

Encouraging health and wellness

The AutismFIT project is focused on improving the physical and mental health of young people aged 13–18 with Autism Spectrum Disorder (ASD). By using cutting-edge tools like Virtual Reality and game-based learning environments AutismFIT encourages healthy eating and active living in an engaging and effective way.



Aims

SUPPORT TEENS WITH ASD



Empower, engage and connect young people with autism through skill development and promotion of healthy eating habits.

DEVELOP SKILLS OF PROFESSIONALS



Improve the skills and digital abilities of youth workers, volunteers, and trainers (such as social workers, educators, physical instructors, and clinical dietitians) through a validated training programme. This training will help them better support young people with autism using innovative non-formal methods and digital tools.

Running from May 2024 – January 2026



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Why we created AutismFIT

Autism Spectrum Disorder affects 1% of the global population. As with all young people, maintaining a balanced diet and regular exercise is crucial for their well-being, yet these areas are often under-addressed for individuals with autism. The AutismFIT partnership, comprised of six partners from across Europe, will address this need by creating resources and support for a healthier lifestyle for teens on the spectrum.

Research shows that serious games (games designed for a purpose more than pure entertainment) and gamified learning environments are some of the most common ways of learning and enhancing a learner's engagement and performance. These methods can provide a structured and motivating environment that many people with autism may enjoy.



Key results

Virtual Reality game for young people with autism complete with a multimedia guide

Validated capacity building training for youth workers

Makey Makey Game Collection for young people with ASD

Digital repository of resources and best practices that promote the wellbeing of people with autism.

Partners

- Internationaler Bund (Coordinator, Germany)
- EASPD (Belgium)
- Emphasys Centre (Cyprus)
- AIAS Bologna (Italy)
- Special School Nicosia (Cyprus)
- Associação Portuguesa para as Perturbações do Desenvolvimento e Autismo de Coimbra Portugal (Portugal)

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