

# Training of Trainers

on Inclusive Development Through Disability-Inclusive Sports (DIS)

Vientiane, Lao PDR | 7 -13 July 2019





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## Executive Summary

Fifty (50) international training participants and self-sponsored local delegates successfully completed the “Training of Trainers (ToT) on Inclusive Development Through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan” course, which was specially designed to strengthen and to promote active social participation of potential athletes with autism through recreation, leisure, and sports. The event was geared towards the development of potential professional athletes with autism with the help of expert facilitators, and international cooperation and exchanges between Mekong countries and Japan. The international training was organized at the Crowne Plaza Vientiane Hotel and sports facilities at New Arena Sports Center, Vientiane, Lao PDR from 7 to 13 July 2019.

The overall training objectives were to strengthen, empower and promote the active participation of persons with autism in adapted sports and friendly-sports competitions. It was also meant to narrow the development gap within the Mekong region by training potential athletes with autism and their parents/trainers as trainers to: 1) Become effective trainers and facilitators in Disability-Inclusive Sports (DIS) for Tomorrow activities; 2) Promote an inclusive development approach towards DIS; and 3) Brainstorm inclusive development strategies through DIS in accordance with each situation and specific need.

The training components highlighted three sports including Track & Field, Swimming and Dodgebee games based on the principles of the Convention on the Rights of Persons with Disabilities, which will provide potential athletes an opportunity to showcase their sports skills in the ASEAN Para Games in the Philippines in 2020, and the Tokyo Paralympics 2020. Their newly acquired sports skills could also be applied in other activities such as participatory workshops and further actual practices which could be organized within some Mekong countries, other ASEAN countries and Japan, with emphasis on participatory methods among persons with autism and their parents through their organizations. This participatory training approach allowed training participants to integrate knowledge and skills in their attitudes and use them in the knowledge-sharing process.

The training participants and resource persons came from 10 countries (Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam, and Japan). In this context, the primary resource persons, such as Mr. Thevarith Chanthavong and his team (for Track & Field and Swimming), Professor Yukinori Sawae (of the Faculty of Health & Sports Sciences, University of Tsukuba) and Mr.

Junichi Kojima (Director of Dodgebee of Japan Association) and their team for the Dodge-Bee Exhibition Program, as well as APCD facilitators all lent their professional expertise to make this training experience to be one of the most powerful catalyzers for the sports' training participants to become "Agents of Change".

APCD is striving to provide the most instrumental training in the field and will continue to be a leader in this important work – a commitment to conduct and promote Disability Inclusive Sports (DIS).



## Key Outcomes

1. A total of 50 people, including potential athletes with autism, their parents, teachers, supporters as trainers/facilitators from Mekong countries and Japan at “Mekong - Japan Exchange on Autism Sports for Tomorrow” activities were able to bring knowledge, skill and attitudes leading towards positive changes in trainers’ performance to their countries and spread their gained knowledge to family members, friends, and colleagues in their countries.
2. Persons with autism were able to learn about international cooperation, teamwork and sportsman spirit like others.
3. A new concept of inclusive development approach towards Disability-Inclusive Sports (DIS) or adapted sports for tomorrow has been promoted during the participatory learning among Japanese resource persons and participants from ASEAN countries, especially Mekong Sub-region countries.
4. The ‘Vientiane Recommendations’ were discussed among participants and finalized through brainstorming sessions on inclusive development strategies on adapted sports for tomorrow in accordance with each situation and specific need.
5. It was demonstrated that persons with autism are capable of actively participating in adapted sports, leisure and recreation if given the opportunities and appropriate support.

# What is the Japan Foundation Project?

## Program for Promotion of Cultural Collaboration (Mekong – Japan Exchanges on Autism Sports for Tomorrow)

### Background

Fitness and sports, for persons with autism can be both essential and challenging. Many researches have shown that teens with autism are two to three times more likely to be obese than their peers. Medications used to treat symptoms of autism may also lead to weight gain. In addition, persons with autism find fitness and physical activity difficult. In the face of these challenges, it's important to find ways to help children with autism participate in and enjoy physical activities. Sports for persons with autism can play a vital role in their well-being. It can prevent weight gain and has therapeutic benefits, too. Thus, adapted sports are specifically created to be inclusive of athletes of all ages and abilities in participating in team sports. Also, parents and trainers' involvement in sports plays an important role in maximizing the potential of persons with autism. They can be effective trainers on adapted sports if given an opportunity to acquire comprehensive understanding of the autism development through Disability-Inclusive Sports (DIS) and participatory learning methods.

The Mekong-Japan exchange sports event is an initiative to maintain and strengthen momentum for the development of Mekong sub-region. It contributes to its closer integration bridging the development gap in the perspective of DIS.

### General Objective

To strengthen the relationship among Japan, Mekong countries and other relevant ASEAN countries by narrowing the development gap within the Mekong region, from the perspective of “Mekong-Japan Autism Sports for Tomorrow” in parallel with ASEAN Para Games in Philippines 2020 and Tokyo Paralympic 2020.



## **Project Objective**

1. To create opportunities and build capacities for potential athletes with autism to excel in international adapted sporting events;
2. To strengthen networking among autism-related partners in Japan and other ASEAN countries, particularly in Mekong countries; and
3. To create a platform for coordination and to initiate the process of organizing adapted sporting events for autism parallel to ASEAN Para Games in Philippines 2020 and Tokyo Paralympics 2020.

## **Main Activities**

1. **TRAINING:** Organize Training of Trainers (TOT) for teachers/parents of potential athletes with autism from Mekong Sub-region countries in Lao PDR to narrow down the gaps among athletes in ASEAN countries.
2. **MEETING:** Organize coordination meetings with different agencies associated with ASEAN Para Games/ SEA Games to include Mekong-Japan Autism Sports for Tomorrow parallel to the ASEAN Para Games/ SEA Games in the Philippines.
3. **SIDE EVENT:** Organize adapted Mekong-Japan Autism Sports for Tomorrow parallel to the ASEAN Para Games/ SEA Games in the Philippines.
4. **MEETING & SIDE EVENT:** Hold meetings with agencies associated with Paralympic Games along with Paralympic Committee of the Philippines, ASEAN secretariat and AAN chairperson to initiate the process to include the autism sports event parallel to Paralympic in Japan 2020.

## **Time Frame**

April 2019 – March 2020

## **Methods**

1. Encouraging parents/teachers of potential athletes with autism from Mekong Sub-region, other ASEAN countries and Japan to participate in the Disability Inclusive Sports through official announcements.
2. Developing a mapping of organizations associated with ASEAN Para Games and Tokyo Paralympics in ASEAN and Japan.



3. Promote cooperation and collaboration among sports agencies, organizations and clubs of member countries of the Mekong Sub-region, other ASEAN countries and Japan.
4. Exchanging information on technical regulations, standards and conformity assessment procedures, both existing and being developed.

### **Beneficiaries**

1. Organizations of and for persons with autism from the Mekong Sub-region, other ASEAN countries and Japan
2. Persons with autism and their trainers/trainers/coaches/parents from Mekong Sub-region, other ASEAN countries and Japan
3. General community from the Mekong Sub-region, other ASEAN countries and Japan

### **Budget Source**

The Japan Foundation (through their goal of strengthening cultural exchange in Asia), APCD, AAN and other resources from partners

Implementing Organization

Asia-Pacific Development Center on Disability

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## Introduction of the ToT Course

In accordance with the international instrument on disability and development, Article 30 of the UNCRPD addresses the issue with a view to enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities, where States Parties shall take appropriate measures to encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels.

Goal 3 of Incheon Strategy aims at enhancing access to the physical environment, public transportation, knowledge, information and communication.

Goal 11 of SDGs is to make our cities more inclusive, safe, resilient and sustainable.

This “Training of Trainers (ToT) on Inclusive Development through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan” is a response in the form of social participation in adapted sports through the aforementioned international instrument on disability and development. It does not only promote health of persons with autism through these instruments, but also strengthens self-esteem and participation in society.

Having considered the training as a tool for empowerment, but not as a showcase, the Japanese disability and development community, especially the autism society, would like to contribute an international cooperation and exchange to share best practices and achievements made in the area of work opportunities, living out of institutions and accessibility to culture, recreation, leisure and sports activities, which enhance fuller social participation of persons with autism.

### **THEME**

Social participation through recreation, leisure, and sports towards the development of potential professional athletes with autism through effective facilitators and international cooperation as well as exchanges between Mekong Countries and Japan

### **I. TRAINING OBJECTIVES**

To narrow the development gap within the Mekong region by training the potential athletes with autism and their parents/teachers as trainers to:

- 1) Become effective trainers and facilitators in Disability-Inclusive Sports (DIS) for Tomorrow activities;
- 2) Promote an inclusive development approach towards DIS and;
- 3) Brainstorm inclusive development strategies through DIS in accordance with each situation and specific need.

## **II. TRAINING PERIOD**

7 – 13 July 2019

## **III. INVITED REGION/COUNTRIES**

Mekong Sub-region and Japan – Training

ASEAN Countries – Side Event

## **IV. NUMBER OF EXPECTED PARTICIPANTS**

50 participants

## **V. LANGUAGE**

The course was conducted in English. Interpreters and translation documents are needed for this Course.

## **VI. VENUE**

1. Multipurpose Room, 2nd Floor, Crowne Plaza Hotel, Vientiane, Lao PDR
2. The New Arena in Vientiane, Lao PDR

## **VII. ELIGIBILITY CRITERIA**

1. Potential athletes with autism from Mekong Sub-region, and Japan



## Vientiane Recommendations



### Vientiane Recommendations on Adapted Sports for Tomorrow of Potential Athletes / Persons with Autism within the Mekong Sub-Region Countries and Japan

We, the potential athletes/representatives with autism, their teachers/parents/supporters as trainers and resource persons from Cambodia, Japan, Lao PDR, Myanmar, Thailand and Vietnam, 50 persons in total, participated in the “Training of Trainers (ToT) Inclusive Development Through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan” organized by the Ministry of Labor and Social Welfare (MLSW), Government of Lao PDR, Autism for Association (AfA) in Laos, Japan Foundation Asia Center, and Asia-Pacific Development Center on Disability (APCD), in cooperation with ASEAN Autism Network (AAN) and other partners, from 7 to 13 July 2019 in Vientiane, Lao PDR.

Notifying that a mutual understanding has been assembled as an output of the Training to fast-track the sub-regional movement on recreation, leisure and adapted sports through the platform of the promotion of cultural collaboration through adapted sports for tomorrow for the “Mekong-Japan Exchange on Autism Sports for Tomorrow”.

We hereby consistently recommend as follows: Consideration should be given to the potential athletes/persons with autism, their teachers/parents/supporters as trainers in developing the ‘adapted sports’ principle such as Running, Swimming and Dodge-bee in each of Mekong Sub-Region Member States, taking into consideration that the topic of adapted sports for persons with autism is relatively new in some Mekong countries; With support from the Japan Foundation Asia Center and AAN member countries, the consensus is on capacity building/development of potential athletes with autism or persons with autism in becoming real athletes with autism through various techniques in the accomplishment of small tasks, friendly assignments, adapted sports regulations during the Training.

These goals should be reflected by giving potential athletes an opportunity to showcase their sports skills in the ASEAN Para Games in the Philippines in 2020 and the Tokyo Paralympics 2020 and other activities such as participatory workshops and further actual practices which could be organized within some Mekong countries, other ASEAN countries and Japan, with emphasis on participatory methods among persons with autism and their parents through their organizations.

Presented and consistently adopted at the

“Training of Trainers (ToT) Inclusive Development Through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan”, 12 July 2019, Vientiane, Lao PDR



# Speeches

## Welcome Remarks

### Mr. Syvang Xayyavong

President, Association for Autism (AFA) in Lao PDR



Good afternoon ladies and gentlemen

- Distinguished Mr. Sisavath Khoumphonh, Deputy Director General, Department of Policy, Disability and Elderly, Ministry of Labor and Social Welfare;
- Mr. Lee Yoong Yoong, Director of Community and Corporate Department, ASEAN Secretariat;
- Mr. Somchai Rungsilp, Manager, Community Development Department, Asia-Pacific Development Centre on Disability (APCD);
- Ms. Kozue Kawamura, Deputy Director of The Japan Foundation Asia Center Vientiane Liaison Office;
- Dr. Adraina Ginanjar, Chairperson of ASEAN Autism Network;
- All delegates from ASEAN Autism Network (AAN);
- Distinguished trainers, athletes and parents;
- Ladies and Gentlemen,

On behalf of Association for Autism, I would like to warmly welcome all of you to Vientiane Lao PDR and welcome to the Training of Trainers (TOT) on Inclusive Development Through Disability-Inclusive Sports (DIS) among Great Mekong Subregion Countries and Japan and AMS.

Also, I would like to extend my appreciation to the APCD, Japan Foundation Asia Center and Ministry of Labour and Social Welfare for its cooperation and support in organizing this event.

Lao PDR signed with the United Nation Convention on the Right of People with

Disabilities (UNCRPD). This Convention sets down the rights of all people with disabilities. By knowing your rights, you can help raise awareness amongst disabled and non-disabled people and promote a more inclusive society in Laos. In addition, on 10th December 2018, the National Assembly of Lao PDR approved the Law on Disabilities, which identified the disabilities, including physical disability, visual impairments, hearing and verbal disabilities, intellectual disability, learning disability, and other disabilities. The law also mentioned that government will support any individuals, legal entities or organizations including domestic and international, wishing to help and provide any facilities for people with disabilities and also contribute fund and technical assistance. In this direction, we organized the Training of Trainers (TOT) on Inclusive Development Through Disability-Inclusive Sports (DIS) program, which aims to strengthen the relationship among Japan and Great Mekong Subregion (GMS) by narrowing the development gap within the GMS, from the perspective of “Mekong-Japan Autism Sports for Tomorrow” by training potential athletes with autism and their parents, and teachers as trainers.

Before closing my welcome remark, I would like to express my sincere gratitude to the Ministry of Labour and Social Welfare, the Japan Foundation Asia Center and Asia-Pacific Development Center on Disability (APCD) for supporting this training program. I would like to extend my gratitude to all delegates from AAN.

Distinguished participants, colleagues, partners, ladies and gentlemen present here today.

I wish the TOT success and personally would like to express my sincere appreciation to all participants.

Thank you.



## Remarks

### **Mr. Somchai Rungsilp**

Community Development Department Manager  
Asia Pacific Development Center on Disability

On behalf of the Asia-Pacific Development Center on Disability (APCD), I would like to appreciate the support and collaboration of Government of Lao PDR, ASEAN Secretariat, Japan Foundation, ASEAN Autism Network (AAN) and Association for Autism in Lao PDR (AfA) for making this important event happen.

Training of Trainers on Inclusive Development through Disability Inclusive Sports (DIS) in Mekong Countries and Japan is an important event to respond on these following points;

- Promotion of UNCRPD Article 30 which recognizes the rights of persons with disabilities to enjoy access to cultural life, recreation, leisure and sports.
- Filling the gap between Mekong countries and other ASEAN countries with regards to the autism movement.
- Collaboration with Lao PDR government, ASEAN Secretariat on promoting ASEAN Enabling Masterplan 2025 for better life of persons with disabilities.
- Promotion of ASEAN Autism Games to be included as side event in the ASEAN Para Games in Manila 2020 and the Paralympics Games in Tokyo 2020.
- And last but not least, promotion of self-advocate of young persons with autism which will be the main strategy of AAN in the near future.

APCD has considered AAN as one of the most proactive networks among different networks which we are the Secretariat. APCD will prepare to celebrate the accreditation of AAN by ASEAN Secretariat this year 2019 and the 10-year anniversary of AAN in 2020.

I wish the Training of Trainers on Inclusive Development through Disability Inclusive Sports in Mekong Countries and Japan is successful, fruitful and will provide good outcomes and impacts towards the disability inclusive movement in the ASEAN region.





## Remarks

**Ms. Kozue Kawamura**

Deputy Director, the Japan Foundation Asia Center  
Vientiane Liaison Office

Your Excellency Mr. Sisavath Khomphonh, Deputy Director General, Department of Policy, Disability and Elderly, Head of Secretariat to National Committee for Disability and Elderly, Ministry of Labour and Social Welfare.

Excellency Dr. Andriana S. Ginanjar, Chairperson of ASEAN Autism Network (AAN).

Excellency Mr. Somchai Rungsilp, Manager of Community Development Department, Asia - Pacific Development Center on Disability (APCD).

Excellency Mr. Lee Yoong Yoong, Director of Community Affairs Directorate Community and Corporate Department, ASEAN Secretariat.

Mr. Syvang Xayyavong, President of Association for Autism (AfA) in Lao PDR Distinguished Guests, Ladies and Gentlemen.

On behalf of the Japan Foundation Asia Center, Vientiane, I am honored and pleased to extend my heartfelt congratulations to the opening of Training of Trainers (TOT) on Inclusive Development Through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan.

The Japan Foundation is a government-related organization, established in 1972 under the supervision of the Ministry of Foreign Affairs. The Japan Foundation is Japan's only institution dedicated to carrying out comprehensive international cultural exchange.

In 2014 the Asia Center was established within the Japan Foundation headquarters in Tokyo. In 2015 the Vientiane Liaison Office was established. The Asia Center promotes and strengthens cultural exchange between Japan and other countries of Asia, especially ASEAN countries. The Center carries on projects of such diverse



fields as music, theater, film, sports, Japanese language education and other academic exchanges.

In the field of sports the Asia Center has provided the Athletic Society grants in the past. Mr. Dai Tamesue, representative for the Athlete Society and a well-known Olympic medal winner in track and field, visited Vientiane several times with his team to implement sports workshops for persons with disabilities through socially-inclusive approach. Besides this track and field sports events, the Asia Center has done various kinds of training workshops in such fields as JUDO, FOOTBALL, BASEBALL, and so forth.

In addition to your project “Mekong - Japan Exchanges on Autism Sports for Tomorrow,” I have learnt from my colleagues at the Japan Foundation, Bangkok, Thailand that APCD has been actively promoting and implementing this significant event since 2015 to 2018. The Japan Foundation Asia Center has been supporting these new initiatives of inclusiveness for persons with disabilities for three consecutive years. The events were successfully aimed to enhance disability-inclusive development by persons with autism through autism-friendly recreation, leisure and sports activities. As a result, the gathering brought over 2,000 persons with autism and their families from ASEAN countries participated in the track games and swimming in the Philippines 2015, in Myanmar 2016 and in Thailand 2017.

To conclude my remarks, I wish all of you the best of luck in the successful implementation of this valuable and timely project, and I hope that the participants will be able to learn a lot of things from training sessions this time.

Thank you very much for your kind attention.



## Opening Speech

**Mr. Sisavath Khomphonh**

Deputy Director General of Department of  
Policy, Disability and Elderly for Disability and Elderly,  
Ministry of Labour and Social Welfare

Mr. Syvang Xayyavong, President of Association for Autism, Lao PDR;

Mr. Lee Yoong Yoong, Director of Community and Corporate Department, ASEAN Secretariat;

Mr. Somchai Rungsilp, Manager of Community Development Department, Asia-Pacific Development Centre on Disability (APCD);

Ms. Kozue Kawamura, Deputy Director of The Japan Foundation Asia Center Vientiane Liaison Office;

Dr. Adraina Ginanjar, Chairperson of ASEAN Autism Network;

All delegates from ASEAN Autism Network (AAN);

Distinguished trainers, athletes and parents;

Ladies and Gentlemen,

It is my pleasure and privilege to address your gathering here today at this important event with the opening of the Training of Trainers (TOT) on Inclusive Development Through Disability Inclusive Sports (DIS) in Mekong countries and Japan. First of all, I would like to extend my warm welcome to all participants, trainers, athletes and parents attending this training and to express my appreciation to the Asia-Pacific Development Center on Disability (APCD) and Japan Foundation Asia Center for jointly organizing this training and is hosted by the Association for Autism. High appreciation goes to Mr. Lee Yoong Yoong, Director of Community and Corporate Department, ASEAN Secretariat. I am sure that your participation will contribute greatly to the success of this event. Also, my appreciation goes to the organizing committee from Association for Autism, Asia-Pacific Development Center on Disability (APCD) and Japan Foundation Asia Center for the good arrangement made for this training.



Ladies and Gentlemen,

Department of Policy, Disability and Elderly, Ministry of Labour and Social Welfare is a core organization for cooperating among elderly and disability. Following the role of promotion for Policy, Disability and Elderly in Lao PDR by cooperating with both internal and international organizations. Autism is new for our Department. However, our Department as well as our Ministry, try to do our best to learn and find ways to help persons with autism by cooperating with the Association for Autism (AfA).

As I know, in Lao PDR, Association for Autism is the main service provider that provides therapy, parents empowerment and consultation on how to take care of persons with autism. AfA was established and operated by parents and guardians. Officially, AfA is registered as a non-profit organization with the Ministry of Home Affairs in 2012. But it started in the early 2005 when the parents and guardians of children with autism cannot find any institution with appropriate education and therapy their children, started working together to help each other and raise the awareness about the autism together. In its Development Strategy 2012-2020 defines the vision of AfA as “Persons with autism can live a fulfilling life in an understanding environment”. The mission of AfA reads: “Represent the interests of persons with autism by promoting their rights and improving their access to appropriate support services”.

Therefore, organizing the Training of Trainers (TOT) for teachers/parents of potential athletes with autism from Mekong Sub-region countries in Lao PDR to narrow down the gaps among athletes in ASEAN countries matches with the mission of Association for Autism.

By seeing the importance and the rights of persons with autism, Japan Foundation Asia Center and Asia-Pacific Development Center on Disability (APCD), together with the Association for Autism, organized this event with the objective to strengthen relationship among Japan, Mekong countries and other relevant ASEAN countries by narrowing the development gap within the Mekong region, from the perspective of “Mekong-Japan Autism Sports for Tomorrow” in parallel with ASEAN Para Games in Philippines 2020 and Tokyo Paralympic 2020.

Ladies and Gentlemen,

Based on what was mentioned above, the Department of Policy, Disability and Elderly, Ministry of Labour and Social Welfare together with Asia-Pacific Development Center on Disability (APCD) and Japan Foundation Asia Center organized this event and requested the participants with autism, parents and athletes to learn more and more as you can.

Ladies and Gentlemen,

Finally, on behalf the Department of Policy, Disability and Elderly, Ministry of Labour and Social Welfare, I would like to thank the Japan Foundation Asia Center and Asia-Pacific Development Center on Disability (APCD), together with Association for Autism, for their very valuable support in the success of this training. I certainly believe that this training will have fruitful results. For those of you who will stay until the end of this training, enjoy your stay in Vientiane Capital and hope this training will be successful and fruitful. I wish everyone good health and success! Thank you for your attention and participation.

On behalf the Department of Policy, Disability and Elderly, Ministry of Labour and Social Welfare, allow me to declare that this workshop is officially opened.

Thank you very much for your attention.



## Closing Remarks

**Prof. Yukinori Sawae**

Faculty of Health & Sport Sciences  
University of Tsukuba

Thank you for the invitation to the TOT –Training of Trainers on Inclusive Development, through Disability-Inclusive Sports (DIS) in Mekong Countries and Japan.

Through this training, persons with autism could participate in a variety of sports and enjoy their participation.

Generally, in the practical field, many coaches can teach athletes with disabilities and without disabilities to acquire basic skills to competitive sports skills. But, there are very few coaches who can understand the needs and the characteristics of persons with disabilities especially persons with autism.

TOT was a tailored training for person with autism where sports were adapted to fit into the best form considering the characteristics and their needs. So, in TOT, they learned about adapted sports.

We should encourage instructors and coaches to promote adapted sports so that persons with disabilities could enjoy sports.

Dodgebee (flying disc) is an adapted sport from Japan which is played in few countries, APCD introduced these adapted sports for persons with autism.

I am sure everybody enjoyed playing Dodgebee, did you have fun playing Dodgebee? It is fun to throw the disc and catch. It does not hurt you even if you get hit by the disc. It is a fun game and anyone can play.

There are many such adapted sports, and I would like you all to research and create new sports by yourselves to encourage the participation of persons with disabilities and enjoy sports daily.

As you know, Paralympic Games is a major international sports competition for

athletes with disabilities and it is going to take place in Tokyo, Japan next year. The first Paralympics took place on July 1948. Sixteen athletes with spinal cord injuries played archery on the field of the hospital.

Therefore, ToT is a platform to realize the potentiality of persons with autism and other disabilities to take part in any sporting events.

Let's cooperate to realize the potential of athletes with autism.



## In their own words



**Mr. Syvang Xayyavong**  
President, Association for Autism (AFA) in Lao PDR

Sports is important for persons with autism because, as you know, they are not stable and they run most of the time. So, sports training can help them a lot because it helps them concentrate on their purpose and what they want to do.

Persons with autism can benefit from the Training of Trainers because they will learn how to adapt to society. If they stay alone or at home without attending any events like sports, they will keep to themselves and maybe be independent but they won't be able to communicate with anyone. Sports can make them communicating with other people from other countries. It should be inclusive too.

How can we sustain this? The first thing to do is to empower ourselves, and encourage parents who have children with autism to support their children by adapting to society. We also should have many partners in terms of organizations joining us to provide any advisers or comments on how to do these things. For parents to do this alone may not be sustainable.

Compared to other countries, Laos is quite a newbie in the area. Up to now, it is only the Association for Autism that can work with this advocacy. To strengthen our momentum in the Mekong Sub-Region and beyond about autism awareness, we should encourage the public to understand what autism is and how we can cooperate more with other countries.

The ToT is a very important event for Laos because prior to this, we don't have any experience on how to organize such kinds of trainings for autism. If we can increase our capacity and adapt or apply this training to our children's situations, and bring the teacher and/or trainer to join and learn too, then you will see how sports can clearly help persons with autism.



### **Dr. Adriana Ginanjar**

Chairperson of ASEAN Autism Network (AAN)



As autism is a very complex condition, we need parents to be able to learn continuously and develop some sort of network like a parents' support group. It is also important to have cooperation with the community and the government to get early intervention and education about autism.

Sports is one of the activities that are enjoyable for persons with autism as it also promotes good health. For me, as a psychologist, I see these activities helping them develop special skills and sportsmanship. Persons with autism are very proud when they achieve something great and I think these kinds of activities will benefit them not only physically but also in terms of developing their personalities.

This ToT event allows us to know what is happening in other ASEAN countries. This is an important collaboration as it also enables us to learn from each other. Like Indonesia, for instance, we also have a lot of motivation to do something that will benefit persons with autism. Indonesia learned how the Philippines, and even Singapore, can succeed in matters related to autism and I think this is very important.

I see Mekong countries starting to develop the potential of persons with autism and I am hoping that the governments can have more funds for this, as well as more support to parents of children with autism. In this region, it is not easy for parents to take care of their children because intervention is expensive, so they need support, including psychological and funding support, from the network and other ASEAN countries.



**Mr. Lee Yoong Yoong**

Director of Community Affairs Directorate,  
ASEAN Secretariat

I think, for these kinds of events like the ASEAN Autism Games and organizations like the ASEAN Autism Network, you need self-sponsors in order to mobilize resources and fund-raising opportunities as these are very necessary. You also need a champion, which requires certain commitment, especially from government and other levels. Based on the current setup in ASEAN, it's mostly a grassroots, from the ground-up initiative; that requires double the commitment.

For instance, for players from Malaysia or Indonesia, or even from Singapore Autism Association, they not only need to get the necessary funds but also need to link up with their counterparts across the region. Then you can come up with something like a joint partnership in implementing a project, such as AAN's ASEAN Autism Games.

I think in life, there are generally three things that bring people together – music, food, and sports – because everybody wants to have a healthy lifestyle. Sports is one way to go about achieving this. It's a good way to develop friendships, as well as relationships across the region. Sports bring people together to have healthy competitions. This results in not just having a strong ASEAN identity but also helps produce positive things such as good friendships between, say, a Singaporean child with autism with a Malaysian friend, and for them to expand their horizons in learning. So there is a mutual exchange of knowledge and best practices there.

When we talk about the Mekong Sub-Region or the Greater Mekong Sub-Region, there's always this link between a common identity and culture among Vietnam, Thailand, Cambodia, Laos, and Myanmar, and in what we call mainland ASEAN.

Although these countries are separated by a river, the cultures, values, mindset, and traditions are very similar, and we can use this to build a platform with which we can build advanced collaborations.

Most of the countries in the Mekong Sub-Region, or the CLMV, are new members in the ASEAN stage because they joined ASEAN much later than Thailand, which is a founding member of the ASEAN. But in terms of economic development in the community, and national development, they are quite similar and they can build a common platform and collaboration based on these similarities. I see a lot of hope in terms of bringing people together from this region.

There are so many resources that will help bring these countries together, whether it is ASEAN Secretariat or APCD, which will help narrow the development gap and promote autism awareness in the region.





### **Mr. Pov Chhen**

Trainer (Cambodia)

The most important lesson that I got [from this event] is technique on skills. We are already doing running events in our country but we didn't know the proper skills. After this training, we have learned important skills that even small children can also learn. It is very important to teach children with autism swimming skills. Presently, Dodgebee is the complete sports that we can learn and enjoy, and it's something that we can bring back to our country. It is funny and safe for a child. The most important skill that we learned from this event is that we can help our children to play adapted sports.



### **Ms. Kanyavee Khwaengsopha**

Mother (Thailand)



Honestly, I have never attended a big event like this before. I feel very happy that I can see my son very happy. He is enthusiastic in joining sports activities and took the initiative in taking a shower and dressing up. He normally didn't play sports but now he does and is learning all the activities here. I can see how he has changed. He is now very enthusiastic about sports and he is more patient in doing activities. He used to go to bed very late but when he joined the sports activities here, he goes to bed earlier as he spent a lot of energy all throughout the day. I think this is a good thing because he wakes up feeling fresh in the morning.

Sports has many benefits for persons with autism. I wish that any person who gets involved will continue to support this kind of event. Children with autism don't have strong muscles, and they don't walk and have difficulties in balanced. With sports activities, my son has improved his concentration and hope it will make him do anything and get better in his daily activities.

**Ms. Hla Yee**

**Grandmother of Children with Autism (Myanmar)**

I come from Myanmar and my grandson is a child with autism. This training gave me lots of learnings and knowledge. I have a lot of things to do for my grandson in the future. I will try as much as possible to do the same for children with autism. I was, in fact, afraid of attending this event, but people have good hearts and have been very kind, which made me stronger for my grandson. Now I will help my grandson in the future through sports. I would like to say thank you to everybody involved in this event.



**Mr. Nguyen Quang Tung**  
Vietnam (Trainer)



I am an airline chef and I also teach music in my sister-in-law's music school. Some parents of children with autism wanted me to teach sports to their children because I am a sports expert. It's already been seven years that I started teaching sports to children with autism and I believe it was my destiny to teach children with autism. As a coach, I learned to know them and to know myself. I have noticed that children with autism are very particular about details and I have observed how they practice.

Through TOT, we have learned from Track & Field and Swimming are techniques and skills. Dodgebee, a very new sport for Vietnam, is a good experience. We would take time to practice and introduce to another coaches when we have Dodgebee games.



**Mr. Junichi Kojima**

Director of Dodgebee  
of Japan Association



I have a son with autism and adapted sports has been very helpful. Dodgebee is a universal sport which can be played by children and elderly people. It is not only for persons with disabilities but general people can play and enjoy Dodgebee.

**Mr. Masahiro Nakamura**

Doctoral Program Student of Rikkyo University



ToT helped us to understand the common challenges on adapted sports for persons with autism and problems faced by each country in terms of effective coaches, sports facilitator etc.

We realized barrier-free culture between persons with autism, coaches and international cooperation through inclusive sports.

We also learned Dodgebee exhibition could develop potential athletes with autism to exchange cultures through adapted sports. Dodge-bee connected people from different aspects and we would like to bring this knowledge back to Japan, to organize the adapted sports likewise TOT. We hope that our friendship will be strengthened through TOT. Thank you!!

## **Prof. Ayano Sugiyama**

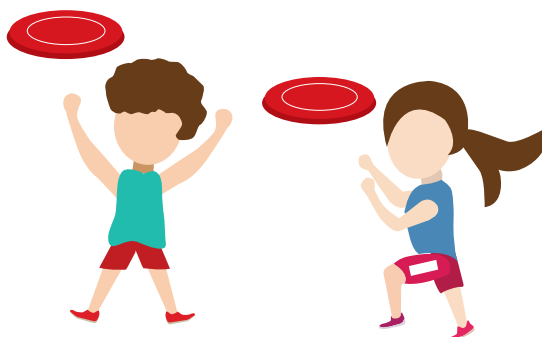
Faculty of Health & Sport Sciences,  
University of Tsukuba

Thank you again for inviting me to this event. I participated in the country report on the first day and training on Track & Field and Swimming. In the country report, it was very impressive to see presenters talking about their own country. On the other hand, it was difficult to understand sports and leisure activities for persons with autism in each country and their problems. I think the time allocation for the country report was very limited and also there were other topics which were given more importance. We should have shared problems, awareness and exchange more opinions.



Also, in the training on Track & Field and Swimming, it was emphasized more on instructions for competitive sports rather than recreational activities. We agree with the teaching technique for competitive sports.

I have been able to interact with everyone from respective countries and thankful to everyone for exchanging their knowledge, skills and practices. I sincerely hope that we can continue to deepen exchange and expand the circle of support for persons with autism in ASEAN countries.





# TOT in Action





## Opening Ceremony



# Track & Field

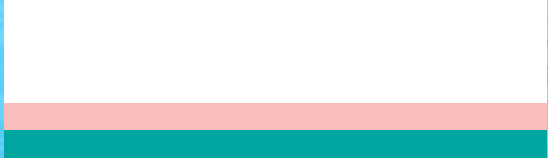
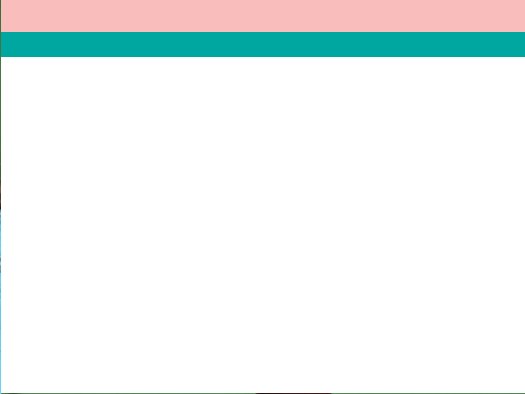


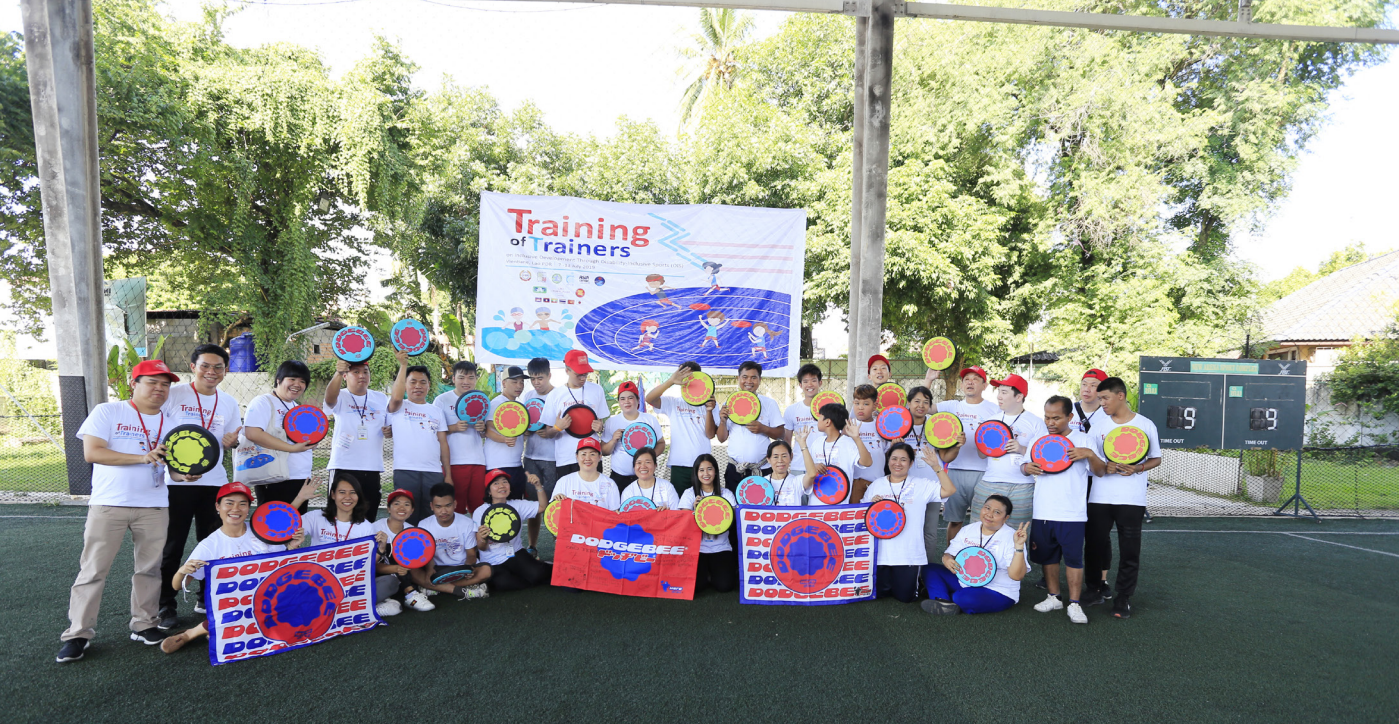




## Swimming









## Dodgebee



# Training Schedule

Week 1	9:00 – 10:30	10:45 - 12:00	13:30 – 15:00	15:15 - 16:30	Venues
Day 1 Sunday (7 <sup>th</sup> July)	Arrival of participants and check in at Crowne Plaza Hotel & New Rose Boutique Hotel				
Day 2 Monday (8 <sup>th</sup> July)	Staff / Volunteers from Autism for Association (AfA) in Laos & APCD staff				
Day 3 Tuesday (9 <sup>th</sup> July)	Side Event of ToT: Meeting with ASEAN Secretariat, AAN Executive Members, parents/teachers of athletes with autism and Japan/ASEAN resource persons	Side Event (Cont.)	Session 1: Opening ceremony	Session 2: Ice breaking activity; Course orientation; Sharing concerns and expectations; & Country reports	Meeting Room, 2nd Floor
	Facilitators from APCD & AAN EC Members	Facilitators from APCD & AAN EC Members	MC: AfA in Laos	Facilitators from AAN	Crowne Plaza Hotel
Day 4 Wednesday (10 <sup>th</sup> July)	Ice Breaking activity	Session 3: Workshop on Track & Field (Theory of adapted sports, techniques, facilitation skills etc.) I	Session 5: Actual practices in Track & Field I	Session 6: Actual practices on Track & Field II	The New Arena in Vientiane, Lao PDR
	RPs from Laos	RPs from Laos	RPs from Laos	RPs from Laos	
Day 5 Thursday (11 <sup>th</sup> July)	Session 7: Workshop on Swimming (Theory of adapted sports, techniques, facilitation skills etc.) I	Session 8: Workshop on Swimming (Theory of adapted sports, techniques, facilitation skills etc.)	Session 9: Actual practices in Swimming I	Session 10: Actual practices on Swimming II	Facilitation for Changes III
	RPs from Laos	RPs from Laos	RPs from Laos	RPs from Laos	
Session 11: Workshop on Dodgebee (Theory of adapted sports, techniques, facilitation skills etc.)		Session 12: Actual practices on Dodgebee		Facilitation for Changes III	
Japanese RPs		Japanese RPs		Japanese RPs	



I. Training Schedule (Cont.)				
Week 1 Day 6 (Friday)  (12th July)	<p><b>9.00 – 10.30</b></p> <p><b>Session 13:</b> Brainstorming summarization of sports &amp; adapted sports among professional athletes with autism within Mekong countries' context  (Facilitator on visual content)</p> <p>Facilitators from Laos &amp; other ASEAN countries</p>	<p><b>10.45 - 12.00</b></p> <p><b>Session 14:</b> Recommendation to the focal point of governments (Mekong countries and Japan) on Autism Adapted Sports for Tomorrow</p> <p><b>Session 15:</b> Presentation &amp; Evaluation</p> <p>Facilitators from Laos and Japan</p>	<p><b>13.00 – 14.00</b></p> <p><b>Session 16:</b> Closing Ceremony (13:00 – 14:00)</p> <p>MC: AfA in Laos</p>	Self-Learning & Networking
	<b>Coffee Break (10.30 – 10.45)</b>		<b>Lunch</b>	
Day 7 (Saturday) (13th July)	Departure of participants			
Staff / Volunteers from Autism for Association (AfA) in Laos & APCD staff				



## Session Objectives

Session(s)	Title	Objective(s)
	ToT Side Event: AAN Executive Committee Meeting, Resource Persons from Japan and other stakeholders	<ul style="list-style-type: none"> <li>❖ To outline the celebration of the 10<sup>th</sup> Year Anniversary of ASEAN Autism Network (AAN) which showcases abilities of persons with autism through leisure, recreation and sports in line with UN CRPD's Article 30</li> <li>❖ To review the legacy and challenges of ASEAN Autism Games 2020 as a tool for the empowerment of persons with autism and those with special needs.</li> <li>❖ To discuss good practices for social inclusion/participation and enhancement of equal opportunity and accessibility for persons with autism</li> </ul>
Session 1	Opening Ceremony	<ul style="list-style-type: none"> <li>❖ To officially open the training and conduct networking sessions among representatives from government, associations, CSOs, international organizations, business partners, and other stakeholders</li> </ul>
Session 2	Ice Breaking Activities	<ul style="list-style-type: none"> <li>❖ To let participants know each other and provide participatory games through inclusive activities</li> <li>❖ To create relationships, team-building skills &amp; inclusiveness</li> </ul>
	Course Orientation	<ul style="list-style-type: none"> <li>❖ To share training objectives and exchange training overviews</li> <li>❖ To learn expected outcomes from each other</li> </ul>
	Concerns & Expectations	<ul style="list-style-type: none"> <li>❖ To facilitate participants in drawing out their concerns &amp; expectations from the training</li> </ul>
	Country Reports	<ul style="list-style-type: none"> <li>❖ Sharing of Country Reports &amp; exchange what they learn and what they will apply in the future</li> </ul>

Session(s)	Title	Objective (s)
Session 2 (Cont.)	Introduction on the significance of facilitation skills is the empowerment of persons with autism	<ul style="list-style-type: none"> <li>❖ To learn techniques in facilitation for empowering persons with autism through adapted sports</li> <li>❖ To share these facilitation skills with others and develop the capacity of persons with autism towards social participation</li> </ul>
Session 3	Workshop on Track & Field (Theory of adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To conduct a workshop and come up with new ideas for adapted sports, and techniques on Track &amp; Field to empower persons with autism towards potential athletes with autism</li> <li>❖ To disseminate information and knowledge creation in a participatory approach, which helps participants continue engaging in Track &amp; Field in the future</li> </ul>
Session 4	Workshop on Track & Field (Theory on adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To provide suitable techniques in facilitation</li> <li>❖ To demonstrate how to motivate potential athletes with autism by sharing successful case stories among participants and resource persons</li> </ul>
Session 5	Actual practices on Track & Field	<ul style="list-style-type: none"> <li>❖ To learn integrated demonstration from the workshop and practice international level friendly rules and regulations of competition techniques in Track &amp; Field</li> </ul>
Session 6	Actual practices on Track & Field: Facilitation for Changes	<ul style="list-style-type: none"> <li>❖ To continue practicing facilitation skills to be a trainer on inclusion and adapted sports in the field</li> </ul>



Session(s)	Title	Objective (s)
Session 7	Workshop on Swimming (Theory of adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To conduct a workshop and come up with new ideas of adapted sports, and techniques on Swimming to empower persons with autism towards becoming potential athletes with autism</li> <li>❖ To disseminate information and knowledge creation in a participatory approach, which helps participants to continue Swimming in the future</li> </ul>
Session 8	Workshop on Swimming (Theory of adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To provide suitable techniques in facilitation</li> <li>❖ To demonstrate how to motivate potential athletes with autism by sharing successful case stories among participants and resource persons</li> </ul>
Session 9	Actual practices on Swimming	<ul style="list-style-type: none"> <li>❖ To learn integrated demonstration from the workshop and practice international level friendly rules and regulations of competition techniques in Track &amp; Field</li> </ul>
Session 8	Actual practices on Swimming: Facilitation for Changes	<ul style="list-style-type: none"> <li>❖ To continue practicing facilitation skills to be a trainer on inclusion and adapted sports in the field</li> </ul>
Session 9	Workshop on Dodgebee (Theory of adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To conduct a workshop and come up with new ideas for adapted sports, and develop techniques in Dodgebee to empower persons with autism towards becoming potential athletes with autism</li> <li>❖ To disseminate information and knowledge creation in a participatory approach which helps participants to continue Dodgebee in the future</li> </ul>

Session(s)	Title	Objective (s)
Session 10	Actual Practices on Swimming; Facilitation for Changes	<ul style="list-style-type: none"> <li>❖ To provide suitable techniques in facilitation</li> <li>❖ To demonstrate how to motivate potential athletes with autism by sharing successful case stories among participants and resource persons</li> </ul>
Session 11	Actual practices on Dodgebee (Theory of adapted sports, techniques, facilitation skills, etc.)	<ul style="list-style-type: none"> <li>❖ To learn integrated demonstration from the workshop and practice international level friendly rules and regulations of competition techniques in Dodgebee</li> </ul>
Session 12	Actual practices on Dodgebee: Facilitation for Changes	<ul style="list-style-type: none"> <li>❖ To continue practicing facilitation skills to be a trainer on inclusion and adapted sports in the field</li> </ul>
Session 13	Brainstorming summarization of sports & adapted sports in the development of professional athletes with autism within the Mekong countries' context	<ul style="list-style-type: none"> <li>❖ To facilitate participants and resource persons in drawing out training outputs through a brainstorming process, leading to a summarization of sports &amp; adapted sports towards the development of professional athletes with autism within the Mekong countries' context</li> </ul>
Session 14	Recommendations to the focal point of governments (Mekong Countries and Japan) towards autism adapted sports for tomorrow	<ul style="list-style-type: none"> <li>❖ To facilitate participants and resource persons in sharing recommendations on adapted sports for tomorrow, providing the best opportunity to learn and expand concepts of disability inclusion through sports and learned lessons</li> </ul>



Session(s)	Title	Objective (s)
Session 15	Presentation & Evaluation	<ul style="list-style-type: none"><li>❖ To present training outputs and potential outcomes through graphic drawings by facilitators and requesting participants to present these outputs</li><li>❖ To evaluate training logistics and contents and feedback improvement in future collaboration</li></ul>
Session 16	Closing Ceremony	<ul style="list-style-type: none"><li>❖ To facilitate all meritorious participants with utmost appreciation and motivate them to strive to achieve goals</li></ul>

## List of All Participants

Country	Name	Organization	E-mail	
Cambodia 	Mr. Vong Vuthy	Rabbit School Organization	Vuthy_info@email.com	
	Mr. Pov Chhean	Karuna Battambang Organization (KBO)	cpov@karunabat-tambang.org	
	Mr. Toun Minoy			
	Mr. Sok Leang Huy	Rabbit School Organization	Vuthy_info@email.com	
Lao PDR 	Mr. Kitsana Alex Xayyavong	Association for Autism in (AfA) Lao PDR	syvanglaoautism@gmail.com	
	Mr. Syvang Xayyavong			
	Ms. Vilayvanh Kommasith			info@laoautism.org
	Ms. Somvang Inthalath			
	Mr. Marcel Vongsay			
	Ms. Kanchana Phounvong	Association for Autism in (AfA) Lao PDR Luang Prabang Province		
	Ms. Lathsamee Maneevong	Association for Autism in (AfA) Lao PDR Luang Prabang Province		
	Ms. Kapkeo Luangamath	Association for Autism in (AfA) Lao PDR Savannakhet Province		
	Ms. Thida Inthasone	Association for Autism in (AfA) Lao PDR Savannakhet Province		
	Ms. Phouvong Mani	Association for Autism in (AfA) Lao PDR Xayyaboury Province		
	Ms. Noina Chnthavong	Association for Autism in (AfA) Lao PDR Xayyaboury Province		
	Ms. Phaivanh Inthalung	Association for Autism in (AfA) Lao PDR Savannakhet Province		






Country	Name	Organization	E-mail
Lao PDR 	Ms. Kaikeo Channany	Association for Autism (AfA) in Lao PDR Champasak Province	
	Ms. Selamduan Kaikhum	Association for Autism (AfA) in Lao PDR Xayyaboury Province	
	Mr. Chansamai Pounyavong	Association for Autism (AfA) in Lao PDR Xayyaboury Province	
	Mr. Sithundone Saipanya	Association for Autism (AfA) in Lao PDR Champasak Province	
	Mr. Sathaphone Chounphila	Association for Autism (AfA) in Lao PDR Champasak Province	
	Mr. Khonekham Saikosi	Association for Autism (AfA) in Lao PDR Champasak Province	
	Mr. Khemphet Chounlamany	Association for Autism (AfA) in Lao PDR Champasak Province	
	Ms. Buasone Kosee	Association for Autism (AfA) in Lao PDR Xayyaboury Province	
Myanmar 	Ms. San San Myint	Myanmar Autism Association	nanssmyint@gmail.com
	Mr. Thet Lin Naung		Myanmar.autism.association@gmail.com
	Ms. War War		
	Mr. San Sein Aung		
	Ms. Nu Nu		
	Ms. Hla Yee		
	Ms. Myat Myat Than		





Country	Name	Organization	E-mail
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	Ms. Kanyavee Khwaengsopha		autisticthai@gmail.com
	Mr. Krit Khwaengsopha		
	Mr. Anggoon Jongsathapornsuk		
	Ms. Supaanong Panyasirimongkol	Asia-Pacific Development Center on Disability (APCD)	supaanong@apcdfoundation.org
Vietnam 	Ms. Pham Thi Kim Tam	Vietnam Autism Network	tamjal@yahoo.com
	Mr. Le Quang Huy		linhachi@gmail.com
	Mr. Nguyen Quang Tung		tamjal@yahoo.com
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	Mr. Tran Van Xuyen		xuyentranvan60@gmail.com





## LIST OF RESOURCE PERSONS/FACILITATORS & AAN EXECUTIVE COMMITTEE MEMBERS





Country	Name	Organization	Tel/ E-mail
Japan 	Mr. Junichi Kojima	Director of Dodge Bee of Japan Association	sawae.yukinori.ka@u.tsukuba.ac.jp
	Mr. Toji Kojima	Autism Society of Japan	sawae.yukinori.ka@u.tsukuba.ac.jp
	Prof. Ayano Sugiyama	Faculty of Health & Sport Sciences, University of Tsukuba	sawae.yukinori.ka@u.tsukuba.ac.jp
	Mr. Masahiro Nakamura	Doctoral Program Student of Rikkyo University	sawae.yukinori.ka@u.tsukuba.ac.jp
	Prof. Yukinori Sawae	Faculty of Health & Sport Sciences, University of Tsukuba	sawae.yukinori.ka@u.tsukuba.ac.jp
Lao PDR 	Mr Thevarith Chanthavone	Trainer/Facilitators on Adapted Sports for Tomorrow (freelancer)	tcfootballclub@gmail.com
	Mr. Syvang Xayyavong		
	Ms. Viengsam Indavong		
	Mr. Michael Schultze		
	Ms. Phanida Xayyavong		
Indonesia 	Dr. Adriana Soekandar Ginanjar	Yayasan Autisma Indonesia	adriana.ginanjara@yahoo.com
	Ms. Chrisdina Hadinegoro	London School of Public Relations	chrisdina@lspr.edu

Country	Name	Organization	Tel/ E-mail
Malaysia 	Mr. Razin Murat	National Autism Society of Malaysia	encik.razin@gmail.com
Philippines 	Ms. Erlinda U. Koe	Autism Society Philippines	dangkoe@gmail.com
Singapore 	Mr. Dennis Ang	St Andrew's Autism Centre	dennis_ang@saac.org.sg

#### LIST OF INTERPRETERS/TRANSLATORS






Country	Name	Organization
Cambodia 	Ms. Sotheanea Chhor	English – Khmer Interpreter
Lao PDR 	Ms. Viengsam Indavong	English – Laotian Interpreter








Country	Name	Organization
Myanmar 	Ms. Daw Kinsana Sandar Zaw	English – Burmese Interpreter
Thailand 	Mr. Watcharapol Chuengcharoen	English – Thai Interpreter
Vietnam 	Ms. Tran Thi Yen	English – Vietnamese Interpreter
Japan 	Mr. Akio Ogura	English – Japanese Interpreter

# Results of Evaluation

## 1. Your Overall Satisfaction

Sessions / Items						N/A
1. Training was relevant to my needs	85%	15%	-	-	-	-
2. Materials provided was helpful	55%	45%	-	-	-	-
3. Length of training was sufficient	40%		60%	-	-	-
4. Content was well organized	70%	25%	5%	-	-	-
5. Participation was encouraged	45%	55%	-	-	-	-
6. Instructions were clear	45%	45%	10%	-	-	-
7. Training met my expectations	45%	50%	5%	-	-	-
8. The presentation was effective	55%	40%	5%	-	-	-

## 2. Each Training Session

Sessions / Items						N/A
1. Opening Ceremony	85%	5%	-	-	-	10%
2. Ice breaking activity: sharing concerns and expectations and country report	50%	40%	5%	-	-	5%
3. Workshop on track & field (Theory of adapted sports, techniques, facilitation skills etc. -AM-)	75%	20%	-	-	-	5%
4. Actual practices on track & field -PM-	55%	40%	-	-	-	5%



Sessions						N/A
Items						
5. Workshop on swimming (Theory of adapted sports, techniques, facilitation skills etc. -AM-)	60%	40%	-	-	-	-
6. Actual practices on track & field -PM-	65%	25%	10%	-	-	-
7. Workshop on Dodgebee (Theory of adapted sports, techniques, facilitation skills etc. -AM-)	65%	10%	20%	-	-	5%
8. Actual practices on Dodgebee -PM-	75%	10%	5%	-	-	10%
9. Brainstorming outline of sports & adapted sports towards professional athletes with autism within Mekong countries' context (Facilitator on drawing)	40%	60%	-	-	-	-
10. Recommendation to the focal point of governments (Mekong countries and Japan) towards autism adapted sports for tomorrow	55%	35%	10%	-	-	-

### 3. Logistics

Sessions						N/A
Items						
1. Coordination by organizer	65%	35%	-	-	-	-
2. Accommodation	50%	50%	-	-	-	-
3. Venues, Field visits	60%	40%	-	-	-	-
4. Food & Coffee break	95%	5%	-	-	-	-
5. Local Transportation	95%	-	5%	-	-	-





# Training of Trainers

on Inclusive Development Through Disability-Inclusive Sports (DIS)  
Vientiane, Lao PDR | 7 -13 July 2019







Accessible for Persons with disAbilities

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