NRDC-ITA No Limits: Sport and Inclusion without Limits

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The "Ugo Mara" Barracks in Solbiate Olona hosted the third edition of "NRDC-ITA No Limits", an event that represented an important opportunity for meeting between sports, inclusion, and the military reality. Last May 17, in the presence of civil and military authorities from the Province of Varese and the Municipalities of the Olona Valley, the event aimed to raise awareness about disability while strengthening the bond between the civilian and military communities. This event is part of NRDC-ITA's broader commitment to promoting social inclusion and supporting the most vulnerable categories.

Overcoming Physical and Mental Limits

Organized in collaboration with the Italian Paralympic Committee of Lombardy, Special Olympics Lombardy, the Province of Varese, and the Municipality of Solbiate Olona, "NRDC-ITA No Limits" sought to break down physical and social barriers through sport. Not only did Paralympic athletes and members of the Defense Paralympic Sports Group (GSPD) participate, but also

students from local schools and numerous associations from the area, all united by the desire to make sport a tool for inclusion.

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General Lorenzo D’Addario, Commander of the NATO Rapid Deployable Corps – Italy (NRDC-ITA), inaugurated the event, emphasizing the importance of sport as a means of awareness and overcoming physical and mental limits. The intent was not only to promote sports practice but also to raise public awareness about disability and foster dialogue between different social and institutional realities.

Inclusive Sports Activities for Everyone

The event offered a wide program of sports activities, all aimed at ensuring inclusive participation. Traditional disciplines such as soccer, rugby, fencing, table tennis, and baseball were mixed with innovative experiences like baskin, bowling, Italian military dynamic gymnastics, hippotherapy, hot air ballooning, hockey, and go-karting. There were also more therapeutic and recreational activities, such as clown therapy and dog therapy, which had a positive impact on participants, highlighting how sport can be a powerful tool for well-being and integration.

Another fundamental aspect of the event was the presence of exhibitions of paintings and handicrafts made by people with disabilities, thus offering important visibility to hidden talents and demonstrating how disability should never be seen as an obstacle, but as a resource that enriches society.

NRDC-ITA's Commitment to Inclusion and Solidarity

NRDC-ITA has always had a special regard for its personnel who have suffered injuries or disabling illnesses in the line of duty, both at home and abroad. The "NRDC-ITA No Limits" event was yet another tangible sign of the armed forces' concrete commitment to social inclusion and support for the most vulnerable categories. It is not just a sporting event, but a true manifestation of solidarity that involved the entire territory, strengthening the bond between the civilian and military communities.

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Over the years, NRDC-ITA has regularly promoted charitable events and solidarity initiatives that contribute to collective well-being, demonstrating that solidarity knows no boundaries, not even geographical ones. The commitment to disability and the creation of an inclusive environment is, therefore, a fundamental part of the NRDC-ITA Command's mission, which constantly renews its commitment to building a more equitable and just society.

The third edition of "NRDC-ITA No Limits" represented not only an opportunity for sport and fun but also a moment of reflection and awareness on the issues of disability and social inclusion. Thanks to the commitment of institutions and numerous local realities, the event was able to enhance sport as a universal tool for awareness and integration. The active participation of athletes, associations, schools, and citizens contributed to making the initiative a success and demonstrated that, through sport, it is possible to overcome any barrier, physical or social. In this sense, the "Ugo Mara" Barracks once again confirmed itself as a symbol of solidarity, inclusion, and commitment to a future without limits.