

# SOCIAL CHANGE with SPORTS

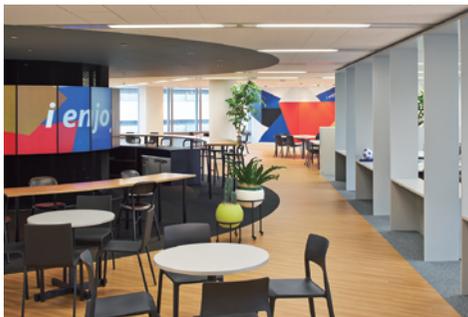
## Supports for Paralympic Sports Federations and Para Athletes



Establishment of Sustainable Management Structure for Paralympic Sports Governing Bodies

### Support For NFs

We provide grant programs which covers secretariat's personnel cost and activities to create long-lasting asset, as well as a package of back-office tasks, such as accounting and translation, to streamline the organizational management.



Co-working Office shared among NFs of Paralympic Sports

### Operation of Shared Office

Since 2015, we operate a shared office accommodating 28 National Federations. It boasts of the open environment enabling the mutual communication among members, and the easy-to-use universal design.



Gymnasium dedicated for Para Sports

### The Nippon Foundation Para Arena

The Nippon Foundation Para Arena is operated as the training venues and facilities to provide Para athletes training environments. With reflecting on feedback from Para athletes with different abilities, the Arena has design usably by them, without the need for adaptation.



Parasports Matching Portal Site

### My Para! Find My Parasport

This matching portal site has features to diagnose a suitable Para sport according to your preferences and impairments by answering simple questions, and to search Para sport teams to participate regardless of whether or not you have a disability.

## Diversity & Inclusion Programs "Asu-Challe"



"Asu-Challe!" is a series of education and training programs developed by The Nippon Foundation Parasports Support Center (Parasapo) for the achievement of a diverse & inclusive society.

"Asu-Challe!" offers five different programs designed for various needs and objectives, including education programs for primary, secondary and special-needs schools or training programs for businesses, organizations, municipalities, and universities.

The realities conveyed by the instructors, who are mainly Para athletes, will provide hints and insights for creating a better society in the future, as well as an opportunity to take on the challenges of tomorrow.

Since 2020, the programs have become available online, allowing participants to choose between face-to-face, online, and hybrid participation formats. From its launch in FY 2016 to FY 2022, about 3,800 sessions took place, reaching over 400,000 participants.

### Educational programs introduced in classes at primary, secondary and special-needs schools.

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These are also used for school events as well as one-session classes such as integrated learning session, moral education, and session on human rights. We provide opportunities for independent and interactive learning, such as learning what "disabilities" are and the importance of having dreams and goals and taking on challenges from Para athlete instructors, as well as learning and thinking about a symbiotic society, diversity, and the SDGs through the instructors' stories and experiences.

### Training programs for businesses, organizations, municipalities, and universities

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These are used in training programs to promote diversity and inclusion (D&I), SDGs, employment of people with disabilities, improvement of products and services for all people, and team building. Municipalities that aim to create a city that is a good place for everyone to live are also using the programs for staff training and events for residents.

### Asu-Challe! programs by numbers

Since the programs' inception in 2016, they have been widely leveraged in 47 prefectures across Japan, by students and adults alike.



\*Online programs have started in September 2020.



Meet Para Athletes! Para Sports Experience-oriented Learning  
**Asu-challe! School**

This hands-on lesson is composed of 3 parts: the demonstration by Para athletes, Para sports trials, and lecture. It encourages students to reflect on the mindset to consider others as their own, what impairments and/or disabilities means, the courage to challenge one's potential as well as the power of having dreams and goals.



Empathy & Diversity Program to Learn from Para Athletes  
**Asu-Challe! Academy**  
 Recommended age group: 16 and above

This seminar program is designed to enhance the capability to empathize with others through interaction with Para athletes who are highly distinctive. It gives an insight on how to address the challenges of diversity & inclusion and SDGs, how to improve goods and services, and promoting employment of people with disabilities.



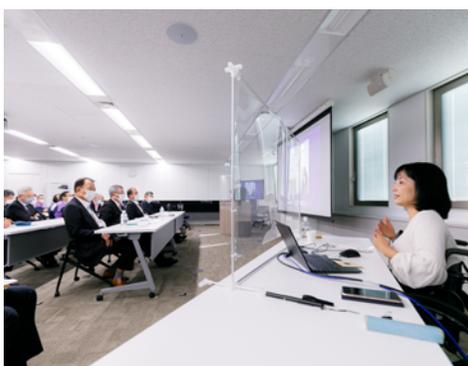
Workshop to Learn Inclusive Society with Para Athletes  
**Asu-Challe! Junior Academy**

Through the lectures and workshops with Para athletes, students can recognize the differences between each other to take a step toward an inclusive society. This program is also provided online, where students can learn as well through interacting and having fun with Para athletes.



Para Sports Day Program  
**Asu-Challe! Undokai (Sports Day)**

This program invites participants to experience Para sports fascination in a sports-day setting, and the awareness that comes from it, by modifying the rules and equipment so that everyone can enjoy the game. The communication within a team also improves while playing sports full-heartedly.



Find a Para Athlete and Coach speaker  
**Asu-Challe! Messengers**

This program provides dispatch service of Para athletes and coaches with high communication skills as seminar speaker who have completed speech training. You may search for the speaker that best fits your needs by theme, area, and sport.



※Asu-challe! is an abbreviation for challenge for tomorrow.

## Study on Paralympic Games



### Paralympic-Related Study & Research Paralympic Research Group

Conducting academic researches and social studies on the Paralympic Games and Para sports, we regularly issue journals and organize symposiums in collaboration with academic and institution partners to publish the outcomes.

## Media Operation



### Portal Site to support "i enjoy!" through sports Parasapo WEB

This web media provides insights to enrich people's life through sports, and is also a place where you may find all information on Para sports including sports, athletes, competition schedules, etc. It delivers various contents by themes: Sports×Lifestyle, Wellbeing, Education, SDGs, Innovation.



## ABOUT

Initiated by The Nippon Foundation, The Nippon Foundation Parasports Support Center\* (Parasapo) began its activities in May 2015 with aim to build a sustainable management structure for National Federations of Paralympic sports who faced administrative challenges. Along with a co-working office opened in November 2015, a package of supports is provided to NFs, from shared back-office tasks including accounting and translation to grant programs covering administrative labor costs for a sustainable management, development & education expenses for increasing public engagement in sports, as well as promotion and marketing budget. We offer a set of comprehensive services to streamline their operations and to enhance the organizational foundation. In June 2018, The Nippon Foundation Para Arena, a new gymnasium designed for Para sports was launched to improve the training environment for Para athletes.

We also organize education programs targeted on students at primary, secondary and special-needs schools, as well as training seminars for businesses, organizations, communities, and universities, in both cases where Para athletes or person with a disability serve as lecturers. So far, more than 3,800 programs took place in Japan and beyond between 2016 and 2022, with more than 400,000 children and adults participating.

Under the slogan of "SOCIAL CHANGE with SPORTS" , we' re committed to the social transformation through sports to achieve a more diverse and inclusive society where each of us values individual differences and performs one' s abilities.

(\* It was renamed in January 2022 from The Nippon Foundation Paralympic Support Center.

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