



PLAY AND TRAIN ASSOCIATION

Entity declared to be of public utility

LETTER FROM THE PRESIDENT

Dear friends of Play and Train,

Below we present Play and Train's activity report for the past year, 2024. It has been a very special year for all of us, as we celebrated our 15th anniversary with sports activities in the sea off Fuerteventura and at the Adapted Sports Centre in La Molina. Two days in which friends of Play and Train were able to enjoy their favourite sports as part of the big Play and Train family.

These fifteen years have been the fruit of a dream by founders Sylvana Mestre and Mariona Masdemont, who have made this dream a reality today. During this time, more than 51,000 direct beneficiaries and over 103,000 indirect beneficiaries have been able to participate in sports activities with the help of a team of dedicated individuals who, day after day, give their best during nearly 10,000 hours of sporting activity.

Below, we will examine the most relevant data from the organisation's various projects and activity programmes: the La Molina Adapted Sports Centre, the Surfing Section, with a presence in Fuerteventura and on the Costa Brava; the Multi-Adventure Camps; and the Fuerteventura Accessibility Programme.

We are also very proud to see how the Basic Skills Programmes for People with Disabilities and the Transition to Adult Life Programme have consolidated, improving the employability of their participants in the local business community upon reaching adulthood.

Throughout the year, our managers, technicians, and collaborators have participated in sporting events, conferences, symposia, and sectoral seminars, both nationally and internationally. We have maintained professional and technical training, both received and imparted, which ensures growth in the quality of the services provided.

We would like to thank everyone behind each programme and every hour of activity for their support and effort in maintaining the quality standards of Play and Train. Special recognition goes to our athletes and their families, as well as to all our donors, the organisations that collaborate with and sponsor our programmes, the group of volunteers, and, most especially, each of our technicians for giving their best in all our activities.

To all of you, thank you very much.

José M^{te} Inmaculada Sala

PRESIDENT



TEAM



'Sport is the best companion and the best trick for achieving a good quality of life.'

José Mª Juncadella Sala
PRESIDENT

She has devoted his entire life to sport, especially Paralympic sport.



Sylvana Mestre
MANAGER



'Fights for a society where there is respect for people with disabilities.'

Mariona Masdemont
EXECUTIVE DIRECTOR



Alexia Tauler
INTERNATIONAL CONSULTANT



Gabriel Gorce
WORLD PLAY



Ester Noguera
SPORTS DIRECTOR



Lourdes
ADMINISTRACIÓN



Ferran Rigal
INSTRUCTOR



Mariana Laguna
PSYCHOLOGIST



Cristina Manso
SOCIAL INTEGRATOR



Miriam Marimon
COMMUNITY MANAGER



Miquel Pascual
SURF TECHNICAL MANAGEMENT



Lorena Díaz
TECHNICAL DIRECTOR OF SWIMMING



Victor Garcia
INSTRUCTOR



Antonella Liberatore
INSTRUCTOR

CHALLENGE

In 2025, the challenge is to continue growing without losing our closeness: to reinforce the continuity of the most transformative programmes, expand real training and employment opportunities for young people with disabilities, and strengthen the partnerships that enable us to guarantee access to sport in conditions of equity and quality.



3.222 direct
12.888 indirect
Annual beneficiaries



9.840 h
Number of hours
worked per year



21 professionals
Number of technical staff
involved per year



51.569
direct beneficiaries
since 2009



103.138
indirect beneficiaries
since 2009

At Play and Train, we integrate inclusive sports with the 2030 Agenda, focusing in a practical way on several Sustainable Development Goals.

ODS



Health and Wellbeing

Ensure healthy lives and promote wellbeing for all at all ages. Adapted sports programmes in snow, surfing, swimming, and multi-adventure activities. Regular physical activities in inclusive settings (La Oliva, classrooms). Promotion of healthy habits and improvement of physical and emotional wellbeing.



Quality Education

Ensure inclusive, equitable, and quality education and promote lifelong learning opportunities. Inclusive camps with an educational component and skills development. School programmes in coordination with academic centres. Transition to Adulthood Programme and Training for Employability.



Gender equality

The association also works to promote gender equality in the world of sport, promoting women's sport and providing resources to address the difficulties imposed by society.



Decent work and economic growth

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all. Employability Programme: Development of Job and Digital Skills. Real-life work experience, career guidance, and support in accessing employment. Promotion of the inclusion of people with disabilities in the workplace.



Reducing inequalities

Reduce inequality within and among countries. Access to sport and leisure for people with disabilities throughout Fuerteventura. Programmes in all municipalities, regardless of geographical location or functional level. Use of adapted materials and methodologies to ensure participation.



Sustainable cities and communities

Make cities and human settlements inclusive, safe, resilient, and sustainable. Activities with the hiking wheelchair Joëlette, including inclusive routes in natural spaces. Use of accessible sports facilities. Work with local administrations to improve accessibility.

Sport and nature in the snow for everyone, without barriers and with excitement.



Programme goals

GENERAL

- Facilitating access to sport and leisure activities in nature for people with disabilities, through inclusive and adapted programmes that promote autonomy, health, and active participation in an accessible environment such as La Molina.

SPECIFIC

- To offer adapted sporting experiences in the snow that promote independence, self-esteem, and well-being for people with disabilities.
- To promote social inclusion through outdoor activities shared with families, schools, and organisations in an accessible and natural environment.

Performances

- Adapted skiing and snowboarding courses; individual or group sessions for people with disabilities, with equipment and methodology adapted to each need.
- Winter stays are available for educational centres and social organisations, offering multi-day programmes with accommodation, sports, and educational activities. These programmes targeted schools, aulas en clave (schooling units in mainstream schools that provide academic support to students with special educational needs), and associations..
- Training of technicians and volunteers in skiing and snowboarding awareness days on adapted snow sports.



Number of hours worked:

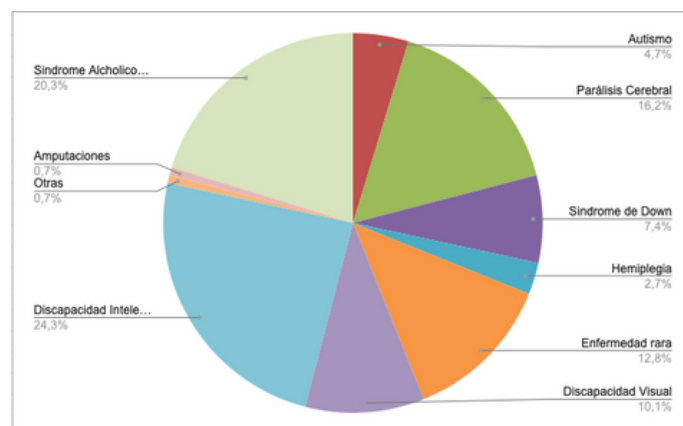
2.268 h

Number of technical staff involved:

3 professionals

126 days
286 beneficiaries

Beneficiaries



124 associations beneficiaries
162 beneficiaries from families

Testimonial

We have seen that **his athletic ability** has **significantly improved**, but he has also gained **confidence in himself**. It is an activity that we recommend to all parents to give their children the opportunity to play sports freely.

Ferdinando's father



SNOW SPORTS SECTION

La Molina



Where snow becomes play, achievement and learning for children and young people with disabilities



Programme goals

GENERAL

- Promote snow sports among children and young people with disabilities, offering opportunities to participate from beginner level to advanced technique.

SPECIFIC

- To promote the personal and sporting development of children and young people with disabilities through regular skiing and snowboarding.
- To provide an inclusive and safe environment that allows participants to progress from beginners to advanced levels, respecting their pace and enhancing their abilities.

Performances

- Weekly skiing and snowboarding sessions; Personalised training for children and young people with disabilities, adapted to different levels and needs.
- Winter camp; Intensive multi-day programme in La Molina combining sport, socialising and the development of personal autonomy..
- Participation in meetings and competitions; Attendance at local, regional and national sporting events as part of the process of technical training and personal motivation.



Number of hours worked:

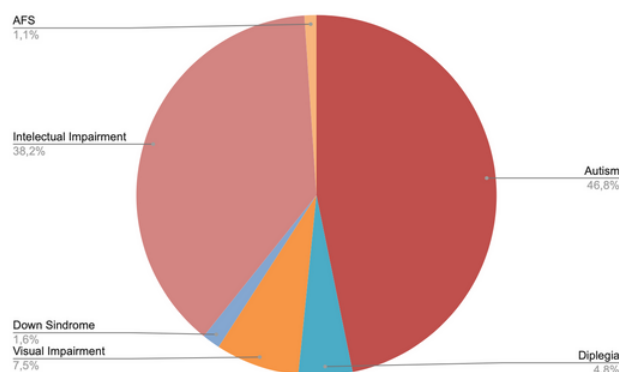
1.230h

Number of technical staff involved:

6 professionals

41 days
385 beneficiaries

Beneficiaries



385 beneficiaries from families



Testimonial

Skiing gives me the **freedom** that I lack in my daily life, and at La Molina Adapted Sports Centre we have **accessible slopes and qualified staff**.

Iraide Rodríguez
Paralympic sitski athlete

Summer surf camps where children and young people with disabilities enjoy the sea while experiencing personal growth, learning and social interaction.



Programme goals

GENERAL

- To promote surfing among children and young people with disabilities, offering experiences ranging from beginner to advanced levels in an inclusive, safe environment connected with nature.

SPECIFIC

- To offer learning experiences and enjoyment of surfing to children and young people with disabilities, adapted to their needs and levels, in a safe and specialised environment.
- To promote autonomy, coexistence, and social inclusion through camps that exclude family presence, also providing rest and respite for families.

Performances

- Daily adapted surfing sessions; Practical lessons on the beach with materials and methodology adapted to the level and needs of each participant.
- Comprehensive 24-hour support; Continuous attention from the technical and support team throughout the stay, covering both sporting activities and everyday life.
- Camps without family accompaniment; Stays designed for children and young people to enjoy an independent and enriching experience, giving families a break.



42 days
174 beneficiaries

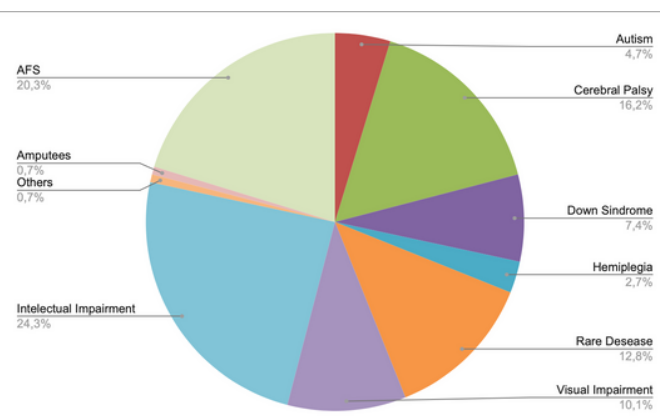
Number of hours worked:

1.008 h

Number of technical staff involved:

6 professionals

Beneficiaries



174 beneficiaries from families

Testimonial



At the Play and Train camps, I have learned a lot about myself. I have **gained self-confidence** and made **new friends**. Play and Train changes your life.

Sofía Rueda

SPORTS SECTION MULTI-ADVENTURE CAMP

La Molina

Summer camp in nature for children and young people with severe disabilities, with adventure activities adapted to their abilities.



Programme goals

GENERAL

- To offer an inclusive camping experience in nature for children and young people with severe disabilities, facilitating their participation in adapted adventure activities that promote enjoyment, autonomy, and connection with the environment.

SPECIFIC

- Facilitate active participation in adapted adventure activities, respecting the pace and abilities of each child or young person with severe disabilities.
- Offer an enriching and safe experience outside the family environment, which promotes autonomy and coexistence among participants, while contributing to rest and respite for their families.

Performances

- Adapted adventure activities in nature; walks in the surrounding area, sensory circuits, outdoor games, and guided experiences designed according to each participant's abilities.
- Personalised 24-hour support; Continuous care from a specialised technical team, covering both sporting activities and personal care and coexistence.
- Camp without families; Designed to offer participants an independent experience, ensuring their well-being and giving families a break during the programme.



6 days
65 beneficiaries

Number of hours worked:

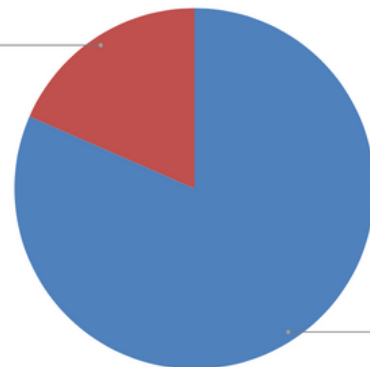
144 h

Number of technical
staff involved:

3 professionals

Beneficiaries

Cerebral Palsy
18,5%



Intellectual Impair...
81,5%

65 beneficiaries from families



Testimonial

It is a pleasure to know that Lucía is enjoying the summer with the Play and Train team, and **we are at ease knowing** that she is **in good hands**, enjoying nature and playing sports.

Lucía's mother

SUMMER CAMPS

La Oliva



Inclusive summer camps in La Oliva, where children with and without disabilities share games, sports, and fun in a safe, active, and accessible environment.



Programme goals

GENERAL

- To offer a fun, educational, and inclusive summer experience to children with and without disabilities in the municipality of La Oliva, through sports, recreational, and social activities that promote active participation, equality, and shared enjoyment.

SPECIFIC

- Encourage active participation and shared enjoyment among children with and without disabilities through inclusive sports and recreational activities.
- Promote values of coexistence, respect, and teamwork in an accessible and safe environment during the holiday period.

Performances

- Inclusive swimming activities; Daily sessions from Monday to Friday, from 9:00 to 14:00, held during July and August at the municipal swimming pool in Corralejo, with water games adapted for all levels.
- The programme runs in two locations in the municipality; activities are organised in parallel at the municipal swimming pool in Corralejo and the school in Lajares, facilitating accessibility and the territorial reach of the camp.
- Workshops and recreational-educational activities; crafts, storytelling, board games, sensory circuits, and other activities to stimulate creativity, communication, and inclusion.



Number of hours worked:

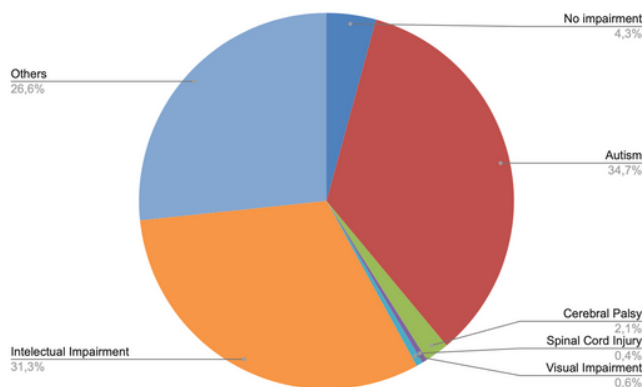
270 h

Number of technical staff involved:

40 days
180 beneficiaries

6 professionals

Beneficiaries



180 beneficiaries from families



Testimonial

We are proud to collaborate with Play and Train and continue creating **inclusive leisure spaces** for boys and girls during the summer.

Mapi Arencibia - Satocan Foundation Júnguel Sanjuán

ACCESSIBILITY SPORTS PROGRAMME

Fuerteventura



School programme that facilitates access to surfing, swimming, padel, dance and Joëlette routes for students in special education classrooms, with adapted and inclusive activities.



Programme goals

GENERAL

- Facilitate access to surfing, swimming, and joëlette routes for students in special education classrooms through adapted activities that promote inclusion, well-being, and active participation in the school environment.

SPECIFIC

- Offer surfing, swimming, and Joëlette routes tailored to the level and needs of students in special education classrooms, promoting enjoyment and motor development.
- Promote educational inclusion through shared sporting experiences that reinforce self-esteem, participation and connection with the environment.

Performances

- Adapted swimming sessions; Water activities aimed at improving mobility, enjoyment and autonomy among students, carried out in municipal swimming pools in different municipalities of Fuerteventura
- Joëlette routes in natural surroundings; Accessible outings along trails in Fuerteventura, using Joëlette chairs to encourage the participation of students with physical disabilities.
- Development of the programme in all municipalities on the island; coordination with educational centres in each locality to ensure the participation of students from key classrooms throughout the island.



Number of hours worked:

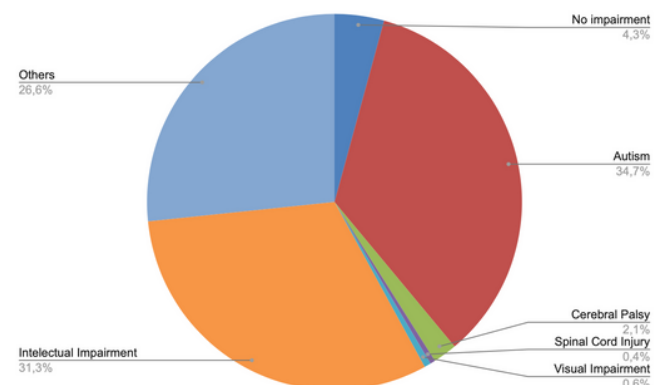
120 h

Number of technical staff involved:

3 professionals

20 days
300 beneficiaries

Beneficiaries



300 beneficiaries from schools



Testimonial

My **passion** for swimming and **hard work** are **paying off**. I train five days a week and have greatly improved my times thanks to the Play and Train team.

Hugo Gutierrez

BASIC SKILLS PROGRAMME FOR IMPROVING THE EMPLOYABILITY OF PEOPLE WITH DISABILITIES



La Oliva and Puerto del Rosario

Training programme for people with disabilities, focusing on developing personal, social, and work skills that promote their employability and inclusion in the labour market.



Programme goals

GENERAL

- Improving the employability of people with disabilities by developing basic, personal, and social skills through adapted training and practical activities that promote their social and labour market inclusion.

SPECIFIC

- Develop key personal and social skills essential for accessing and maintaining employment, including communication, punctuality, teamwork, and time management.
- Offer tailored training and practical experiences that prepare people with disabilities to function more independently in real work contexts.

Performances

- Individual sessions on personal and social skills for employment, with personalised meetings focusing on skills such as communication, responsibility, conflict resolution, and autonomy in the workplace.
- Individual training in basic work and digital skills; Tailored training in time management, use of digital tools, safe internet browsing, and active job searching.
- Personalised guidance and support for career paths; Individual follow-up to identify strengths, define professional goals, and access employment resources independently. Support in CV writing and interview preparation.



Number of hours worked:

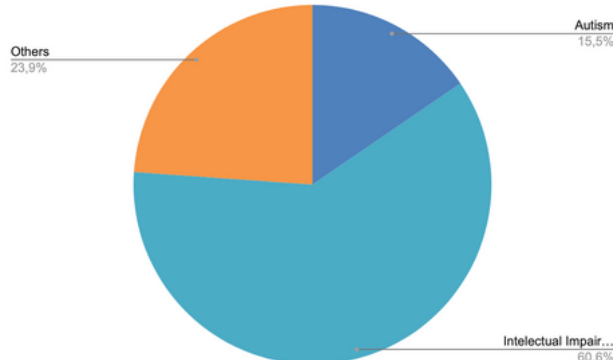
1.200 h

Number of technical staff involved:

4 professionals

300 days
50 beneficiaries

Beneficiaries



50 beneficiaries from two municipalities



Testimonial

El have learned a lot during these internships and have met a team of people who are now my friends. I want to continue working in a field that I enjoy.

I am very happy.

Asia Prieto

Programme aimed at young people with disabilities in transition to adulthood, focused on developing personal, social, and pre-employment skills through practical experiences in real-life settings.



Programme goals

GENERAL

- Promote the independence and social inclusion of young people with disabilities as they transition to adulthood by developing personal, social, and pre-employment skills in real and meaningful contexts.

SPECIFIC

- Develop personal autonomy, time management, communication, and self-care skills in young people with disabilities through practical and structured activities.
- Offer training experiences in real environments that enable the development of social and pre-employment skills, promoting their active participation in the community.

Performances

- Group workshops in all municipalities of Fuerteventura; Conducting around thirty in-person seminars for groups of up to 40 young people with disabilities, focusing on social skills, self-care, emotional management, and basic tools for daily life.
- Weekly in-person individual sessions; Personalised attention in different municipalities, with one-to-one meetings that work on autonomy, planning, and the functional use of resources in the environment.
- Practical activities in real environments; Face-to-face exercises in spaces such as supermarkets, public transport, health centres or cafés, allowing participants to apply what they have learned in everyday contexts.
- Coordinated work with families, educational centres, and social services; Joint monitoring to reinforce what they learned and ensure a coherent intervention adapted to each young person in their usual context.



304 days
538 beneficiaries

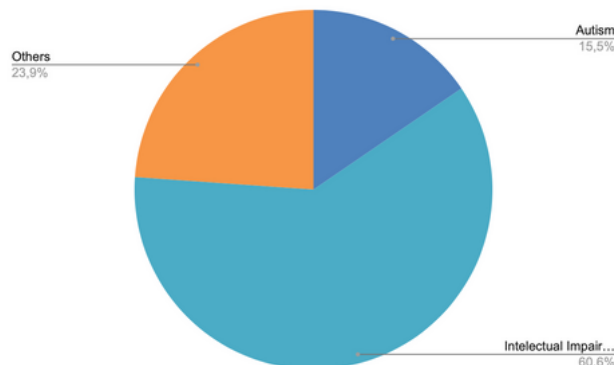
Number of hours worked:

3.666 h

Number of technical staff involved:

4 professionals

Beneficiaries



538 beneficiaries from educational centres



Testimonial

It is essential to attend these workshops to learn how to become an **independent and autonomous individual**.

Vanessa Rodriguez

TECHNICAL TRAINING DAYS

La Molina and Fuerteventura

The beneficiaries participated in two training activities: an intensive week in La Molina for adapted skiing technicians, which included both theoretical and practical training; and practical training in Fuerteventura for students enrolled in the lifeguard course, where they collaborated in programme activities.



Programme goals

GENERAL

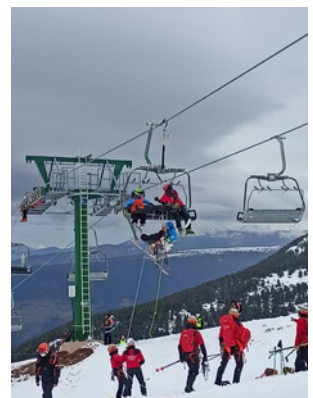
- To improve the professional qualifications of technicians and future professionals in the field of sport and care for people with disabilities, through theoretical and practical training in real-life contexts.

SPECIFIC

- Expand knowledge about different types of disabilities and their relationship to sports.
- Train participants in the proper and safe use of adapted equipment (sitski, dualski, stabilisers, boards, etc.).
- Offer practical training in a real-world environment, promoting professional autonomy and interdisciplinary work.
- Prepare teams for emergencies through specific evacuation drills with adapted ski lifts and chairs, in coordination with the GRAE fire brigade and first aid services.

Snow activities

- **Intensive training in La Molina (Monday to Friday, from 9 a.m. to 7 p.m.):** Theoretical and practical sessions for 14 technicians (7 men and seven women) from Argentina, Barcelona, Aragon, La Cerdanya, and Solsona. Key topics, including disability, types of adapted equipment, and intervention protocols, were covered.
- **Evacuation drills with the GRAE:** Practical exercises conducted during the winter season in coordination with firefighters specializing in mountain rescue. Four different models of adapted chairs suspended from ski lifts evacuated to train technical staff and ensure user safety in emergencies.



2/5 days
16 participants

DRILL:
2days
150 beneficiaries

Number of hours worked:

51 h - Training
15h - Drill

Number of technical staff involved:

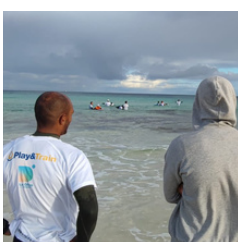
6 professionals

Activities at sea

Two-day intensive training course:

As part of their training, students on the lifeguard course undertake practical training in the aquatic environment, collaborating in inclusive activities with people with disabilities.

These practical sessions, supervised by the Play and Train technical team, enable future lifeguards to gain experience in real-life situations, fostering empathy, adaptation to diversity, and safe intervention in accessible environments.



Testimonial

Future lifeguards must recognize the **diversity of the population** and be familiar with the appropriate equipment and techniques.

Pablo, Technical Instructor in Lifesaving and First Aid

Catalonia and Canary Islands

Promote understanding of disability, inclusive practices, and access to sport for people with disabilities, while fostering a culture of equality and participation in the community.



Programme goals

GENERAL

- Promote awareness and understanding of disability and inclusive practices through sport, while providing training and knowledge-sharing opportunities that foster equitable participation and social inclusion for people with disabilities.

SPECIFIC

- Increase awareness in educational settings by delivering talks and workshops on disability and inclusion through sport.
- Build capacity among professionals and volunteers by offering training sessions on adaptive sport and inclusive methodologies.
- Foster community engagement through conferences, events, and round tables that highlight the value of inclusive sport and equal opportunities.

Performances

- Delivered six awareness talks in schools and high schools across Catalonia, reaching students and teachers with messages about disability, inclusion, and the role of sport as a tool for personal growth.
- Collaborated with three companies in Barcelona to conduct corporate awareness sessions, promoting inclusive practices within the workplace and highlighting the benefits of adaptive sport.
- Participated in various talks and events focused on inclusion and disability awareness, contributing expertise and sharing Play and Train's experience in inclusive sport programs.



15 days

1077
beneficiaries

Number of technical
staff involved:

3 professionals

World Play

It is a program designed to support companies and professionals committed to creating an equitable and inclusive society. Leveraging the organisation's experience in adaptive sport and disability inclusion, Mundo Play offers comprehensive training and consultancy to foster professional and organisational growth



Testimonial

We welcomed the DECOWOOD® team to La Molina for a team-building day, where we tested the **power of teamwork** in a different environment. Through dynamics and challenges, we explored how collaboration not only strengthens a team but also enables us to **overcome any obstacle together**.

Gabriel Gorce - Vicepresident PAT



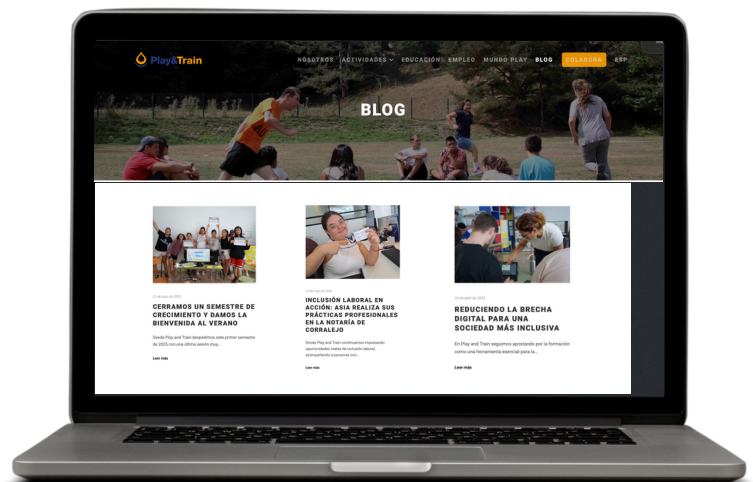
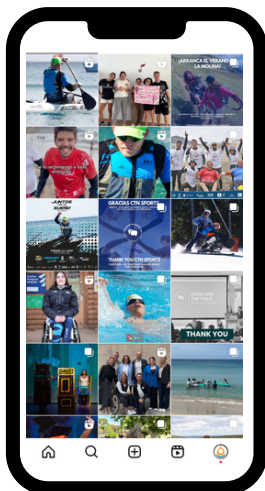
CONTENT PROGRAMME ON OUR CHANNELS

At Play and Train, we want to use our communication channels to share the different activities carried out as part of our programmes and activities to continue showcasing the various opportunities available to people with disabilities, with the aim of:



Goals of our communication

- Raise awareness of the activities and programmes carried out during the year.
- Reach more people with disabilities by publicising the resources available.
- Promote a more inclusive, accessible society with equal opportunities for all.
- Raise awareness of the importance of developing personal autonomy and basic skills.
- Strengthen the network of support and collaboration between organisations, families, and public administration.
- Highlight the commitment of other institutions, associations, foundations, clubs, schools, and companies.



WEB



INSTAGRAM



FACEBOOK



LINKEDIN



YOUTUBE



BLOG



PARTNERS



MEMBERS OF



AUDIT 2024

AUDIT 2024



Validated by specialists

Our work is not only backed by experience and results, but also by recognition from professionals in the medical, sports, and educational fields. Expert voices confirm the fundamental and transformative impact of our programmes, endorsing the technical and human quality of every action we take.



Amy Karageorgos -

United Nations Expert Amy stands out as an Inclusive Development Specialist and Technical Advisor on Accessibility, leading innovative programmes with Play and Train. Her leadership with the United Nations and Global International Development promotes learning through sport and defends human rights globally. She brings a proven track record in fostering inclusive environments with strategic vision.

"I have followed Play & Train since its inception, and their work is simply vital.

They have created meaningful opportunities for children and young people with disabilities, including those with very high support needs, to participate in sports, recreational and leisure activities, which are not just activities, but fundamental human rights."



Cheri Blauwet-

Affiliated with **Harvard**, Cheri shines as a Sports and Medical Specialist, building on her success in Paralympic wheelchair racing and her global advocacy for the rights of people with disabilities. Her clinical research and commitment ensure that children with disabilities thrive in inclusive and supportive environments.

"For children with disabilities, access to sport is not just 'something enjoyable to do', but a vitally important tool for their physical, cognitive and social development.

All children deserve the right to play and train in an environment that supports their individual needs and promotes inclusion!



Eric Villalón —

Aligned with **UNESCO**, Eric has been inducted into the VISA Paralympic Hall of Fame and promotes the coordination of adapted sports in La Molina with exceptional skills. His dedication transforms lives, promoting inclusion and demonstrating extraordinary talent through adapted training programmes.

"Their programmes don't just adapt the material; they adapt the mindset, demonstrating that inclusion is not an accessory, but the very foundation of a just society.

Seeing an athlete make their first turn on the slopes of La Molina moves me as much as crossing the finish line at the Paralympic Games, because both moments demonstrate the same thing: talent shines when opportunity is available to all."



The Asepeyo team at the Oxfam Trailwalker, with assistance from Play and Train and the collaboration of Dr. Barrachina and Paralympic medallist Sergio Garrote.

“Investing in sport for people with disabilities is investing in their present and future well-being.”

Scan the QR code and discover, with Dr. Barrachina, how sport promotes the health and independence of people with disabilities.



VIEW VIDEO



INCLUSION
AWARENESS
OPPORTUNITY

*With you, we shape the future
of thousands of lives.*



CONTACT THE PRESIDENT