

# TCTP 2018

## Third Country Training Programme 2018 on Inclusive Development Through Disability-Inclusive Sports (Summary Report)



1-10 July 2018  
APCD Training Building  
Bangkok, Thailand



# Third Country Training Programme 2018 Inclusive Development Through Disability-Inclusive Sports (Summary Report)

Organized by



**Asia-Pacific Development Center on Disability (APCD)**

In collaboration with



**Japan International Cooperation Agency (JICA)**

**Thailand International Cooperation Agency (TICA)**

**of the Ministry of Foreign Affairs of Thailand**

**Ministry of Social Development and Human Security of Thailand (MSDHS)**

1 - 10 July 2018

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# Table of Contents

What is TCTP?.....	4
Executive Summary.....	5
Key Achievements.....	7
Bangkok Recommendations.....	9
Speeches.....	10
List of Participants.....	18
Insights.....	22
Athletes in Action	
Swimming.....	28
Kin-Ball.....	30
Cycling.....	32
Other Fun Activities.....	34
Appendices.....	36

# What is TCTP 2018?

## Third Country Training Programme (TCTP) 2018

### **COURSE TITLE**

Inclusive Development through Disability-Inclusive Sports

### **GENERAL OBJECTIVE**

Empowerment of potential athletes with autism and their parents/trainers in ASEAN countries from the perspective of 'Disability-Inclusive Sports for Tomorrow' activities in line with Community-Based Inclusive Development (CBID) towards the 2020 Tokyo Olympics and Paralympic Games

### **TRAINING OBJECTIVES**

- 1) To build capacities of potential athletes with autism and their parents as trainers in practicing popular sports within the ASEAN Paralympic movement towards participation in any national/ international competitions of persons with autism. This can be done by developing their capacity through experiences and knowledge creation in a participatory approach with professional athletes with diverse disabilities from ASEAN countries and Japan as role models;
- 2) To brainstorm the outline of Disability-Inclusive Sports (DIS) for Tomorrow activities within the context of ASEAN countries.

### **EXPECTED OUTCOMES**

- 1) Potential athletes with autism and their parents as trainers in the ASEAN countries have improved their capacity for participation in popular sports in the ASEAN Paralympic movement;
- 2) At least two (2) types of DIS for persons with autism from Tokyo Paralympics 2020 were demonstrated to inspire participants from the ASEAN countries; and
- 3) Recommendations of 'Disability Inclusive Sports for Tomorrow' activities for athletes with autism in ASEAN countries were developed.

# Executive Summary

Twenty-seven (27) international training participants from ASEAN countries (Cambodia, Lao PDR, Malaysia, Myanmar, Philippines and Thailand), who were nominated by their respective governments in accordance with the procedure stipulated in the application procedure, successfully completed the Third Country Training Programme (TCTP) 2018 on Inclusive Development through Disability-Inclusive Sports. This year's program was specially designed to build capacities of potential athletes with autism and their parents/trainers as trainers in Swimming, Undoukai (Kin-Ball or Odama Okuri), and Cycling geared towards inclusive participation in any national/international competitions of persons with autism.

The course arrangements were set up by the Asia-Pacific Development Center on Disability (APCD), in collaboration with the Ministry of Foreign Affairs of Thailand through the Thailand International Cooperation Agency (TICA), the Japan International Cooperation Agency (JICA), and the Ministry of Social Development and Human Security of Thailand (MSDHS). The second year of the three-year training package (2017-2019) was conducted at APCD Training Center, Bangkok, Thailand from 1 to 10 July 2018.

The overall training objectives were to develop the capacity of persons with autism and their parents/trainers through experiences and co-knowledge creation in a participatory approach with professional experts/facilitators with/without diverse disabilities from Thailand, Japan, and Canada as role models, and to brainstorm the outline of valued adaption for "Disability-Inclusive Sports (DIS) for Tomorrow" activities within the context of ASEAN countries.

The training components that are highlighted in the course were modified from the knowledge, skills, and attitudes exchanged and assembled from several workshops on valued adaption for "Disability-Inclusive Sports (DIS)" activities from the perspective of disability-inclusive development. The custom-made training was designed from actual practices in various field visits in Bangkok (Thai-Japan Bangkok Youth Center & State Railway Public Park) and real experiences from international autism development focusing on promoting the empowerment of persons with autism in recreation, leisure and sports in line with Article 30 of the UN Convention on the Rights of Persons with Disabilities.

The training participants were facilitated by international and national resource persons. Assistant resource person Mr. Timothy Paul Nozomu Ninomiya (self-advocate with autism from Canada) shared a comprehensive overview of his experience in terms of developing and applying certain strategies to promote inclusive participation of persons with autism in sports and other activities. Mr. Wisutthiphong

Phanthong and his assistants, Mr. Wuttichai Rittireongsak and Mr. Suwan Chaisiriphan (national trainers/experts on swimming for athletes with diverse disabilities in the middle/high level swimming competition), from Sports Authority of Thailand shared their expertise on technical swimming skills. Assoc. Prof. Dr. Yukinori Sawae and his assistants, Ms. Kei Hiraga and Ms. Ayano Sugiyama (trainer/expert on Undoukai and Kin-Ball or Odama Okuri), effectively advocated and promoted social participation in adapted sports and health improvement aspects through inclusive sports training. They also equipped and empowered participants with needed skills to play Kin-Ball, a new sports introduced to ASEAN countries via the training. Mr. Kittisak Chanhom and his assistant, Ms. Atjima Meepring (cycling trainers from Thailand), motivated and taught the athletes with autism to enhance technical skills in cycling. Also, APCD Community Development Department's resource persons shared their expertise to make this training the most powerful catalyst for training participants to become an "Agent of Change" through "Disability-Inclusive Sports for Tomorrow" activities from the perspective of disability inclusive development and via platforms like the 2020 Olympics and Paralympic Games. One of the most significant outcomes of TCTP 2018 is the Bangkok Recommendations that participants with autism and their parents/trainers themselves drafted to encourage their respective governments to pursue "Disability Inclusive Sports (DIS) for Tomorrow" activities within the local context in each country. APCD is striving to provide the most instrumental training in the inclusive sports field and will continue to be a pioneer in this important effort.

# Key Achievements

1. The training enabled participants to identify their individual and collective barriers, and helped them develop skills in sports adaption, as reflected the number of external factors that impact their participation in sports. Identification of main barriers that result in exclusion and lack of knowledge in sports adaption for persons with disabilities were highlighted.
2. TCTP 2018 provided a platform for the potential athletes with autism and their parents/teachers as trainers and other supporters from ASEAN countries and Japan in terms of delivering and exchanging knowledge, and gave them new experiences on various autism-friendly, disability-inclusive sports activities.
3. Actual field practice provided participants an opportunity to challenge commonly held misconceptions about persons with autism when it came to demonstrating their capacities. It also provided a venue where international participants could interact and socialize with each other.
4. Participants were able to demonstrate their skills and talents in the workshop and in actual practice where they got to compete in disability-inclusive sports activities like swimming where they won gold, silver, and bronze medals.
5. Undoukai (Kin-Ball), a team sport created in Quebec, Canada in 1986 by Mario Demers, was introduced as a promising sports for persons with autism. The inclusive sport effectively promotes social participation and healthy teamwork, among others, which greatly benefit persons with autism.
6. The training consistently followed the goals of promoting the skills and talents of persons with autism in ASEAN countries through various sports events in line with Article 30 of the UN Convention on the Rights of Persons with Disabilities (CRPD). A new disability-inclusive sports, Undoukai (Kin-Ball), will be presented in the 4th ASEAN Autism Congress' 'ASEAN Autism Games' in Indonesia in October 2018. Medals and rewards will be awarded in this friendly competition following the "Sports for All" theme.
7. Country reports on the autism movement of each country and action plans for implementation at the community level were developed and presented.

8. The Bangkok Recommendations on Inclusive Development through Disability-Inclusive Sports from ASEAN countries were developed by the participants themselves and shared among stakeholders at the closing ceremony of TCTP 2018. The Bangkok Recommendations will be endorsed as a unified voice of participants and resource persons to their respective governments to push for more Disability-Inclusive Sports for Tomorrow activities.

9. Collaboration and networking among athletes with autism, their parents/trainers, other supporters and resource persons from ASEAN countries, Canada, and Japan were strengthened.

10. The skills and talents of potential athletes with autism were improved positively through practicing popular sports within the 'Disability-Inclusive Sports for Persons with Autism and/or Special Needs' activities (i.e. swimming, Kin-Ball/Undoukai, cycling, and exchange of facilitation techniques) in several workshops and actual practices.

11. More than 10 participatory activities on leisure, recreation and sports for persons with autism from Thailand and Japan (as a reflection of the 2020 Tokyo Olympics/Paralympic Games) were demonstrated to inspire participants from ASEAN countries.

12. The general public (as well as audience from international countries) in Thailand recognized and cheered the athletic performances of persons with autism in various sports categories during actual practices in field trips.



# Bangkok Recommendations on Inclusive Development through Disability-Inclusive Sports from ASEAN countries

We, the potential athletes with autism, trainers, parents and supporters from Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, and Thailand (26 persons in total), under the guidance of our resource persons from Thailand and Japan, participated in the Third Country Training Programme on Inclusive Development through Disability-Inclusive Sports by the Asia-Pacific Development Center on Disability (APCD), the Japan International Cooperation Agency (JICA) and the Thailand International Cooperation Agency (TICA), with support from the Ministry of Social Development and Human Security of Thailand, from 1 to 10 July 2018 in Bangkok, Thailand.

Noting that as a result of this training, a platform has been developed to empower and promote the inclusion of persons with autism in sporting competitions in line with the UN Convention on the Rights of Persons with Disabilities and Inclusive Development through Disability-Inclusive Sports, we hereby would like to propose the following recommendations:

1. With support from the ASEAN Autism Network (AAN ) member organizations, the consensus and outcomes of the training including the introduction of Kin-Ball as a promising sports for persons with autism, should be reflected in the AAN Congress as a follow-up to the Disability-Inclusive Sports for Tomorrow 2019.
2. For the relevant Government entity in each of the ASEAN country to encourage local, national and regional sports bodies to recognize potential athletes/persons with autism and their trainer/parents/supporters by giving them opportunities to develop their capacities through inclusive sports trainings and participation in local, national and regional sports competitions such as the 2019 ASEAN Para Games in the Philippines and the 2020 Paralympics in Tokyo.
3. For JICA and APCD to extend their training expertise to the participating countries through a unilateral agreement with the autism organizations of each ASEAN country and empower past participants, trainers/parents and supporters, to replicate said knowledge and technique in a unified manner, in order for the learning to be transferred to more persons with autism and their trainers/parents and supporters in their respective countries.
4. With the support of the ASEAN countries' respective relevant government entity to incorporate an 'Adaptive and Disability-Inclusive Sports' scheme into the Physical Education of their school curriculum, similar to what schools in Japan are implementing.
5. A representative from their respective Ministries should participate in this training program in order to expedite and carry out the action plan effectively as discussed in the program amongst participating ASEAN countries.
6. With the support of APCD, to bring the final obstacle races which we produced during this training to the Autism-Friendly Games 2018 in Jakarta, Indonesia.

Presented and unanimously adopted  
at the Third Country Training Programme:  
Inclusive Development through Disability-Inclusive Sports  
9 July 2018

## Speeches

### **Mr. Piroon Laismit**

Executive Director

Asia-Pacific Development Center on Disability



On behalf of the Asia-Pacific Development Center on Disability (APCD), I have the honor to welcome our distinguished guests from JICA, TICA, DEP, resource persons from Japan, Canada, and Thailand, media representatives and all the potential athletes with autism, their trainers/parents from Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, and Thailand in the Third Country Training Programme 2018 on 'Inclusive Development through Disability-Inclusive Sports'.

I realize that the success of the program depends on the many partners and stakeholders who have worked hard with us in collaboration, planning, and organizing the technical program and supporting social and economic arrangements. In particular, I would like to thank the Ministry of Foreign Affairs of Thailand through the Thailand International Cooperation Agency (TICA), the Japan International Cooperation Agency (JICA), and the Ministry of Social Development and Human Security of Thailand for their support and guidance.

Since 2013, the new regional policy framework 'Incheon Strategy to Make the Right Real' has been a basis of disability-inclusive development in the region. One key element that has been assigned to APCD is to promote community-based inclusive development (CBID) and empowerment of emerging groups, and since then APCD has been working to develop the training courses for young leaders with disabilities.

For TCTP 2018, we have an exciting training program with three sports activities and a strong commitment to empowering persons with autism, their trainers/parents, to boost Disability-Inclusive Sports and promoting a barrier-free society in ASEAN countries. This program will allow participants to reflect upon and celebrate their past accomplishments, extend networks and jointly explore current and future perspective of potential athletes with autism and their trainers/parents as sports trainers within the ASEAN Paralympic movement and have them participate in any national and international competitions of persons with autism, including the Tokyo Paralympics in 2020. In addition, this program will reflect implementation activities in line with UN CRPD Article 30 - participation in cultural life, recreation, leisure, and sports.

I believe that this training will help provide a comprehensive overview of development and implementation of strategies adoption of inclusive sports in other countries and help to break down the negative stereotypes of persons with disabilities and foster their integration into sports legacy.

Once again, I am very happy in welcoming all the participants in this event and very grateful to see many aspiring faces. What I know is that you all are going to have a very fruitful training in the next 10 days. Well, prepare yourself to be challenged, excited and inspired.

Thank you!

**Mr. Masato Koinuma**  
Senior Representative  
JICA Thailand Office



Miss Vijita Rachatanantikul, Expert on Empowerment of Persons with Disabilities, Department of Empowerment of Persons with Disabilities;

Mr. Wattanawit Gajaseni, Director of Partnership Bureau, Thailand International Cooperation Agency (TICA);

Mr. Piroon Laismit, Executive Director, Asia-Pacific Development Center on Disability (APCD);

Distinguished guests, dear participants, ladies and gentlemen,

It is a great pleasure for me to be at the Opening Ceremony of the TCTP Program on Inclusive Development through Disability-Inclusive Sports 2018.

First of all, I would like to express my deepest appreciation to all organizations and persons concerned for preparing and organizing this course. Especially the APCD Foundation, who has made a great effort in organizing this training course, your efforts must be fully recognized by all participants.

On behalf of JICA, I would like to welcome all the participants from Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, and Thailand onto the training course.

For 2018, this is the second year of this training program, and the focus is still on Autism, which is now occurring more frequently than expected among individuals who have certain medical conditions. As we already know, autism is a lifelong spectrum condition where difficulties in social interaction, communication and imagination are apparent. It is difficult for any child or people with autism to be introduced to a new sport. A child's autism diagnosis affects every member of the family in different ways.

Parents must now place their primary focus on helping their child. Someone will have trouble learning and functioning in everyday life but having a disability doesn't mean a person can't learn. They often have a great capacity to learn and become quite capable persons or even independent persons. In some societies, sports offer a strong potential to empower persons with disabilities toward a better quality of life.

I would like to take this opportunity to thank TICA for their willing cooperation in co-hosting this course with JICA. I also thank APCD, its staff and all resource persons for their assistance in organizing and conducting this training. And I thank the participants who have come to help and learn from this course.

I'm confident that we will build a network together in order to strengthen the capacity of regional cooperation, and to promote participation in recreation, leisure and sports as one of the specific objectives of this course.

Distinguished Participants, Ladies and Gentlemen,

Dear participants from Cambodia, Laos, Malaysia, Myanmar, Philippines, and Thailand, please be proud to take part in this outstanding course, with instructions and support provided by Japanese and Thai lecturers of Swimming, Biking, and Undokai/Kin-Ball. I hope that this course will provide all of you with advanced knowledge and skills, and also that it will help you be more knowledgeable and effective leaders in this field. And I strongly hope that the participants will conduct more and more activities in each of their countries and promote the knowledge and skills to more and more people in this region.

I trust that during this week, you, all participants, will enjoy a fruitful sharing of experiences and knowledge.

Thank you very much and *Khob Khun Krub*.

## **Mr. Wattanawit Gajaseni**

Director of Partnership for Development Bureau  
Thailand International Cooperation Agency (TICA)



Ambassador Piroon Laismit, Executive Director, APCD;  
Mr. Masato Koinuma, Senior Representative of JICA Thailand Office;  
Ms. Vijita Rachatanantikul, Expert on Empowerment of Persons  
with Disabilities, Department of Empowerment of Persons with Disabilities;  
Mr. Akiie Ninomiya, Former APCD Executive Director;  
Distinguished Guests and Participants;  
Ladies and Gentlemen,

It is a great pleasure for me to be at the opening ceremony of the Third Country Training Programme on Inclusive Development through Disability-Inclusive Sports conducted by the Asia-Pacific Development Center on Disability (or APCD). On behalf of Thailand International Cooperation Agency (or TICA), Ministry of Foreign Affairs, I would like to welcome all participants from Cambodia, Lao PDR, Myanmar, Malaysia, the Philippines and Thailand to the training course.

Dear Participants,

I would like to emphasize that this training programme aims for our common and regional goal in the ASEAN Community 2015, which is that disabilities should also be inclusive throughout a process of any country's development. Particularly, this course pays much attention on the potential athletes with autism, parent and personal assistant, so we hope that they would become a "change agent" and bring the inspiration of 2020 Olympic and Paralympic Games in Tokyo to empower the disabilities by using what they will learn from APCD, using the concept of the Community-based Inclusive Development. I also believe that the networking that will be created between the United Potential of athletes with autism network in the Mekong Sub-Region and APCD will be a crucial helping hand to them regardless of gender.

Dear Participants,

If I may trace back to the historical background under bilateral cooperation between Thailand and Japan, we are so fortunate that the Government of Japan has provided the Grant Aid and Technical Cooperation for the establishment of the APCD as a training center in Thailand. This has not only benefited the disabled persons in the Thai community but also in the region as a whole.

Once again, through the triangular cooperation, Thailand and Japan have committed to extend their relevant expertise to other countries in Southeast Asia and gathering our knowledge and appropriate skills among the developing countries in the region. As such, I am quite certain that our global and regional commitment, as well as the Community-based Inclusive Development towards 2020 Tokyo Olympics and Paralympic Games, would not be far to accomplish.

I would like to reiterate that the ASEAN Charter has specified clearly on providing people with equitable access to opportunities for human development, social welfare and justice, and this includes disability. In this sense, we should not leave anyone behind and providing them equal opportunity in the human resource development is an endless process.

Dear Participants,

I would like to take this opportunity to thank the Government of Japan and JICA for their partnership in co-hosting this course with TICA. I also wish to express our deep appreciation to the Ministry of Social Development and Human Security of Thailand and the concerned agencies for their support, and particularly APCD, their professional staff and all the resource persons for their hardwork and tireless effort in preparing and conducting this course.

Last but not least, I hope all the participants will earn maximum knowledge from this course, and have a fruitful discussion with experiences sharing among themselves and the key lecturers, I also wish that you will enjoy the training and have a pleasant stay in Thailand throughout the entire course.

Thank you very much.

## **Miss Vijita Rachatanantikul**

**Expert on Empowerment of Persons with Disabilities  
Department of Empowerment of Persons  
with Disabilities**



Mr. Piroon Laismit, Executive Director of Asia-Pacific Development Center on Disability (APCD);

Mr. Masato Koinuma, Senior Representative, Japan International Cooperation Agency (JICA) Thailand Office;

Mr. Wattanawit Gajasen, Senior Representative,  
Thailand International Cooperation Agency (TICA);

Distinguished Guests, Ladies and Gentlemen,

It is my great pleasure to have the honor of delivering the opening remarks at this Third Country Training Programme 2018 on Inclusive Development through Disability-Inclusive Sports training program. On behalf of the Department of Empowerment of Persons with Disabilities, Ministry of Social Development and Human Security, I would like to welcome you all to Thailand.

First of all, I would like to take this occasion to convey my sincere appreciation to the Foundation of Asia-Pacific Development Center on Disability (APCD Foundation) for conducting this fantastic training program, held as a platform for young athletes with autism and their parents from ASEAN countries as Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, Vietnam and Thailand with the aim of building capacities of potential athletes with autism and their parents as trainers in practicing popular sports within the ASEAN Paralympic movement towards participation in any national/international competitions of persons with autism. This can be done by developing their capacity through experiences and knowledge creation in a participatory approach with professional athletes with diverse disabilities from ASEAN countries and Japan as role models, as well as to brainstorm the outline of Disabilities Inclusive Sports (DIS) for Tomorrow activities within the context of ASEAN countries.

The Department of Empowerment of Persons with Disabilities is Thailand's focal point on disability issues with the main responsibilities to coordinate policies and plans on the empowerment of persons with disabilities at both domestic and international levels. We fully support initiatives of the APCD Foundation to promote and strengthen regional collaborations within this vast and dynamic region and

perhaps the best way to start a healthy collaboration is through international workshops similar to this. I would like to take this opportunity to congratulate APCD Foundation for this great success and all of the staff involved for their tireless efforts in designing and conducting the series of valuable workshops.

Ladies and gentlemen,

Regarding the rights of participation in cultural life, recreation, leisure and sports, it is even more important in the life of persons with disabilities. The inclusive sports for persons with disabilities play key roles of both mental and physical rehabilitation to engage them to independently join activities with other people in society. As of today, an increasing number of persons with disabilities greatly perform their athletic skills as well as in competitive and recreational sports. Therefore, we all stakeholders shall ensure the full participation of persons with disabilities on inclusive sports as active athletes with no one left behind.

Ladies and gentlemen,

Apart from attending the workshop, I do hope that, if possible, you will spare some time to explore and enjoy facilities, cuisines, hospitality and cultural heritage in Bangkok and the surrounding areas whilst your stay. I would like to thank all participants for your active contributions to the workshop. I am certain that Thai people will spare no effort in making your visit memorable, joyful and that you would learn much from each other's experiences, creativity, and leadership. Finally, I wish all of you a productive training and a successful collaboration. Thank you.







## List of Participants

Country	Name	Organization
Cambodia 	Ms. Phally Ampor Pich	National Special Olympic Committee of Cambodia
	Ms. Sem Sophal	
	Ms. Chea Dina	Hands of Hope Community (HHC)
	Ms. Koch Chhunnai	
	Mr. Huot Puthy	
	Mr Hem Vichekanon	Disability Action Council (DAC)
LaoPDR 	Mr. Abhay Sengsavag	Vientiane Autism Center
	Mr. Thavisouk Douaugdala	
	Ms. Somvang Inthalath	
	Ms. Vilayvanh Kommasith	
Malaysia 	Mr. Cavin Hsu Jian Ong	National Autism Society of Malaysia
	Ms. How Suh Yiun	
	Ms. Lee Saw Lin	
	Ms. Chin Yan Lai	
	Mr. Hoong Chee Chong ( Eric)	Care2 Run Project
	Mr. Max Zee Kit Liew	
	Mr. Cason Tzse Chun Ong	Self-sponsored participant
Myanmar 	Mr. Khun Rai Bwe Kham	Myanmar Autism Association
	Ms. Kyu Kyu Soe	
	Ms. Mar Lar Nwe	
	Ms. Thaw Dar Win	

Philippines 	Mr. Marcus Antonio Joven Palomares	Autism Society Philippines
	Mr. Jason Billie Ocampo Cando	
	Mrs. Josephine Joven Palomares	
	Mrs. Lizabeth Ampaña Ocampo	
Thailand 	Mr. Warapol Thulyasuk	Autistic Thai Association, Khonkean
	Mr. Watchara Meunthaisong	

## External Resource Persons

Country	Name	Position/ Organization
Canada 	Mr. Timothy Paul Nozomu Ninomiya	Self-advocate with autism, Ontario, Canada
Japan 	Associate Professor Yukinori Sawae	Associate Professor, Department of Physical Education, University of Tsukuba
	Ms. Kei Hiraga	Graduate Student, University of Tsukuba
	Ms. Ayano Sugiyama	Assistant Professor, University of Tsukuba

<p>Thailand</p> 	Mr. Wisutipong Pantong	Trainer/ Expert of athletes with diverse disabilities on Swimming
	Mr. Suwan Chaisiriphan	Assistants to Mr. Wisutipong
	Mr. Wuttichai Rittreangsak	
	Mr. Gawin Chutima	Committee Member and Treasurer of Thailand Walking and Cycling Institute
	Ms. Atjima Meepring	Project Manager, Thailand Walking and Cycling Institute
	Ms. Chayapa Karnjanarat	Coordinator, Thailand Walking and Cycling Institute
	Ms. Wantanee Booncharoen	Supporter, Thailand Walking and Cycling Institute
	Mr. Kittisak Chanhom	Volunteer, Thailand Walking and Cycling Institute
	Ms. Rungrawee Sridokmai	Inclusive Sports Facilitators
	Mr. Phongnet Koetphon	
	Ms. Nachanok Chanmonjai	Inclusive Sports Facilitators ( Assistants)
	Ms. Chatchalai Mongkophan	

## Interpreters

Country	Name	Organization
Cambodia 	Ms. Sreylis Pin	English – Khmer Interpreter
Lao PDR 	Ms. Supisra Arayaphong	English – Laotian Interpreter
Myanmar 	Mr. Ye Min Thu	English – Burmese Interpreter
Thailand 	Ms. Rungrawee Sridokmai	English – Thai Interpreter



# Insights

## Common Goals Amid a Vibrant Diversity



The recently-concluded Third Country Training Programme (TCTP) 2018 on Inclusive Development on Disability-Inclusive Sports once again proved that sports, recreation, and leisure activities are greatly beneficial for persons with autism, and their families and supporters in general. We asked some parents and teachers about their thoughts on the activities and here are their valuable insights:

### CAMBODIA

**Mr. Hem Vichekanon**, Disability Action Council



This is a very important program for children with autism. It has given our children good memories. They will go back to Cambodia and tell their friends what they did. We like the fact that we could share many information and experiences among participating countries. As we are from different countries, we all have different situations and solutions for autism. Everyone has so many ideas. In Malaysia, they have a swimming club for autism, which we don't have in Cambodia. We only have football, running, marathon. After what we experienced here, we also could implement swimming or cycling in Cambodia if we can.



Kin-Ball is a new game for us and our kids liked it the most. Children with autism love to play and mostly they love to play outside. This is a new sports and a fun one, too. I don't think we can find a mentor for Kin-Ball but we have to think about it.

### LAO PDR

**Ms. Vilayvanh Kommasith**, Vientiane Autism Center



We work for the Vientiane Autism Center, which was established in 2009 in Vientiane. The two main activities that our participants loved are Kin-Ball and Cycling. Cycling helps persons with autism with physical development and balancing. In the future, they can be trained to be more professional and can at least join competitions. Kin-Ball will help them on social skills and to help them have the experience of a competitive atmosphere, how to play with friends, how to work together, how to be a part of the team, and to practice them.



We will share all this knowledge we gained from this program with my colleagues, trainers, teachers, and parents so we can have more activities involving children with autism. We will come up with training programs for children with autism so they will develop more skills and become more professional athletes perhaps in ASEAN competitive games.



**MALAYSIA**

**Mr. Cason Tzse Chun Ong**, National Autism Society of Malaysia

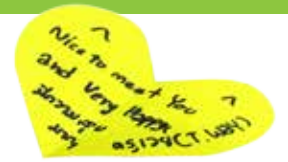
My son, 19-year-old Cavin Hsu Jian Ong, and I had a fantastic time doing the various activities with other participants. The past 10 days was awesome because we shared with and learned a lot from each country. I am happy to note that all the sports we did were inclusive, which suited persons with autism very well.



My son was most active in swimming because he is a swimmer. But he also learned and enjoyed bicycle training. He doesn't know how to ride a bicycle but he nonetheless enjoyed the ride as we used a tandem bike. Kin-Ball is fantastic! To play it, you need coordination and teamwork, but it's also fun and very safe, all of which are very ideal for persons with autism.

I have had a very positive experience in this training and I am looking at starting with our own community back home and our NGO, the National Autism Society of Malaysia, can start with what we've learned from here, especially Kin-Ball. Hopefully, our government takes notice of this new sports, implement it and make it more inclusive into the mainstream.





## MYANMAR

**Ms. Thaw Dar Win**, Morning Stars ID Group



I am a teacher-trainer of Myanmar Autism Association and I am very thankful for the invitation to join TCTP 2018. I learned so much especially from the programs, trainings and games. I intend to share all of this once I get back to my country. I've always believed that sports plays a very important role in improving persons with autism. I would like to thank the coach who trained us especially in Kin-Ball. I would recommend cycling because it is very convenient to all and it promotes a cleaner environment without pollution.

I would like to thank APCD and all its staff, as well as my colleagues from different countries. I have learned so much from everyone. I would like to train more persons with autism to improve their athletic skills, and perhaps they can join Paralympic and Southeast Asian Games.



## PHILIPPINES

**Mrs. Lizbeth Ampaña Ocampo**, Autism Society Philippines



I am a parent-coach-trainer for this program this year and I am happy to say that the whole Philippines team not only enjoyed all the activities but it was also a learning experience for everyone. Being with other international participants is a rewarding experience. We learned a lot, exchanged ideas, and knowing that APCD is there to help us is always good. This is a valuable life experience for all of us.

As far as what we learned from other countries, I look at the ASEAN as a spectrum, which is very much like autism. Some are already implementing disability-inclusive sports programs, but others like the Philippines are on the other side of the spectrum. There is a long way to go to be able to reach the goal. At the same time, we are teaching each other about diversity, inclusion and adaptation. As long as we help each other, we will always be on the right track.

Looking forward, we have bigger goals with down-to-earth, feasible and practical action plans. We will definitely make our first formal report to the Autism Society Philippines and that will be cascaded down to the National Council on Disability Affairs and the Department of Social Welfare and Development. We will recommend that we should implement or adapt a sports training program. We are already thinking of having a fun run purely for persons with autism this time, which has never been done before. We do have our annual Angels Walk but we want to put it one step higher - a fun run that all our persons with autism can learn and enjoy.





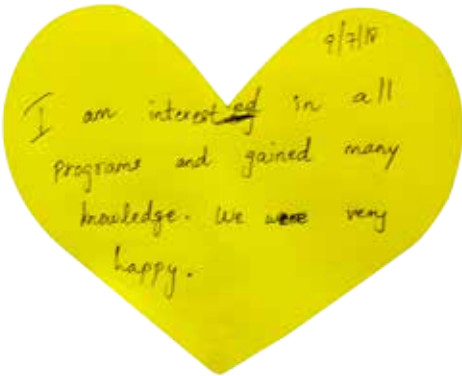
## THAILAND

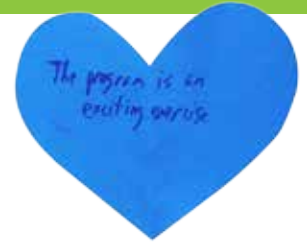
**Mr. Watchara Meunthaisong**, Autistic Thai Association - Khon Kaen



I am a capacity development officer for persons with autism and works for the Autistic Thai Association - Khon Kaen. Like the others, I have learned a lot from this experience, especially the concepts and techniques on how to do the process. The Philippines especially and Malaysia because they can train their kids to be professional athletes in swimming. I have exchanged contact details with them and might collaborate with them later.

As far as next steps are concerned, our center already has some programs and I will apply what I've learned here. For example, we can add swimming and cycling to the existing curriculum or program. The main purpose of our center right now is doing sports for therapy. I will work with my colleagues so we can step up the programs and focus more on skills development for athletes.





## Rising Up Against the Challenges



Resource speaker Timothy Paul Ninomiya shares his experience growing up in Canada as a person with autism. Taking the participants through his younger years of self-discovery, his struggles, his triumphs, and his independence, Timothy blazes a trail for other persons with autism wanting to establish their rights and identity as an individual like any other. Here are his thoughts on a variety of issues:

### **On lessons learned as a person with autism:**

I have learned that for jobs, I could work individually and with other people. I do great in both things. I have works not related to my field (Chemical Engineering and Environmental Engineering) and but I am able to do it well.

### **On what makes him go on:**

I am a problem solver person. I always try to do better. If I am faced with a challenge, I will work on it and go on to the next one. I need to have drive and motivation to do that.

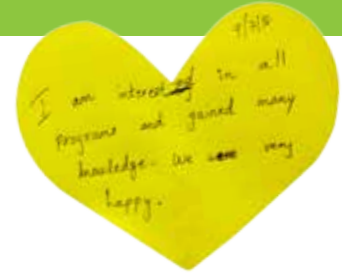
### **On the importance of family support:**

Family support is significant but I like to try things myself first before asking for help. I tried both but for me it's individual first and then other people.

### **On the skills and talents you can share with the community:**

I could do short speeches, not long ones but I've been joining groups. What I've asked friends to do is to find someone to help me form a group. I haven't done that before in my life. That is my new challenge. Instead of joining a group, just make one. I am a facilitator and I see I can fit into this well. I need to make some friends who are willing to help. I'm not sure what the numbers will be like. I could start with 5 or 6, or it can be 10 to 15 people, like a small group or community.





**On how it feels to be independent:**

I had to deal with a lot of pressure. I try to do both - to be independent as an individual and with other people. Some people would just do one way, like work with other people only. I want people to see both sides and I want to challenge myself to do both. It's hard to do with autism because we tend to do things ourselves. But it will be good to work with people and make an effort to do it. You will see a lot of skills that come out from that.

The greatest thing about being independent is you are accountable for your own actions and the way you think. I'm a problem solver. I do it in a trial and error way. If I'm wrong, then I'm wrong. I won't blame someone else. I learn to work with other people. There are jobs I can do for myself but for other things that require teamwork, you need to work with other people.

**On his future goals:**

I'd better stick to shorter speeches. I could do about 8-10 minutes plus a workshop. I was great in the workshop but I have trouble speaking to a lot of people.

**On his inspirations:**

I admire Albert Einstein and Mahatma Gandhi, or anything to do with Indian philosophy. Some famous people have persons with autism but you never know about it. There are so many who are not in the spotlight but they do things for themselves.

**On his message for TCTP 2018 participants:**

Exercise is good. Just get involved. Get your needs first before you want anything. If you need this, then do it first, solve it first. There's nothing wrong with wanting something but that should be the last thing on your mind. Everything is not based on want. Things are based on needs and problem-solving first. Do it yourself first and if it works, then you can tell other people and even help them, but it should start with you first.





# Athletes in Action

## SWIMMING









# KIN-BALL









# CYCLING









## OTHER FUN ACTIVITIES







# Appendices

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- 
- Training Schedule
  - Session Objectives
  - Summary of the Friendly Evaluation from the Participants
  - Handout of Adapted Sports
  - Handout of Cycling Training Programme
  - Tim's Life Journey - A Presentation

# TRAINING SCHEDULE

Program on TCTP on Inclusive Development through Disability-Inclusive Sports						
Week 1	8.45 - 9.00	9.00 – 10.30	10.45 - 12.00	13.30 – 15.00	15.15 - 17.00	18.00 - 19.30
<b>Day 1 Sunday (1<sup>st</sup> July)</b>	Arrival of participants and check in to APCD training building					
<b>APCD Staff</b>						
<b>Day 2 Monday (2<sup>nd</sup> July)</b>	<b>Session 1:</b> Opening Ceremony (9:00 – 10:00)	<b>Session 2:</b> Ice Breaking Activity (team building and Inclusiveness) (9:30 – 10:30)	<b>Session 3 &amp; 4:</b> Conti....Team Building Activities	<b>Session 5:</b> Good Practice on Autism Development in Canada	<b>Session 6:</b> Best Practice Review: Autism Spectrum Rating Scales on Inclusive Sports	Welcome dinner
	<b>Supaanong</b>	<b>Thai Facilitator</b>	<b>Thai Facilitator</b>	<b>ASEAN &amp; Canada</b>	<b>Ms. Supaanong</b>	<b>2<sup>nd</sup> Floor Canteen</b>
<b>Day 3 Tuesday (3<sup>rd</sup> July)</b>	<b>Session 7 &amp; 8:</b> Disability-Inclusive Sports (DIS) Practice & Facilitation for Changes I (Swimming)	<b>Session 9:</b> Disability-Inclusive Sports (DIS) Practice & Facilitation for Changes I (Swimming)	<b>Session 10:</b> Social Participation and vocational life through DIS (Swimming Field)	<b>Session 11:</b> Disability Inclusive Sports (DIS) Actual Practice & Facilitation for Changes II (Swimming Field)	<b>Thai Resource persons</b>	Free Time
	<b>Thai Resource persons</b>	<b>Thai Resource persons</b>	<b>Thai RPs</b>	<b>Thai Resource persons</b>	<b>Thai Resource persons</b>	
<b>Day 4 Wednesday (4<sup>th</sup> July)</b>	<b>Session 12:</b> CBID Case Study: Leisure, Recreation and Sports by athletes with autism from ASEAN Countries (Swimming Field)	<b>Session 13:</b> CBID Case Study: Leisure, Recreation, and Sports by athletes with autism from ASEAN Countries (Swimming Field)	<b>Session 14:</b> DIS Actual Practice & Facilitation for Changes III (Biking)	<b>Session 15:</b> DIS Actual Practice & Facilitation for Changes IV (Biking.)	<b>Thai Resource persons</b>	Free Time
	<b>Thai Resource persons</b>	<b>Thai Resource persons</b>	<b>Thai RPs</b>	<b>Thai Resource persons</b>	<b>Thai Resource persons</b>	
<b>Day 5 Thursday (5<sup>th</sup> July)</b>	Recap of the previous day	<b>Session 16:</b> Disability-Inclusive Sports (DIS) Practice & Facilitation for Changes V (Undoukai, Kin-ball)	<b>Session 17 (Cont.):</b> Disability-Inclusive Sports (DIS) Practice & Facilitation for Changes V (Kin-ball)	<b>Session 18:</b> DIS Actual Practice & Facilitation for Changes VI ( Undoukai,Kin-ball)	<b>Session 19:</b> DIS Actual Practices & Facilitation for Changes VI (Undoukai, Kin-ball) (Cont.)	<b>Dr. Sawae and Assistants</b>
	<b>Dr. Sawae and Assistants</b>	<b>Dr. Sawae and Assistants</b>	<b>Dr. Sawae and Assistants</b>	<b>Dr. Sawae and Assistants</b>	<b>Dr. Sawae and Assistants</b>	

Week 2	8.30 - 9.00	9.00 – 10.30	10.45 - 12.30	13.30 – 15.00	15.15 - 17.00
<b>Day 6 Friday (6th July)</b>	<b>Session 20 &amp; 21:</b> Field Visit: Capacity Building of potential Athletes with Autism on Leisure, Recreation and Sports Towards their social participation and sustainability of vocational life (Good Practice I) ( Undoukai Experience in Thailand)				
	<b>Dr. Sawae and assistants</b>				
<b>Day 7 (Saturday) (7th July)</b>	<b>Session 22 &amp; 23:</b> Field Visit: Capacity Building of potential Athletes with Autism on Leisure, Recreation and Sports Towards Their Social Participation and Sustainability of Vocational Life (Good Practice II) ( Cycling)				
	<b>Thai Resource persons</b>				
<b>Day 8 (Sunday) (8th July)</b>	Self-Learning				
<b>Day 9 (Monday) (9th July)</b>	Recap of the previous day	<b>Session 24:</b> Country Report Presentation ( 10 min per Country)	Coffee Break (10.30 – 10.45)	<b>Session 25 :</b> Action Plan Presentation ( 10 min per Country)	Farewell Lunch (12:30 – 13:30)
		All Participants		All Participants	
				<b>Session 26:</b> Group Reflection and Evaluation	<b>Session 27:</b> Closing Ceremony
				Thai Facilitator	APCD Team
					Participants, RPs, Facilitators, APCD
<b>Day 10 (Tuesday) (10th July)</b>	Departure of participants				

## Session Objectives

Session Objectives		
Session(s)	Title	Objective (s)
Session 1	Opening Ceremony	To officially inaugurate the program by representatives from TICA, JICA, MSDSH and APCD To enlighten the participants from the official message by the representatives and to shine the light on the path of Disability-Inclusive Sports
Sessions 2-4	Icebreaking activities	To let the participant know each other and provide participatory games through inclusive activities To make a relationship, team building & Inclusiveness
Session 5	Good Practice on Autism Development in Canada	To decrease the learning curve of aspiring athletes, identify and replace poor practices. To provide a comprehensive overview of development and implementation of strategies adopted in Canada to promote prudent participation in inclusive sports.
Session 6	Best Practice Review: Autism Spectrum Rating Scales on Inclusive Sports	To show the demonstrable link between what is practiced and the end result that adds true value to the training perspective.
Sessions 7-8	Review of UNCRPD Article 30; History of Paralympics, Special Olympics, Deaflympics	To be able to break down the negative stereotypes about people with an impairment and foster their integration into sports legacy.
Session 9	Disability-Inclusive Sports (DIS) Actual Practice & Facilitation for Changes I (Swimming)	To learn integrated demonstration and understand rules and regulation in International Level of Swimming techniques. To facilitate participatory approach views on the training and support of suitable outcomes in terms of swimming ability/water confidence.
Session 10	Social Participation and Vocational Life through DIS (Swimming)	To ensure high standards of personal discipline on social participation and health improvement aspects in line with Community-based Inclusive Development (CBID), using accurate demonstration, pictures and basic signing to reinforce verbal instructions.



Session(s)	Title	Objective (s)
Session 11	Community-based Inclusive Development (CBID) Case Study: Leisure, Recreation and Sports by athletes with autism from Thailand and other ASEAN Countries	To provide sufficient information on good practices necessary to make informed judgments and acceptance of community-based Inclusive Development (CBID). To motivate participants by sharing successful case stories by athletes with autism.
Session 12	CBID Case Study: Leisure, Recreation and Sports by athletes with autism from other ASEAN Countries (Biking)	To provide sufficient information on good practices necessary to make informed judgments and acceptance of community-based Inclusive Development (CBID). To motivate participants by sharing successful case stories by athletes with autism.
Session 13	DIS Actual Practice & Facilitation for Changes III (Biking)	To learn integrated demonstration and understand rules and regulation in International Level of cycling techniques. To facilitate participatory approach views on the training and support of suitable outcomes in terms of cycling ability/ confidence.
Session 14	DIS Actual Practice & Facilitation for Changes IV (Biking)	To learn integrated demonstration and understand rules and regulation in International Level of cycling techniques. To facilitate participatory approach views on the training and support for suitable outcomes in terms of cycling ability/ confidence.
Session 15	CBID Case Study: Social participation and health improvement through DIS by athletes with autism from Japan	To provide the comprehensive overview of development and implementation of strategies adopted in Japan to promote prudent participation in inclusive sports. To ensure high standards of personal discipline on social participation and health improvement aspects in line with Community-based Inclusive Development (CBID), using accurate demonstration, pictures and basic signing to reinforce verbal instructions.
Session 16	DIS Actual Practice & Facilitation for Changes V (Undoukai – Kin-ball)	To equip and empower participants with needed skills to play Kin-Ball /Odama Okuri which is a new sport introduced to ASEAN countries for Disability-Inclusive Sports. To facilitate participatory approach views on the training and support on outcomes in terms of Undoukai (Kin-Ball/or Odama Okuri) from Japan.

Sessions 17-18	DIS Actual Practice & Facilitation for Changes VI (Undoukai – Kin-ball)	To equip and empower participants with needed skills to play Kin-Ball /Odama Okuri which is a new sport introduced to ASEAN countries for Disability-Inclusive Sports To facilitate participatory approach views on the training and support for suitable outcomes in terms of Undoukai (Kin-Ball/or Odama Okuri) from Japan
Session 19	Field Visit Preparation	To let participants understand and acknowledged the preparation of necessary items for the field visits
Sessions 20-21	Field Visit: Capacity Building of potential Athletes with Autism on Leisure, Recreation, and Sports towards their social participation and sustainability of vocational life (Good Practice I) (Undoukai Experiences in Thailand)	To effectively apply concepts of inclusive participation through field visit and provide technical support to build the capacity of athletes with autism on leisure, recreation, and sports towards their social participation and sustainability of vocational life To witness the experimental and contextual learning and to provide an opportunity to learn hands-on through field visit To enhance understanding of social participation and dignity of work
Sessions 22-23	Field Visit: Capacity Building of potential Athletes with Autism on Leisure, Recreation, and Sports towards their social participation and sustainability of vocational life (Good Practice II) Thailand	To provide an opportunity to gain first-hand understanding to determine how to promote technical information and reflecting professional social work skills
Session 24	Country Report Presentation	Sharing Country Reports & exchange what they learn and what they will apply in the future
Sessions 25-26	Action Plan Presentation	To provide a platform for the training participants to exercise and apply their first hands' knowledge into a constructive action plan To share what they are going to implement in the future in their countries To identify barriers and provide an opportunity for reflection to enhance the learning capabilities of the participants.
Session 27	Group Reflection and Evaluation	To share impression & challenging at the training To provide the participants with an opportunity to express, in a personal dynamic way, their self-development. To provide a record of significant learning experiences that have taken place.
Session 28	Closing Ceremony: Awarding the Certificates	To facilitate all meritorious participants with utmost appreciation and motivate them to strive to achieve goals.

# SUMMARY OF THE FRIENDLY EVALUATION FROM THE PARTICIPANTS

## Content, Process and Resource Persons (10-Day Training)

Session 1 Particulars	5	4	3	2	1	N/A
Contents	63.64%	36.36%	-	-	-	18.52%
Methods/Materials Used	40.91%	59.09%	-	-	-	18.52%
Facilitators	72.73%	27.27%	-	-	-	18.52%
Your understanding level	50.00%	36.36%	13.64%	-	-	18.52%

Session 2 Particular	5	4	3	2	1	N/A
Contents	81.82%	13.64%	4.55%	-	-	18.52%
Methods/Materials Used	77.27%	22.73%	-	-	-	18.52%
Facilitators	63.64%	36.36%	-	-	-	18.52%
Your understanding level	59.09%	40.91%	-	-	-	18.52%

Sessions 3-4 Particulars	5	4	3	2	1	N/A
Contents	59.09%	22.73%	13.64%	4.55%	-	18.52%
Methods/Materials Used	50.00%	45.45%	-	4.55%	-	18.52%
Facilitators	59.09%	36.36%	4.55%	-	-	18.52%
Your understanding level	54.55%	36.36%	9.09%	-	-	18.52%

Sessions 5-6 Particulars	5	4	3	2	1	N/A
Contents	63.64%	31.82%	4.55%	-	-	18.52%
Methods/Materials Used	68.18%	18.18%	13.64%	-	-	18.52%
Facilitators	63.64%	31.82%	-	4.55%	-	18.52%
Your understanding level	50.00%	36.36%	13.64%	-	-	18.52%

Sessions 7-8 Particulars	5	4	3	2	1	N/A
Contents	68.18%	18.18%	13.64%	-	-	18.52%
Methods/Materials Used	68.18%	22.73%	9.09%	-	-	18.52%
Facilitators	59.09%	36.36%	4.55%	-	-	18.52%
Your understanding level	54.55%	36.36%	9.09%	-	-	18.52%

Session 9	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	63.64%	22.73%	9.09%	4.55%	-	18.52%
Methods/Materials Used	54.55%	36.36%	4.55%	4.55%	-	18.52%
Facilitators	54.55%	40.91%	4.55%	-	-	18.52%
Your understanding level	45.45%	50.00%	4.55%	-	-	18.52%

Session 10	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	68.18%	22.73%	9.09%	-	-	18.52%
Methods/Materials Used	68.18%	27.27%	4.55%	-	-	18.52%
Facilitators	77.27%	22.73%	-	-	-	18.52%
Your understanding level	63.64%	22.73%	13.64%	-	-	18.52%

Sessions 11-12	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	63.64%	31.82%	4.55%	-	-	18.52%
Methods/Materials Used	50.00%	45.45%	4.55%	-	-	18.52%
Facilitators	59.09%	31.82%	9.09%	-	-	18.52%
Your understanding level	59.09%	31.82%	9.09%	-	-	18.52%

Sessions 13-14	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	68.18%	18.18%	9.09%	4.55%	-	18.52%
Methods/Materials Used	59.09%	27.27%	9.09%	4.55%	-	18.52%
Facilitators	45.45%	45.45%	4.55%	4.55%	-	18.52%
Your understanding level	63.64%	36.36%	-	-	-	18.52%

Session 15	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	59.09%	31.82%	9.09%	-	-	18.52%
Methods/Materials Used	63.64%	31.82%	4.55%	-	-	18.52%
Facilitators	63.64%	31.82%	4.55%	-	-	18.52%
Your understanding level	54.55%	40.91%	4.55%	-	-	18.52%

Sessions 16-18	5	4	3	2	1	N/A
<b>Particulars</b>						
Contents	72.73%	18.18%	9.09%	-	-	18.52%
Methods/Materials Used	63.64%	31.82%	4.55%	-	-	18.52%
Facilitators	68.18%	31.82%	-	-	-	18.52%
Your understanding level	68.18%	31.82%	-	-	-	18.52%

Session 19	5	4	3	2	1	N/A
Particulars						
Contents	72.73%	18.18%	4.55%	-	4.55%	18.52%
Methods/Materials Used	59.09%	36.36%	-	-	4.55%	18.52%
Facilitators	68.18%	27.27%	4.55%	-	-	18.52%
Your understanding level	68.18%	22.73%	4.55%	-	4.55%	18.52%

Session 20-21	5	4	3	2	1	N/A
Particulars						
Contents	54.55%	36.36%	4.55%	-	4.55%	18.52%
Methods/Materials Used	59.09%	40.91%	-	-	-	18.52%
Facilitators	63.64%	31.82%	4.55%	-	-	18.52%
Your understanding level	68.18%	27.27%	4.55%	-	-	18.52%

Sessions 22-23	5	4	3	2	1	N/A
Particulars						
Contents	59.09%	22.73%	13.64%	-	4.55%	18.52%
Methods/Materials Used	72.73%	27.27%	-	-	-	18.52%
Facilitators	63.64%	36.36%	-	-	-	18.52%
Your understanding level	77.27%	22.73%	-	-	-	18.52%

Session 24	5	4	3	2	1	N/A
Particulars						
Contents	54.55%	31.82%	13.64%	-	-	18.52%
Methods/Materials Used	59.09%	40.91%	0.00%	-	-	18.52%
Facilitators	63.64%	27.27%	9.09%	-	-	18.52%
Your understanding level	50.00%	40.91%	9.09%	-	-	18.52%

Sessions 25-26	5	4	3	2	1	N/A
Particulars						
Contents	54.55%	36.36%	9.09%	-	-	18.52%
Methods/Materials Used	63.64%	31.82%	4.55%	-	-	18.52%
Facilitators	50.00%	40.91%	4.55%	-	4.55%	18.52%
Your understanding level	54.55%	40.91%	4.55%	-	-	18.52%

Session 27	5	4	3	2	1	N/A
Particulars						
Contents	68.18%	22.73%	9.09%	-	-	18.52%
Methods/Materials Used	72.73%	27.27%	-	-	-	18.52%
Facilitators	72.73%	27.27%	-	-	-	18.52%
Your understanding level	68.18%	31.82%	-	-	-	18.52%

Session 28 Particulars	5	4	3	2	1	N/A
Contents	77.27%	13.64%	9.09%	-	-	18.52%
Methods/Materials Used	72.73%	22.73%	4.55%	-	-	18.52%
Facilitators	72.73%	27.27%	-	-	-	18.52%
Your understanding level	77.27%	22.73%	-	-	-	18.52%

## Overall Session Satisfaction in percentage

No.	Topics	Excellent	Good	Average	Poor	Bad
1	Content	65.15%	25.00%	8.33%	0.76%	0.76%
2	Methods	62.37%	33.08%	3.54%	0.76%	0.25%
3	Facilitators	63.38%	32.83%	3.03%	0.51%	0.25%
4	Understanding	60.35%	33.84%	5.56%	0.00%	0.25%

## 1) Objectives

Items	5	4	3	2	1	N/A
How did you find the design of the program appropriate for you to achieve the program objective?	68.18%	27.27%	4.55%	-	-	18.52%

## 2) Logistic arrangement

Items	5	4	3	2	1	N/A
How did you find the logistic arrangement such as airport transfer?	90.91%	4.55%	4.55%	-	-	18.52%

## 3) Accommodation

Items	5	4	3	2	1	N/A
How did you find the accommodation? Was it comfortable, accessible and clean enough?	81.82%	18.18%	-	-	-	18.52%

## 4) Organizer/ Time management

Items	5	4	3	2	1	N/A
Did you find APCD staff cooperative and resourceful? How was the time management throughout the training?	90.91%	4.55%	4.55%	-	-	18.52%

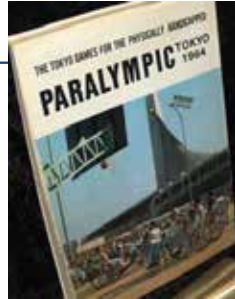
## 5) Overall satisfaction

Items	5	4	3	2	1	N/A
Overall, Did you satisfy with TCTP 2018? Was it worth your time and efforts?	90.91%	4.55%	4.55%	-	-	18.52%

# HANDOUT OF ADAPTED SPORTS

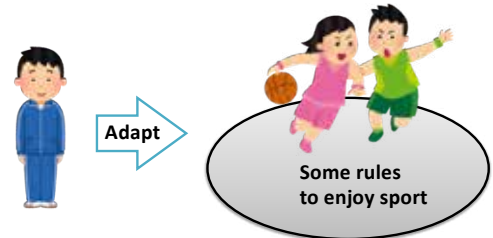
## ADAPTATION

Yukinori SAWAE Ph.D.  
 Associated Professor  
 Adapted P.E. and P.A.  
 faculty of Health and Sport  
 Science, Univ. of Tsukuba



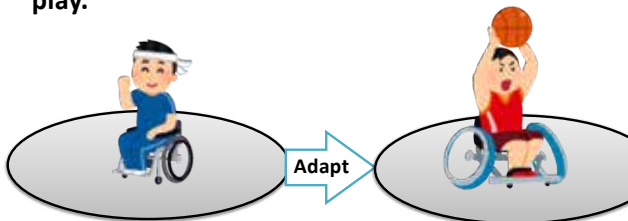
## Introduction; What's Adaptation?

Sport should have a "rule", which is one of essential for sport.  
 Players/Athletes must follow the rule.

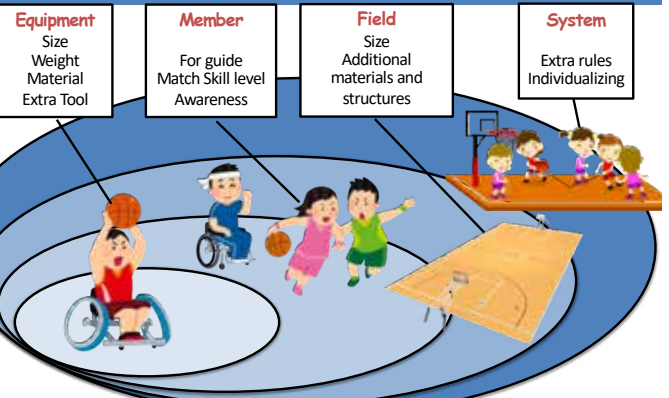


## Introduction; What's Adaptation?

- "Adapted Sport" is the sport that is adapted for player with special needs who wanted to play.



## Introduction; What's Adaptation?



## Adapted Sports in Paralympic Games



## Adapted Sports in Paralympic Games

Most of the sports in Paralympic Games are adapted to disabilities which athletes possess

e.g. modifications of rules, equipment and fields, accommodation of extra tools

The **wheelchair tennis** player is allowed up to two or three bounces of the ball





## Adapted Sports in Paralympic Games

Most of the sports in Paralympic Games are adapted to disabilities which athletes possess

e.g. modifications of rules, equipment and fields, accommodation of extra tools

It is allowed to make adaptations on rackets of the **table tennis** players with amputee.



## Adapted Sports in Paralympic Games

Most of the sports in Paralympic Games are adapted to disabilities which athletes possess

e.g. modifications of rules, equipment and fields, accommodation of extra tools



## Adapted Sports in Paralympic Games

Most of the sports in Paralympic Games are adapted to disabilities which athletes possess

e.g. modifications of rules, equipment and fields, accommodation of extra tools

The court size and the height of the net are modified for the **sitting volleyball** to which athletes can enjoy playing in a seated position



## Adapted Sports in Paralympic Games

Most of the sports in Paralympic Games are adapted to disabilities which athletes possess

e.g. modifications of rules, equipment and fields, accommodation of extra tools

Use a special stick to tap **blind swimmers'** body to indicate the wall is approaching.



## Guttman's Idea for Disability Sport



## Guttman's Idea for Disability Sport



## Guttman's Idea for Disability Sport



1952's photo

Dr Guttman was a passionate believer in the power of sport to inspire and motivate so he introduced an athletic competition in the grounds of the hospital to coincide with the London Olympics in 1948.

It is difficult to get many photo of the day.

## Guttman's Idea for Disability Sport

Ludwig Guttman said to **make the most of their remaining physical capabilities.**

He believed sport would encourage them to make the most of their remaining physical capabilities, provide much-needed exercise and restore mental equilibrium.

This is the One of **Adaptation**, also is the radical idea about **Adaptation**

## I am...

### アインゲンキキッズ and ひまわり

We have been implementing the day program to provide many leisure times for Kids who has neuronal developmental disorder or suspect ones every month in Tokyo and Ibaraki.



## I am...

### つくばキッズMDC

We have been implementing the therapy program about twice a week in order to improve motor skill or fundamental motor functioning for children who has neuronal developmental disorder, especially Developmental Coordination Disorders in Tokyo.



## I am...

### つくばユースMDC

We have been implementing the leisure development program for youth who have neuronal developmental disorder through original methods; three step approach once a month in Tsukuba and around it.



## I am...

### ボールウォーキング

We have been implementing the excise program for residents with severe intellectual disability live the welfare faculty in the community once a month in Tsukuba and around it.



## Suggestions for making a adaptation

### 1st Principle

Understand or assess the condition and situation of a participant.

### 2nd Principle

Not to become obsessed with the stereotypes of SPORTS.

### 3rd principle

Make a universal rule as possible.

### 4th principle

Utilize materials around us.



1st  
Understand or assess the condition and situation of a participant.

**Activities for disaster victim by our Lab 2011.7-2012.3**

### 2nd

Not to become obsessed with the stereotypes of SPORTS.



**Power chair Football**

### 3rd

make a universal rule as possible.



**Inclusive Futsal by our University 2016.11.**



### 4th

Utilize materials around us.



**Sudden Sport day Program by our Lab. 2016.9.**

**Adaptation is a tool to expand sport values and, a creative work.**



# HANDOUT OF CYCLING TRAINING PROGRAMME



## WELCOME TO Cycling Training Programme



## About Us

**To advocate** the state to have policies, laws, structures and mechanisms that promote, support and facilitate walking and cycling as a means of transport in daily life, while transforming norms and behaviors of Thai people in general to walk and cycle more regularly, it needs both academic knowledge and social actions, and cooperation with town/city and community administrators, that are altogether systematic and trustworthy.

Thailand Cycling Club (TCC) initiated an establishment of Thailand Walking and Cycling Institute "TWCI" and registered a foundation as its legal body of which



Thailand Walking and Cycling Institute Foundation (TWCI)

## Our Mission!



- Promoting studies, researches, training and dissemination of knowledge related to walking and cycling.
- Building culture, social values and the environment that are friendly to and facilitate walking and cycling in daily life.
- Promoting safety for walking and cycling.
- Building cooperation networks with various sectors in the matters of walking and cycling.
- Promoting walking and cycling tourism.



Thailand Walking and Cycling Institute Foundation (TWCI)

## Slogan

Walkable and Cyclable in the Thai Way.

## Vision

To become Thailand's leading organization in the promotion of walking and cycling in daily life.



Thailand Walking and Cycling Institute Foundation (TWCI)

## Summary of Event Project

### World Bicycle Day on 3rd June 2018





Our power of the joint efforts of all sectors in Thailand. We supporting UN declaration on World Bicycle Day and celebrate the first important day. The government has put in place an infrastructure that makes it possible for people to use all types of bicycles.

**Especially people using bicycles in lifestyle.**

Thailand Walking and Cycling Institute Foundation (TWCI)

## Summary of Event Project

### Young Summer Camp






Drawing community map

community exploration

Thailand Walking and Cycling Institute Foundation (TWCI)



## Summary of Event Project



**"Fixing my bike"  
Training Course  
2015**

**At Banteay Meanchey,  
Cambodian**



Elementary students had  
basic skills in repairing  
their bicycle.

Trained by Bicycle  
Mechanic Volunteer.

 Thailand Walking and Cycling Institute Foundation (TWCI)


## Summary of Event Project



**Biking Together  
On  
Mother Day 2014**

Biking & having lunch  
in the park made  
mother and child  
relationships.



 Thailand Walking and Cycling Institute Foundation (TWCI)

## Activity 1 Hello Bicycle!



 Thailand Walking and Cycling Institute Foundation (TWCI)

## JIGSAW

Find **6** pieces of Jigsaw  
and put them together  
into a picture of  
a bicycle  
as provided.


**within 10 minutes!**



 Thailand Walking and Cycling Institute Foundation (TWCI)


**SAMPLE**



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## Activity 2 I am a Bicycle Mechanic.



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## How to

Basically take care & Simple repair  
of your bicycle.



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**Bell**



**White**  
**Front Light**



**Air Pump**





**Rear Light**  
**Red**


Thailand Walking and Cycling Institute Foundation (TWCI)

## Let's do it!

- Pump air into an inner tube & to mend a punctured inner tube.
- Equip a bicycle with
  - a bell
  - a front light
  - a rear light.





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# BREAK





15 minutes.



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## Activity 3

### What you need to know before riding a bicycle?

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## Shall we learn

About five basic hand signals necessary for  
riding a bicycle on roads &  
How to give these signals.


These signals are to inform other road users  
that this bicycle user is going to ..

- Turn Left, Move Straight Forward, Turn Right.
- Slow down and Stop.
- Obstructing and Overtake.
- Has hazardous obstacles / hole on road.





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### Directional Symbol





Turn Left






Straight






Turn Right





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### Speed Control Symbol




Slow down






Stop





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### Control the Convoy Symbol




Obstructing






Overtake





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### Be Careful Symbol




- Slippery Floor
- Hazardous Areas





- A Holes
- Danger Point



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### Bike Lane In Town



TWO WAY



ONE WAY

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### Bike Parking



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**Activity 4**

**We can do it!**



**Out Side** 

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**See You On 7<sup>th</sup> July 2018**



**THANK YOU**

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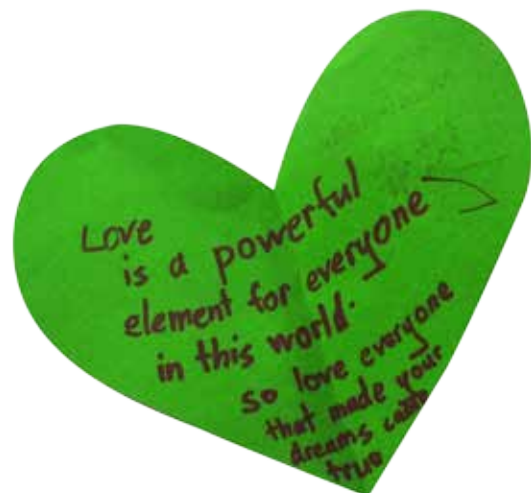
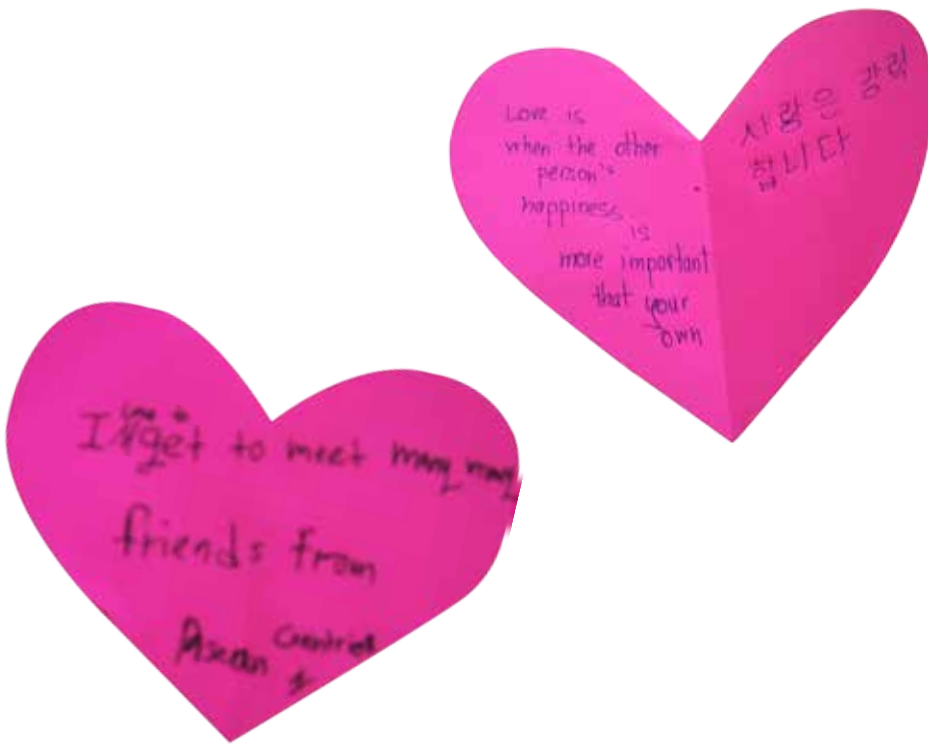


**สถาบันการเดินและการจักรยานไทย**  
Thailand Walking and Cycling Institute

- 15 Rajanakarn Building, 4<sup>th</sup> Floor, Soi Pradipat 17, Pradipat Road, Samsennai, Phayathai, Bangkok 10400, Thailand
- [www.thaicyclingclub.org](http://www.thaicyclingclub.org) / [www.facebook.com/thaicycling](https://www.facebook.com/thaicycling)
- Email : [tcc@thaicyclingclub.org](mailto:tcc@thaicyclingclub.org)

Thailand Walking and Cycling Institute Foundation (TWCI)





# TIM'S LIFE JOURNEY - A PRESENTATION

## MY JOURNEY

By  
*Timothy Paul Ninomiya*

2 July 2018  
*APCD, Bangkok, Thailand*

COMMUNITY-BASED  
INCLUSIVE PROGRAM FOR  
PERSONS WITH AUTISM  
  
IN THE WATERLOO REGION,  
ONTARIO, CANADA

## MY EARLY STAGE OF LIFE



1. PLAYED ALONE  
AND CRIED HALF  
A DAY AT  
KINDERGARTEN

2. MY SPEECH  
WAS DELAYED.  
*Speech therapist in G1.*

SCHOOL  
LIFE



- ▶ **1. K. to G6.**
- ▶ **One class per day  
with special  
education teacher.**



**►2. Used a Notebook to communicate between teachers and my parents.**



**►3. Diagnosed with a Learning Disability.**

**►4. Participated in Basketball, Soccer, and Volleyball.**

**►5. I played the saxophone in the Performance and Jazz bands.**





SUMMER TIME AT  
LAKE NOJIRI, AN  
INTERNATIONAL  
COMMUNITY IN  
JAPAN

PARTICIPATION IN  
SWIMMING,  
VARIOUS  
VOLUNTEER  
ACTIVITIES.



ELMIRA HIGH  
SCHOOL  
IN CANADA





SENECA COLLEGE  
TORONTO  
DEPARTMENT OF  
CHEMICAL  
ENGINEERING

LIVED IN THE  
COLLEGE  
DORMITORY  
AND THEN AN  
APARTMENT.



JOB HUNTING;  
I COULD NOT GET A  
JOB IN MY FIELD OF  
STUDY.

I WORKED AT A MEAT  
COMPANY FOR ONE YEAR,  
THEN, I TOOK A COLLEGE  
PROGRAM IN  
ENVIRONMENTAL  
ENGINEERING.  
BUT, I COULD NOT GET A  
JOB IN MY FIELD OF  
EDUCATION.

I GOT A JOB AT A  
CLOCK FACTORY FOR  
ONE YEAR.

THEN, I BECAME SICK.  
I WAS DIAGNOSED AS  
HAVING ASPERGER'S  
AND PSYCHOSIS.

► I had to quit my  
job. I was put on  
medication.

**I lived  
independently  
in a  
condominium.**



► I had to move to a  
group home.

WATERLOO  
REGIONAL  
SERVICES FOR  
PERSONS WITH  
AUTISM



## KALJAS GROUP HOME.



THE GROUP HOME  
PROVIDES A ROOM,  
THREE MEALS A DAY,  
AND CLEANING AND  
LAUNDRY SERVICE.

THE GROUP HOME  
ALSO PROVIDES  
MEDICAL SUPPORT AS  
WELL AS  
COMMUNICATION  
WITH MY FAMILY.



# EMPLOYMENT

I WORK ONCE OR TWICE A WEEK FOR CLEANING AT THE REGISTRY THEATRE.





► I enjoy coffee at  
Tim Horton's Coffee  
Shop.



**VOLUNTEER  
WORK**

I WORK AT A  
BINGO HALL  
FOR NGOS.

**SPORTS**

I PLAY PICKLE-BALL EVERY MONDAY AT THE YMCA. WITH A SUPPORT PERSON. SOMETIMES MY FATHER JOINS ME.



GOVERNMENT  
SUPPORT  
PROGRAMS



ONTARIO  
DISABILITY  
SUPPORT  
PROGRAM  
(ODSP)

- ▶ **Income support;**
- ▶ 1. Disability pension

- ▶ **2. Employment Services; job search and pre-vocational education.**

HEALTH SERVICE;  
ONTARIO HEALTH  
INSURANCE PROGRAM  
(OHIP)  
FREE MEDICAL SERVICE  
INCLUDING DENTAL  
AND PUBLIC HEALTH  
SERVICE.

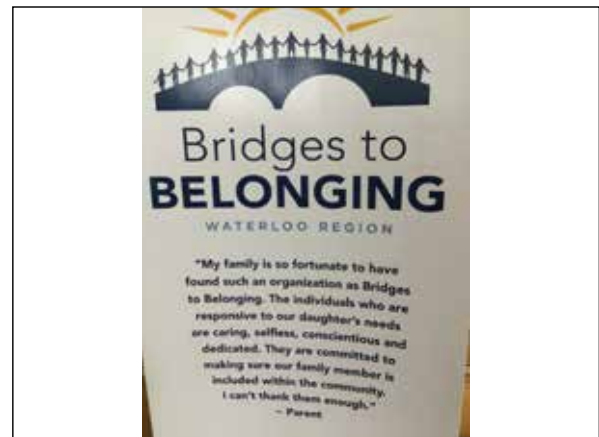
THE COMMUNITY  
ACTIVITIES FUND;  
"PASSPORT"

NON-  
GOVERNMENTAL  
ORGANIZATIONS  
(NGO)



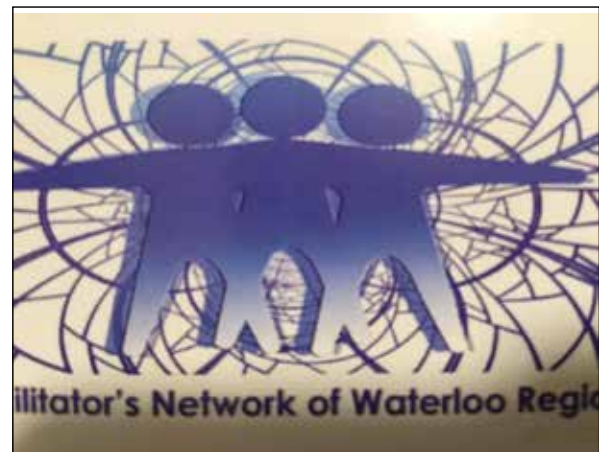


## BRIDGES TO BELONGING



### VISION AND MISSION

*Waterloo Region is a community where everyone belongs- where we value meaningful relationships Honour choices and dreams, and celebrate the uniqueness of each person.  
And support you to build on your unique abilities, to create the life you want in the community.*



### SUPPORTS AND SERVICES

*Person-Directed Planning and Independent Facilitation is the core of our work.*

### I WAS THEIR CHAMPION IN 2017.

*I participated in a Dignity Walk, a Jazz Night event, the Inclusion Movie Series, etc.*

**I HAVE BEEN AN ACTIVE CITIZEN TO CREATE AN INCLUSIVE COMMUNITY WHERE EVERYONE BELONGS.**

**I joined cooking classes, a computer class and other workshops.**

**Socializing such as Games on Tap and Inclusive movies and other events.**

**► My facilitator**



**EXTEND-A-FAMILY;  
THE PASSPORT  
FUND PROGRAM**



**► Community Participation and Activities of Daily Living**

**► 1. Programs, classes and supports that help develop independent living, social and life skills.**

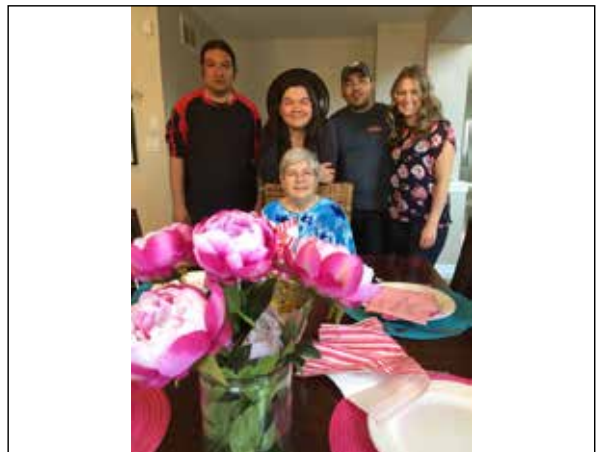
**► 2. Participation in community activities and events.**

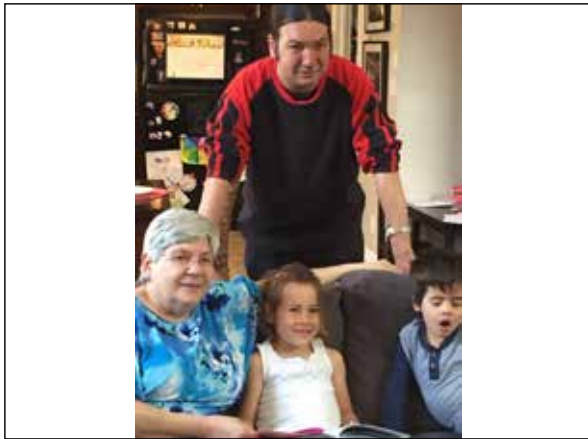
**► 3. Pre-employment and Employment Supports.**

►4. Transportation for activities.

►5. Paying a support worker to help with community participation and daily living activities.

## FAMILY RELATIONS





**FUTURE**  
***INCLUSION***  
***Advocate for an  
Inclusive Movement and  
Holistic Development***



**THANK YOU.**



# See you at **the Games!**



**SWIMMING**



**KIN  
BALL**



This report is available in a text format for persons with visual disabilities free of charge. Please contact [info@apcdfoundation.org](mailto:info@apcdfoundation.org) for further details.

# TCTP 2018

Third Country Training Programme 2018 on  
Inclusive Development Through  
Disability-Inclusive Sports  
(Summary Report)



1-10 July 2018  
APCD Training Building  
Bangkok, Thailand



Accessible for Persons with disAbilities

**Asia-Pacific Development Center on Disability**

255 Rajvithi Rd., Rajthevi, Bangkok 10400 Thailand

Tel: +66-(0)-2354-7505 | Fax: +66-(0)-2354-7507

Email: [info@apcdfoundation.org](mailto:info@apcdfoundation.org) | Website: [www.apcdfoundation.org](http://www.apcdfoundation.org)

