STRIDE AND GLIDE

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NEWSLETTER



About the Project

People with disabilities take part in sport far less often than others. The reason is rarely a lack of interest, but barriers: inaccessible venues and routes, no adapted equipment, difficult transport and coaches without inclusion training.

STRIDE & GLIDE: Empowering Journeys for All Abilities is an Erasmus+ Sport project working to change this through running, hiking and swimming. Five partners from Bosnia and Herzegovina, Montenegro, Austria and Portugal are researching barriers, training coaches and running inclusive sport events.

Training the People Who Make Sport Happen

From May to September 2026, more than 570 coaches, teachers, students, volunteers and support staff took part in two rounds of training across the four partner countries. Each training was followed by a local sport event where participants put what they learned into practice.

In Bosnia and Herzegovina, SZSR FBiH and Verlab Institute held trainings at two universities, in Hadžići and at the National Inclusive Games in Sarajevo. In Montenegro, REGSPO brought together over 160 participants from all regions.

In Vienna, ACTIVE Austria trained over 100 coaches with Kids in Motion, and the follow-up sport events welcomed more than 180 people. In Portugal, Sports Embassy turned the second training into a surf day in Ericeira for around 80 people with disabilities.



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What We Have Produced So Far

Research: Inclusion of Persons with Disabilities in Sport
Our research in all four countries shows that the right to sport exists on paper. In practice, costs, inaccessible facilities, missing equipment, transport and too few trained coaches keep people out. Motivation isn't the problem; opportunities are.

Training methodology
Our training combines learning from real situations, the STEP model (adapting Space, Task, Equipment and People) and Universal Design for Learning, so the training itself is accessible to everyone.



Read More on our Website



International Seminar

Learning together in Ericeira

Sports Embassy hosted 25 trainers and staff from the five partners in Ericeira, Portugal. Around 100 people joined a public seminar on what stops people with disabilities from doing sport and what helps them keep going.



The seminar ran from 13 to 15 October 2026. It opened with a walk through Ericeira's surf heritage, followed by a session where each partner shared how it works with people with disabilities. The public day brought together speakers from disability organisations, a university and the Municipality of Mafra to discuss coaching, equipment and transport. To close, the group joined an adaptive surfing session with Ericeira Surf Clube and APERCIM, and the partners donated four adapted surfboards to local inclusive surfing projects.

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