



PROJECT INFOPACK

Online Training Course for Sports Operators on the creation of activities for disabled and able-bodied people

As part of the Fencing: equity, inclusion and belonging (F.E.I.B) project.



About the FEIB Project

The **“Fencing: equity, inclusion and belonging” (F.E.I.B) project** aims is to develop social inclusion of marginalized people through fencing. It is based on the innovative idea that sport, particularly fencing, can be adapted to facilitate access for people with and without disabilities.

The project focuses on:

- Integrating people with and without disabilities in sport activities.
- Strengthening the skills of sports operators.
- Promoting equality, accessibility, and participation through fencing.



Partner institutions

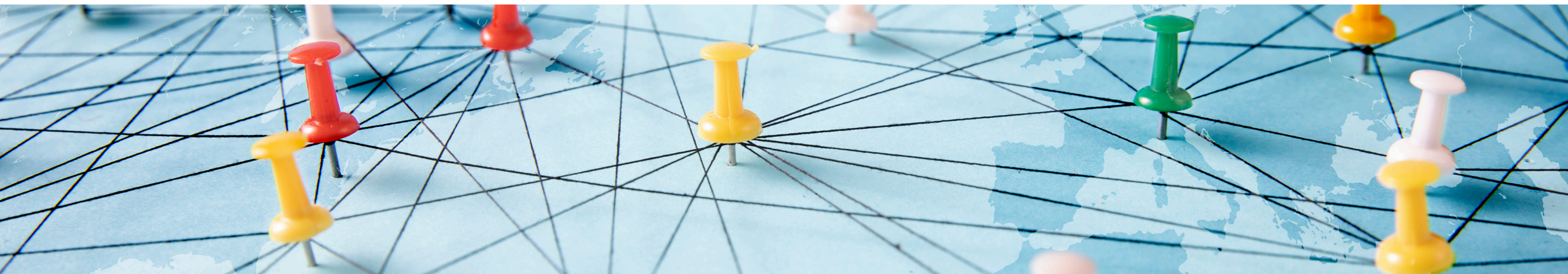
 ACCADEMIA SCHERMA MILANO SSD A RL (Italy)

 ASSOCIATION SPORTIVE BOUILLARGUES ESCRIME (France)

 CLUB ESCOLA HUNGARESA DE ESGRIMA PONTEVEDRA (Spain)

 ASOCIATIA CLUBUL SPORTIV FORZA JUNIOR COSTULENI (Romania)

 PHOENIX SOCIAL YOUTH GROUP (Ukraine)



About the Online Training Course

- Format: Online training course
- Duration: 5 training days (2 hours per day)
- Time: 16:00–18:00 (CET)
- Participants: minimum of 25 sports operators from partner countries (5 per country)

The course combines:

- Theoretical lectures.
- Practical demonstrations (via video).
- Interactive discussions and reflections.





Day 1

Opening the Path to Inclusive Sport Through Fencing

- Introduction to the FEIB project
- Understanding inclusion and its evolution in sport
- Introduction to the VAPEP methodology
- Real examples of inclusive fencing practices

February 12

Day 2

Wheelchair Fencing

- Fundamentals, rules, equipment, and safety
- Adapted techniques and training methodologies
- Practical examples of wheelchair fencing

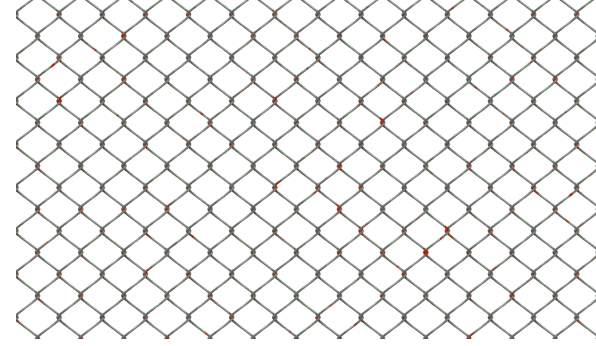
February 19

Day 3

Fencing for People with Cognitive Disabilities

- Understanding cognitive disabilities in sport
- Adapting instructions and exercises
- Applying VAPEP principles in practice

February 26



TIME: 16:00–18:00 (CET)

COURSE STRUCTURE OVERVIEW

Implementation period:
February 12–March 12 2026

Day 4

Fencing for People with Visual Disabilities

- Understanding visual impairment in sport
- Rules, safety, and adapted exercises
- Communication and guidance techniques

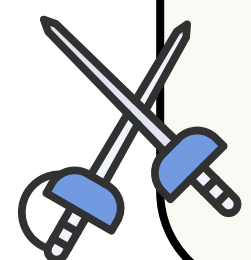
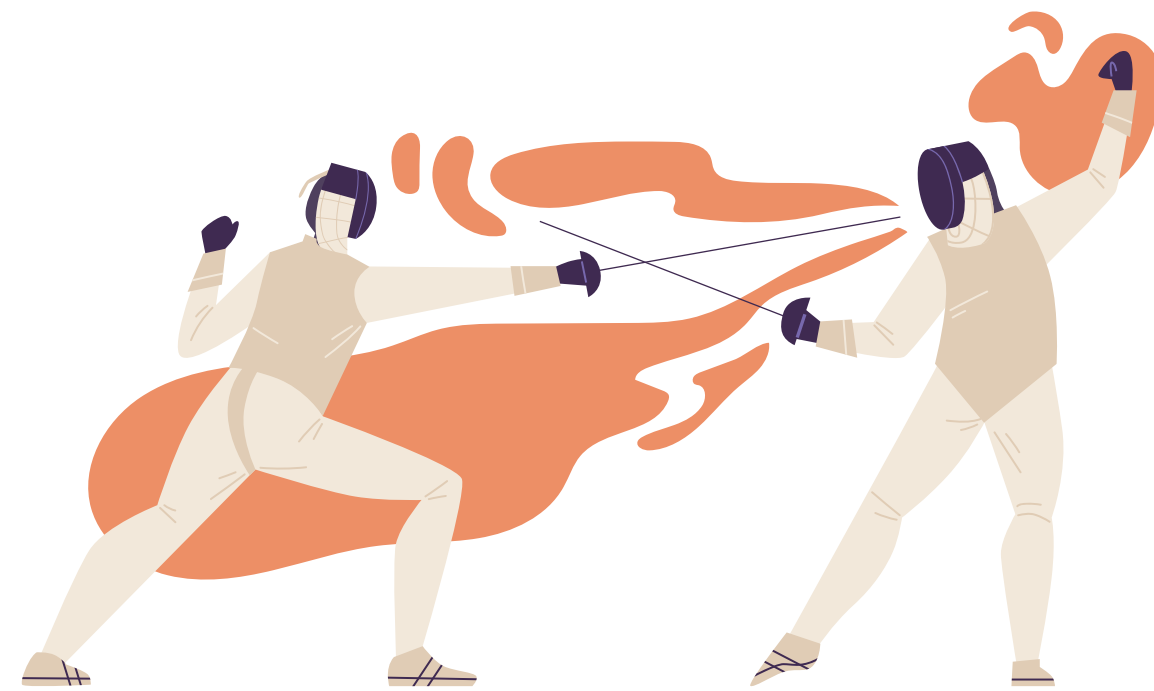
March 5

Day 5

Fencing without barriers: how to bring together athletes with and without disabilities in a shared training environment

- Integrating athletes with and without disabilities
- Inclusive communication and mixed training sessions
- Preparation for local activities and next project steps

March 12



Course Objectives

By the end of the course, participants will:

- Understand the principles of inclusion in sport
- Learn how to apply the VAPEP methodology in fencing
- Gain practical tools to work with athletes:
 - with physical disabilities (wheelchair fencing)
 - with visual impairments
 - with cognitive disabilities
- Learn how to organize integrated training sessions for athletes with and without disabilities.



Local Activities – What Happens Next

After completing the online course:

- Each partner will organize 3 local Open Days (15 in total).
- Participants will test the methodology in practice.
- 100 young people (aged 16–30, with and without disabilities) will be selected.
- An 8-session inclusive fencing course will be delivered locally.

The most active participants may become FEIB Ambassadors and support dissemination activities.

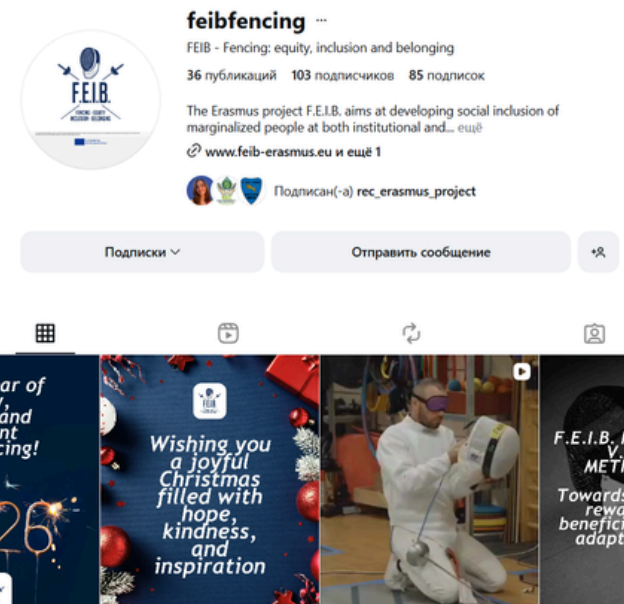


Impact

- 🎯 Improved accessibility and participation in sports.
- 🎯 Sports operators will be better prepared to implement inclusive sports activities in their communities.
- 🎯 Bringing together a network of sports operators from partner countries who, even after completing the course and project, will be able to communicate and disseminate various information about fencing.

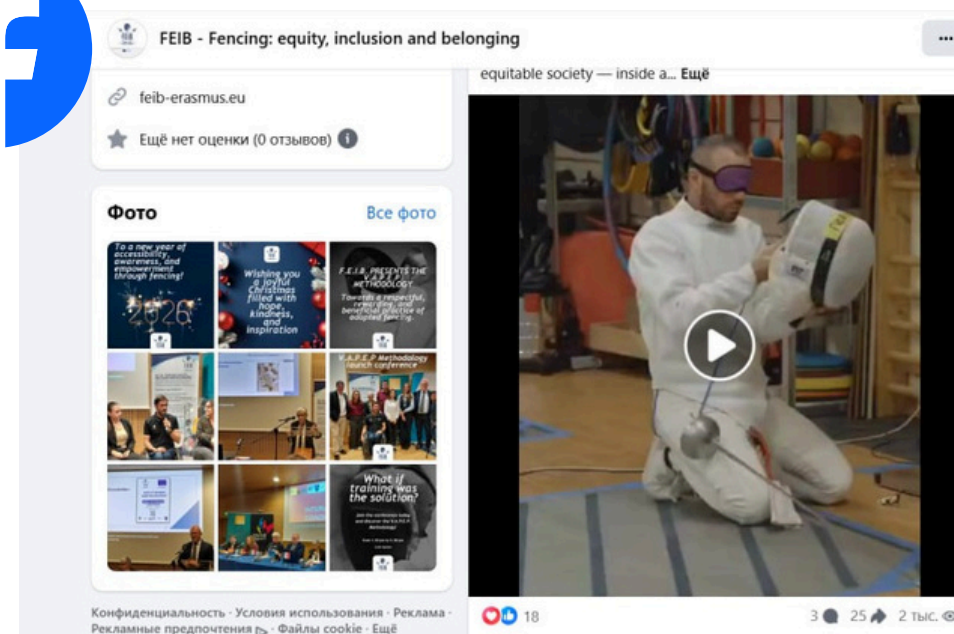


Platforms where you can learn more about the project



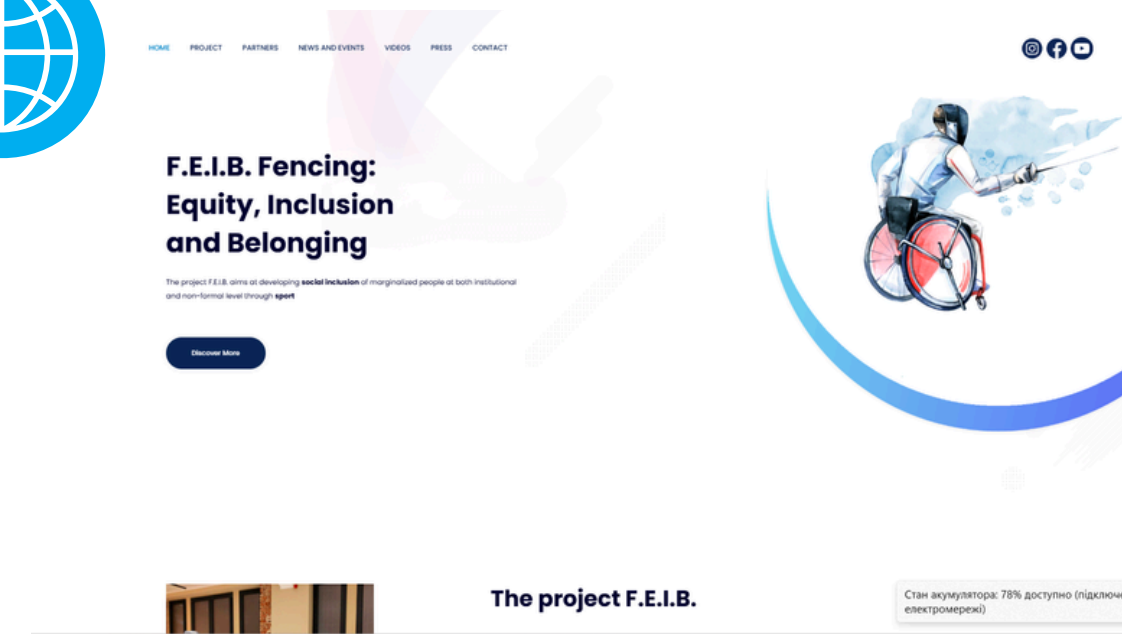
Instagram

feibfencing



Facebook

FEIB - Fencing: equity, inclusion and belonging



Website

<https://www.feib-erasmus.eu/>



Communication Channels

During the course you will be invited to:

- A WhatsApp group for practical information and updates.
- A Facebook group for networking, sharing experiences, and future opportunities.





Thank You

For Your Attention

We look forward to learning and working together!

