



**TO SAIL** *is to be*  
**FREE**



## TEAM

### **PRESIDENT – FBVA**

Mauro Osorio

### **TECHNICAL DIRECTOR – FBVA**

Bruno Pohl

### **GRAPHIC DESIGN / LAYOUT**

Wenison Carlos – Designer

[www.behance.net/wenisoncarlos](http://www.behance.net/wenisoncarlos)

### **EDITOR**

Mauro Osorio

### **REVIEW**

Juliana Nunes

### **PHOTOGRAPHS**

José Olímpio

Julio Pohl

Wilk Nobre

### **GRAPHICS**

Gráfica Movimento

[www.graficamovimento.com.br](http://www.graficamovimento.com.br)

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We also would like to thank the **Clube Almirante Alexndrino**, the **Australian Embassy**, the **Gráfica Movimento** of Gustavo Farias and all the daily volunteers. We extend our appreciations in the trust given to our work.

For Her Excellency Hafsa Abdulla Mohamed Sharif Al Ulama, Ambassador Extraordinary and Plenipotentiary of the **United Arab Emirates**, we give our gratitude for your help in translation and publication of this book and for your unconditional support of our athletes participating in the Special Olympics (*Special Olympics World Summer Games*) in Abu Dhabi.





FEDERAÇÃO BRASILENSE  
DE VELA ADAPTADA

**TO SAIL  
IS TO BE  
FREE**



# Embassy of the United Arab Emirates



THE UNITED ARAB EMIRATES HAS DESIGNATED  
2017 AS THE 'YEAR OF GIVING'

**The country** that has always provided boundless support to all humanitarian, cultural and sports initiatives for the sake of building bridges among cultures and strengthening relationships among people.

The Embassy of the United Arab Emirates in Brasilia is honored to be an active partner in this humanitarian initiative that supports "**The Determined**

**Ones**". This national policy, adopted by our Government, aims at empowering people with special needs, encouraging their perseverance and integration and bringing a comprehensive community development.

Finally, I would like to thank all those who contributed to the success of this initiative.

**Hafsa Abdulla Al Ulama**  
Ambassador of UAE to Brasilia

Liberdade

Vitalidade

amor à importância

Alicerces da civilização

Descobrir sua  
individualidade

**OBJETIVOS**

DETERMINAÇÃO

*SUPER***AÇÃO**

COLETIVO

Significado

Vencer obstáculos

Conquista

SOCIALIZAÇÃO

Rapidez mental

O mundo em

LIGAÇÃO

INTERNO-EXTERNO

*COMPROM*

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responsabilidade

Engrenado  
com o mundo

AMOR

VALOR

incondicional

CONHECIMENTO

Fazer o certo  
para vencer

Sua própria caminhada de vida

CRENÇA NO HOMEM

Aceitar a responsabilidade

Princípios sociais

AUTOESTIMA

Crenças  
e hábitos

Edificar a sociedade

Experimentar a  
própria importância

About the

INSTITUTION

sincronismo

Estima pelo outro

DETIMENTO

Emoção da velocidade





JULIO POHL

## Dropping the moorings

*In the year 2009* the Adapted Sailing Center was created in Brasilia, aimed at volunteering and helping disabled people so that they could experience and learn a new recreational and sport activity, Adapted Sailing. The Project began with the assistance of the disabled, with the full support of the Brazilian Paralympic and Brazilian Confederation Adapted Sailing. The goal being to train athletes to participate in Paralympic Games. From this work, numerous opportunities for agreements and partnerships arose, which created new levels of efficiency and, consequently, standards were reached.

To offer all people with disabilities the possibility of practicing a sport, to increase their self-esteem and improve the quality of life.

Organize the participation of Brazilian athletes in regional, state, and national competitions.

To be recognized as an entity of high credibility, so that it can leverage support in new projects, and more people can be reached.



# VISION



To be recognized as an entity of high credibility, so that it can leverage support in new projects, and more people can be reached.

Our main goal at present is the dissemination and marketing of the Vela Para Todos Project at all levels, encouraging from our experience new Projects in the city and throughout the country.

# VALUES



SOLIDARITY

Citizenship

EQUALITY

Volunteering

SOCIAL INCLUSION

Redemption of the Excluded

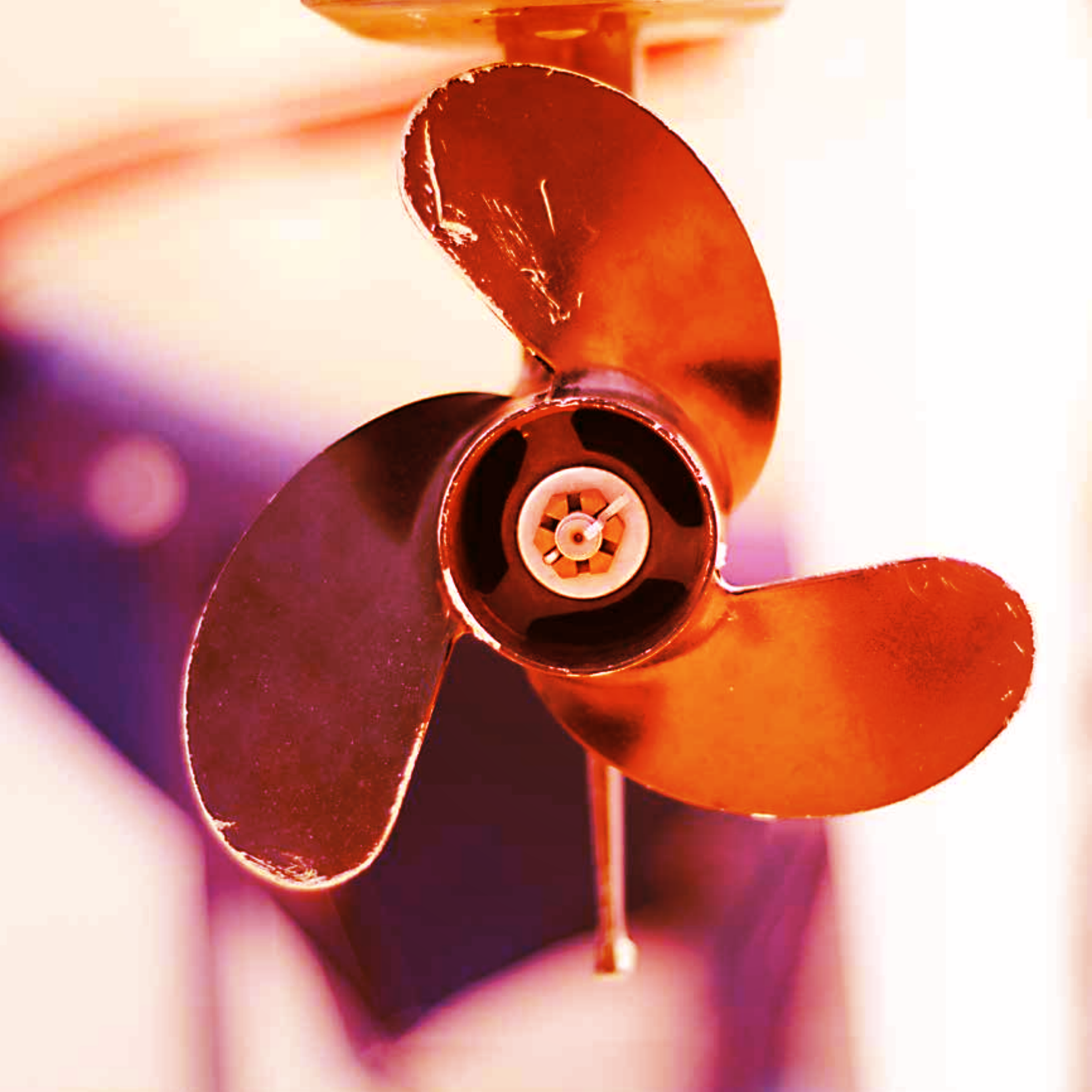
SELF-ESTEEM

The practice of this sport benefits students with varied diagnoses, such as: spinal cord injury - acquired or congenital;

Cerebral palsy; Stroke; Developmental delay, among other physical and intellectual limitations. Thus, we offer the opportunity to invest in themselves, discover the potential of each and seek the strength to live.

Those who embrace this opportunity benefit from important psychological gains by improving self-esteem, self-confidence and social inclusion. We want to make society available, especially to disabled people, and develop conditions for athletes to learn and train.







# HISTORY

**AFBVA** (Brazilian Federation of Adaptive Sailing) emerged from the work of people with disabilities. The Project was initiated by Mauro Osorio, President of FBVA, and by Bruno Pohl, Technical Coordinator. The motivation to create the project has its pillar fixed in our main motto: **“A SAIL IS FOR EVERYONE”**. With this, we create various programs that attend every type of person with disabilities.

In view of the progress achieved with the Sail for Everyone Project, the Australian Sport Commission contacted the Brazilian Confederation with the proposal that the Center in Brasilia should serve, in addition to disabled people, those with intellectual disabilities, such as with syndromes or with intellectual deficits.

The Australian proposal was supported by scientific studies that revealed the great cognitive development of people with intellectual disabilities when involved with the Equestrian therapy, aimed to possibly adapting the therapeutic technique to sailing.





JULIO POHL

According to reports, the act of sailing provides sensory stimuli through the movements of the sailboat, which are variable and repetitive. The balance of the sailboat greatly stimulates the movement of the body in space, exercising balance, coordination, muscle tone and posture, all with the psychological gains of increased self-esteem, and self-confidence, because the student is the commander of the sailboat.

In the course of sailing, technicians and teachers stimulate students about speech, language, balance, color, organization, spatial and temporal orientation, memory, visual and auditory perception, direction, reasoning, among many other aspects. Regarding socialization, sailing is capable of diminishing aggression, and making the child more sociable, empathetic, and assists with building friendships and behavior. This is seen in athletes helping others, accepting rules, matching the individual demands with the needs of the group, and accepting the limitations of themselves and of others.

Beyond the social benefits, the project provides a so-called reverse inclusion. It fosters participation of individuals without disabilities, who then experience the programs specifically developed for people with disabilities. The participation of children – both with and without disabilities – discover the world of adapted sailing and partnerships are developed. Due to the ease of use of the sailboats it is possible to learn a sporting activity in a situation of equal conditions. All students undergo the same challenges, which generate a shared experience and a team spirit, all in search of the same goals.







The goal is that children with disabilities not only do the same activities, but that they do it in partnership with other children. It is not enough to sail, you have to sail with others. Students enthusiastically respond to this enjoyable learning experience in a natural setting. The theory of navigation has been shown to provide improvements in

balance, posture, mobility and also in physiological function, cognition, behavior, and communication skills in students of all ages. Students of various diagnoses benefit from this sport including students with cerebral palsy, multiple sclerosis, developmental delay, traumatic brain injury, stroke, Down Syndrome, autism, and learning and language acquisition disorders.

We were recently invited by the Special Olympics Brazil to develop a project with crews of children and youth with Down Syndrome, for international competitions, including the Special Olympics. The project includes all people with special needs, including them in the sporting and social activities. Through the practice of Adaptive Sailing and the development of the Paralympic Sport, the participants begin to experience mutual respect, responsibility, friendship, and the ability to begin to make decisions together as teams.









JULIO POHL

The project also aims to discover and develop new sailing athletes and talents preparing them to represent us in local and international competitions. Training and improvement of the professionals involved in the project is a major focus, with the preparation of new physical education professionals, physiotherapists, and assistants engaged in daily and voluntary work with our target audience.

Another aspect that results from the program is the care of children and adolescents with cancer and hemopathy, as well as people with visual impairments. At this time in the development of the program, the social benefits have been shown to ease the difficulties associated with the vicissitude of life.



ibilidade

IDADE

Vencer

**PODER**

VOAR

*Transformar a sociedade*

Obstinação

relacionamentos

Espírito de grandeza humana

capacidade

Cuidado pessoal

IDEAL

**FaMÍLiA**

Ternura

**ESFORÇO**

Participar de um ideal comum

TODOS

Procurar interesses

**ENERGIA**

a bordo

Awards &

Abraço

**RECOGNITION**

Sorriso aberto



CÂMARA DOS DEPUTADOS

PRÊMIO  
**BRASIL**  **INCLUSÃO**

SINAL DE RECONHECIMENTO À PESSOA COM DEFICIÊNCIA

A Câmara dos Deputados concede à  
**FEDERAÇÃO BRASILENSE DE VELA ADAPTADA**  
indicada pelo **Deputado Osmar Serraglio**  
o diploma de **Menção honrosa** pela indicação recebida ao  
Prêmio Brasil Mais Inclusão, em reconhecimento e valorização daqueles que  
se destacam na promoção da inclusão da pessoa com deficiência.

Brasília, 3 de dezembro de 2015.

  
Osmar Serraglio  
Deputado Federal

  
Felipe Bornier  
Segundo-Secretário

# Prêmio **BRASIL+**

**The Prêmio Brasil** (Award Brazil+) is the largest award for disabled people in Brazil, and was created by the Chamber of Congress in recognition and appreciation of people and organizations that stand out in promoting the inclusion of people with disabilities.

The Brazilian Adapted Sailing Federation was nominated by Congressman Osmar Serraglio. This nomination was in the categories of education, health, sport, culture and leisure, and social assistance.

Its history and work were analyzed by the Deliberative Council of the Chamber of Congress, composed of members of the

Board of Directors (second and third secretaries) and of the Commission for the Defense of the Rights of Persons with Disabilities, plus one representative from each party within the seat of the Chamber of Congress.

The FBVA was rewarded for its performance, based strongly on the values of equal treatment and opportunity, social justice, respect for the dignity and well-being of people, and advancing the principles within the Federal Constitution and legislation that preserves the rights of people with disabilities.

WWW.FACEBOOK.COM/  
VELAADAPTADABRASILIA

WWW.FBVA.ESP.BR



 **FBVA**  
FEDERAÇÃO BRASILENSE DE VELA ADAPTADA

*Vela para todos!*

## ONLINE media

**Media are open windows** of dialoge. In these environments we prioritize to display an attitude willing to expand the universe of people that can be served by the social project, as well as publicize the work in search of volunteers and companies interested in participating in the program. These aspects help improve the brand and image for our target audience and place it as a great option for participation. These people and organizations need to feel heard and seen in what they do in terms of social responsibility.

With this purpose, the FBVA established in 2015 a strong partnership with the IESB, which has developed through the work of its extraordinary staff and teachers, a series of initiatives aimed at making the Social Project expand through social networks.

The open and public nature of social media itself allows tracking and monitoring of the activities taking place within them, and the ability to extract valuable information about user trends, patterns of behavior and preferences, and opinions regarding the brand. This allows for a snapshot of the current environment around the brand strategy and the work in a real environment.





# AWARD FOR THE

## best paralympic athlete and popular athlete of the year for Brasília in 2016

**Another big** and invaluable achievement was the victory of our athlete Ana Paulo Marques, Vice-Champion of the World (women), which is the biggest award in the sport within Brasília. The sailor was chosen the best paralympic athlete in Brasília, a prize that was competed against thirty other athletes.

The coronation of our athlete demonstrates how much work has been accomplished in the project, which has achieved such high levels of recognition.

In the same way, Adapted Sailing was awarded a prize, which went to our young sailor Beatriz Mendez. She was awarded the title of Most Popular Athlete of Brasília. The choice was made by public vote on the internet, and our athlete reached 47.6% of the voting, amounting to 1766 votes compared to 783 votes for the second place athlete. The popular athlete award is a direct result of the widespread and efficient dissemination of Adaptive Sailing in social networks. Through this media, the engagement of the partners, sponsors and clubs were demonstrated.



Engrenado  
com o mundo

AMOR

VALOR

Fazer o certo  
para vencer

CONHECIMENTO

Sua própria caminhada de vida

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Crenças  
e hábitos

Edificar a sociedade

Experimentar a  
própria importância

Proposal for \_\_\_\_\_

**SPONSORSHIP**

Estima pelo outro

Emoção da velocidade

sincronismo

DETIMENTO

incondicional



# PROJET 2019



TITLE

SAIL FOR EVERYONE 2019

CATEGORY

Organization of events, Structure and Maintenance of Socila Project ini the Category of Adaptive Sailing

## WHY INVEST IN THE SOCIAL PROJECT SAIL FOR EVERYONE



*The Project "Sail for Everyone" brings a dynamic action and a strong and serious aspect of solidarity and transmission.*

*The Projet*, recently awarded by the Chamber of Congress, adds a number of possibilities of engagement, and of partnerships and growth that has attracted many institutions to participate in the social programs that have been developed. These organizations include for example, the Brazilian Paralympic Committee, the Bank of Brasilia (BRB), the Assis Chateaubriand Foundation, the American Institute of Development (IADES), the Association of Parents of People with Disabilities (APABB), the employees of the Bank of Brazil, and the Community Association of Parents and Friends of Exeptional People of the Federal District (APAE-DF), the Association of Mothers, Fathers, Friends and Rehabilitators

of Exceptional People (AMPARE), the Brazilian Association of Assistance for Families of Children with Cancer (ABRACE), the Brazilian Post Office (OAB-DF), the Sarah Network (SBT), the Engineering Accreditation Agency of the Federal District (Crea-DF), the Special Olympics Internation, the Armed Forces, the Australian Embassy, and many other diplomatic representatives based in Brasilia.

The “Sail for Everyone” has significant visibility, both due to the work itself and due to its location on the Lake Paranoá. Sailing is an activity that attracts the eyes of all the public, especially in the developed areas along the edge of the lake such as Pontão and Pier 21, where there are high concentrations of the public.





JULIO POHL



JOSE OLIMPIO









**The main proposal** of the project is to maximize the spread of information of helping people in need and with disabilities to become integrated in society. In addition to prepare for Paralympic sports, it is the aim of the Project to make these activities available to children with disabilities at a young age, which has been done in the Paralympic School Club Project.

## CHILDREN – Recover the Citizenship and future of the Paralympic Sport

This is, and should be encouraged, because the Adapted Sail is considered one of the sports which can be participated in very early, including children of five years of age.

The sport can require a low requirement of physical activity. Given the changes of the sailboats used, and the utmost safety, Adapted Sailing has attracted parents of young children who, until then, they were afraid to expose them in any sports activity.

Adapted sailing, along with its great sports potential, has a significant range of activities that can enchant children and parents about the development of the art of sailing.

In addition, children and young people with Down Syndrome recently had the possibility to participate in the first stage in the Brazilian Special Olympics Games for Adapted Sailing, which was held in August in Brasilia. And now the opportunity for more challenging goals exist, which include the opportunity to participate in the first Brazilian crews for Special Olympics Games in the city of Abu Dhabi in 2019.



JULIO OTTI

***In the same way***, it is our intention to promote the ideal for making use of great visual appeal of boats and colored sails in large display áreas in Lake Paranoá. For both will be strengthened our classes and events nearby the Pontão in Lago Sul and in other áreas of high concentration in order to demonstrate to the population the ease and the enchantment of a Paralympic mode, at no cost to the athlete.

# REACHING in mass



## STRONG PARTNERSHIPS

in the process of  
promotion

*Another winning formula* emerged from the partnership with the Assis Chateaubriand Foundation. We conducted demonstrative classes launching our sailboats in the pools of the Olympic and Paralympic Centers of the Federal District.

These activities are essential for attracting students from areas of social vulnerability, which enhances and dignifies the project for serving segments of people who are still victims of prejudice.

# ARMED FORCES – given mission – mission accomplished

*The new institutional* support will also serve to leverage the partnership with the Armed Forces (instituted through Regulation No. 956 / MD), further stimulating the access of disabled military personnel to the practice of adapted sailing. The objective of this regulation is to promote personal enhancement, strengthening of social integration, and, most importantly, giving effective and comprehensive support of this important partner, which has been signed by the Brazilian Paralympic Committee.



# REVERSE INCLUSION – virtuous circle

**Another powerful** strand of the project before the acquisition of new boats was the creation of sailing courses to be taught by our own special students, creating in this way a wonderful virtuous circle.

There will be courses for people with and without disabilities that will be performed together with our athletes in order to learn and experience the art of sailing and also to have contact with people with disabilities who will demonstrate how much the handicap does not prevent them from practicing a trade and a sports activity, in a show of total overcoming and interaction.





# ADAPTIVE SAILING OF BRASÍLIA – national and international reference

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PHOTO: JUI



**Consider, still**, that the adapted sail practiced in the Federal Capital exerts a strong influence in the other states of the country, especially for the fact of having become, with the support of the CPB and the Australian Government, the biggest group of the sport in the country. An example of this is the honorable mention received by the Brazilian Federation of Sailing Adapted in the Brazil Prize+ by the Chamber of Congress.

This official recognition was the result of the work that the Clube Almirante Alexandrino also undertakes with children with intellectual disabilities and with cancer, in partnerships with FBVA, APABB and ABRACE.

In the same vein, the “Sail for Everyone” Project has made efforts not only to publicize the Adapted Sail by other centers in Brazil, but also in other countries of South and Central America, supporting them with an exchange of experiences.

JOSE OLIMPIO



# NEW DIRECTIONS achieved

**The Adapted Sailing** already achieved higher and higher recognitions, such as holding the first sailing competition with children with Down Syndrome, preparing them for the inaugural participation of Brazilian crews in the next edition of Special Olympics in Abu Dhabi.

They have also gone to Europe for their physically disabled sailors and have achieved impressive results, especially at the Hansa World Championship, where they won the Women's World Championships.

The Adapted Sailing from Brasilia was also present in the Paralympics of Rio / 2016, where its athletes formed in the "Sailing for Everyone" Project composed of the Brazilian delegation in the dispute for medals in the Class 2.4 MR and the Sonar Class where it reached the eighth place.

The athletes emphasized the importance of having been trained and prepared within the structure offered by the Adapted Sailing in Brasilia. They pointed out the

Work carried out by the Brazilian Adapted Sailing Federation focused on the process of promotion of the sport, initiation and renewal of the athletes.







JULIO FOHL

# UNIVERSAL Integration

***The Projet "Sail for Everyone"*** still proposes and fosters the universal integration of people with a participatory process in which the individual without disability experiences programs specifically Developed for the disabled person.

In the proposal of participation of children with and without disabilities, both get to discover the world of adapted sailing, which identities and partners both. In this context differences are nullified, experiencing the same challenges with common sensory stimulation and team spirit, making them athletes of a single team in the pursuit of goals.

The proposal is that disabled children not only do the same activities, but that they do it in partnership with the other children. Therefore, it is not enough to sail, you have to sail with everyone.

The basis of the project is the care of people with special needs, inserting them in the sporting and social context, all through the art of navigation, stimulating the spirit of solidarity and respect between all the participants involved, and improving the sense of responsibility, fellowship and citizenship, with the stimulus to development of decision-making.



WILK NOBRE

The greatest need of Adapted Sailing is that of dissemination and promotion of the conviction of those responsible for the students and the importance of project engagement of this magnitude. Finally, the demonstration to the authorities, sponsors and volunteers, of the need to include proposals of this magnitude in the public policies of attendance to the Persons with special needs and the awareness of society.





With the increase of the number of partnerships the “Sail for Everyone” Program goals are:

1. People with special and physical needs with proposals for sports activities are linked to the partnerships with the Brazilian Paralympic Committee, Brazilian Confederation of Adapted Sailing, CETEFE and SARAH Network of Rehabilitation Hospitals.soas.
2. People with special intellectual needs Are served with a therapeutic and sports purpose, from the partnerships signed with the APABB - Association of Parents and Persons with Disabilities, Officials of the Bank of Brazil and the Community; APAE - Association of Parents and Friends of the Exceptional.
3. Children and adolescents with cancer and hemopathies, with the intention also to provide playful therapy, which is the fruit of the partnership with ABRACE - Brazilian Association of Assistance to Families of Children Carrying Cancer and Hemopathies
4. People with visual impairments, with the purpose of also playful-therapeutic activities, linked to specific partnerships.

The participants are from 6 years of age, without any age limit or gender restriction.









# GENERAL OBJECTIVE

## and specifications

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*The "SAIL FOR EVERYONE"* searches for inclusion without borders, and also for the development of therapy that generates effective gains in the quality of life of the people served, either by improving their cognitive perceptions or by the increase of activity with a high degree of socialization.

The transformative power of the project, besides the therapeutic benefits, is characterized by the exponential increase in the number of children in the practice of sports. It opens horizons and new perspectives of the athletes, both to the intellectually handicapped as well as the physically disabled, creating a sense of amazement amongst our students.



# DESCRIPTION OF THE experience / methodology

**Every theoretical framework** of the “Sail for Everyone” Program is based on the studies and experiments carried out by mentally handicapped people in Equestrian Therapy. The purpose was to transform all the work that has been done with horses and transport it to the sailboat, increasing the benefits of the greater complexity and variety of the sailing sport. The work that is carried out today demonstrates the improvement in the quality of life of those cared for. The improved well-being is clear and the therapeutic results are visible.

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The actors in our program are volunteers from various areas. We have the support of Instructors, Physicians, Social Assistants, Physical Education Technicians and Sailing Teachers.

Our costs are reduced by donations of both teaching materials and salvage equipment.

Our activities consist of the creation of classes according to the graduation of deficiencies.

The work takes place four days a week, in both the morning and afternoon periods.

The project was cited in the Annual national report of APABB Brasil, as a collaborator of such an important movement (Page 21 of the report » [http://www.apabb.org.br/admin/files/Fotos/Relatorio/relatorio\\_apabb\\_2012\\_final.pdf](http://www.apabb.org.br/admin/files/Fotos/Relatorio/relatorio_apabb_2012_final.pdf)).

Also this year on March 14, the partnership with the Australian Paralympic Committee, and the government of Australia, which

through the Direct Assistance Program – DAP ([http://www.brazil.embassy.gov.au/brasportuguese/Development\\_cooperat.html](http://www.brazil.embassy.gov.au/brasportuguese/Development_cooperat.html)), eight vessels were donated to the Brazilian Adapted Sailing Federation developed in Australia for use by people with special needs by the Hansa Sailing factory (<http://hansasailing.com/boats.html>).

We performed numerous events, averaging two events every two weeks. On weekends, which add up to the Classes taught on weekdays.

JULIO POHL



# SOCIAL AND ENVIRONMENTAL IMPACT,

## results and lessons learned

***In the early years*** of the Project proved in the development of self-confidence, discipline, concentration, well-being, relationships with other people according to the testimony of family members. With a healthy sociability, there is also improvement of motor skills and muscle tone, as well as, postural control.



The most significant results of the Project are linked to the social improvements. In addition there are the gains in terms of health and the well-being of children, socialization, the engagement of the children in a world that previously did not belong to them is an incalculable value. The project is also focusing its efforts to attract more children with young ages, so that the work developed can reach a portion of children who do not have access to social and sports activities, and are cloistered in their homes, who are victims of exaggerated protectionism of their parents and guardians.



# About US

*The successes* of our program is due to our selfless search for the continuation of the work we do. We are convinced that the program is valuable, and as such deserves to be propagated to every corner of our nautical country. We have idealized a seed like ours, planted in every nautical club, public marina or even on beaches, rivers and lakes. We believe that many boats that could be used to develop jobs with children and people with special needs of all kinds.

We understand that we would not deserve the support of the partners, but are grateful for the assistance in all our activities. Those who are reached are wonderful beings, are natural winners, are great examples of overcoming, and especially, characters of the most beautiful stories to be told.

Yes, it is their example, with an immeasurable attachment to life, which must be exalted and radiated for all, symbols that are the true struggle for life. This is simple and the only reason for our quest for support.







JULIO POHL

# DESCRIPTION OF THE SCHEDULE of the "SAIL FOR EVERYONE" program activities

## *The Program "Sail for Everyone"*

has the following schedule:

### **INSTRUCTIONAL ACTIVITIES:**

Activities consisting of the regular sailing course and the adapted sailing sport, with regular lessons, in which the handicapped sailors are attended. Classes Are held every month.

### **THERAPEUTIC ACTIVITIES:**

In this aspect of the program therapeutic events are scheduled in the care of children and adolescents with intellectual deficit. These activities consist of meetings and rides designed to be fun and to complement the occupational therapy of children.

### RECREATIONAL ACTIVITIES:

In events with children with cancer, activities are developed with children and adolescents who are in the course of their treatments, making them experience together with their families the delights of the art of sailing, at which time they participate effectively in the maneuvers and procedures related to the act of navigation.

### SPORT ACTIVITIES:

Several competitions are held during the year. In the competitive events, companies such as Solid Sports are hired to assist in the events. This assistance comes in the form of providing consultation in the area of preparation of registration material, warnings and instructions for racing as well as advertising material. In the same way, athletes are monitored in the aspect of physical preparation and their conditions during the training and in the regattas, and monitoring at each stage the results.





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seu campeão.

# INSTITUTIONAL

## information



<b>SOCIAL NAME</b>	<b>FEDERAÇÃO BRASILENSE DE VELELA ADAPTADA</b> Non-profit organization
<b>CNPJ</b>	21.268.924/0001-43
<b>ADDRESS</b>	Setor de Clubes Esportivo Norte Trecho 2 Lote 13/15 - Asa Norte, Brasília - DF, 70800-120
<b>E-MAILS</b>	contato@fbva.esp.br mauro@fbva.esp.br
<b>FINANCIAL ACCOUNT</b>	Agência 204, C/C 204.027054-4, BRB (Banco de Brasília)















Setor de Clubes Esportivos Norte Trecho 2 Lote 13/15 - Asa Norte,  
Brasília - DF, 70800-120 • contato@fbva.esp.br • www.fbva.esp.br



