



LAST UPDATES FROM THE **MOVE AS YOU ARE** WORLD!

As we approach the final stages of the “Move as you are” project, it is time to reflect on the incredible journey we’ve had and the impact our work is already making.

One of the key results of the project, the **[Booklet on Best Practices](#)**, designed to support teachers, coaches, and professionals in the educational and rehabilitative fields, is gaining **remarkable attention**.

Professionals from different countries have expressed a strong interest in using the booklet as a **practical guide to promote physical activity for children with visual impairment**. This enthusiasm is reflected in the numerous requests we have received for translations into other languages, including Hebrew, Arabic, Danish, and more.

Our second major result, the **[MOOC Course](#)**, has been **highly appreciated for its video demonstrations and practical tips**, making it an extremely user-friendly tool for teachers. The positive evaluations collected confirm its value as a hands-on, accessible resource that can be **directly applied in educational and sports settings**.

This strong response confirms the importance of our work: providing accessible, evidence-based, and practical resources that can **break barriers and open opportunities for children with visual impairments** to enjoy the benefits of sport and physical activity.



Now, we are focusing our efforts on dissemination and outreach events in schools and rehabilitation centers, **bringing our materials directly to the people who can use them most.**

Moreover, we are happy to announce that both results are now published on [EPALE](#) and [SALTO Youth](#), expanding their reach and making them accessible to an even wider audience across Europe!

These activities will ensure that the **knowledge, methods, and inspiration generated by “Move as you are” continue to grow** and reach new audiences across Europe and beyond.

After two years of intense activities, “Move as you are” is drawing to a close. Yet, while the project may be ending, its results are built to last, empowering PE teachers and trainers across Europe and making **sports activities more accessible and inclusive** for children with visual impairments.

All the “Move as you are” project partners warmly thank you for following our journey!



Thank you!



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