

We are all able!

Sport is an ideal tool for fostering the socialization, independence, empowerment and full inclusion of persons with disabilities. In this sense, sport is not a luxury. It is a necessary and complementary approach that can expand the impact of traditional methods of stimulating individual and community development and empowerment.

Sports activity with “Sadaqa”

In November 2014, Japanese group called Sadaqa started to support Syrians with disabilities on sports activity. Through communication with Syrians with disabilities at accommodation centers and host communities in Jordan, 12 Syrians with disabilities joined it. By using this chance we collected the feedback from participants in order to highlight the importance of the activity and followings are the feed back from them.

Feedback from Physiotherapists;

Sport is a comprehensive rehabilitation program, which can improve muscle strength, extend movement ability, correct the posture, improve flexibility, and balance. Also sport is considered as a socio- psychological rehabilitation, which enhance independency, making decision and communication with community members through body management.

Feedback from PWDs;

It is a good chance for us to have outdoor activities. We had a chance to share our disability experiences, further more it was good chance to communicate with the Jordanian peers and learn from their wide experiences. In addition, we noticed that sport can help persons with disabilities to acquire the knowledge, skills,

and confidence to become an effective advocates fort themselves and others.



Sports Activity with JICA

In 2015, JICA started to train Syrians with disabilities on formulating and implementing activities in order to develop their skills and capacity to manage various activities by themselves. In the trainings, some of Syrian with disabilities raised sports activity as one of their activities because they noticed that it benefits Syrians with disabilities a lot. Now Syrians with disabilities have started 4 activities and sports activity is one of them. In the formulation stage of the activities, we discussed how to write clear and organized proposal which can be understood by anybody even those who don't know about the idea at all. Then we started to preparation for the activity itself such like collecting quotation for necessary items, booking venue and confirming participants. Finally we had our first sports activity on 31st November. We are planning to continue this activity for five months. By the time as a group of PWDs, sport has become a part of our life not only as mere activity.

Success story of Mr. Obada Alasemi

My name is Obada Alasemi. I am 20 years old Syrian from Daraa. I had a dream to continue my study and be a football player, but this dream will never become true because now I am a wheelchair user.

I was shot by a sniper and got spinal cord injury. After getting injured I have been transferred to Jordan for operation, after the surgery I spent 8 months with my family then I moved to accommodation center to continue treatment. It was so hard for a young man with 17 years old to understand that he will never be able to walk again, or to achieve his dream.

But one day, I reached the turning point. I was attending one of the lectures of a Syrian trainer on disability issue that affected my whole view towards life. I started to be interested in disability issue by the time.



After a while I joined training by JICA on peer-support group, which was the real start of acquiring self confidence and the concept of being independent. Then I joined Disability Equality Training with JICA which was like a

new start for me to chase my dreams, I became a confident DET facilitator who believe that the future situation of disability in Syrian will be better based on our actions. The understanding of disability based on the social model (distinguish between impairment/disability) is stimulating to develop my skills and abilities in order to overcome disability barriers, I've joined a computer course and participated in many activities and initiatives such as sports for Syrians with disabilities. I started to convey my experience and motivation to Syrian peers, further more through our activities we are promoting the concept of disability mainstreaming through Syrian organization activities.

Now as a team we believe that nothing about us without us !

Obada

★ About Syria ★

"Qalaat Jaabar" is one of beautiful remains in Syria. It locates between Aleppo city and Raqqa city. Some people say that this remain is Mont Saint-Michel in the Middle East. Old castle is standing in a lake formed by a dam. Best season of there is early summer, people enjoy grilled / fried trout beside the lake with comfortable weather.

