
Physical disability	Domiciliation. Tends to escape logging and monitoring
Mental disability	Institutionalization up to 100%
adapted sports	Competition, leisure, therapy and education (only guaranteed by institutions)
Adapted physical activity	Riding, visits to leisure parks, recreational swimming - physical activities of leisure and well-being only guaranteed by the host institutions

Source: SW-UP local partners (Guimarães, 2019).

Address topics related to handicapped and / or disabled implies considering a dual reality: institutionalization (with institutional support, education and in which are inscribed parallel activities of social, sports and leisure, often monitored) and domiciliation (with sporadic domestic or social support, always insufficient due to the high number of requests for support, often escaping from the network and registers, thus escaping monitoring).

FMPD data indicate that there are at least 533 people with disabilities and / or incapacity, living in Guimarães, who receive home care and regular support of charities. The sports, leisure or cultural habits of these people are unknown, as is their distribution by gender.

It refers, therefore, as a priority, the need to identify the population with disabilities, realizing how is that the practice of physical and sports activities can be an asset to improve their quality of life. It is necessary to individualize, understand the specificity of the context and the need to give different answers to different cases.

From direct contact with the population and with the institutions (which already support them), it is necessary to admit as possible the elaboration of a more concrete and realistic diagnosis, as well as to look for solutions to different problems that remain unanswered. Only then will it be possible to identify the real obstacles and difficulties to the realization of inclusive planning. With the help of our local partners, the following four dimensions of barriers were identified:

**Table 2. Main barriers of mobility, institutional, sports and social activity dimensions**

<b>Mobility</b>	<b>Institutional</b>	<b>Sports activities</b>	<b>Social dimension</b>
Difficulties of mobility between parishes and in the public space; Inadequate public transport for people with disabilities.	Difficulty in accessing services due to insufficient vacancies; Lack of response, especially for disabled people over 18 years of age; Lack of answers for children with disabilities during school holidays, institutions unprepared for aging people with disabilities / incapacity, national education system inadequate and unprepared for the integration of children and young people with disabilities and / or incapacity, especially in sports activities.	Difficulty of access and mobility in sports facilities, namely in leisure parks and schools (inadequate and unprepared for the integration of children and young people with disabilities and/or incapacity, especially in sports activities). It is very difficult for a person with a disability and/or incapacity, to be physically active or to practice a sport. Parents (of children and youth with disabilities and/or incapacity,) tend to neglect the importance of sport and / or physical activity in favor of activities that contribute to increase the autonomy of their children and youth.	People with disabilities and/or incapacity are socially very vulnerable to poverty and exclusion. They face increased difficulties in access to public space, services, education, culture, sport and leisure, therefore, tend to be farther apart and away from the sport and recreational physical activities and/or leisure.

Source: SW-UP local partners (Guimarães, 2019).

According to the last Census, the municipality of Guimarães has a total of 158,124 inhabitants, of which 51.5% are women. Two decades ago it was considered to be one of the most densely populated and youthful counties in Europe. Although it maintains a high population density (656 inhabitants / km<sup>2</sup>), the same is no longer affirmed in relation to the demographic tendency, now inverted. The aging rate has grown considerably and, since 2001, the population aged 15-24 years has dropped by 23% and the population over 65 years old has risen by 32.1%. The dependency ratio of the oldest is currently 19.6%.

The Censuses do not reveal the number of inhabitants with disabilities or incapacity and there are no records at the municipal level that indicate how many people with physical or other limitations live in the municipality. This lack of data prevents a more rigorous work.

Regarding adapted physical activity, considering physical and leisure activity, by gender, the data presented in this report refers only to athletes who practice federated adapted sport (CERCIGUI and APCG) and physical and / or leisure physical activity (APCG). (Annex 1)

## Recommendations of local partners

Local partners argue that urban planning should be directed to the general accessibility, adequate to the reality of each space / territory and to admit as ideal planning by parish with more tailored detailed plans for interventions within the Community that respects the people and is closest of these, especially those who have disabilities and limitations.

They draw particular attention to the planning of schools and to the design of school space. They argue that school integration of children and young people with disabilities should be considered, while at the same time urban planning itself should be in line with more comprehensive strategies, such as raising family awareness of the benefits of physical activity and of adapted sport as central elements in process of empowering their children<sup>3</sup>.

On the other hand, the partners report the need to expand the offer of sports and physical activity programs that favours the participation of people with disabilities and / or incapacity, in a framework of effective sharing and inclusion. They are also indicated concerns with the public awareness of these problems and the changing attitudes towards disability. Sport and physical activity outdoors may be constituted as a positive opportunity and as a facilitator response to change.

We need to eliminate cultural and social barriers. Attitudes regarding the practice of physical activity performed by people with a disability, whatever, have to change and, by extension, society will feel the need to eliminate physical barriers in order to match this collective will.

The change of mindset regarding the true democratization of sport is decisive. Public institutions and schools should effectively promote the practice of physical activity and sport among the populations with disabilities, being able to adapt to the necessities required. It only makes sense to adapt and build sports facilities, if these are part of a previously planned program of development of the practice of inclusive sport and physical activity.

The recruitment of specialized technicians as a priority is not considered, but the specific training of existing technicians and physical education teachers should be taken into account. This practical and immediate solution may be more useful to change goals. Adequate training plans for these professionals would enable them to be able to deal technically with children and young people with disabilities who, for example, meet in schools. There is a lack of specific training for populations of individuals (children, young or old) with characteristics that escape the dominant norm and it would be very important to rethink strategies in this domain.

Finally, an alert is made for the fine line separating aid from segregation.

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<sup>3</sup> In this regard, we add a very important data that indicates that in Guimarães, students in the first cycle of studies and with SEN (special educational needs) tend to have lower levels of physical activity practice, according to the conclusions of a 2012 study [MARTINS, José Fidalgo. (2012). "Aptidão Física em crianças do 1.º Ciclo com e sem NEE: Estudo comparativo". Study carried out within the scope of Specialization Course in Special Education - cognitive-motor domain].



Figure 2 - Opening Ceremony of Guimarães European City of Sport 2013. © José Caldeira.

## Featured Recommendations

- More accessible leisure parks with all-inclusive facilities - access ramps, wheelchair floor, inclusive information and appropriate signage for people with different disabilities (blind, for example);
- Accessible areas for wheelchairs in all sports and leisure facilities;
- Strengthening the realization that disability must be seen as a priority under human rights;
- Implementation of new technological solutions that favour the inclusion and facilitate the lives of people with disabilities and / or disabilities;
- Improvement of inclusion policies, namely at the level of sports, leisure and physical activity policies;
- Pay particular attention to the aging of the population, whose mobility difficulties and loss of autonomy lead to the growth of the disabled and disabled population;
- The construction of a sports space or equipment should be considered as an infrastructure to be used by all citizens, regardless of the rules established by law.

## Online discussion: most relevant contributions obtained in the forum

The holding of an online discussion to exchange views on the topic under discussion, encouraged a very interesting and wide participation. Although the effort of Guimarães was in order to correspond to a data collection able to indicate differences in access to sport outdoors by women and men (with disabilities), that goal eventually prove to be unfeasible due to lack of data.

In this chapter we present a summary of interventions made in the context of online meeting held on January 14, 2019, highlighting the most relevant observations for discussion. Below we present some comments shared in the forum available on the SWUP platform, to which we added a summary with suggestions for reading and some complementary data. We conclude with some observations.

**People with disabilities who are not institutionalized tend to close themselves more at home. On the contrary, those that are integrated in institutions benefit from physical activity, sport and organized leisure.**

After presenting the topic of Guimarães, the different interventions of partners in the discussion phase has been made to ascertain whether there was information and / or local data to allow a more accurate reading of participation of men and women with disabilities in sports outdoors (question posed by the IRS). As mentioned above, these data do not exist in a systematic way, and those that are available refer to the institutionalized populations, and even then, they are not as comprehensive as would be desirable for this study (annex 1).

Existing data indicate, however, that there is not a great deal of outdoor physical activity for people with disabilities. The institutions report that, at the level of their users, they know that women prefer more activities aimed at relaxation, while men opt for (more competitive) sports. One finding is that people with disabilities do not go to urban recreational areas (sports grounds or parks), except in groups, at school (annex 2) or when accompanied by their home institutions. Those who are not institutionalized tend to close themselves at home.

Regarding data collected on sports (federated), it can be observed that in Portugal the number of athletes practicing adapted sport has been declining since 2008, with a marked change in this decrease between 2012 and 2103, which is mainly due to reconfiguration of the organization of the adapted sport (annex 3).

Regarding the adapted sport promoted by Guimarães institutions, it covers both genders, with more marked distinction in some manner and competition regime. The question posed by the Mulier Instituut is answered in the data provided by CERCIGUI and APCG and shown in Annex 1. From the analysis to the data it is inferred that there are more men than women to practice adapted sport (and physical, therapeutic or leisure activities) but it is important to note that the disabled population is mostly male.

From the contextual point of view, adapted sport practice differs from country to country. Different realities involve different priorities. If in some cases it is practice in itself, the program or activity that is at the centre of the concerns, there are other cases, for example, the reality of Bulgaria, where support services (for example, washbasins) or programs specifically created for women, are reported as priorities.

In the case of Romania, the situation tends to be more severe due to the lack of accessible venues or specifically created for people with disabilities. The country still faces a strong prejudice related to disability that is a



deterrent to a change in attitudes. However, there is an ongoing effort to restore concerted actions between NGOs and municipalities in order to reverse this situation.

In Italy, thanks to the collective work of organizations, social institutions, families and municipalities, there are adapted sport programs (in modalities such as karate or basketball) and there is also practical work on the ground to identify (and remove) architectural barriers. The example of the city of Milan that invested in the removal of architectural barriers to facilitate circulation and access to public transport was mentioned, but this effort was not continued in sports facilities, for example. Mobility therefore appears as a major aspect of inclusive urban planning, but access to leisure and sports spaces seems to be secondary.

In Guimarães, all leisure parks and sports venues (indoor and outdoor) meet national accessibility standards. In the leisure parks the toilets include a toilet for people with disabilities (the same happens in all sports facilities). In the municipal swimming pools, there is even a mechanical arm that allows to put in water the users with greater difficulties of locomotion. Identical equipment exists in CERCIGUI.

## Main ideas discussed at the forum (SWUP online platform)

[Legend: (\*) Contributions of the partners, (>) Comments of Guimarães]

### **What kind of issues should include a diagnostic tool to identify barriers in the urban space and what items should be included?**

(\*) Promote walks by bringing together people with disabilities, their caregivers, urban planning technicians and other participants so that together they can identify barriers that for some can be overcome but for others they can be an impediment (ALDA, Caterina Dada).

(\*) Promote role-playing games challenging people without disabilities to experience the day-to-day experiences of people with disabilities (ALDA, Caterina Dada).

(\*) An instrument for the diagnosis of physical barriers should also include the identification of psychological, cultural, social barriers and assess social perception of disability and incapacity. (ALDA, Caterina Dada, Rosa Llorens).

(\*) Check different responses of people with disability and / or incapacity to justify their sports practice (or lack thereof), taking into account two possibilities: "I cannot!" (Personal and psychological barrier imposed by oneself) and "she / he cannot!" (barrier built by the exterior, social and cultural). (Rosa Llorens, Granollers, Angel Marti)

In Guimarães, a walk (with an inclusive race), promoted by local institutions (APCG in the case), with the support of Tempo Livre and the City Council of Guimarães, is held annually and brings together more than 1,000 participants (whose contributions subscription go to the institutions);

(>) Within the framework of municipal strategies for mobility and accessibility, urban barriers and most significant obstacles surveys were conducted. This procedure was performed with support from CERCIGUI and APCG.

### **The design and construction of outdoor leisure and sports spaces must consider what kind of situations to be effectively accessible to all?**

(\*). One of the main barriers is physical, but it is not the only one. The existence of easily accessible athletic facilities is essential (for example, provided with ramps for wheelchairs, lifts, adapted toilets), as well as safe spaces with visibility. (Sofia, Rosa Llorens, Granollers, Angel Marti).

(\*). A space for leisure or sport that is intended to be inclusive and accessible should consider all types of disabilities (from visual to physical). If it limits the response to a specific type of disability, then it does not promote full and inclusive accessibility (ALDA Caterina Dada, Rosa Llorens).

(\*). The experience of sharing a space or recreational area must be inclusive for people with or without disabilities, ie it must be felt and experienced and not properly "seen". The location of the spaces is, by itself, a first step in the inclusion, as well as the signage and information made available. (ALDA, Caterina Dada)

(\*). One of the most relevant barriers is social and there is a need to see the implementation of change as an investment and not as an expense. Social beliefs and prejudices about the role of women, but also about the importance of physical activity in their lives, shape themselves as external barriers that need to be overcome. Reducing physical barriers does not immediately promote an increase in the practice of physical activity, so it is necessary to intervene socially and culturally. (Rosa Llorens, Granollers, Angel Marti)

(>) There is a general tendency to focus on urban planning aspects centred on physical disabilities. There is a lack of awareness of a more holistic approach to the issue. We do not find, for example, signage or adequate information for people with disabilities in leisure parks or sports venues. There is no supporting information or guidance. This is an aspect that needs improvement.

### **Is it enough to eliminate physical barriers or are there other areas, namely social and cultural, where intervention is needed?**

(\*). Barriers are not only physical, they are also social, cultural and psychological. Individual assumptions about the body and self-esteem of people with disabilities can mean barriers that need to be addressed in the name of diversity. (ALDA, Caterina Dada)

(\*). Focus on eliminating physical barriers the effort to attract more people with disabilities to outdoor sports is reductive and can generate discrimination and promote isolation. (ALDA, Caterina Dada)

(\*). Social beliefs and prejudices about the role of women, but also about the importance of physical activity in their lives, constitute external barriers that need to be overcome. Reducing physical barriers does not immediately promote an increase in the practice of physical activity, so it is necessary to intervene socially and culturally (IRS Bologna)

(\*) Promoting a good image of women and girls with disabilities and / or disabilities by presenting them as inspiring models, for example in promoting and promoting activities, would not only promote inclusion but also contribute to the creation of opportunities for women and girls. Make them, for example, coaches or by guiding other practitioners, facilitating their integration into technical teams.

(>) The institutions of Guimarães, such as CERCIGUI and APCG, as well as the FMPD, have focused a lot of their action in these aspects, promoting a wide and close community awareness, alerting to the danger of prejudices and stigmas regarding disability and incapacity , but it is not an easy task, and there are even discriminatory situations (for example, in leisure activities in public spaces and group visits, such as shopping centres).

**What approach to implement taking into account different types of disability?**

(\*) Finding answers to any person suffering from any disability is a challenge that should be taken on, promoting, from conception to use, an inclusive and barrier-free urban space. It fits in this example: school enclosures, school playgrounds, maintenance and physical exercise equipment in leisure parks, events and services. The idea is to be built and designed for everyone and that everyone can use / access without questioning aspects of ability or disability. (ALDA, Caterina Dada)

(\*) The standardization and globalization, as features of the twenty-first century, also constitute as obstacles. There is nothing more normal than standardization, but it is necessary persuasion, knowledge and comprehensive understanding of the phenomena and problems. (Rosa Llorens, Granollers, Angel Marti).

(>) At the APCG headquarters in Guimarães, there is a leisure park with adapted equipment. It might be important to rethink strategies and consider adapting some of the equipment to be used by any user, regardless of their physical condition.

**Should we design custom environments or simply promote accessibility as a general feature?**

(\*) Creating spaces, venues and customized infrastructures for people with disabilities and / or incapacity is a bad principle because it represents the barrier and discrimination that we want to combat. (ALDA, Caterina Dada)

(>) In Guimarães the customization of sports spaces or venues is out of the question in urban planning. Aspects of adaptation, accessibility and facilitation with a view to inclusion and use by all are privileged.

**Promoting activities for men or women and facilities only intended for people with disabilities and / or disability is a solution?**

(\*) The promotion of activities for both sexes is a good practice and fights against the stigma of disability and segregation, which in the case of women tends to become more pronounced. There are studies (ALDA cites a CBM report on the inclusion of women with disabilities in which data point to enormous difficulties in employment, autonomy, education, salary and social stability that in men tends to be less impacting). (ALDA, Caterina Dada)

(>) The references shared by ALDA are in line with the data gathered in studies carried out in Guimarães, namely in the document *Social Balance of the Municipality of Guimarães, Municipal Gender Equality Plan of the Municipality of Guimarães (2018-2021)* and *Gender Equality in Portugal (2014)*. Indeed, the Portuguese women tend to suffer more inequalities, with particular concern on discrimination against women with disabilities and / or disability.

### **Is the development and adaptation of outdoors sports facilities the best answer to meet the needs of people with disabilities to develop sporting activities?**

(\*) Designing, building and providing friendly facilities for people with disabilities and / or incapacity is the first step towards the inclusion and promotion of sport for all. But, once again, intervention should not be merely material, construction or normalization, the strategy must contemplate a response of social, psychological and cultural support to effectively combat prejudices and stigmas, without differentiation (age, gender, sexual orientation, or others). It is therefore important to adapt sporting supply taking into account all users and also to prepare technicians and practitioners to provide adequate and inclusion-oriented responses. (ALDA, Caterina Dada)

(>) One of the aspects highlighted in the meetings promoted with local partners in Guimarães pointed precisely in this sense, that is, there is a greater care in the specific training of teachers and technicians, but also an inclusive offer of services, programs and activities.

### **Should outdoor sports facilities be supported by specialized technicians or not?**

(\*) Specialized technicians or specific training in the area are an asset and represent an advantage for the promotion of physical activity among people with disabilities and / or incapacity. However, autonomous and independent practice should be encouraged as a further step towards inclusion (the presence of a technician may presuppose differentiation and promote dependency which may have negative repercussions for the user). (ALDA, Caterina Dada)

(>) In polls conducted among users of Guimarães leisure parks, and within the framework of the activities Guimarães pilot program "Women + Active" / SWUP, the overwhelming majority of respondents are in favour of a technician in leisure parks to help (all) people to practice sport in a more safe, efficient and appropriate way to their physical condition. It is important to listen to the community because not always what is taken as an adequate response and proposed by studies corresponds to the actual need manifested and / or demanded by the population.



Figure 3. Opening Ceremony of Guimarães European City of Sport 2013. © José Caldeira

## Additional Reflections

Outdoor sports activities in addition to the benefits they provide to the respective practitioners, always additionally have a mobilizing role with those who, while not participating can watch and get to know new forms of leisure and promotion of health and living conditions.

It is desirable to include both genders in the same physical and / or sporting activities and even, where possible, people from different generations and / or with different levels of physical ability, for that is the true concept of sport for all!

At the level of practice of informal physical activity, it becomes easier to join the practitioners. Removing the competitive factor harmonizes the perception of ability and success in performing exercises and proposed activities. In this way, being part of the same practice group is the ideal scenario.

The exceptions that confirm the rule can, however, happen when the goal is to mobilize women practitioners who feel more comfortable without the presence of men or who simply wish to practice physical activity integrated into a group of other women. It may be the example of physical incapacity and / or disability, but opinions are not convergent on this issue. Gender discrimination as a barrier is an aspect to consider with care and special attention.

Taking into account the barriers and obstacles, there is some agreement among the partners of the SWUP project regarding the importance that is given to physical barriers to the planning of friendly urban environments of inclusive sports practice. Indeed, the project partners tend to agree that more important than suppress physical and building barriers, it is necessary to change attitudes, sensitize society to disability issues and incorporate the difference as everyone's life element and hence the very urban space.

Gender issues are reinforced by statistical data that point to the discrimination and disadvantage of women in general. These trends are particularly noticeable in relation to women with disabilities and / or incapacity so there is a whole change of mindset and culture that we need to operate in Europe.

Other issues are underlined by the partners and should be taken into account in this final reflection. Children and young people with disabilities and / or disability are also victims of discrimination in their own school environment where inclusion does not seem as easy and effective as would be desirable. The specific training of physical education teachers and technicians on disability issues are also highlighted as aspects to be taken into account, particularly in vocational training.

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## Complementary data and readings

(\*) *Wear my clothes* is an Italian project recommended by ALDA in the debate on the topic explored by Guimarães. The initiative of the Catholic University of the Sacred Heart of Milan and Placencia (Italy) is held annually, involving students and academic staff and seeking to raise awareness of inclusion issues. In 2017 a role-playing activity was organized in which the participants experienced the difficulties of a person with disabilities in their daily lives. [<https://www.cattolicanews.it/mettiti-nei-miei-panni-anche-a-piacenza>].

(\*) The statement "accessibility should be felt and not seen" is attributed to Henrik Ib Jørgensen, director of the Musholm Sports Centre in Denmark. In this centre several activities are developed, successfully, indoors and outdoors, full access to people with disabilities and / or incapacities. [<https://www.theguardian.com/cities/2018/feb/14/what-disability-accessible-city-look-like>]

(\*) Several companies already offer inclusive solutions for the practice of physical and / or sporting activity. An example: [<http://www.inclusiveplay.com/designing-inclusive-play-solutions/>]



## ANNEXES

## Annex 1:

Practitioners of different modalities of adapted sport in CERCIGUI (by gender).

Sports modalities	Total	Men	Women	Where?
Gymnastic	15	8	7	Indoor
handball	20	20	x	Indoor
Judo	21	15	6	Indoor
Swimming	40	25	15	Indoor
Athletics	2	1	1	Outdoor
Futsal	20	20	x	Indoor
Fitness	32	17	15	Indoor
Cardio fitness	14	6	8	Indoor
Psychomotor activities	26	15	11	Indoor
Tai Chi Chuan	33	13	20	Indoor/Outdoor
Surf	12	8	4	Outdoor
Canoeing	25	15	10	Outdoor
Reiki	16	9	7	Indoor

Source: CERCIGUI, Sports Department (2018)

Practitioners of different physical and sports activities at APCG (by gender).

Sports modalities	Total	Men	Women	Where?
Boccia (team)	7	5	2	Indoor
Yoga	16	11	5	Indoor
Dance	8	2	6	Indoor
Hydrotherapy	10	7	3	Indoor
Music and Movement	14	1	13	Outdoor
Therapeutic gardening	16	2	14	Outdoor

Source: APCG, (2018)

## Annex 2:

### School population with disabilities attending public education in Guimarães

School year	Special education	Regular education	<i>2018</i>
Pre school	18	1773	<i>1335</i>
1 – 4 years	181	5709	<i>5043</i>
5 – 9 years	288	8134	<i>2697</i>
10 – 12 years	61		<i>4067</i>
Vocational education	5	396	<i>1881</i>
Total	553	16012	<i>15023</i>

Source: Education and Cultural Services, Municipality of Guimarães

## Annex 3

The number of people with disabilities and federated practitioners in the different modalities in Portugal has been decreasing since 2008.

### Total number of federated sports practitioners for people with disabilities

<b>1996</b>	*	<b>2006</b>	2.779
<b>1997</b>	1.078	<b>2007</b>	2.772
<b>1998</b>	1.878	<b>2008</b>	2.799
<b>1999</b>	2.699	<b>2009</b>	2.576
<b>2000</b>	2.235	<b>2010</b>	2.665
<b>2001</b>	2.262	<b>2011</b>	2.653
<b>2002</b>	2.119	<b>2012</b>	2.304
<b>2003</b>	2.768	<b>2013</b>	1.643
<b>2004</b>	2.233	<b>2014</b>	1.654
<b>2005</b>	2.911	<b>2015</b>	1.369
<b>2006</b>	2.779	<b>2016</b>	1.450

Source: IPDJ, PORDATA (last update: 20.12.2018)