



Esplora

"ESPLORA"
MEANS "EXPLORE"
AND WANT TO BE AN
INVITATION



THIS IS US

- We organize sports courses, sporting events and adventures, art classes, dance, music and concerts, recreational clubs, autonomy projects, parties and holidays suitable for people with disabilities, mainly of an intellectual-relational nature, but open to all.
- We design by putting together: experiential education, outdoor education, itinerant and widespread education, cooperative and community learning, peer tutoring, snail pedagogy, and pedagogy of happiness.



TODAY

Since 2009, “Esplora” has been working around the city using the territory and what it offers to promote active lifestyles and true sociality among people with disabilities (and not only).

Today we can count more than
250 active members.



WHERE DO WE START FROM

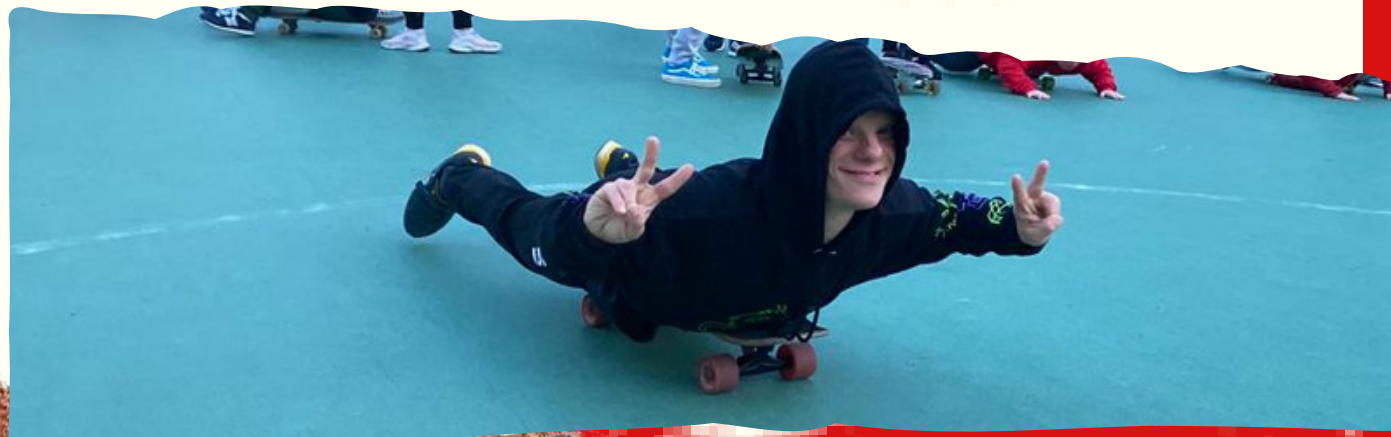


OUR COURSES



SPORTS COURSES

- Climbing
- Orienteering
- Urban Trekking
- Postural gymnastics
- Swimming
- Artistic swimming
- Cycling
- Duathlon
- Football
- Basketball
- Functional Training
- Ultimate Frisbee
- Tutto Sport



RECREATIONAL COURSES

- Dances
- Musicians' club
- Sewing
- Art Lab



OUR COURSES



SEA COURSES

- Sailing
- Open water swimming
- Kayaking
- Social by night
- Saturday on the Beach
- Dolce far niente



PROJECTS

- Campus
- Bar Sport
- Bar Centrale
- 2 Wheels in the City
- Trekking into the Nature



ADVENTURES



"SEEK BEAUTY,
DISCOVER IT IF
HIDDEN,
AND TO DO SO DON'T
BE AFRAID TO DARE!"



“Esplora took me in as an international student (one with limited use of the Italian language) and made me feel at home right away. They helped me interact with both the instructors and students with such ease. The organisation is run seamlessly and all sessions are incredibly fun and engaging, as an international student I can truly say there is no better place to be. I love Esplora and am very thankful for all the experiences it has given me”

Thomas Pressley Hitchcock- International student from UK, Esplora's Intern 2024

