



The Office of Sports of the Consell de Formentera has promoted an inclusive initiative, 'Quiet hour' (*L'hora tranquil·la*), so that, thanks to a wireless music installation, people with sensory difficulties can use the Antoni Blanc fitness centre weight room in silence and with dimmer than usual light. *L'hora tranquil·la* happens every day from 2.00pm to 3.00pm.

Paula Ferrer, sports councillor, traced the initiative to a request from the Asperger's Association of Eivissa and Formentera (AIF) and affirmed, "We wanted to collaborate to make this fitness space more inclusive so people with sensory difficulties can participate in the activities". For its part, AIF has thanked the Consell for having taken the proposal into consideration.

As an overabundance of stimuli can provoke saturation, people with autism have a sensory profile that often makes it difficult for them to participate in activities in spaces like gyms. In a statement, the AIF affirmed it was "glad that more and more places are taking into account the needs of people on the autism spectrum and working to improve accessibility. We are delighted with this initiative, which coincides with autism awareness month in April, and we want to offer an example for other administrations and institutions, so that more and more public spaces become inclusive".

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*Office of Communication*  
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