

INTERNATIONAL DISABILITY SPORT

NERVUS

A COMPLETELY ORIGINAL DEAF SPORT



WHAT IS NERVUS?

The sport we created is one that promotes health among **people with hearing disabilities**, we named it '**nervus**'. The term 'nervus' comes from a latin term 'nervus spinalis', meaninging 'spinal cord' which connects to the back of a person's body. This relates to the aim of our sport, which is to hit the opponents back while passing the ball amongst your team mates.

WHY WE CHOSE TO DO THIS

As all 3 of the members in our group enjoy playing sports, we decided to contribute to SDGs goal number 3 which is all about health and well being. Coming up with an original sport and encouraging people to play it is something we thought would be a good way to not only contribute to this particular SDGs goal but to also experience the process of creating a sport.

OUR GOAL:

Our goals are to share our sport with everyone, regardless of hearing ability. By creating this sport we want to **inspire** people to become **healthier and happier**. We want the people of the world, which is dominated heavily by social media and technology, to **maintain healthy habits and participate more in physical activity**. Since our sport was created primarily for people with hearing impairments, communication is forbidden. This allows players to connect with others **without having to worry about the problem of language barriers**, creating an opportunity for **international exchange** while also enjoying the benefits of **exercise**.



3 GOOD HEALTH AND WELL-BEING

↑ IMAGE OF US EXPLAINING THE RULES WITHOUT COMMUNICATION

↑ IMAGE OF A PLAYER BEING ABLE TO HIT THE OPPONENTS BACK WHICH AUTOMATICALLY WINS THEM THE GAME

OUR FIRST TIME PLAYING

Our first ever experience showing people our sport other than our classmates was when we went to a mini festival held by residents living in local apartments. This was our first time showing what we had done to people whom we didn't know so, explaining the rules of the game without speaking was really difficult especially as young children were involved too. Dividing up teams and getting the game started was another challenging task as we could not directly tell them where to position themselves. However, as we got the game started, people gradually began to understand the rules and enjoyed playing. Since young children were involved, we decided to play slowly and simply so that all participants would be able to understand and participate comfortably.

Feedback

After playing a couple games and wrapping up our small event up, we asked some questions to our kind volunteers to find out what their thoughts were on the game. Two Nepali adults suggested that we create a video or a demonstration instead of just a simple presentation style paper. Overall, people told us that what we were doing was a positive thing, and that it was enjoyable for them to experience a unique kind of sport.



↑ IMAGE OF US GETTING ADVICE AND FEEDBACK FROM THE VOLUNTEERS WHO TOOK PART

WE PLAN TO CONTINUE SHOWCASING OUR SPORT TO A WIDE VARIETY OF PEOPLE, TAKING PART IN OTHER EVENTS AND POSSIBLY HOSTING OUR OWN. NEXT YEAR, WE ALREADY HAVE AN EVENT CONFIRMED WITH THE JAPAN INTERNATIONAL COOPERATION AGENCY (JICA) AS WE PLAN TO FURTHER IMPROVE OUR SPORT AND MAKE IT AS WELL KNOWN AS IT CAN.

NERVUS- A ORIGINAL DEAF SPORT CREATED BY US