








POWER OF THE CURRENT







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The para-swimmer who found her freedom in the water

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“Power of the Current”: da Bergamo a Cardiff, Sofia Brizio racconta la forza dello sport paralimpico

L'atleta bergamasca racconta il progetto che parlerà della sua esperienza nello sport che ama tra passato, presente e sfide future



We are crowdfunding on Gofundme, see campaign [here](#)

Discover the Power and Grit behind Amateur Para-Swimming through the lens of amateur national gold-medallist, Sofia Brizio. Uncover how the sport can Transform a life, the nuances of disability discrimination in Italy, and a compelling love of the water.



Sofia was born with Spastic Diplegia, a form of Cerebral Palsy that impacts her coordination and motion.

The congenital neurodevelopmental disability has left her with limited movement from the waist down, difficulty walking and only half of her left lung, but despite it all she goes against the current and swims.





In Nationals Competing for Italy since 2008, Sofia has won 6 Gold Medals, 5 Silver Medals, and 4 Bronze medals.

Due to disability discrimination and lack of accessibility Sofia moved to the UK for better opportunities — settling in Cardiff, Wales — but her passion for swimming makes her return back to Italy every season to compete.

With a hole in her left lung and a worsening condition she fears that this may be her last competitive year but she is determined to break her own records and to continue going against the current.

We follow her on this potentially final journey while learning her story.

Through archive of Sofia's swimming competitions showcasing her swims from childhood to current day, actuality of her home in Bergamo to her life in the UK, and master interviews with Sofia, her family, and friends we learn her story.

And through interviews with her coach, fellow Italian para-swimmers, and an expert on Disability Discrimination we discuss disability discrimination in Italy.



Visual/Stylistic References:

I Swim

Chasing the Sublime

Through the Eyes of a Free Diver

