



## Nezastaviteľní si ľudia s postihnutím You can not stop people with disabilities

### Introduction

The project was sponsored by private company Birell and supported by the Union of the Blind and Visually Impaired people of Slovakia and the Organization of Muscular Dystrophies in SK. Idea and content developer - Martina Čápova.

The idea is very simple, but brilliant.

The Platforma rodín detí so zdravotným znevýhodnením and Nadácia Pontis had created the unique web site which connects people with disabilities and people without it.

In other words, anyone with visual, auditory, physical or mental disabilities, who would like to run, swim, cycle, dance, go hiking or otherwise do sports, will find a partner thanks to the project.

Current project could serve as an inspiration for a BSport consortium and give new ideas for the project activities.

### Needs

Feeling down? Take a hike.

A new study finds quantifiable evidence that walking in nature could lead to a lower risk of depression.

Specifically, the study, published in *Proceedings of the National Academy of Science*, found that people who walked for 90 minutes in a natural area, as opposed to participants who walked in a high-traffic urban setting, showed decreased activity in a region of the brain associated with a key factor in depression. (Stanford news)

<https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/>

In Slovakia hiking and touristic walking are one of the most popular sport activities. And in Nezastaviteľní project it takes 80% of the activities.

Studies have shown that time in nature was found to have a positive effect on mood and aspects of cognitive function, including working memory, as well as a dampening effect on anxiety.



In fact, there are a number of reasons hiking is such an excellent way to feel better:

- Exercise Promotes Brain Health
- Hiking Is Easy to Do And Affordable
- Hiking Helps You to Disconnect from Day-to-Day Life
- Hiking Provides Perspective

Often, anxiety and depression cause people to lose sight of the big picture. Instead of enjoying life, people struggling with depression or anxiety become stuck focusing on the small challenges, failures and disappointments that happen on a daily basis. But hiking in natural settings can help you bust out of this rut and gain a bit of perspective.

- Hiking Helps You to Build Resilience and Self-Confidence
- You Only Compete Against Yourself: There's No Pressure to Perform

## **Explanation of the activities**

Applicants must first register independently at [www.nezastavitejni.sk](http://www.nezastavitejni.sk). Subsequently, the administrator will contact each of them by phone. The information provided verifies, assesses whether the advertised activity is in accordance with the intention of the project, and if everything is in order, the registration is approved, of which the interested parties are informed via e-mail notification.

The connection occurs on the basis of the response to demand and supply - a person with a disability inquires about the activity, so he is looking for a partner; a person without disability offers the same activity, so he responds to the demand. When a suitable couple is found, another email arrives and a chat window appears on the website, where the couple agrees on the exact date, time, meeting place and other details.

## **Results**

In 2018 136551 people participated in the project.

All information on the results is here <https://www.nezastavitejni.sk/historia>

Hiking with a person with Down Syndrome

<https://www.nezastavitejni.sk/clanky-a-galeria/13573128-erika-michal-majka-marek-po-stopach-jednorozca-a-mikulasa-na-bolehlav-a-slepy-vrch>

Group hiking for a people with different mental issues

<https://www.nezastavitejni.sk/clanky-a-galeria/5926247-dominik-monika-hikemates-s-usmevom-na-vrchole-velkej-race>



## Key successes factors

- Motivated and well-trained person without disabilities
- Support from the surrounding and family of person with disabilities
- Funding

## Challenges and opportunities



People could not be ready for these kinds of activities and responsibilities. They often have a fear of the unknown, they do not know how to grasp otherness, how to communicate with people with disabilities, they are afraid that they will offend them with something, touch them and so on. The main goal of connecting athletes should be the joy of a shared experience, and neither regret nor excessive help has its place here. We therefore tried to make two concepts visible: open access and effective communication," explains Martina Čárová about the preparation of guides for the project.

Another aspect is monitoring and choosing the "trainer" part of the couple. Here you have to reduce the risk of aggressive, risky or irresponsible people coming to the project.



The biggest advantage is sustainability of the project and easy access for everyone.

## Sources

Official web site <https://www.nezastavitejni.sk/>

Article

<http://www.nrozp-mosty.sk/cislo-1-2020/bude-vas-zaujimat/item/2241-vdaka-projektu-nezastavitejni-si-ludia-s-postihnutim-mozu-najst-spolocnika-na-sport.html>