

# TCTP 2019

## Third Country Training Programme 2019 on Inclusive Development Through Disability-Inclusive Sports (Summary Report)



21-30 July 2019  
APCD Training Building, Bangkok, Thailand



# Third Country Training Programme 2019

## Inclusive Development Through Disability-Inclusive Sports (Summary Report)

Organized by



In collaboration with



**Japan International Cooperation Agency (JICA)**

**Thailand International Cooperation Agency (TICA)**

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

21 - 30 July 2019

APCD Training Building, Bangkok, Thailand

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# Table of Contents

Background	4
Executive Summary	6
Key Achievements	8
A Closer Look at the TCTP 2019	10
Bangkok Recommendations	12
Speeches	14
List of All Participants	18
Insights	22
Training Schedule	28
Session Objectives	32
Summary of Friendly Evaluation from The Participants	36
TCTP 2019 in Action	46

# Background

The Asia-Pacific Development Center on Disability (APCD) collaborated with the Japan International Collaboration Agency (JICA), Thailand International Cooperation Agency (TICA), with support from the Ministry of Social Development and Human Security (MSDHS) of Thailand through its technical cooperation project, the “Third Country Training Program (TCTP) on Knowledge Creation Forum on Community-based Inclusive Development” (Phase 1: 2014 – 2016) and “TCTP on Inclusive Development through Disability-Inclusive Sports” (Phase 2: 2017 – 2019) with a strong commitment to empowering persons with disabilities, and promoting a barrier-free society in ASEAN countries.

TCTP Phase 1 (2014-2016) projects prioritized the regional policy framework “Incheon Strategy to Make the Right Real, 2013-2022” that has been a basis of disability-inclusive development in the region. One key element of the policy was to promote Community-Based Inclusive Development (CBID) and empowerment of emerging groups. The main outcomes of the TCTP Phase 1 (2014-2017) were the enhanced understanding of CBID and capacity development of young leaders with hard of hearing, autism, intellectual disability, and their parents from Southeast Asia. New information and knowledge on recreation, leisure and sports were created, exchanged, and elaborated by young leaders with hard of hearing, autism, intellectual disability, their parents and resource persons from Southeast Asian countries and Japan for future implementation.

TCTP Phase 2 (2017 – 2019) promoted the 2030 Agenda for Sustainable Development that specifies: “Sport is an important enabler of sustainable development and UNCRPD Article 30 that states, the right of persons with disabilities to participate in cultural life, recreation, leisure and sports.” The project recognized the growing contribution that sports made to the empowerment of young athletes with autism and psychosocial disability for inclusive development. The overall objective of the project was the empowerment of potential athletes with autism, psychosocial disability and their parents/trainers in ASEAN countries from the perspective of Disability-Inclusive Sports for Tomorrow activities in line with CBID towards the 2020 ASEAN Para Games and Tokyo Paralympics.

TCTP 2019 on Inclusive Development through Disability-Inclusive Sports was the final year of the Phase 2 project. The Government of Thailand and the Government of Japan as part of their Technical Cooperation Scheme conducted it, and the course arrangements were set up by APCD, JICA, TICA, and MSDHS.

## Specific Objectives

To build capacities of potential athletes with autism, psychosocial disability and their parents as trainers in practicing sports (professional and adapted) towards participation in ASEAN Para Games 2020 in the Philippines and Tokyo Summer Paralympics 2020 through experiences and knowledge creation in a participatory approach with professional athletes with diverse disabilities from ASEAN countries and Japan as role models.

To brainstorm the outline of Disability-Inclusive Sports (DIS) for Tomorrow activities with the context of ASEAN countries.

## Expected Outcomes

Potential athletes with autism, psychosocial disability and their parents as trainers in ASEAN countries have improved their capacity for participation in popular (national and international) sports events.

At least two types of DIS for persons with autism from Tokyo Paralympics 2020 will be demonstrated to inspire participants from ASEAN countries and;

Outline of DIS future activities for athletes with autism in ASEAN countries will be developed.

# Executive Summary

Twenty-six (26) international participants from ASEAN countries (Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, Thailand, and Vietnam), 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) 2019 on Inclusive Development through Disability-Inclusive Sports”. This year’s programme was specially designed to build capacities of potential athletes with autism and psychosocial disability and their parents as trainers in Track & Field, Cycling and Takkyu Volley 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 third year of the three-year training package (started in 2017 and ended in 2019) was conducted at APCD Training Center, Bangkok, Thailand from 21 to 30 July 2019.

The overall training objectives were to develop the capacity of persons with autism, psychosocial disability and their parents as 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 were 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 (Rajvithi Girls Home, Thai-Japan Bangkok Youth Center, and Peppermint Bike Park), and real experiences from international autism development, focusing on promoting the empowerment of persons with autism, psychosocial disability 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, Mr Pongnet Koetphon, inclusive sport facilitator helped participants to relax, feel at ease, and to know each other better through indoor games. Assistant resource person Mr. Timothy Paul Nozomu Ninomiya (self-advocate with autism from Canada) shared a comprehensive overview of the independent living service model on disability development and strategies adopted in Canada to promote participation on inclusive sports. Mr. Tawarit Chantaphan and his assistants, Mr. Panom Pudsa, Mr. Thaworn Yailert, Mr. Thitiphan Oboun, and Mr. Pasit Fasan, national trainers/experts on Track & Field for athletes with diverse disabilities from

Thailand shared their expertise and technical skills. Mr. Malcolm Chen and Mr. Sze Toh Khai Munn from Singapore, facilitated an inclusive training programme unlocking the potential of athletes with autism and psychosocial disability on to the mainstreaming and community integration through transformative bicycling. Mr. Yuji Horikawa (trainer/expert on Takkyu Volley) effectively promoted social participation in adapted sports and health improvement aspect through inclusive sports training and introduced new sports to ASEAN countries to equip and empower participants with needed skills to play Takkyu Volley.

Furthermore, APCD Community Development Department's resource persons shared their expertise to make training the most powerful catalysts for training participants to become an "Agent of Change" through "Disability-Inclusive Sports for Tomorrow" activities in perspective of disability-inclusive development and platform of 2020 Olympic and Paralympic Games. One of the most significant outcomes of TCTP 2019 was the Bangkok Recommendations that participants with autism, psychosocial disability and their parents/trainers themselves drafted to voice to their governments about "Disability Inclusive Sports (DIS) for Tomorrow" activities within the context of ASEAN countries.

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

## A Promising Future for Inclusive Sports

The TCTP 2019 was a very successful event that received acknowledgment and praises from participants, spectators, media, and stakeholders. The event brought home the message of the importance and relevance of disability-inclusive sports, as well as the significance of teamwork, cooperation, and importance of sports. Apart from the specific objectives of TCTP, it was also conducted due to the increasing occurrence of persons with autism and psychosocial disability's problem of obesity and sedentary behaviors. Furthermore, it resulted in the following outcomes:

- The training enabled participants to identify their individual and collective barriers and helped them develop skills in sports adaption, as reflected in the number of external factors that impact their participation in sports. Identification of the main barrier that results in exclusion and lack of knowledge in sports adaption for persons with disabilities was highlighted.
- Mutual understanding and friendship between athletes of autism, psychosocial disability, and their parents/trainers from ASEAN countries were developed through innovative autism-friendly recreation, leisure, and sports activities.
- The skills and talents of persons with autism and psychosocial disability were positively promoted at the ASEAN Autism Games (AAGs) with activities such as Track & Field, Cycling and Takkyu Volley.
- TCTP 2019 provided a platform for potential athletes for delivering and exchanging knowledge and gave them new experiences on various disability-inclusive sports' activities.
- Actual field practice provided an opportunity to challenge commonly held misconceptions about persons with autism and psychosocial disability when it came to demonstrating their capacities. It also provided a platform where international athletes interacted and socialized with each other.
- Participants were able to demonstrate their skills and talent in the workshop and in actual practice where they got to compete in professional and friendly competitions.
- Takkyu Volley, recognized as a universal sport, which has a history of more than 40 years in Japan was introduced as a promising sport for persons with autism and psychosocial disability. The inclusive sport effectively promoted social participation and sportsman spirit.



- The Takkyu Volley manual was drafted, published, and disseminated among the participating countries.
- The rights of a person with disability to participate in cultural life, recreation, leisure, and sports were comprehended as stipulated in Article 30 of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD).
- The training consistently followed the goals of promoting the skills and talents of persons with autism and psychosocial disability in ASEAN countries through various sports events in line with Article 30 of the UNCRPD.
- Country reports on the disability movement of each country and action plans for implementation at the community level were developed and presented.
- 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 2019. The Bangkok Recommendation will be endorsed as a unified voice of participants, resource persons to their respective governments to push for Disability-Inclusive Sports for future activities.
- Collaboration and networking among athletes with autism, psychosocial disability, their parents/trainers, other supporters, and resource persons from ASEAN countries, Canada and Japan were strengthened.
- More than 10 participatory activities on leisure, recreation and sports for persons with autism from Thailand and Japan as a reflection of Tokyo Olympic/Paralympic Games were demonstrated to inspire participants from ASEAN countries.
- The general public in Thailand recognized and cheered the athletic performances in various sports categories during the actual practices in field trips.
- Apart from the main supporters, the project was supported by many institutions such as Rajvithi Girl's Home, which allowed participants to utilize their football field and table tennis tables for Track & Field practices and Takkyu Volley demonstration; Thai-Japan Youth Center offered the professional stadium for Track & Field competition; Peppermint Biking Park permitted participants to have high-tech mountain bikes and their beautiful arena for cycling.
- Some participants were recommended to be referees of Takkyu Volley by Japanese resource persons. The participants could apply for the license and promote Takkyu Volley as one type of Disability-Inclusive Sports in their respective countries.

# A Closer Look at THE TCTP 2019

The TCTP 2019 participants started arriving at APCD Training Building, Bangkok from 9:30 in the morning until midnight of 21 July 2019. Overall, 27 participants participated in the TCTP 2019, including 12 athletes with autism and psychosocial disability, and 15 parents/trainers from seven ASEAN countries. On 22 July 2019, the training was officially inaugurated with great excitement and frolicsome atmosphere. It opened with APCD Executive Director Mr Piroon Laismit's speech, welcoming the esteemed gathering and emphasized on the importance of sports for the persons with autism and psychosocial disability. It was followed by the opening remarks from Mr. Wattanawit Gajasen, Director of Partnership for Development Bureau Thailand International Cooperation Agency, Ministry of Foreign Affairs.

The first day of the training was divided into three parts, which started with ice-breaking activities and sharing views and expectation. In the afternoon, the resource person and self-advocate with autism from Canada shared an independent living service model on psychosocial disabilities and autism development. The last session of the day was the country report presentation by respective countries, which was followed by a welcome dinner.

On the second day, resource persons on Track & Field from Thailand shared the history of Paralympics and Special Olympics in line with UNCRPD. They also conducted a workshop on social participation and vocational life through DIS. In the afternoon, a DIS actual practice was conducted at Rajvithi Girls Home's Track & Field arena. The actual practice comprises of flexibility assessment, speed record of an individual athletes and concluded with friendly competition and group photo.

A field trip to Peppermint Bike Park was scheduled for the morning of the third day, athletes, their parents and APCD staff kicked off the day with a refreshing energizer game, followed by an exchange of mementoes among the CEO of Peppermint Park, Community Development Manager of APCD, and cycling resource persons from Singapore. Resource persons demonstrated a practical lesson on basic cycling techniques and drills. In the afternoon, athletes were provided with efficiency drills to improve their overall cycling proficiency by addressing pedal control and muscle adeptness. After successful drills, participants were allowed to ride in the park using high function mountain bikes. On the very day, every athlete was awarded participation medals to encourage them and boost their self-confidence.

The most awaited adapted game from Japan, Takkyu Volley, was conducted on the fourth and fifth day of the training. The training was divided into three main parts. The first part was the theoretical lectures and presentation on the history of Takkyu Volley. The second part was the workshop, where participants were enlightened about the do's and don'ts with practical lessons. The final part was the competition among athletes, parents/trainers, countries, interpreters, and APCD staff. The introduction of Takkyu Volley in ASEAN countries by APCD's

Japan Overseas Cooperation Volunteer (JOCV) in collaboration with resource person from Japan was one of the achievements of TCTP 2019.

On the seventh day, participants visited Thai-Japan Bangkok Youth Center to understand the UNCRPD Article 30 “to ensure that persons with disabilities have an opportunity to organize, develop, and participate in disability-specific sporting and recreational activities and to this end, encourage the provision, on an equal basis with others, of appropriate instruction, training, and resources” under “participation in cultural life, recreation, leisure, and sports”. The actual practice of Track & Field was structured comprising of long jump, friendly competition, and real competition. It was a day filled with fervor and excitement amidst thrills and cheers, while the eighth day was scheduled for self-learning.

The last day of the TCTP 2019 started by taking the participants’ feedback and impressions about the training. A photo diary and video diary of the training were shown where joy among the participants soared through the roof. Another highlight of the day was the certificate distribution ceremony. Many parents/trainers were surprised and impressed by the scale and size of the event and the atmosphere created throughout the training period.

At the end of the day, athletes with autism, psychosocial disability, and their parents/trainers departed with bright smiles on their faces and experiences filled with sportsmanship, enthusiasm, and memories to cherish. APCD’s CDD manager thanked everyone for their cooperation and support and advised parents/trainers to support their children’s sportsman spirit.

# Bangkok Recommendations

## Bangkok Recommendations on Inclusive Development Through Disability-Inclusive Sports from ASEAN Countries

We, the potential athletes with psychosocial disabilities/autism together with parents, trainers and supporters from Cambodia, Lao PDR, Malaysia, Myanmar, Philippines, Thailand, and Vietnam (38 people in total) under the guidance of our resource persons from Thailand, Japan, Singapore, and Canada exchanged knowledge during the Third Country Training Programme on Inclusive Development through Disability-Inclusive Sports, which was implemented by the Asia-Pacific Development Center on Disability (APCD), and supported by the Thailand International Cooperation Agency (TICA), the Japan International Cooperation Agency (JICA), and the Ministry of Social Development and Human Security of Thailand (MSDHS), from 21 to 30 July 2019, in Bangkok, Thailand.

We reaffirm that the main objectives of this training are to empower and promote the active participation of persons with psychosocial disabilities/autism in adapted sports and sports-friendly competitions in line with the UN Convention on the Rights of Persons with Disabilities and ASEAN Enabling Masterplan 2025, “Mainstreaming the Rights of Persons with Disabilities.”

Today, we call on governments, private sectors, and other related organizations to elaborate measurable, ambitious and lasting commitments, that will become a reality and not only remain on paper. All of us, all of you in this room, have a unique opportunity, but also a great responsibility!

We hereby would like to propose the following specific recommendations:

1. With the support of TICA, JICA, APCD, and Japan Takkyu Volley Federation in collaboration with the ASEAN Autism Network (AAN) country members and other relevant stakeholders, the consensus and outcomes of this training programme, especially the introduction of Takkyu Volley as a promising inclusive sports for persons with psychosocial disabilities/autism, should be fully implemented in ASEAN Para Games 2020 in Philippines, Tokyo Summer Paralympics 2020, and Berlin Special Olympics 2023.

2. For ASEAN Secretariat and ASEAN Member States, to strongly encourage local, national, regional, and international sports bodies to recognize and implement inclusive-sports training for potential athletes/persons with psychosocial disabilities/autism, trainers and parents, and then enable them to participate in appropriate sports competitions such as the ASEAN Para Games 2020 in Philippines and Tokyo Summer Paralympics 2020.
3. An official ASEAN Autism Awareness Day should be selected to encourage all ASEAN Member States to take measures and to raise awareness on Disability-Inclusive/Adapted Sports for the future and the rights of persons with psychosocial disabilities/autism in all ASEAN countries.
4. For the organizers of ASEAN Para Games and Special Olympics, besides Intelligent Quotient (IQ), Emotional Quotient (EQ) should be included as one of the eligibility criteria for the participation of persons with psychosocial disabilities/autism.
5. For JICA, TICA, and APCD, to expand the training programme on Disability-Inclusive Sports and continue to send their experts to share knowledge and experience with autism organizations in all ASEAN nations through bilateral and multilateral cooperation.
6. Based on the collaboration of Ministries of Education and Ministries of Sports in ASEAN countries, “Disability-Inclusive/Adapted Sports” should be incorporated into the Physical Education of the school curriculum, with Japan as a role model.
7. Finally, for all ASEAN Member States, Intergovernmental Organizations (IGOs), Non-Governmental Organizations (NGOs), private sectors and other stakeholders, to increase resource mobilization on disabilities and development, and allocate specific budgets on promoting Disability-Inclusive Sports and building/upgrading sports facilities for disabled people especially in rural areas.

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

# Speeches

## Welcome Remarks

### **Mr. Piroon Laismit, Executive Director**

Asia-Pacific Development Center on Disability (APCD)

Mr. Wattanawit Gajaseni, Director of Partnership for Development Bureau, Thailand International Cooperation Agency, (TICA), Ministry of Foreign Affairs;



All delegates from ASEAN countries and distinguished guests;

Ladies and Gentlemen,

I would like to express my sincere gratitude to all the delegates attending the Third Country Training Program, 2019.

APCD has been conducting Third Country Training Programme (TCTP) since 2014, with the kind support from the Ministry of Foreign Affairs of Thailand through the Thailand International Cooperation Agency (TICA), the Japan International Cooperation Agency (JICA), and the Department of Empowerment of Persons with Disabilities (DEP), Ministry of Social Development, and Human Security of Thailand. TCTP 2019 is the third consecutive year where persons with autism and psychosocial disability participate in the recreational, leisure and sporting activities as stipulated in the United Nation Convention on the Rights of Persons with Disabilities (CRPD) Article 30, recognition on cultural life, recreation, leisure, and sport. It encourages, promotes the participation, to the fullest extent possible, of persons with disabilities in mainstream culture, recreation, leisure, and sports activities at all levels.

TCTP aims to create inclusive societies where people with disabilities will have access to social and development benefits like everyone else in their communities. It promotes empowerment through practical experience on the ground so that persons with autism and psychosocial disability can recognize that they can change their situation through Disability-Inclusive Sports.

As we have come to the final phase of the TCTP 2017-2019 (three-year project) on inclusive development through Disability-Inclusive Sports. I would like to extend my sincere appreciation to TICA and JICA for their persistent support and guidance to make TCTP inclusive in all aspects.

The basis of TCTP is that no one should be excluded from the growth for any reason and that the inclusion of marginalized people in the development process builds community resilience and benefits the whole of society.

Excellency, Ladies, and Gentlemen,

On behalf of APCD, I would like to welcome you all to TCTP 2019, the event that allows sharing our experiences, skills and capacity. I hope you will actively participate in this sports event and help us to achieve our goals, to create opportunities, and build capacities for potential athletes with disabilities to excel in international adapted sporting events, in parallel with ASEAN Para Games in the Philippines 2020 and Tokyo Paralympics 2020. Let's join hands together to promote Disability Inclusive Sports in ASEAN and the Asia-Pacific region.

Thank you.

## Opening Remarks

### **Mr. Wattanawit Gajaseni**

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

at the Opening Ceremony of Third Country Training Programme:  
Inclusive Development through Disability-Inclusive Sports  
APCD Training Building, Bangkok, Thailand



Ambassador Piroon Laismit, Executive Director, APCD;

Ms. Suwanna Navacharoen, Representative of JICA Thailand Office;

Mr. Akiie Ninomiya, former APCD Executive Director;

Distinguished Guests, Athletes, Ladies and Gentlemen,

It is my great honor 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 (APCD). On behalf of Thailand International Cooperation Agency (TICA), Ministry of Foreign Affairs, I would like to extend our warm welcome to all participants from Cambodia, Lao PDR, Myanmar, Vietnam, Malaysia, the Philippines, and Thailand to the training course.

Dear Participants,

This training programme aims to achieve our common and regional goal in the ASEAN community, that is that disabilities should be included throughout the process of any country's development. Particularly, this course pays much attention to the potential athletes with autism and psychosocial disability, parents and personal assistants. So, we hope that you would become a "change agent" and bring the inspiration of ASEAN Para Games and 2020 Olympic and Paralympic Games in Tokyo by using what you learn from APCD in line with the Community-based Inclusive Development. I also believe that networking created between the autism associations in Mekong Sub-region and APCD will be very crucial 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 the region as a whole.

Through the triangular cooperation, Thailand and Japan have committed to extending their relevant expertise to other countries in Southeast Asia gathering our knowledge and appropriate skills among developing countries in the region. As such, I am quite certain that we could achieve our global and regional commitment, with the concept of the Community-based Inclusive Development (or CBID) towards the 2020 Tokyo Olympics and Paralympic Games.

Moreover, I would like to emphasize that the ASEAN Charter has specified clearly on providing people with equitable access for human development, social welfare and justice, which includes persons with disabilities. In this sense, we should not leave anyone behind and provide an equal opportunity as human resource development is the endless process.




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 deepest appreciation to the Department of Empowerment of Persons with Disabilities, Ministry of Social Development and Human Security of Thailand and the concerned agencies for their support, and particularly APCD, for their professional staff and all the resource persons for their hardworking and tireless efforts in preparing and conducting this course.

Finally, yet importantly, I hope that all participants will earn maximum knowledge from this course and have fruitful discussions with experiences sharing among yourselves and the key lecturers. I also wish all of you enjoy the training and have a pleasant stay in Thailand throughout the entire course.

Thank you very much.

# List of All Participants



Country	Name	Organization	Tel/ E-mail
Cambodia 	Ms. Heng Kimly	Cambodia Autism Network	023 6666 317 Hengkimly889@gmail.com
	Ms. Sothearin Thoung		023 6666 317 cheathovary@yahoo.com
	Mr. Muth Phannat		017 351 396 hout.puthy@hhcambodia.org
	Mr. Huot Puthy		017 351 396 hout.puthy@hhcambodia.org
LaoPDR 	Mr. Thonephokham Inthasone	National Committee of Disability	021 250 131
	Ms. Phouanemaly Syhanak	Intellectual Disabled Association	nath.maly@yahoo.com
Malaysia 	Mr. Max Zee Kit Liew	NASOM	wlmun@hotmail.com
	Ms. Wei Ling Mun		wlmun@hotmail.com
Myanmar 	Mrs. Nan Sandar Aye	Myanmar Autism Association	Chosandar03@gamil.com
	Ms. Cho Sandar Thun		Chosandar03@gamil.com
	Ms. Win Lae Lae Lun (Self sponsor)		Chosandar03@gamil.com

Country	Name	Organization	Tel/ E-mail
Philippines 	Mr. Rhav Lomboy Toquillo	Autism Society Philippines	bert_berbeck.ind@yahoo.com
	Ms. Rizza Andrada Toquillo		bert_berbeck.ind@yahoo.com
	Ms. Desly Bianca Lim Alvarado		donna_lim09@yahoo.com
	Ms. Donna Santillana Lim		donna_lim09@yahoo.com
Thailand 	Mr. Chatchanan Pakdisupaphol	Autistic Thai Foundation Vocational Training Center	autisticthai@gmail.com
	Mr. Udon Pomduang	Autistic Thai Foundation Vocational Training Center	autisticthai@gmail.com
	Mr. Nanthalit Panyawicha	Peunchaupeun Amphoe Maelao Club	+66 84 370 8825
	Mr. Anan Phoount	Association for the Mentally Ill of Thailand	+66 92 337 4412
	Ms. Apinya Manathae	Center for Empowerment and Development of Autism	+66 25 835 1078
	Mr. Thanatorn Teerapatanapan		+66 25 835 1078
	Mr. Rattaporn Sriubon		+66 25 835 1078
Vietnam 	Mr. Dat Nang Khoa	Vietnam Autism Network	tamjal@yahoo.com
	Mr. Minh Ba cong Trinh		tamjal@yahoo.com
	Mr. Luu Nang Khoa		tamjal@yahoo.com
	Mr. Da Nguyen Phuc Le		tamjal@yahoo.com

## External Resource Persons

Country	Name	Position/ Organization
Canada 	Mr. Timothy Paul Nozomu Ninomiya	Self-Advocate with Autism, Ontario, Canada
Japan 	Mr. Yuji Horikawa	Vice Chairman and Chairperson of Promotion Committee of Japan Takkyu Volley Federation Social Welfare Coporation Taiyonoie
Singapore 	Mr. Malcolm Chen	Founder/ Social Entrepreneur Ageless Bicyclist
	Mr. Sze Toh Khai Munn	Assistant Program Chair, School of Sports, Health and Leisure/ Republic Polytechnic
Thailand 	Mr. Tawarit Chantaphan	Sports Association for Disabled of Thailand
	Mr. Panom Pudsa	
	Mr. Thaworn Yailert	
	Mr.Thitiphan Oboun	
	Mr. Pasit Fasan	
	Mr. Phongnet Koetphon	Inclusive Sports Facilitator ( RPs)
	Ms. Wilai Moongmoei	Resource Person Assistant on Leisure, Recreation and Sports for Tomorrow
	Ms. Supaporn Kaewwong	Resource Person Assistant for Track & Field
	Ms. Apichana Ampunseng	Resource Person Assistant for Track & Field
	Ms. Nutarika Kisorawong	Resource Person Assistant for Track & Field
	Mr. Nakharin Kesonsri	Resource Person for Cycling Field
Ms. Nisarath Phosri	Resource Person Assistant on Bicycling	
Ms. Saichon Kesonsri	Resource Person Assistant on Bicycling	

## Interpreter

Country	Name
Cambodia 	Ms. Sotheanea Chhor
Japan 	Ms. Hitomi Sato
Lao PDR 	Mrs. Artitayapa Chaboonruang
	Ms. Jitpisuth Tantasiri
Myanmar 	Mr. Wai Phyo Lin
Thailand 	Ms. Supisra Arayaphong
Vietnam 	Ms. Tran Phuong Mai

# Insight

## Impression/Feedback of TCTP 2019 from Resource Persons

**Malcolm Chen**

Founder/Social Entrepreneur, Resource Person on Cycling of TCTP 2019

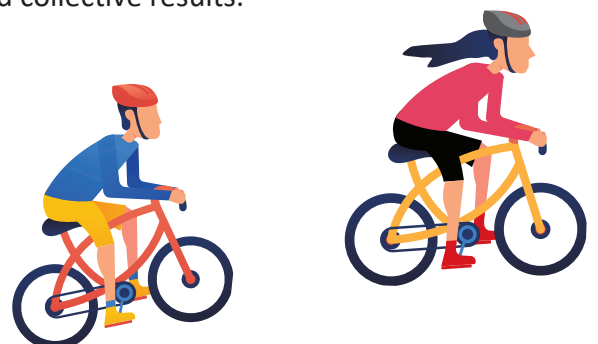


I was very privileged to experience many memorable moments in TCTP 2019. I was energized, inspired and motivated with the passion, enthusiasm of all the participants and trainers. I was profoundly grateful to be invited.

Winning is a good thing but is not everything. In a competitive sport society, athletes do not care about participation; their aim is to be champions. Participation is also important.

Through recreational, transformative, experiential cycling, it is important to enhance enthusiasm and gradually upgrade to competitive/performance category. However, for those unable to play competitive sports, an adaptive level can be created so they could participate to their best ability. They learn the importance of exercise, teamwork enhancing social skills, and sportsmanship. To reiterate participation is as important.

Amongst our aim is creating enthusiasm for the sport, sharing knowledge and to better understand how we can work together to deliver improved collective results.



**Mr. Sze Toh Khai Munn,**  
Assistant Program Chair / Lecturer, Republic Polytechnic



I was privileged to be invited to TCTP 2019 as a resource person for cycling. At TCTP, I was able to interact to many adolescences with Autism and their caregivers. During the 3 days that I was there, I witnessed the vast spectrum of abilities that people with autism possess. As a parent of a younger autistic boy myself, this encouraged me to see the potential that my son can achieve in the future as well.

I hope that my sharing on the Functional Approach for Modifying Movement Experiences (Kaser & Lytle, 2013) provided the caregivers with ability to modify different sport skills and games to suit the ability of their respective athletes with Autism.

During the cycling practical session, we witness both caregivers and athletes working together to master the small cycling circuit we created for them, to learn bike handling skills, and to be more proficient in their cycling. This gave the caregivers opportunity to put in practice what they learnt in the morning session. And I hope they found the programme both meaningful and successful. I definitely saw the athletes smiling happily at the end of the session when they cycled around the wonderfully built Peppermint Bike Park.

I would like to thank APCD for providing this platform where caregivers of autistic children could come at learn about different sports that they can be involved in. I would also like to thank Mr Malcom Chen of Ageless Bicyclist for inviting me to be his co-presenter for this workshop. Indeed I have learnt more than I have contributed.

**Mr. Phongnet Koetphon,**  
Inclusive Sports Facilitator (RPs)



I joined TCTP 2018 and 2019 as an inclusive-sports facilitator. I was bit stressed at the beginning as I was not sure what activities I should include to make the participation inclusive and lively.

But on the day I started my session, the stress had disappeared. I saw their talents and their potential. I gradually persuaded them to join me. And it made me more confident that they could enhance their skills and potentiality through my sessions more than I had expected.

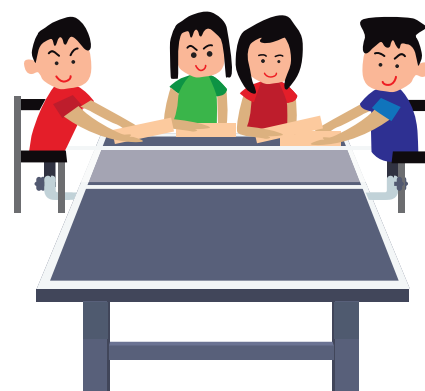
By the end of the day, I witnessed a lot of changes, friendship, and compassion in the group. I felt extremely happy and moved by their gestures. I am very confident that through TCTP, persons with autism and psychosocial disability have recognized their ability. I believe APCD has been able to create a fiber that helps them to pursue their dreams.

**Mr. Yuji Horikawa**  
Vice Chairman and Chairperson of Promotion Committee of Japan Takkyu Volley Federation Social Welfare Coporation Taiyonoie

TCTP 2019 was an opportunity for me to work on the promotion of social participation of persons with disabilities in ASEAN countries through adapted sport. The training was comprises of track and field, cycling and Takkyu Volley.

Takkyu Volley is an inclusive game and I hope participants enjoyed it playing this sport evnet. In the context of ASEAN, it was introduced and played only in Lao PDR but now TCTP 2019 could promote this sport in the ASEAN member states.

Finally, I would like to express my deep appreciation to all the participants, APCD and Japan for providing the platform and Nippon Takkyu Coporation for contributing the Takkyu Volley materials.





## Impression/Feedback of TCTP 2019 from participants:

### Cambodia

**Ms. Heng Kimly**, Cambodia Autism Network

My name is Kimly. I come from Cambodia. I am a teacher working for children with disability. I liked the program, especially the ice breaking activities, which helped my students with autism gained confidence and encouraged them to talk in public. I have also learned new ideas for games which I can apply in my school.

The Takkyu Volley was flexible enough for everyone to join. All persons with different age, gender and abilities could play together. This kind of activity has not yet been introduced to people in Cambodia.

I have gained a lot of experience to improve myself. I have learned from all the parents who were there. They shared their experiences that were invaluable for me and I have learned how to encourage my students to be more confident to speak in public.

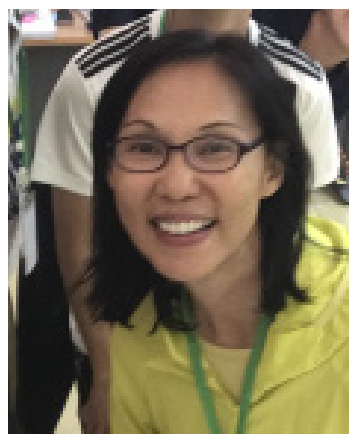


### Malaysia

**Ms. Wei Ling Mun**, National Autism Association Society of Malaysia (NASOM)

The regional exposure was helpful for my son as it helped him with taking on the event at a bigger platform for a longer duration and prepares him to motivate others. Apart from the exposure, we have learned about the adapted sports, inclusion and from all the things that we have experienced here. Some of those were quite new, for example the concept of self-advocacy.

My son could move on from here. I saw the potential in my son and consider supporting him to take on special Olympic or Para Game, if we are lucky. The second most important thing is regional exposure. We are preparing him to participate in an exchange program in Japan which is an independent living program and cross-culture learning. This is what we are working towards.



I have gained much more than I had expected. As TCTP is especially meant for athletes with disabilities, so the focus should be more on athletes. However, overall, it is very good.

## Myanmar

**Mrs. Nan Sandar Aye, Myanmar Autism Association**



I am very satisfied because we have gained a lot of knowledge and training that we can bring back to our country. For example, Track and Field would be good for persons with autism and others in our country, especially in the organizations. My daughter does not know how to ride a bicycle. For Takkyu Volley, I would spread it in our country. Although my daughter did not like spending time with others nor team building activities when she was at home, prior to the program. She enjoyed activities here which she participated with people from other countries. She had a lot of fun because participation was very encouraged here.



I am very happy. When we go back to our country, I will not only use all the techniques I have learned but also share them in the future. In the sport event, I concentrated and focused for the overall event.

## Philippines

**Ms. Donna Santillana Lim, Autism Society Philippines**



What I learned from TCTP 2019 is knowledge on self advocate concept. The activity that I like most was cycling. I love all the activities. There were a lot of things to learn and share and to spread my love. I appreciate the time here and I hope that I could spread each of the program I have learned from this training. I could see changes in my daughter since the first day.

She was being very shy at first but once she started having fun, she became who she is. I plan to share what I have learned from this event to my organization. I would also like to ask my organization to coordinate with a government office. It's going to be difficult for me but with the help of my organization, I am positive we can do this together.

We are very thankful. My daughter, Danna, Rhav, the team from the Philippines and I would like to thank you for inviting the Philippines delegates to this training. I would like to thank you with all my heart. We are one family. God bless APCD and bless you all.



## Thailand

**Ms. Apinya Manathae,**

Center for Empowerment and Development of Autism



I have learned about sports and activities which could be adapted for children with autism. I can use them in my workplace to build relationships among our students. I would recommend parents to consider inclusive activities such as the Takkyu Volley because of its simplicity and potential. It would be interesting to motivate other family to join us further.

I noticed that my students have gained more confidence. Before this, they had been very shy, but during the event, they have developed their skills to speak in public and have a conversation with friends from other countries. They have been encouraged to play with friends from different countries even though their English was limited. The sport was a bridge which connected them together and allowed them to become friends. I also saw how parents of persons with autism took care of their children and met teachers from different countries who shared their knowledge. This gave me inspiration and ideas of what I could do in my country.

## Vietnam

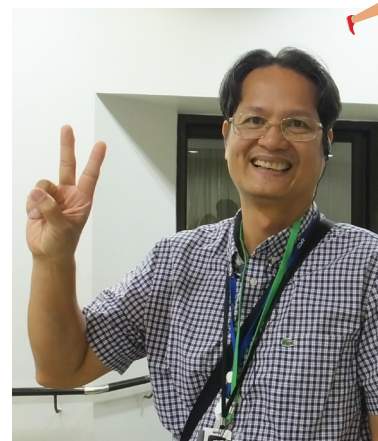
**Mr. Dat Nang Khoa, Vietnam Autism Network (VAN)**



I have learned many things from here such as, Track and field, Takkyu Volley and Cycling. The way that you organized the event and the way that you find resources were great. All the inclusive sports for persons with disabilities were valuable and useful. My son is an active boy so he likes Track and field and outdoor activities much more than in-door activities. He likes football very much but it was not in the program.

The resource persons from Japan, who brought Takkyu Volley, shared how the policy for people with disabilities in Japan was developed, as well as theories which focused on what you have, not what you do not have. I admired this concept, which is not only for persons with disabilities but also for myself, and even persons without disabilities.

I am impressed with the organization. Some key persons are persons with disabilities. They are very nice, for example, Khun Jieb (Mr. Watcharapol Chuengcharoen, APCD staff). This program is about Inclusive-sport but I have received more than sport. The way that you organized, found resource persons, especially for mountain biking from Singapore and Track and Field from Thailand were such great contribution to the disability-community.



# TRAINING SCHEDULE

TCTP 2019 on Inclusive Development						
Week 1	09.00-09.30 9.00	9.30-10.50			11.10 - 12.30	
<b>Day 1</b> 21 July (Sun)	Arrival of Participants and Check in to APCD Training Building					
	APCD Staff					
<b>Day 2</b> 22 July (Mon)	<b>Session 1:</b> Opening Ceremony  (9:00 – 10:00)	<b>Session 2:</b> Self-Introduction, Ice-breaking Activity, Team Building, Views Sharing & Group Agreement			<b>Session 3:</b> Ice breaking Activity, Team Building, Sharing Concerns & Expectations	
	APCD	Mr. Phongnet			Mr. Phongnet	
<b>Day 3</b> 23 July (Tue)	Recap of the Previous Day	<b>Session 6:</b> Review of UNCRPD Article 30 History of Paralympics, Special Olympics,		Coffee Break (10.50 – 11.10)	<b>Session 7:</b> Workshop on Social Participation and Vocational Life Through DIS (Thailand)	
		Mr. Tawarit Chantaphan			Mr. Tawarit Chantaphan	
<b>Day 4</b> 24 July (Wed)		<b>Session 10:</b> CBID Case Study: Leisure, Recreation and Sports by Athletes with Psychosocial Disabilities/Autism from Thailand and other ASEAN Countries (Cycling)			<b>Session 11:</b> CBID Case Study: Leisure, Recreation and Sports by Athletes with Psychosocial Disabilities/Autism from other ASEAN Countries (Cycling)	
		Mr. Malcolm Chen			Mr. Malcolm Chen	
<b>Day 5</b> 25 July (Thu)		<b>Session 14:</b> CBID Case Study: Social Participation and Health Improvement through Disability Inclusive Sports (DIS) by Athletes with Psychosocial Disabilities/Autism from Japan			<b>Session 15:</b> CBID Case Study: Social Participation and Health Improvement through Disability Inclusive Sports (DIS) by Athletes with Psychosocial Disabilities/Autism from Japan	
Lunch Time (12.30 – 14.00)						

**through Disability-Inclusive Sports**

14.00– 15.20		15.40 – 17.00	18.00 - 19.30
			Informal Gathering and Briefing Session for Trainers, Teachers and Parents
APCD Staff			
<b>Session 4:</b> Independent Living Service Model on Psychosocial Disabilities/ Autism Development  Mr. Tim Ninomiya	Coffee Break (15.20 – 15.40)	<b>Session 5:</b> Country Report (10 minutes for each country)  Participants	Welcome Dinner  APCD
<b>Session 8:</b> DIS Actual Practice & Facilitation for Changes (Track & Field)  Mr. Tawarit Chantaphan		<b>Session 9:</b> DIS Actual Practice & Facilitation for Changes Track & Field  Mr. Tawarit Chantaphan	Free Time
<b>Session 12:</b> DIS Actual Practice & Facilitation for Changes  (Cycling)  Mr. Malcolm Chen		<b>Session 13:</b> DIS Actual Practice & Facilitation for Changes  (Cycling)  Mr. Malcolm Chen	
<b>Session 16:</b> DIS Actual Practice & Facilitation for Changes  (Takkyu Volley)		<b>Session 17:</b> DIS Actual Practice & Facilitation for Changes  (Takkyu Volley)	

Week 2	9.00 - 9.30	9.30 – 10.50		11.10 - 12.30		
<b>Day 6</b> 26 July (Fri)	<b>Sessions 18 &amp; 19:</b> Workshop: Capacity Building of Potential Athletes with Psychosocial Disabilities/Autism on Leisure, Sustainability of Vocational Life (Good Practice I) JAPAN					
	Mr. Yuji Horikawa					
<b>Day 7</b> 27 July (Sat)	<b>Sessions 20 &amp; 21:</b> Workshop: Capacity Building of Potential Athletes with Psychosocial Disabilities/Autism on Leisure, Sustainability of Vocational Life (Good Practice II) THAILAND (Mini competition)					
	Mr. Tawarit Chantaphan					
<b>Day 8</b> 28 July (Sun)	Self-Learning					
<b>Day 9</b> 29 July (Mon)	Recap of the Previous Day	<b>Session 22:</b> Presentation of Future Plans  (5 minutes for each country)	Coffee Break (10.50 – 11.10)	<b>Session 23:</b> Session Review & Activity Recreation	Farewell Lunch (12:30 – 14:00)	
		All Participants		Mr. Phongnet		
<b>Day 10</b> 30 July (Tue)	Departure of Participants					

14.00 – 15.20		15.40- 17.00	
Recreation and Sports Towards Their Social Participation and			
Recreation and Sports Towards Their Social Participation and			
Mr. Tawarit Chantaphan			
<b>Session 24:</b> Organizing Networking and Team Building		Session 25: Closing Ceremony (15:15 – 16:15)	Session: Networking & Collaboration
Mr. Phongnet	Coffee Break (15:00 – 15:15)APCD Team	Participants, RPs, Facilitators & APCD	
Departure of Participants			

# Session Objectives

Title	Objectives
Opening Ceremony	<p>To officially inaugurate the program by representatives from TICA, JICA, MSDSH and APCD</p> <p>To enlighten participants from official messages and to shine the light on the path of Disability-Inclusive Sports</p>
Icebreaking Activities	<p>To create relationship, teambuilding &amp; inclusiveness</p> <p>To let participants know each other and openly take part in participatory games through inclusive activities</p>
Course Orientation	To familiarize participants with the program and the surroundings
Sharing Concerns and Expectations	To understand participants' view and to improvise the course.
Country Reports	<p>To find out the policies and laws stipulated for persons with disabilities in term of sports in the target countries</p> <p>To know the challenges that hinder the development in the disability movement</p>
Good Practice on Autism Development in Canada	<p>To decrease the learning curve of aspiring athletes.</p> <p>To provide a comprehensive overview of development and implementation of strategies adopted in Canada to promote prudent participation in inclusive sports</p>
Best Practice Review: Autism Spectrum Rating Scales on Inclusive Sports	To show the demonstrable link between what is practised and the end result that adds true value to the training perspective
Review of UNCRPD Article 30; History of Paralympics, Special Olympics	To be able to break down the negative stereotypes about people with an impairment and foster their integration into sports legacy.



Title	Objectives
Social Participation and Vocational Life through DIS	To ensure high standards of personal discipline on social participation and health improvement aspects in line with Community-based Inclusive Development (CBID) using accurate demonstrations, pictures and basic signing to reinforce verbal instructions
Disability-Inclusive Sports (DIS) Actual Practice & Facilitation for Changes I (Track & Field)	To ensure high standards of personal discipline on social participation and health improvement aspects in line with Community-based Inclusive Development (CBID) using accurate demonstrations, pictures and basic signing to reinforce verbal instructions
Disability-Inclusive Sports (DIS) Actual Practice & Facilitation for Changes II (Track & Field)	To disseminate information and knowledge creation in a participatory approach which helps participants in a propensity to continue sports in the future
Community-based Inclusive Development (CBID) Case Study: Leisure, Recreation and Sports by Athletes with Autism from Thailand and Other ASEAN Countries	<p>To provide sufficient information on good practices necessary to make informed judgments and acceptance of CBID</p> <p>To motivate participants by sharing successful case stories by athletes with psychosocial disabilities and autism</p>
DIS Actual Practice & Facilitation for Changes (Cycling)	<p>To learn integrated demonstration and understand international level rules and regulations for cycling</p> <p>To facilitate participatory approach views on the training and support of suitable outcomes in terms of cycling ability/confidence</p>
CBID Case Study: Social Participation and Health Improvement Through DIS by Athletes with Autism from Japan	<p>To provide a comprehensive overview of the development and implementation of strategies adopted in Japan to promote prudent participation in inclusive sports</p> <p>To ensure high standards of personal discipline on social participation and health improvement aspects in line with CBID, using accurate demonstrations, pictures and basic signing to reinforce verbal instructions</p>

Title	Objectives
DIS Actual Practice & Facilitation for Change (Cont.) Takkyu Volley (Table Tennis Volleyball), an Adapted Sport from Japan	<p>To equip and empower participants with needed skills to play Takkyu Volley (table tennis volleyball), an adapted sport from Japan</p> <p>To facilitate participatory approach views on the training and support on outcomes of Takkyu Volley</p>
DIS Actual Practice & Facilitation for Changes (Cont.) Takkyu Volley	To introduced Takkyu Volley as a new adapted sport in ASEAN countries for Disability-Inclusive Sports
<p>Workshop: Capacity Building of Potential Athletes with Autism on Leisure, Recreation and Sports Towards Their Social Participation and Sustainability of Vocational Life (Good Practice I)</p> <p>(Takkyu Volley Experiences in Thailand)</p>	<p>To effectively apply concepts of inclusive participation through field visits and provide technical support to build the capacity of athletes with psychosocial disabilities and autism on leisure, recreation, and sports towards their social participation and sustainability of vocational life</p> <p>To witness the experimental and contextual learning and to provide an opportunity to learn hands-on through field visits</p>
<p>Workshop: Capacity Building of Potential Athletes with Autism on Leisure, Recreation and Sports Towards Their Social Participation and Sustainability of Vocational Life (Track &amp; Field) (Good Practice II) THAILAND</p>	<p>To enhance understanding of social participation</p> <p>To provide an opportunity to gain first-hand understanding to determine how to promote technical information and reflecting professional social participation skills</p>
Action Plan Presentation	<p>To provide a platform for training participants to exercise and apply their first-hand knowledge into a constructive action plan</p> <p>To share what they are going to implement in the future in their respective countries</p> <p>To identify barriers and provide an opportunity for reflection to enhance the learning capabilities of participants</p>

Title	Objectives
Group Reflection and Evaluation	<p>To share impressions &amp; challenges at the training</p> <p>To provide participants with an opportunity to express, in a personal dynamic way, their self-development</p> <p>To provide a record of significant learning experiences that have taken place</p>
Closing Ceremony: Awarding the Certificates	To facilitate all meritorious participants with the utmost appreciation and motivate them to strive to achieve goals

# Summary of Friendly Evaluation from The Participants

## TCTP 2019 Evaluation Questions

<p>10 Feedback questions for continual improvement of the Third Country training Program 2019 on Disability- Inclusive Development</p>	<p>4. Content was well organized</p>	<p>8. The presentation was effective</p>
<p>1. Training was relevant to my needs</p>	<p>5. Participation was encouraged</p>	<p>9. Administrative and logistic arrangements were clear and effective</p>
<p>2. Material provided was helpful</p>	<p>6. Instruction were clear</p>	<p>10. Your overall satisfaction</p>
<p>3. Length of training was sufficient</p>	<p>7. Training met my expectations</p>	<p>Evaluation results were obtained from the points scored from the aforementioned questions.</p> <ul style="list-style-type: none"> <li>a. Strongly agree 2 points</li> <li>b. Agree 1 point</li> <li>c. Disagree 0 point</li> </ul>

# Overall Evaluation

## 1. Relevance

Item	Result
The objective of the training was consistent with beneficiaries' requirements, country needs, ASEAN countries priorities, and donor's policies.	97%

## 2. Efficiency

Item	Result
All sessions inputs (funds, facilitation skills of resource persons, time, etc). were projected to achieve the objectives of TCTP.	98%

## 3. Effectiveness

Item	Result
Training objectives were achieved, taking into account the result of overall satisfaction or are expected to be achieved while considering the percentage of achieved expectations and action plan.	98%

## 4. Impact

Item	Result
The training covered the broader spectrum of social inclusivity through Disability-Inclusive Sports in the local, national, and regional levels on the target groups and other directly or indirectly affected parties.	97%

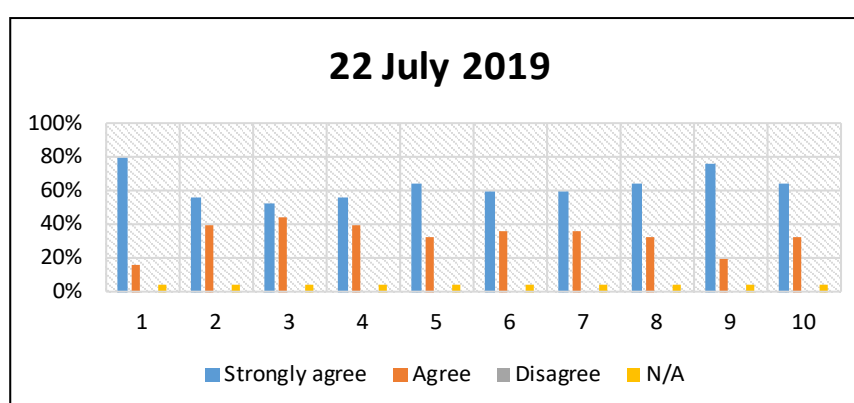
## 5. Sustainability

Item	Result
The continuation of DIS in the local, national and regional levels and the long-term benefits of DIS for target groups.	97%

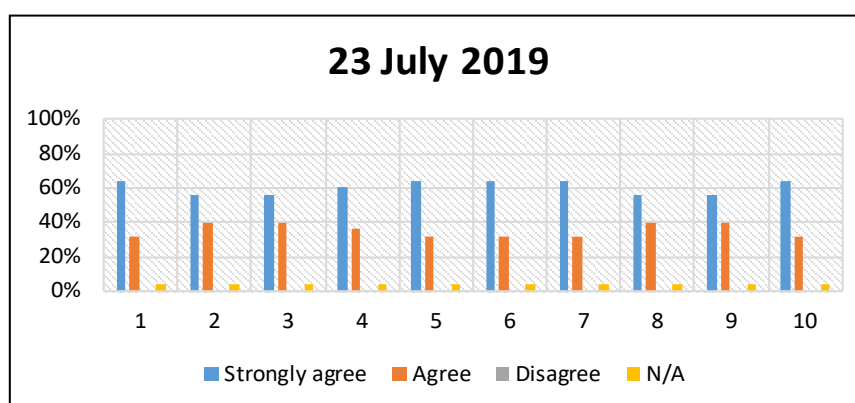
## Results Evaluation from The Participants

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

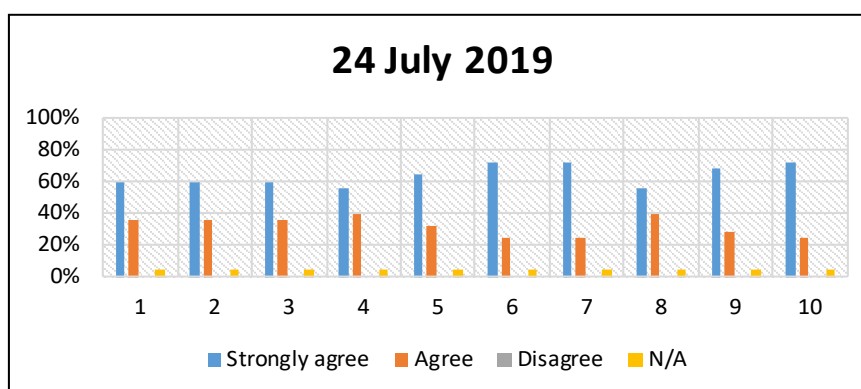
First Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	20	4		1	25
Material provided was helpful	14	10		1	25
Length of training was sufficient	13	11		1	25
Content was well organized	14	10		1	25
Participation was encouraged	16	8		1	25
Instructions were clear	15	9		1	25
Training met my expectations	15	9		1	25
The presentation was effective	16	8		1	25
Administrative and logistic arrangements were clear and effective	19	5		1	25
Your overall satisfaction	16	8		1	25



Second Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	16	8		1	25
Material provided was helpful	16	8		1	25
Length of training was sufficient	14	10		1	25
Content was well organized	15	9		1	25
Participation was encouraged	16	8		1	25
Instructions were clear	16	8		1	25
Training met my expectations	16	8		1	25
The presentation was effective	14	10		1	25
Administrative and logistic arrangements were clear and effective	14	10		1	25
Your overall satisfaction	16	8		1	25

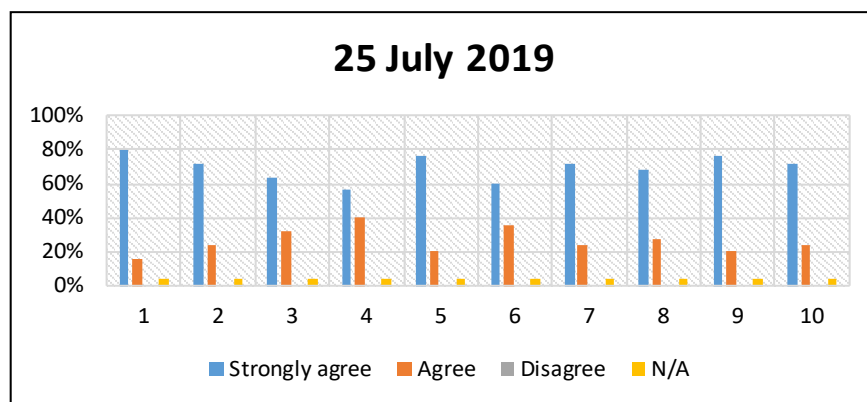


Third Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	15	9		1	25
Material provided was helpful	15	9		1	25
Length of training was sufficient	15	9		1	25
Content was well organized	14	10		1	25
Participation was encouraged	16	8		1	25
Instructions were clear	18	6		1	25
Training met my expectations	18	6		1	25
The presentation was effective	14	10		1	25
Administrative and logistic arrangements were clear and effective	17	7		1	25
Your overall satisfaction	18	6		1	25

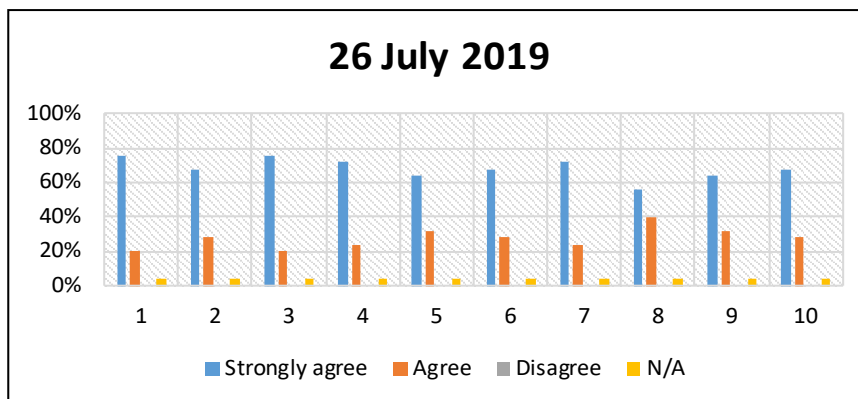




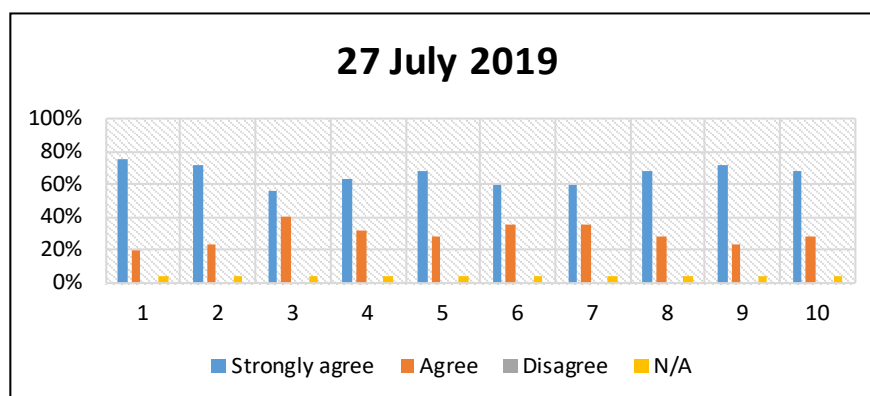
Fourth Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	20	4		1	25
Material provided was helpful	18	6		1	25
Length of training was sufficient	16	8		1	25
Content was well organized	14	10		1	25
Participation was encouraged	19	5		1	25
Instructions were clear	15	9		1	25
Training met my expectations	18	6		1	25
The presentation was effective	17	7		1	25
Administrative and logistic arrangements were clear and effective	19	5		1	25
Your overall satisfaction	18	6		1	25



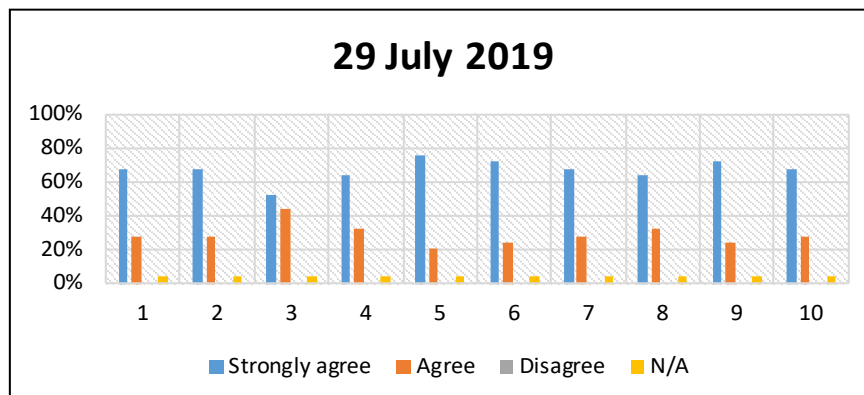
<b>Fifth Day</b>	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	19	5		1	25
Material provided was helpful	17	7		1	25
Length of training was sufficient	19	5		1	25
Content was well organized	18	6		1	25
Participation was encouraged	16	8		1	25
Instructions were clear	17	7		1	25
Training met my expectations	18	6		1	25
The presentation was effective	14	10		1	25
Administrative and logistic arrangements were clear and effective	16	8		1	25
Your overall satisfaction	17	7		1	25



Sixth Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	19	5		1	25
Material provided was helpful	18	6		1	25
Length of training was sufficient	14	10		1	25
Content was well organized	16	8		1	25
Participation was encouraged	17	7		1	25
Instructions were clear	15	9		1	25
Training met my expectations	15	9		1	25
The presentation was effective	17	7		1	25
Administrative and logistic arrangements were clear and effective	18	6		1	25
Your overall satisfaction	17	7		1	25



Seventh Day	Strongly agree	Agree	Disagree	N/A	Total
Training was relevant to my needs	17	7		1	25
Material provided was helpful	17	7		1	25
Length of training was sufficient	13	11		1	25
Content was well organized	16	8		1	25
Participation was encouraged	19	5		1	25
Instructions were clear	18	6		1	25
Training met my expectations	17	7		1	25
The presentation was effective	16	8		1	25
Administrative and logistic arrangements were clear and effective	18	6		1	25
Your overall satisfaction	17	7		1	25



## CONCLUSION

The TCTP 2019 on inclusive development through Disability-Inclusive Sports was conducted in various participatory sessions focusing on new knowledge creation for all potential athletes with autism, psychosocial disability and their parents/trainers. The training course promoted their social inclusion through recreation, leisure, and sports. Besides, through the training evaluation result, it can be summarized that the training is moving towards its intended intervention and strategic outcomes. Almost all participants took part in the sporting activities for seven days for about 3 hours on average. When compared to participation rates of the first- and second-year sport activities, this reveals an increase in participation by a huge score. Also, there has been an increase in the proportion of respondents in evaluation forms. This suggests that the training is not only increasing sports participation for disabled people within its funded project but may also have enabled participants to develop their confidence to explore other opportunities outside of the projects. In regards to specific intervention outcomes, it reveals that the training course is already beginning to deliver positive change for those who attended

# TCTP 2019 in action







**TRACK  
&  
FIELD**







# CYCLING



**STARTING**  
Pre check  
Mounting  
Starting/roll off

**BALANCE & STRAIGHT LINE**  
Pedal at 3 & 9 o'clock, glide through

**EMERGENCY BRAKE**  
Back brake first immediately follows with front brake. Front wheels within the squares. Dismount and push bike

**SHALOM**  
Turning - Enter from the right side. Encourage participants to look forward rather than looking down at the cones while cycling through

**FIGURE 8 - TURNING SHIFTS**  
Can enter either A or B and participants to place wheels at 12 o'clock on left side when turning right

**PARKING**  
Park bike in a row









# TCTP 2019

Third Country Training Programme 2019 on  
Inclusive Development Through  
Disability-Inclusive Sports

(Summary Report)



21-30 July 2019  
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)

