

Shinshu University – I'MPOSSIBLE

Discovering and Enjoying Inclusive Sports Together

I'MPOSSIBLE is a student project from the Faculty of Education at Shinshu University, created to promote para-sports and deepen understanding of people with disabilities. The project aims to bridge the gap between the world of inclusive sports and the field of education, working toward a more inclusive society where everyone can participate and thrive.

The team's diverse academic backgrounds support their mission to embody the spirit of Education for Sustainable Development (ESD) – a global initiative that fosters respect, inclusion, and action for a better future.

Hands-On Experiences and Valuable Insights

The students organized para-sports experiences for their fellow education majors. These included wheelchair operation exercises and trying out sports wheelchairs, giving participants the chance to experience challenges, such as navigating barriers and offering physical assistance.

One activity took place on a snowy day, highlighting the difficulty of moving a wheelchair on icy surfaces. This realistic experience helped participants better understand the everyday challenges faced by people with disabilities.

The team also hosted a wheelchair basketball workshop for junior high school students at Neba Gakuen. The students' enthusiastic responses and thoughtful questions demonstrated how such experiences can deepen empathy and understanding, especially when they asked about equipment prices and sport-specific rules for different disabilities.

Facing Challenges and Looking Ahead

While the team encountered obstacles, such as the difficulties of managing social media outreach and scheduling events, they gained confidence through these real-world challenges. They came to realize that taking action can be the first step to changing society.

Looking forward, they hope to refine their hands-on programs and continue their efforts with an eye toward the 2028 National Sports Festival and National Sports Festival for People with a Disability, scheduled to be held in Nagano.



Reflections and Impact

By learning through action, the students found new meaning in inclusion and sports. Their initiative shows how education students can lead change by creating opportunities for shared understanding and joyful learning, making small but important steps toward a more inclusive world.