
UPM Hosts Inclusive Recreation Programme ‘Adventure Without Barriers 4.0’, Empowering the Visually Impaired Community through Adventure Sports



By: Noor Eszereen Juferi

SERDANG, 21 January – Universiti Putra Malaysia (UPM), through its Faculty of Forestry and Environment, continues to strengthen its social inclusivity agenda through the organisation of the Inclusive Recreation Programme “Adventure Without Barriers 4.0”, which recently introduced adventure-based recreational activities to the visually impaired community.

The programme, held in collaboration with Outward Bound Malaysia, the Malaysian Recreation Instructors Association, the Malaysian Association for the Blind and the Malaysian Blind Development Organisation, featured activities such as kayaking, sea

Archived on : 2026-02-26 14:37:39 (GMT+8)

Source URL : https://upm.edu.my/news/upm_hosts_inclusive_recreation_programme_adventure_without_barriers_40_empowering_the_visually_impaired_community_through_adventure_sports-91327

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rafting and wall climbing. A total of 10 visually impaired participants took part in the programme.

Programme Coordinator and Advisor, Dr Mohd Aswad Ramlan, said the initiative aimed to promote inclusive social values by actively involving persons with disabilities in challenging adventure recreation activities.



“This programme serves as a platform for strategic collaboration between public universities and external agencies such as Outward Bound Malaysia, while also providing meaningful experiential learning opportunities for students who will become future professionals and leaders,” he said.

Outward Bound Malaysia Executive Director, Dato’ Ismail Abdullah, welcomed the initiative spearheaded by UPM, describing it as an important step towards building a more inclusive society.

“Developing inclusive values requires commitment and cooperation from multiple stakeholders. Programmes like this can change perceptions and enhance public understanding of the capabilities of the disabled community,” he said.

Meanwhile, the President of the Malaysian Blind Development Organisation, Mohammad Huzaifah Ahmad, said the organisation’s involvement was expected to raise public awareness on the ability of visually impaired individuals to participate in challenging activities and contribute actively within the community.

“This programme provides opportunities and builds confidence directly among the visually impaired community to try adventure activities, proving that visual limitations are not a barrier to social participation,” he said.



During the programme, 37 UPM students served as facilitators and operators for the adventure activities for the visually impaired participants, under the guidance of professional instructors from Outward Bound Malaysia and the Malaysian Recreation Instructors Association. All participating students underwent intensive training both on

campus and in the field prior to the programme.

Programme Director, Ahmad Muttaqi Zulkiflee, said the three-day experience working closely with the visually impaired community offered students a new perspective on the group's true capabilities.

"They only need guidance, not exclusion. The key step towards an inclusive society is not changing the abilities of persons with disabilities, but fostering public awareness, eliminating negative stigma and building confidence within society to support the disabled community," he said.

"Adventure Without Barriers 4.0" marked the fourth edition of the programme since its introduction in 2022. Previous editions also involved participants with physical disabilities and other categories of impairment, featuring adventure activities such as white-water rafting, ziplining, scuba diving, waterfall rappelling and camping.