

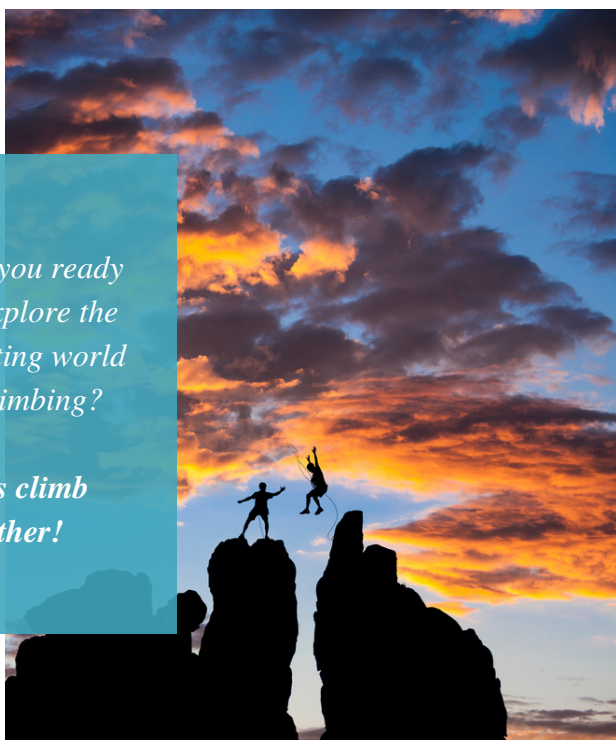


CLIMB IT UP

CLIMBING FOR SOCIAL INCLUSION & DIVERSITY

Are you ready
to explore the
exciting world
of climbing?

Let's climb
together!



CLIMBING, a sport growing in global popularity, is more than just reaching great heights. It's a journey towards building a supportive community, forging meaningful social bonds, acquiring new skills, boosting confidence, and maintaining a fit and healthy lifestyle.

Climb it UP is a 24-month project funded under ERASMUS-SPORT-2023 that aims to promote inclusion in and through climbing.

Our **specific objectives** include:

- generating new knowledge about the benefits of climbing on soft skills and social inclusion,
- building capacities and skills to make climbing a more inclusive and diverse sport,
- using climbing as an educational tool for developing soft skills and promoting the social inclusion of migrants/ethnic minorities,
- raising awareness about the benefits of climbing for social inclusion.

Encouraging inclusivity in climbing benefits the *climbing community* by enhancing diversity, and personal growth. It also supports *migrants and ethnic minorities*, fostering their social skill development and facilitating their inclusion in society.





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HOW WILL WE ACHIEVE OUR GOALS?

The implementation of the project is devised in three main phases lasting from November 2023 to October 2025.



WHO CAN PARTICIPATE?

Migrants and Ethnic Minorities: Enhance soft skills through a newly developed climbing program tested in all partner countries.

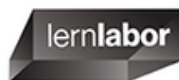
Climbing Instructors / Professionals and Climbers: Improve skills and capacities through a capacity-building program for a more inclusive and diverse climbing experience.

Social Workers: Develop both soft and hard skills to use climbing as an educational tool for social inclusion.

WHO WE ARE?



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Stay tuned for more updates, activities & events
as we climb together towards a more inclusive future!



Funded by
the European Union