

# Building Health Through Sports

TIPT (Labor Inclusion for all “App”)



**Project Team:** - Alejandro Manzanares (**Founder**, Lincoln School)

- Karina Serrano (**Unified Partner**, Special Olympics Athlete)

- Building Health Through Sports targets **social inclusion** of individuals with **Intellectual Disabilities** “ID” in areas such as sports and different social environments. Development TIPT (Inclusive Work For all) is a labor Inclusion WEB/APP application designed to facilitate the **matchmaking** process between Special Olympics athletes and companies recruitment needs.

## Aims

1. To improve quality of life by promoting people with ID to become active members of society.
2. Unite people with and without intellectual disabilities developing a more inclusive society. (through unified tournaments at social sport clubs and mentoring in schools and others).
3. Digitalied recruitment process which will increase job opportunities and well-being.

## Sustainable Development Goals



- Good health and well-being: Promote sports by training and promoting unified tournaments.



- Quality Education: As a Mentor to ID people and having a leadership role educating our school community through motivational speeches and testimony presentations.



- Decent work and economic growth: By creating an app/web to match candidates and companies.



- Reduced Inequalities: By creating an inclusion project that facilitates activities that develop relationships and confidence to people with ID.



- Sustainable cities and communities: By building awareness of the need of a more inclusive community.



- Partnership for the goals: Special Olympics Costa Rica Unified Partner (Special Olympics Athlete), Technology support, Microsoft.



## Building Health Through Sports Highlights in the past 2 years

- **Won** one of **World’s “Microsoft Youth innovation GRANT”** parting with a **Special Olympic Athlete.**  
<https://www.specialolympicsglobalyouthproject.org/fea>, <https://youtu.be/ny2w6rOoPZs>
- **Invited to:** “**Youth Regional Special Olympic Leadership Summit for Latin America.**”

- **Invited** to present a project to “**Lewis institute & Babson college!** supporting entrepreneurial projects.
- **Represented** Lincoln School in a “**National Entrepreneurial Projects Meeting of Directors of Private Education**” in Costa Rica.
- **Organize sustainable** unified tournaments in sport: Tennis, Swimming, Track & Field.
- **Chief recruiter** of volunteering at Lincoln Schools for Special Olympics activities & sports.
- Training every week Special Olympics tennis team for 2 years (2 hours per week).
- Mentoring to develop “Leader Athletes Program” from Special Olympics Costa Rica.
- Promote various donation activities for Special Olympics.

#### **TIPT DEVELOPMENT. LABOR INCLUSION APP/WEB.**

- Participate in different school fairs of ex-students with companies.
- Social network groups / Assist employment fairs / Visit public and private companies.

#### **Partnerships**

Special Olympics Costa Rica / Microsoft International / Karina Serrano (Unified Partner Special Olympics Athlete).

#### **Skills/Learning**

The most important learning has been to understand how easy it is to develop social sensitivity towards people with intellectual disabilities just by being involved. Also, as a team we have learned that to be able to influence people you need to have a meaningful mission and strong leadership skills. It is all about building relations, building trust and finally being able to communicate in a very simple way what you want to achieve.

#### **Impact**

So far people in the Costa Rican community have been benefitting from the project mentally and physically. Moreover, not only athletes with intellectual disabilities have been impacted, but also many volunteers and individuals that have come across the project. Volunteers have been able to understand the real needs of people within this community by positively impacting their quality of life by improving their self-esteem, self-worth, physical training, and overall health.



#### **Digital footprint:**

Instagram & Facebook: Building Health Through Sports

Website: [www.buildinghealththroughsports.com](http://www.buildinghealththroughsports.com)

Email: [buildinghealththroughsports@gmail.com](mailto:buildinghealththroughsports@gmail.com)

TIPT website: [www.tiptcr.org](http://www.tiptcr.org) (Launch pending)



