

# PROGRAMME

« How to enhance your practice in the delivery of inclusive sport & physical activity »

## CONTACT

Margo de Lange  
Mobile +4917645895188  
[margo@enas-sport.net](mailto:margo@enas-sport.net)

## CONNEX ME APP

[Click here to connect](#) or download the ConnexMe native app on the [Apple Store](#) / [Google Play](#), with the event code: **ENASTRALEE18**

## PARTNERS



### Monday 16 April 2018

- All Day Arrivals
- 18h00/19h00 Welcome at the Hotel Lobby
- Introduction of participants and host
  - Practical Information
- 19h00 Dinner & Social Activity

### Tuesday 17 April 2018

- 9h30/11h00 Presentations & Ice Breakers
- Welcome & Introductions
  - Ice Breakers & Presentations
- 11h00/11h30 Coffee Break
- 11h30/13h00 Keep Calm & Be Inclusive
- Explore the scope of inclusion
  - Sustainable Development Goals & Sport
- 13h00/14h00 Lunch Break
- 14h00/15h30 Universal Fitness Innovation & Transformation
- Introduction to UFIT
  - Universability
  - Introduction to Universal Transformational Management Framework
- 15h30/16h00 Coffee Break
- 16h00/17h30 Boost Your UniversAbility
- Universability Audit
  - Examples of Inclusive Practice
- 17h30/19h00 Leisure Time
- 19h00 Dinner

### Wednesday 18 April 2018

- 9h30/11h00 Make Your Club Reflect Your Community
- Community-based Approach
  - Collaboration with disability service providers
  - UFIT Action Plan
  - Exploring Innovation & Transformation
- 11h00/11h30 Coffee Break
- 11h30/13h00 Practical Session in the Gym
- 13h00/14h00 Lunch Break
- 14h00/15h30 Inclusion in Practice
- Practical Session
  - Application of Exercise Adaptation Model
- 15h30/16h00 Coffee Break
- 16h00/17h30 Inclusion in Practice
- Partnership, Advocacy & Marketing #LoveDiversity
  - Proposal UFIT Academics
  - Marseille Declaration
  - Evaluation of the Event
- 17h30/19h00 Leisure Time
- 19h00 Dinner

### Thursday 19 April 2018

- All day Departures  
(optional) Tour Ireland Limerick/Dublin Facilities