

## **Empowering the inclusiveness exploring the fundamentals of Autism Spectrum Disorder**

The Erasmus+ YouthASD Project has been conceived with the aim of raising awareness about Autism Spectrum Disorder (ASD) in society. In particular, young people with ASD face numerous daily challenges that hinder their full and engaged participation in various communities, including schools, sports associations, recreational organizations, theatrical groups, volunteering activities, and much more. The project is designed to provide knowledge and tools to all those involved in these situations. The first outcome published directly engaged youth organizations, while the new training course is targeted at youth workers interested in creating inclusive environments.

Autism Spectrum Disorder (ASD) is a unique and extraordinary aspect of human diversity. In a world that often focuses on homogeneity, it's essential to recognize that every individual, regardless of their neurodiversity, brings a unique contribution to society.

Promoting ASD awareness means embracing this diversity, learning to understand and appreciate the challenges and skills that individuals with autism bring with them. This awareness isn't confined to a single month or week; it should be an ongoing commitment. It's an invitation to educate oneself, dispel myths and misunderstandings surrounding ASD, and welcome individuals with ASD with empathy and inclusion.

For this very reason, Erasmus+ YouthASD Project is glad to announce the launch of an innovative Training Course aimed at promoting the inclusion of individuals with Autism Spectrum Disorder (ASD) in youth organizations and the wider community.

Developed as part of the YouthASD project, co-funded by the European Commission, this original course provides a timely response to the growing need for training among professionals in the social and educational sectors, as well as for anyone interested in creating inclusive environments for youth with ASD. The absence of specific courses on this topic prompted the Erasmus+ YouthASD Project to develop an innovative training program designed to fill the gaps in the training of those working with youth with ASD.

This training course aims to foster an inclusive and welcoming physical and relational environment for youth with ASD. It has been developed with an understanding of the needs and challenges faced by both youth and professionals in the field, ensuring a holistic approach.



The testing phase of the Course in the partner countries has received very positive feedback from participants with diverse experiences and backgrounds. This demonstrates the program's effectiveness and its ability to have a positive impact on promoting inclusion.

The training course is the result of collaborative efforts from five European countries: Denmark, Greece, Italy, Spain, and Cyprus. It has been designed to be accessible to a broad audience, available in four languages and can be freely downloaded from the project's website through the following [link](#).

The Erasmus+ YouthASD project is committed to promoting the inclusion of people with ASD, recognising that everyone has the right to participate fully in social, educational and working life. We invite everyone interested to take advantage of this valuable learning resource to help create a more inclusive future for all. Join us in promoting equality, accessibility and acceptance of young people with ASD in youth organisations and the wider community.

Autism Spectrum Disorder is a valuable part of the human mosaic, and promoting awareness of this diversity is an important step toward creating a more welcoming and inclusive society for everyone.

#### NOTES TO EDITORS

- YouthASD is co-funded by the European Commission under the Grant Agreement: ERASMUS+ n° KA220-YOU-2021-029.
- It is implemented by a partnership of five NGOs, research institute and public entities from different European countries. To find out more about the YouthASD project and to get involved in the activities please visit our project website - <https://youthasd.eu/>

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