

Action plan

1. Country: Honduras.

2. Title: Sports for all

3. Background

There are a few people with visual disabilities practicing sports in Honduras. After finishing studies in special schools, persons with visual disabilities usually stop doing sports.

The lack of income, facilities and transportation unfriendly for PWDs are the main reasons. Most of women with visual disabilities, for example, do not practice sports because they are not confident of their capacities.

In addition, there is a misconception in the sense that one can only do sports for competitive purposes.

4. Overall goals:

People with visual disabilities playing sound table tennis become more visible to the society and feel self confident.

5. Concrete objectives:

1. 10 persons with visual impairment practicing sound table tennis by the end of next year 2008.
2. 3 Volunteers trained to become trainers and judges February 2008.
3. Facilities at the national sport center are adapted to play sound table tennis. From February to March 2008.

6. Beneficiaries

10 persons with visual disabilities from 18 to 30 years old in the capital city

7. Impact on Beneficiaries

1. Beneficiaries become self reliable.
2. Beneficiaries become more visible to the society.
3. Beneficiary's health is improved through the practice of sports.
4. Other members get encouraged to do sports.
5. Beneficiaries improve their social skills

8. Action Plan Outline - Step by step description:

1. Staff meeting at the beginning of December 2007 at the office of the blind sports federation to present the action plan. Responsible Rosa Duron Padilla.
2. Seeking 3 volunteers without visual disabilities to become judges and trainers to teach sound table tennis by 10 phone calls to friends of staff of the federation who live in Tegucigalpa in December 2007.
Responsible: secretary of the Blind sport's federation
3. Make a phone call and then visit the national sport center's administration office to negotiate for the space and facilities January 2008 responsible president of the blind sport's federation.
4. Volunteer training February 2008. 2days at the national sport center.
Responsible: Rosa Duron.
5. Invite 10 trainees by sending notes to the organizations and schools of the blind in February 2008. Responsible the blind sport's federation
6. Facility adaptation by putting a frame on the tables and making wooden rackets in February 2008 by 2 visits with first with one volunteer and then with a carpenter to sports center.
Responsible: Rosa Duron.
7. Training 10 visually impaired persons. 1 day course. March 2008.responsables blind's federation and Rosa Duron Padilla.
8. Local tournament with the participants of the training and invitation to others to participate in future trainings. Last week of April week of solidarity (celebration of the disabled)
Responsible: Rosa Duron and the federation.

9. Monitoring and evaluation:

I am going to monitor the activities through comments from both 3 volunteers (judges and trainers) and 10 trainees and picture taking. Responsible president of the blind sport's federation

Evaluation must be done by the executive committee and people attending to a local tournament.

Impact of this training.

First, Through the participations of my classmates, as well as lectures done by people with severe disabilities, I got the courage to do a job on my own.

Second, During the visit to Tokyo Metropolitan, center for the disabled, and Tama sport center, I was able to experience and enjoy sound table tennis before its implementation.

Third, Through the discussions raised in Ikesumi san's leadership workshop about its benefits, I strengthen my desire to do sports.

Fourth, had the opportunity to share ideas with my classmates which enriched my work

Possible obstacles:

Sport Federation may not be willing to make adjustments to their facilities.

In that case, simple adjustments can be done using a carton at the moment of the game.

Also, if I were not able to obtain permission from the sport center, I would ask the Franciscan foundation for the blind, which works with visually impaired persons , to adapt a room in their facilities.

This training contributes in my action plan in many ways.

1. Funds are going to be raised by asking money from small donors, from the sports condition of the congress, and the national federation of OPD's
2. to recruit 3 Volunteers by 10 phone calls. U\$ 006 each total, U\$ 060
3. Volunteer training Cost.
Transportation: U\$ 1 each, 10 U\$ food U\$ 2 each, U\$ 28
4. Facility sicking.
Cost: U\$ 7
5. Facility accommodation in 2 visits, first, with a volunteer. second, with a carpenter. 2 persons..
Cost: U\$ 40 aprox.
6. Beneficiary training 1 day course.

Transportation: U\$ 1 each, food U\$2 each, recorded materials, U\$ 2 for 10 persons.

Total, u\$ 102.

7. Local tournament as an evaluation of the training.