

## A Major Step Forward: The AutismFIT Toolkit Is Completed!

### VALIDATED CAPACITY BUILDING TRAINING FOR YOUTH WORKERS

One of the main achievements of this phase is the development of a complete, validated training course for youth workers. It is delivered in the form of a digital E-book, making it easy to access, share, and translate across partner countries.

The course includes five detailed modules, each designed to support youth workers in their daily work with ASD youth:



- Understanding ASD: Key characteristics, challenges, strengths, and what young people with ASD need for healthier development.
- Personal Skills of YP with ASD - Addresses the development of self-awareness, self-advocacy, emotional regulation, and resilience.
- Social Skills of YP with ASD - Explores methods to support communication, emotional expression, and social interaction.
- Learning Skills of YP with ASD - Provides insights into 'learning-to-learn' competencies such as organisation, time management, concentration, problem-solving, and flexible thinking.
- Using Gamification to Promote Healthy Lifestyle for YP with ASD - Demonstrates how to use gamified tools such as Makey Makey/ VR to engage autistic youth in activities related to nutrition, physical activity.

Visit the AutismFit Webpage for latest project  
<https://autism-fit.eu/>



## AUTISM FIT VR GAME

We also developed five complete storylines that set the backbone of the AutismFIT VR Game.

Each storyline takes place in a different environment and includes five physical activities, for a total of 25 VR-based exercises. These activities are based on the Competence Framework created earlier in the project.

The stories are designed to help young people with ASD:

- Improve motor skills
- Follow structured instructions
- Build confidence
- Practice real-life tasks in a safe, engaging space

Activities include examples such as:  
practicing tennis movements  
learning dance steps  
overcoming small obstacles



## AUTISM FIT MAKEY MAKEY



Another exciting result is the creation of 10 game scenarios for the Makey Makey toolkit. These scenarios programmed using Scratch, and are designed to use real-life objects – especially healthy foods like fruits and vegetables.

These games support:

- Sensory exploration
- Healthy eating habits
- Cause-and-effect learning
- Creativity and curiosity



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# TRANSNATIONAL TRAINING MOBILITY IN CYPRUS

Partners from across Europe gathered for the AutismFIT Transnational Training Mobility from 29 Sept – 2 Oct 2025, hosted at Emphasys Centre in Nicosia, Cyprus.

During the training, partners:

- Explored how to facilitate building personal, social, and learning skills of young people with ASD.
- Tested and improved the project's VR-based games
- Experimented with Makey Makey to promote sensory engagement
- Strengthened their collaboration for the common goal of inclusive education.



Together, we're shaping a future where every young person has the chance to develop skills, build confidence and feel empowered.

## What's Next

- An in-person project meeting in Dresden, Germany.
- Development of a competence framework outlining the personal, social, and learning skills required to be physically active and acquire a balanced diet.
- Info sessions in four participating countries.

