

The following are letters of appreciation to Piaras Moore for his amazing fund-raising 'Walk the Wild Atlantic Way' in 2018 from participants on the 2019 ADAPT CII Courses sponsored by the UK's 'The Women's Council'.

Dear PIARAS

I am Maria Nurkhonova from Tajikistan, Badakhshan province. I would like to thank UK Women Council for supporting and providing our expenses while we are studying in CII course in Mumbai India.

I am grateful to Dr. Francis Moore for supporting and at the same time coordinating all running course. Due to the "ring story" now I am aware about that not only Dr. Francis Moore is busy for supporting and helping for the course however her grandson PIARAS is supporting as sponsoring the CII course. It's not really easy paying huge money but he does it. I really appreciate his support with this young age and I strongly wish him lots of happiness, success and many, many Blessings!!!!

**Maria from Tajikistan**

Dear PIARAS

It has been an amazing learning journey here at adapt for the last three months. Everyone here is very welcoming. Most importantly, I like the fact that our learning is not only restricted to books and classroom but also includes many field visits. Those field visits and Learning on Social model of disability and disability etiquette was an eye opener to lot of things about disability in general. I have also learned quite a lot from my fellow participants who are from different countries and also some of them are person with disability. As a person, I would like to believe I have become more open minded and confident. Being a woman, it's is very inspiring to see many women staffs who are very kind and hardworking. Lastly, I am very hopeful that I will be able to bring positive changes in my society especially people's attitude towards disability with my learning and experiences from here.

**Tsewang (Ladhak)**

Dear PIARAS

When I heard this story, that very young 22 years old English boy how had spent long way around own country journey for fund raising activity, I was very excited. You really wanted to help children with disabilities in Asia and collected donations from English people. By your gratefulness we are came in Mumbai, India and learned about disability and Inclusive education more and more. Thank you very much for your big heart, wisdom and courage.

**Soyolmaa Puntsag , from Mongolia, CII 2019 student**

Dear Mr. Piaras,

Greetings from India! I am Lutfa Begum, from Bangladesh. I came to attend the CII course 2019 at ADAPT, Mumbai, India for 14 weeks. As you know our respected Dr. Frances Moore (your grandmother), Honorary Technical Adviser to The Women's Council, UK. Who shared with us about your generous fund raising idea through walkathon!

I learned many things from your walkathon experience that it is a **Healthy Fundraise idea**. Since walkathon central to physical activity and a healthy lifestyle that can contribute to a person's overall self-esteem, productivity, and enjoyment of life. All of these are enhanced by simply getting out and moving. We will also teach our students and encourage them to be active like you!

Thus, it goes beyond saying, 'Thank you for your hard work. I really appreciate it.'

I would like to express my respectful gratefulness to you for your contribution of 1000 (pound sterling) for all participants of ADAPT CII course 2019.

As you know that over 18 years ADAPT has been facilitating this course along with the help of Women Council UK where we not only have the best weeks of the learning on disabilities, but developing skills and friendships that will last them a life time. Because of your generous donation, we are able to be here.

Again, we thank you for your generosity and ADAPT is look forward to working with you again next year.

Sincerely,

**Lutfa Begum, Bangladesh**

Dear Mr. Pairas,

Greetings to you!

I am Balkumari Giri from Nepal and working as Resource Teacher. I am one of the participant of CII 2019 at ADAPT. I heard from your grandmother who is honorary technical advisor of the Women Council UK that you had a hard walk journey to generous fund for us. I am so grateful towards your feelings for helping me financially to do such an auspicious course of CII. I have no words how to express my feelings. Much much appreciated sir I would like to thank you so much for your generous help. I want to say a big thank you.

**Balkumari from Nepal**

Dear Piaras Moore

I express my sincere gratitude for your contribution on the promotion of inclusion and the desire to improve the quality of life of children and persons with disabilities in our countries.

I heard a lot about the CII course. For me, this training was vital and I am very glad that it met my expectations, because I received extensive knowledge about disability, I studied the rich experience of ADAPT. I was surprised by the knowledge and potential that children of Adapt have here in the center. I have seen a girl with cerebral palsy explains and expresses her thoughts with her foot through the table, I imagined what a tremendous job was done by experts to achieve such success. Here I got a good experience on how to conduct a study of a child in a team, when we were assigned a child and we comprehensively collected information. With this case study, I also had the opportunity to get acquainted with Kunal (case study child). I was once again convinced that disability both in Tajikistan and in India and everywhere is a vicious circle with poverty.

Although the CBR development effort is being implemented and applied in Tajikistan, information and practical work from doc. Shabnam was new for me. Thanks for the course, I had the opportunity to study the real inclusion in the elementary school in Mumbai, which works closely with Adapt. This knowledge was very helpful, which I will apply in my future work.

Thanks again for this experience.

Separately, I want to thank UK in the person of Dr. Francis Moore for their invaluable contribution.

Yours faithfully,

**Laylo Nafasshoeva, Tajikistan**