

# Climb It Up Good Practices Handbook

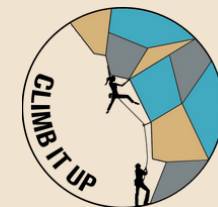
Climbing for Social Inclusion & Diversity



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This Good Practices Handbook, serving as Deliverable 2.1, has been crafted within the framework of the Erasmus+ Sport Project titled **"Climb It Up: Climbing for Social Inclusion & Diversity"** (Project ID: 101132956). The project is a collaborative effort involving six partners from five countries:

-  ANCE
-  LERNLABOR
-  KAMALEONTE
-  DEFOIN
-  IEC
-  EPOS FILIS



Defoin



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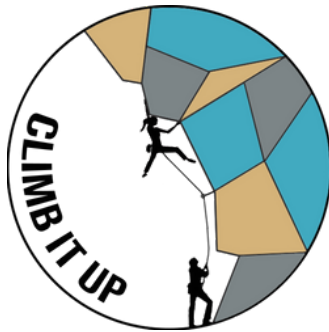
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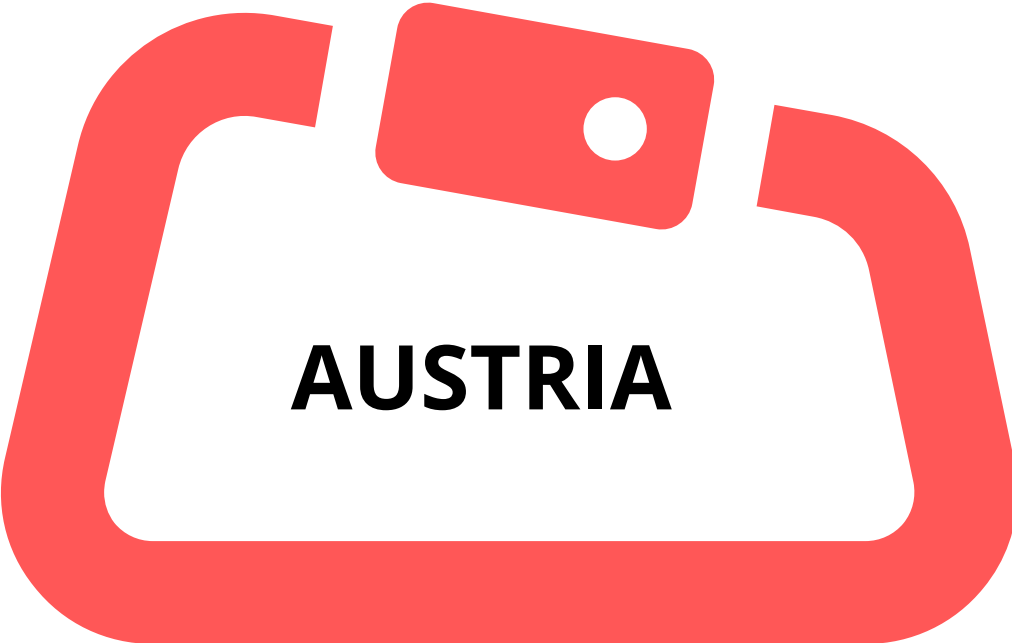


# Introduction

This **Good Practices Handbook** has been developed in the context of the project “**Climb it Up: Climbing for Social Inclusion and Diversity**”. Climb it Up is a 24-month project co-funded by the Erasmus+ KA2 Cooperation Partnership in the field of Sports and it aims to promote social inclusion and diversity in and through climbing. It also seeks to foster social and intercultural competences, essential for active participation in democratic life, social and civic engagement and to encourage participation in healthy sport activities.

**Twenty practices are collected in this Handbook**, coming from the five countries belonging to the project consortium (Greece, Italy, Spain, Germany and Austria). Each practice has been carefully selected to illustrate how climbing can overcome social, cultural and physical barriers, uniting people and promoting inclusion and well-being of those who practice it.

Climbing, in its many forms - from bouldering to rock and ice climbing - reveals itself not only as a physically stimulating activity but also as a means of strengthening self-confidence, resilience and teamwork. The practices collected in this handbook want to underline the transformative impact that climbing may have on individuals and communities. From projects that aim to reintegrate people in vulnerable situations, to initiatives that facilitate interaction between different cultures, climbing appears as a bridge towards inclusion. Through these pages, **we want to offer an inspiring guide** for organizations, associations and individuals interested in using climbing as a tool for social inclusion. On the one hand, we want to highlight climbing as an inclusive activity accessible to all, on the other, provide inputs to replicate and adapt these good practices in different contexts. The importance of accessibility and adaptability is emphasized in every practice, ensuring that climbing can be enjoyed by people with different needs, regardless of their physical, social or economic conditions.



**AUSTRIA**



## AIM

To offer young women aged 15 to 17 a free expedition in Tyrol's glaciated mountains to ignite curiosity in natural sciences, blend art with science, challenge gender norms, and boost confidence in physical abilities in a supportive environment.

## TARGET

Young women aged 15 to 17

## PLACE

Tyrol, Austria

## DESCRIPTION

Girls on Ice is one of the 8 branches of Inspiring Girls\* Expeditions. It offers a free expedition in the glaciated mountains of Tyrol for young women\* aged 15 to 17. Led by earth scientists, artists, and mountain guides, this program aims to ignite curiosity in natural sciences, blend art with science, challenge gender norms, and boost confidence in physical abilities in a supportive environment. Participants camp for a week, taking responsibility for the expedition's smooth operation. Activities include learning about glaciers, alpine landscapes, weather, and climate change, as well as engaging in artistic development to showcase the intersection of science and art. The program fosters teamwork, support, and personal growth among diverse participants.

## CONTACT

Inspiring Girls\* Expeditions  
<https://www.inspiringgirls.org/goi-austria>

## IMPACT

Fosters inclusivity in field sciences and art, cultivates supportive communities, empowers participants, instills a commitment to environmental advocacy, and provides development and collaboration opportunities.

## RESOURCES NEEDED

Expedition requires camping gear, scientific and artistic equipment, and professional guidance from earth scientists, artists, and mountain guides

## ORGANIZATIONS

Inspiring Girls\* Expeditions

## ADDITIONAL

No prior knowledge of glaciology or mountaineering is required. The program includes scientific experiments, creative activities, and mountaineering introduction, promoting teamwork, support, and personal growth.



## AIM

To equip teachers and club trainers with the skills to effectively work with challenging groups of children, particularly those with behavioral issues, through climbing activities. The project aims at fostering cooperation, strengthening class communities, and addressing fears and inclusion

## TARGET

Elementary school teachers and club trainers

## PLACE

Tyrol, Austria

## CONTACT

SPORTUNION Tirol Kraxlgeist Project  
<https://sportunion.at/projekte/kraxlgeist/>

## DESCRIPTION

The project aimed to train a minimum of 15 Kraxlgeist experts at each location, ensuring they could apply their knowledge sustainably and share it with colleagues. Sustainable integration into the SPORTUNION Academy and the University of Education was planned, with the development of a teaching document containing pertinent content for educators and trainers.

## IMPACT

Enhances physical health, cognitive problem-solving skills, and socio-emotional development like self-confidence and resilience among children. Promotes inclusion and diversity in the climbing community by training educators and trainers.

# Kraxlgeist Project

## RESOURCES NEEDED

Subject matter experts, a teaching document with relevant content, and a training program

## ADDITIONAL

The project is to be integrated into the regular operations of the Sportunion Academy. The Kraxlgeist training will be included in the PH Tirol programs and individual content will be included in the training sector of the Austrian Alpine Club. Teaching materials are constantly being optimized

## ORGANIZATIONS

- SPORTUNION Tirol
- Tyrol University of Education (PHT)
- Austrian Alpine Club (AV)





# Sport Union Tyrol – Le Début

## AIM

This project is designed to engage women and girls from diverse backgrounds in physical activities, including climbing, to enhance their health through exercise and nutrition, and to promote social inclusion.

## TARGET

Women and girls from various countries, including those with migration backgrounds and ethnic minorities

## PLACE

Austria

## DESCRIPTION

This project is specifically aimed at women and girls with different backgrounds. It combines regular exercise modules and taster sessions of individual sports, including climbing, with presentations on health through exercise and nutrition. The program is jointly developed with the participants and adapted to performance levels

## IMPACT

Positively affects the physical, cognitive, and socio-emotional development of participants, fostering social inclusion by uniting women and girls from different backgrounds in shared activities

## ORGANIZATIONS

- Sport Union Tyrol
- Women from all countries - club
- Turkish-Islamic cultural association ATIB
- Girlspoint ARANEA

## RESOURCES NEEDED

Regular exercise modules, taster sessions for individual sports, and presentations on health through exercise and nutrition

## ADDITIONAL

Focuses on overcoming barriers to sports participation among target groups generally inactive and removed from sports activities





## AIM

INKlettern is an inclusive climbing project aimed at welcoming people with and without disabilities, emphasizing fun, community, and mutual support over traditional climbing instruction.

## TARGET

Individuals with and without physical or mental disabilities

## PLACE

Austria

## CONTACT

<https://www.alpenverein.at/jugend/projekte/Inklusion/INKlettern.php>

## DESCRIPTION

INKlettern is an inclusive climbing project that welcomes people with and without disabilities. It is not a traditional climbing course, but a community where everyone is actively involved within the scope of their individual possibilities. The focus is on having fun and having a good time together.

## IMPACT

Enhances physical health, cognitive skills like problem-solving, and socio-emotional development such as confidence and resilience, promoting social inclusion.

# INKlettern

## RESOURCES NEEDED

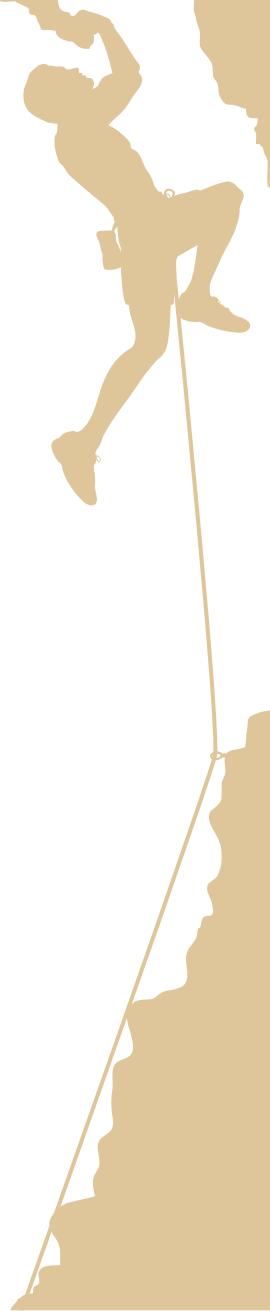
Access to a climbing hall

## ADDITIONAL

Focuses on overcoming barriers to participation, especially for people generally inactive and removed from sports.

## ORGANIZATIONS

Alpenvereinsjugend Österreich



## AIM

- More queer & diverse visibility in Berlin Boulder centers
- to exchange experiences of marginalization
- non-discriminatory place of empowerment and solidarity
- for people who are discriminated by patriarchy and affected by sexism
- to raise awareness for everyone and to reflect on these issues

## TARGET

FLINTA\* and Queer communities

## PLACE

Germany

## CONTACT

[@felsheld\\_innen\\_kletterfestival](https://www.instagram.com/felsheld_innen_kletterfestival)

## DESCRIPTION

In 2020 a team of 12 FLINTA\* climbers who wished to see more diversity and inclusion in the climbing community founded the initiative to unite and create events to invigorate the FLINTA\* climbing community in Germany.

## IMPACT

Organizes workshops, talks, and panel discussions to foster a non-discriminatory place of empowerment, solidarity, and to raise awareness on diversity and intersectionality in climbing.

# Felsheld\*innen Kletter- und Boulderfestival

## ORGANIZATIONS

- Stiftung Pfefferwerk
- Tzampas,
- Petzl
- Skalo

## ADDITIONAL

The initiative focuses on creating safer spaces and gender equality within the climbing community.





## AIM

- More queer & diverse visibility in Berlin Boulder centers
- to exchange experiences of marginalization
- non-discriminatory place of empowerment and solidarity
- for people who are discriminated by patriarchy and affected by sexism
- to raise awareness for everyone and to reflect on these issues

## TARGET

Trans\*, inter\*, non-binary individuals, and their allies

## PLACE

Berlin, Germany

## CONTACT

[@finn\\_on\\_the\\_rocks](https://www.instagram.com/finn_on_the_rocks)

## DESCRIPTION

Queerclimb was founded in 2016 by Finn, a queer and trans\* climbing instructor. The project offers climbing classes, workshops and community activities. Queerclimb wants to reach out to people of all age groups and cultural backgrounds.

Through Queer Climb courses participants learn the absolute basics: correct warm-up, strength and coordination exercises, basic climbing technique (body positioning, correct gripping and climbing, energy-saving climbing...) and safe jumping and falling

## IMPACT

Enhances community bonding, supports mental and physical health, and promotes diversity and inclusivity in sports

## ORGANIZATIONS

- Finn Kargl
- OUT\*side

## RESOURCES NEEDED

- Climbing facilities
- Professional instructors

## ADDITIONAL

Focuses on creating a safe and welcoming space for the queer community, offering opportunities for physical activity and social connection

# Queer Climb



## AIM

To integrate new and long-time Berliners, creating a multi-cultural and inclusive climbing community. Participants, regardless of background, receive structured climbing training and the chance to connect through regular outings

## IMPACT

Promotes community and inclusivity, with participants achieving German Alpine Club certifications

## ORGANIZATIONS

AlpinClub Berlin

## TARGET

Migrants and Berlin-born individuals

## PLACE

Berlin, Germany

## CONTACT

Yong Seung Kim  
yong-seung.kim@gmx.de

# Kletterfreunde\*innen

## DESCRIPTION

Established in 2020 during the pandemic in the frame of a ESC Solidarity Project, Kletterfreunde aims to bring new and old Berliners together and create a multi-cultural and multi-ethnic climbing community amongst climbers of different abilities and backgrounds. The initiative meets weekly and undertakes regular trips to Swiss Saxony and the Harz mountains. All participants receive official German Alpine Club certification firstly in top-rope then lead climbing.

## RESOURCES NEEDED

- Climbing gear
- Certified instructors

## ADDITIONAL

Addresses barriers to participation, such as membership requirements for the German Alpine Club



## AIM

Offers climbing sessions for young people, including migrants and refugees, to promote integration, a healthy lifestyle, and community building

## TARGET

8-18 year-olds with or without migrant backgrounds

## PLACE

Dresden, Germany

## CONTACT

<https://klettern.motor-mickten.de/>

## DESCRIPTION

Three 1.5 hour climbing sessions offered every Monday for 8-18 year olds including migrants and refugees living in the city. In addition to the regular sessions, the association offers climbing excursions to Swiss Saxony.

Objectives:

- Integration
- Promotion of healthy lifestyle
- Creating community

## IMPACT

Supports skill development and multicultural integration, with high demand indicating the program's success

## ORGANIZATIONS

Motor-Mickten

## RESOURCES NEEDED

- Certified coach
- Climbing hall

## ADDITIONAL

Faces challenges due to high demand exceeding available spots



**GREECE**





## AIM

Supports the mental health of unaccompanied asylum-seeking children through climbing activities, fostering integration and emotional well-being

## IMPACT

Provides psychosocial support and promotes integration, with successful pilot programs leading to expansion plans

## ORGANIZATIONS

ClimbAID

## TARGET

Unaccompanied asylum-seeking children

## PLACE

Athens, Greece

## RESOURCES NEEDED

- Climbing facilities
- Climbing equipment

# PAME PANO!

## ADDITIONAL

Seeks funding for long-term implementation with a larger reach

## DESCRIPTION

PamePano! provided cooperative and experiential learning through climbing-related activities delivered by a professional climbing therapist. The programme supported the mental health of unaccompanied asylum seeking children, addressing issues like depression, anxiety, and trauma while encouraging integration with the host community.

ClimbAID arrived in Greece in 2020, with the launch of a successful pilot programme for unaccompanied refugee children, which provides cooperative and experiential learning through climbing-focused activities aimed at improving the psychosocial wellbeing of beneficiaries, while fostering their social inclusion in the local community. The pilot programme took place throughout July 2020, engaging a group of 22 adolescents residing in different reception shelters in Athens. The program took place at partner gyms, located in areas of Athens easily accessible by public transport for the beneficiaries from their residence shelters. The pilot programme has yielded impressive results thus far and ClimbAID is now seeking funding to launch long-term program in Greece, with a target of reaching 140 participants.



# LESVOS SPIRIT

## AIM

Offers sports activities, including climbing, to refugees and locals in Lesvos, aiming to build skills, confidence, and community

## TARGET

- Refugees
- Asylum seekers

## PLACE

Lesvos, Greece

## RESOURCES NEEDED

- Indoor climbing wall
- equipment

## DESCRIPTION

During the summer of 2022, KLABU landed in Lesvos to work on a grassroots basis with the local community. There was a need for sports activities to escape from the complexities of asylum procedures, build new friendships, and keep a positive spirit. After an initial period inside the Mavrovouni Transit Camp, the clubhouse is now active just outside of it, at the Yoga & Sports With Refugees gym in Kara Tepe, where it complements the gym's activities through access to sports equipment and clothing, music and television. The gym and clubhouse form a safe space that people can look forward to and escape to. Through weekly workout and social activities including climbing classes in the YSR climbing wall, newly arrived asylum seekers have the opportunity to learn new skills and gain confidence for their future

## IMPACT

Engages over 3500 participants, fostering skills and community connections

## ADDITIONAL

Activities include climbing classes and workshops on safety and competition

## ORGANIZATIONS

- Klabu Clubhouses
- Yoga and Sports With Refugees



## TARGET

Refugees in Lesvos, Ioannina, and Athens

## PLACE

GREECE:

- Lesvos
- Ioannina
- Athens

## AIM

Utilizes outdoor climbing and trail running to integrate young refugees with the local community, promoting mental and physical health

## RESOURCES NEEDED

- Climbing equipment
- Running equipment

## DESCRIPTION

YSR was born in October 2017 on the island of Lesvos, in response to the massive need for healthy safe spaces, the sense of community and a place to work on mental and physical health. Climbing to the top was a small-scale project through which YSR organized 5 outdoor climbing trips and 4 trail running competitions, bringing together young refugees, the local Greek community and volunteers from other organizations working with refugees.

## IMPACT

Offers structured outdoor activities, facilitating integration and community building

## ORGANIZATIONS

Yoga and Sports With Refugees

## ADDITIONAL

Aims for long-term engagement with expanded participant reach

# Climbing to the top



## AIM

The initiative aims to provide joy and respite to underprivileged or sick children, offering them a break from their daily challenges and hardships. the program seeks to foster inclusivity and ensure that the joy of Children Day is accessible to all, regardless of their circumstances.

## IMPACT

Participating in the organized activities at the Adventure Park in Malakasa serves not only as an opportunity for fun and adventure but also as a means to promote social interaction, physical activity, and emotional well-being among the children.

## TARGET

Unaccompanied minors in Greece

## PLACE

Athens, Greece

## CONTACT

SYNYPARXIS

## DESCRIPTION

On the occasion of Children's Day, DHL Express organized a pan-European corporate social responsibility program aimed at bringing broad smiles to the faces of underprivileged or sick children. Children from our shelter had the opportunity to participate in one of DHL's organized activities, which took place at the Adventure Park in Malakasa

# Climbing and playing at the Adventure Park!

## ADDITIONAL

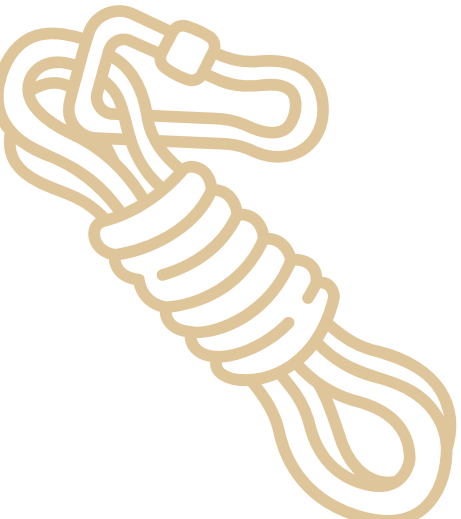
Faces challenges due to high demand exceeding available spots

## ORGANIZATIONS

SYNYPARXIS – Ecumenical Refugee Programme



**SPAIN**





## AIM

Boost self-esteem and equip people recovering from drug addiction with tools for personal and health challenges, promoting inclusion and diversity

## TARGET

Individuals recovering from drug addiction

## PLACE

Spain

## CONTACT

[usan.sonia@gmail.com](mailto:usan.sonia@gmail.com)

## DESCRIPTION

The climbing workshop lasted 20 hours a week and the participants worked individually and collectively. 15 people in total, from the Sants Drug Dependency Care and Monitoring Centre, have attended climbing workshops and exercises on the walls of the rock-climbing wall of the Unió Excursionista de Catalunya (UEC) in Sants

## IMPACT

Physical health improvement, self-confidence boost, and trust rebuilding

# Taller de Escalada

## RESOURCES NEEDED

- Climbing walls
- Climbing tools
- Mentors

## ADDITIONAL

Workshops held at Unió Excursionista de Catalunya (UEC) in Sants

## ORGANIZATIONS

Centro de Atención y Seguimiento a las drogodependencias (CAS) de Sants, Asociación Bienestar y Desarrollo ABD



## AIM

Use mountain sports for social integration, developing physical/social skills and inclusion

## TARGET

Economically disadvantaged groups and individuals with disabilities

## PLACE

Spain

## CONTACT

[info@amimontanismo.es](mailto:info@amimontanismo.es)  
[+34 667 96 72 27](tel:+34667967227)

## DESCRIPTION

AMI begins its Social Project, whose mission is to use the practice of mountain sports as a tool for social integration, developing physical, and social skills (cooperation, effort, responsibility, coexistence) and mainly practicing inclusion in sports practice.

## IMPACT

Physical development, health improvement, and socio-emotional skills enhancement

## ORGANIZATIONS

Agrupación de Montañeros Independientes (AMI)

## RESOURCES NEEDED

- Climbing facilities
- Climbing equipment
- Trained staff

## ADDITIONAL

Collaboration with social organizations for participant referral





## Escalada para conectar

### AIM

Mental and physical benefits through climbing, enhancing emotional security and belonging

### TARGET

Students, education professionals, individuals with mental health issues

### PLACE

Spain

### CONTACT

higiniofrancisco.arribas@uva.es

### DESCRIPTION

This Service-Learning project, set up by students and teachers of Social Education at the UVa, within the subject "Physical Education adapted to different groups", professionals and participants of the Physical Activity programmes of the Intrass Foundation, and students of Training Cycles, has been a meeting and training point around climbing and mental health, in which the characteristics of all its participants have been taken as a reference to know the impact of the practice of this sport and its reflection in the creation of inclusive communities of practice.

### IMPACT

Safety, mindfulness, body awareness, and self-esteem improvement

### ORGANIZATIONS

- Valladolid University
- Federación de Deportes de Montaña Escalada y Senderismo de Castilla Y León

### ADDITIONAL

<https://revistas.uam.es>



## AIM

Develop values, competencies, and skills through therapeutic climbing for inmates with drug use problems

## TARGET

Participants from the Organization's prisoner program with problems associated with drug use

## PLACE

Spain

## DESCRIPTION

The activity is framed under the program for inmates, and specifically with problems associated with drug use, is carried out in collaboration with the Es Cau climbing wall. In the specific case of the Red Cross in Palma, therapeutic climbing serves to develop "values, competencies and skills" that have been left aside, and that directly or indirectly can continue to be acquired through sport. The profile of inmates with addiction problems tends to share a pattern: they have had traumatic life experiences and/or are in situations of social exclusion and socioeconomic inequalities. What most attracts the attention of the participants is the outdoor climbing, which is done outdoors on rock, although we work with both modalities. Indoors, the technique is practiced more, and outdoors it is taken to practice and other exercises are performed.

## IMPACT

Learning from failure, developing competencies, and skills through sport

## CONTACT

+34 900 22 11 22  
informa@cruzroja.es

## ORGANIZATIONS

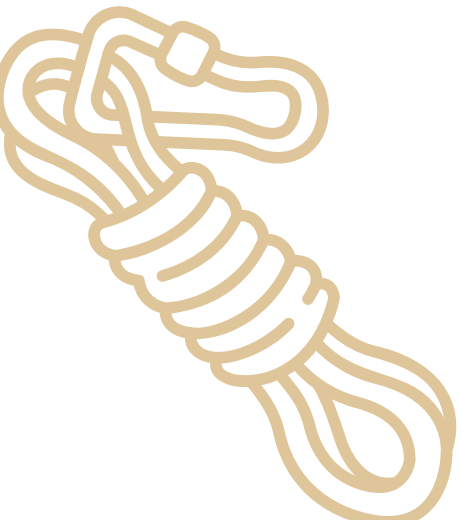
Cruz Roja

## ADDITIONAL

<https://revistas.uam.es>



**ITALY**



## AIM

Enables young people from socio-economically vulnerable areas to access climbing, promoting physical, mental, and social development

## TARGET

Young people from disadvantaged backgrounds

## PLACE

Milan, Italy

## RESOURCES NEEDED

- Climbing facilities
- Climbing equipment
- Trained staff

## DESCRIPTION

The Youth Inclusion project, initiated by the collaboration among Urban Wall indoor climbing gym, The North Face and Fondazione Laureus Sport for Good Italia, allowed boys and girls from the Gallarate neighborhood, northwest suburbs of Milan, to practice indoor climbing, promoting accessibility and equality in a vulnerable socio-economic context.

Through this project, boys and girls become protagonists on a path of growth and discovery in the world of climbing. Climbing walls were used as a metaphor for the challenges one encounters in life but also offer unexpected opportunities.

## IMPACT

The Youth Inclusion project has had a significant impact on the lives of the young people involved. Through indoor climbing at the Urban Wall indoor climbing gym, participants had the opportunity to develop physical, mental, and social skills.

The collaboration with The North Face provided equipment and support to enable the youth to participate in the climbing activity in a safe and appropriate manner.

The Laureus Sport for Good Italia Foundation's initiative provided a positive and inclusive context in which young people could experience a sense of community and belonging, promoting empowerment and social integration.

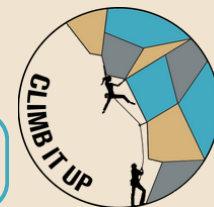
# YOUTH INCLUSION

## ORGANIZATIONS

- Urban Wall
- The North Face
- Fondazione Laureus Sport for Good Italia

## ADDITIONAL

Supports overcoming personal challenges through climbing metaphors



## AIM

Aims to make mountaineering accessible to young people with disabilities, promoting personal growth and social inclusion

## IMPACT

The Climb for Inclusion project conducted by Climbing Technology® and Sportfund has had a very positive impact in promoting inclusion and accessibility in sport climbing. Through this project, opportunities have been created for people with disabilities to actively participate in this activity, which is often seen as exclusive.

In addition, the project helped raise awareness of the importance of making the sport accessible to everyone, regardless of physical ability; and has inspired other companies and organizations to follow suit and promote inclusion in their sports activities. This has helped create greater awareness of the importance of accessibility in sports and paved the way for new opportunities for people with disabilities to fully participate in community sports

## TARGET

Young people, especially those with visual impairments

## RESOURCES NEEDED

Adapted climbing facilities and equipment

## PLACE

Bologna, Italy

## DESCRIPTION

The Youth Inclusion project, initiated by the collaboration among Urban Wall indoor climbing gym, The North Face and Fondazione Laureus Sport for Good Italia, allowed boys and girls from the Gallarate neighborhood, northwest suburbs of Milan, to practice indoor climbing, promoting accessibility and equality in a vulnerable socio-economic context.

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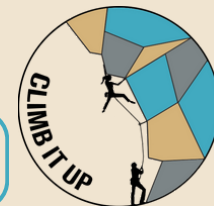
## ADDITIONAL

Features specialized equipment like Click-Up+ for climbers with disabilities

## ORGANIZATIONS

- Climbing Technology®
- Sportfund Foundation
- Municipality of Bologna

# CLIMB FOR INCLUSION



## AIM

The aim was to create an opportunity for interaction, well-being, and an initial approach to climbing and outdoor sports activities, outlining the purpose of the practice

## TARGET

100 kids (6-13 yo)

## PLACE

Latina, Italy

## RESOURCES NEEDED

- Indoor Climbing Wall
- Climbing Equipment
- Slackline
- Orienteering equipment

## DESCRIPTION

In a two-week program, 100 children tried climbing, slacklining, and orienteering. They moved from initial reluctance to enthusiasm, especially those facing challenges. Personalized support helped children, including those with obesity or autism, feel proud and accepted. Girls, initially uninterested, embraced the activities, breaking gender stereotypes. The program fostered a positive, inclusive environment, highlighting personal growth and community spirit

## IMPACT

This project has proven to us how climbing can have a significant impact on children and youth, boosting self-esteem and fostering levels of participation and inclusion. We realize this through other parallel initiatives we continue to pursue. The town of Sezze, located on the outskirts of the Latina province, generally presents many challenges in the integration and motivation of young people. We often decide to have open days to let them experience our discipline. The impact is very strong and participatory. However, we realize that it is difficult to maintain follow-up, both for economic reasons and because many of these children are somewhat left to their own devices by their families, as if they are not supported in their growth and therefore not encouraged to participate in activities that could help them socially integrate.

# V10 Wonderland Summer Camp

## ORGANIZATIONS

V10 Climbing Jym

## CONTACT

[https://www.facebook.com/V10PalestraArrampicata/?locale=it\\_IT](https://www.facebook.com/V10PalestraArrampicata/?locale=it_IT)







## TARGET

Unaccompanied  
immigrant minors

## PLACE

Rome, Italy

## DESCRIPTION

This initiative illustrates how sports, particularly climbing, can serve as powerful vehicles for social inclusion, emotional growth, and community building. Through this practice, participants not only conquered physical heights but also made significant strides in their personal development and integration into a new community.

Climbing transcends traditional sport boundaries, acting as a discipline and thought style where experiences can become metaphors and learning sources beyond the mountain. It develops self-awareness, emotion, thought organization, and adaptability to new and challenging situations, equipping participants with life skill

## AIM

To explore climbing as a group experience that helps rediscover one's abilities, fosters self-belief, and enhances appreciation for others through natural environment interaction and adventure

# RE-HOPE

## IMPACT

The practice significantly improved the psycho, physical, emotional, and relational well-being of participants. Linguistic barriers did not hinder the experience; instead, language diversity enriched the learning environment

## RESOURCES NEEDED

Funds for individual and group equipment, specialized staff including climbing instructors, cultural mediators, and educational and relational group mediators

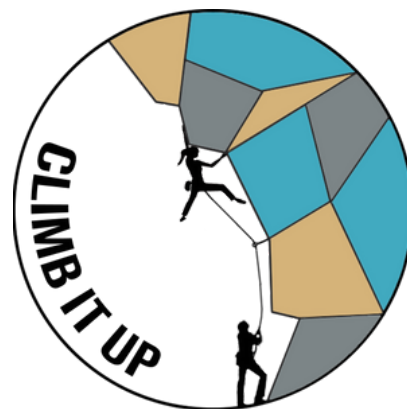
## ORGANIZATIONS

- ASD GymnaZen
- Elis Foundation

## CONTACT

<https://gymnazen.it/>  
[gymnazen@gmail.com](mailto:gymnazen@gmail.com)  
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