

NELI HREN



»Plezanje sem spoznala, ko smo imeli v osnovni šoli predstavitev športov. Prav plezanje me je od vseh športov najbolj navdušilo, saj lahko ob plezanju odmislim vse skrbi in se imam super.« Neli je »svojo« plezalno steno našla v Slovenski Bistrici in je prepričana, da je v življenju mogoče doseči vse, včasih je le treba poiskati kakšno drugačno pot, ki vodi do vrha. Vsak lahko najde šport, ki ga veseli.

»I discovered climbing when we had a sports presentation in primary school. Of all the sports, climbing impressed me the most, because when I climb I can forget all my worries and truly enjoy myself.« Neli found »her« climbing wall in Slovenska Bistrica and is convinced that in life it is possible to achieve anything; sometimes you just need to find a different path that leads to the top. Everyone can find a sport that brings them joy.

ROK MOČNIK



S plezanjem se je Rok pričel ukvarjati leta 2014. Priključil se je alpinistični šoli, ki jo organizira Akademski alpinistični odsek PZS. Po treh letih se mu je pripetila huda plezalna nesreča, po kateri je dolgo okrevaval. Ponovo je pričel s plezanjem z inPlaninci in s svojim delom dosegel, da je prišel v reprezentanco. Povezanost v skupnosti inPlaninec je zelo dobra in mu veliko pomeni.

Rok started climbing in 2014. He joined the mountaineering school organized by the Academic Alpine Association of the Alpine Association of Slovenia (PZS). After three years, he suffered a severe climbing accident and faced a long recovery. He resumed climbing with the inPlaninec group and, through dedicated work, earned a place on the national team. The sense of connection within the inPlaninec community is strong and means a great deal to him.

KSENIJA OBLAK



»Paraplezanje je šport, ki ruši stereotipe o invalidnosti. Ne čakajte na pravi trenutek, ker je ta trenutek zdaj!« pravi Ksenija. Plezanje je bila njena dolgoletna želja, ki pa se je dolgo zdela nedosegljiva, še posebej sedaj v zrelejših letih. Imela je občutek, da je zamudila vse priložnosti. Sedaj ve, da ni tako. Ko je dobila priložnost, jo je pritegnil tisti pristen občutek svobode. To je bil trenutek, ko je spoznala, da njeno telo zmore veliko več, kot si je upala sanjati.

»Paraclimbing is a sport that breaks stereotypes about disability. Don't wait for the right moment, because that moment is now!« says Ksenija. Climbing had been her long-standing wish, yet for a long time it seemed unattainable, especially at a more mature age. She felt she had missed all her opportunities. Now she knows that is not true. When she was given the opportunity, she was drawn in by a genuine sense of freedom. That was the moment she realized her body was capable of far more than she had ever dared to imagine.

NATAŠA PRIVOŠNIK



»Skupnost je srce paraplezanja. Ljudje okoli mene so moja varnost, moja motivacija in moj navdih. Te občutke sem prvič začutila pred štirimi leti na prvem pohodu z inPlaninci.« Ko Nataša stopi v dvorano in zagleda oprimke, jo preplavi neka neustavljiva sila. Ne ve, od kod prihaja ta energija, a čuti, da jo pokliče, da pleza. To je občutek svobode, strasti in neomejenih možnosti, ter premagovanje lastnih meja. Na tekmovanjih ni lovec na medalje. Zanj je najbolj pomembno to, da plezanje ostaja vir veselja. Včasih pridejo tudi težki trenutki, trenutki nemoči, ki jih zasenčijo trenutki užitka in izziva, ki jo motivirajo, da napreduje.

»Community is the heart of paraclimbing. The people around me are my safety, my motivation, and my inspiration. I first felt this four years ago on my first hike with inPlaninci.« When Nataša steps into the gym and sees the holds, she is overwhelmed by an irresistible force. She does not know where this energy comes from, but she feels it calling her to climb. It is a sense of freedom, passion, limitless possibility, and overcoming her own boundaries. At competitions, she is not chasing medals. What matters most to her is that climbing remains a source of joy. There are difficult moments, moments of helplessness, but they are overshadowed by moments of pleasure and challenge that motivate her to progress.

CAROLIN HEBERLE



»Paraplezanje prikazuje invalidne osebe, kako normalni so, kaj lahko dosežejo, s kakšnimi izzivi se soočajo v življenju. Poleg tega lahko vodi do navdiha, vključenosti in dostopnosti. Srečajo veliko odprtih ljudi, ki jih to resnično zanima, še bolj gre za medsebojno podporo, za skupno rast, kot plezalci in kot družba.« Carolin Heberle je vrhunska paraplezalka, ki se je s plezanjem začela ukvarjati razmeroma pozno, a je v zelo kratkem času dosegla svetovni vrh paraplezanja. S plezanjem (balvani) je začela okoli leta 2020, v času pandemije covida-19. Treningi so bili sprva neredni, z daljšimi premori, vendar je hitro pokazala izjemen talent, vztrajnost in tekmovalni značaj z vidnimi rezultati.

»Paraclimbing shows how normal people with disabilities are, what they can achieve, and the challenges they face in life. It can foster inspiration, inclusion, and accessibility. You meet many open-minded people who are genuinely interested. It is even more about mutual support and shared growth—both as climbers and as a society.« Carolin Heberle is an elite paraclimber who started climbing relatively late but reached the top of the paraclimbing world in a very short time. She began bouldering around 2020, during the COVID-19 pandemic. Training sessions were initially irregular, with longer breaks, yet she quickly demonstrated exceptional talent, persistence, and a competitive mindset, achieving visible results.

TANJA GLUŠIČ



»Paraplezanje je prilagojena oblika plezanja, ki ljudem z invalidnostjo omogoča, da premikamo svoje meje – ne glede na omejitve. Paraplezanje je dokaz, da invalidnost ni konec športa, ampak samo drugačen začetek poti.« Njena plezalna pot se je pričela s 13. leti, sedaj jo usmerja vodnik po FM sistemu, dosega lepe rezultate, njen cilj je nastop na paraolimpijskih igrah.

»Paracimbing is an adapted form of climbing that enables people with disabilities to push their limits—regardless of restrictions. Paracimbing proves that disability is not the end of sport, but simply a different beginning.« Her climbing journey began at the age of 13. She is now coached under the FM system, achieves strong results, and aims to compete at the Paralympic Games.

DANIEL WIENER



Daniel z velikim veseljem poudarja, da je del para- in plezalne skupnosti, v kateri niso v ospredju le osebni dosežki, temveč tudi skupnost, povezanost in medsebojna podpora — ne le »jaz«, temveč »mi«. Čeprav sprva ni imel ambicij za tekmovalni šport, ga je pot postopoma pripeljala tudi tja. Leta 2016 je postal eden prvih članov novoustanovljene avstrijske reprezentance v paraplezanju in začel nastopati na nacionalnih ter mednarodnih tekmovanjih. Leta 2017 je kot prvi paraplezalec uspešno zaključil usposabljanje za inštruktorja športnega plezanja v rekreativnem športu, leto kasneje pa začel delovati kot samostojni športnoplezalni vodnik. Njegovo delo združuje ciljno in storilnostno usmerjeno plezanje s srcem, terapevtsko plezanje kot obliko socialno-pedagoške podpore ter mentalni coaching.

Daniel emphasizes with great enthusiasm that he is part of the para- and climbing community, where not only personal achievements matter, but also community, connection, and mutual support—not just »me«, but »us«. Although he initially had no ambitions for competitive sport, his path gradually led him there. In 2016, he became one of the first members of the newly established Austrian national paraclimbing team and began competing at national and international events. In 2017, he became the first paraclimber to successfully complete certification as a recreational sport climbing instructor, and a year later he began working as an independent sport climbing guide. His work combines goal-oriented and performance-driven climbing with heartfelt engagement, therapeutic climbing as a form of socio-pedagogical support, and mental coaching.

JULE BREUNING



Jule je kot majhna deklica zelo rada splezala na vsako drevo ali manjšo skalo, ki jo je našla. S plezanjem se ukvarja 14 let, vendar pravi, da se je »prvič srečala s parapleznim svetovnim pokalom kot gledalec leta 2022 in sem bila osupljena kaj vse lahko narediš, z invalidnostjo. Po prvem tekmovanju v Imstu, sem se odločila: še bom tekmovala.« Jule je ponosna, da je del velike paraplezalne »družine«, s katero deli svoje veselje o tem športu.

As a little girl, Jule loved climbing every tree or small rock she could find. She has been climbing for 14 years. She says, »I first encountered the Paraclimbing World Cup as a spectator in 2022, and I was amazed at what you can do with a disability. After my first competition in Imst, I decided: I will compete again.« Jule is proud to be part of the large paraclimbing »family«, with whom she shares her enthusiasm for the sport.

PAVITRA VANDEHOVEN



Pavitra je, podobno kot Jule, začela s plezanjem že kot majhna deklica in predvsem rekreativno. Sedaj pleza že 20 let in je prisotna v tekmovalnem paraplezanju. Tekom kariere je pogosto plezala med plezalci drugačnih zdravstvenih klasifikacij, kar je zanjo pomenilo veliko fizičnih in mentalnih izzivov. Vse te izkušnje so jo potisnile čez rob lastnih meja in so pomembno prispevale k temu, kar Pavitra danes kot paraplezalka je.

Like Jule, Pavitra started climbing as a young girl, mainly recreationally. She has now been climbing for 20 years and is active in competitive paraclimbing. Throughout her career, she often competed alongside climbers from different medical classifications, which for her presented significant physical and mental challenges. These experiences pushed her beyond her own limits and substantially shaped who Pavitra is today as a paraclimber.

MIHA JAZBEC



Miha pravi: »Po bolezni sem se vključil v skupino inPlaninec, s katerimi hodim na izlete in plezam. V skupini imam veliko novih prijateljev in se počutim sprejetega. Ko z malo pomoči splezam novo smer v steni, doživim hkrati olajšanje, zadovoljstvo in srečo.«

Miha says: »After my illness, I joined the inPlaninec group, with whom I go on trips and climb. Within the group, I have made many new friends and feel accepted. When, with a little help, I climb a new route on the wall, I experience relief, satisfaction, and happiness all at once.«

GORAZD DOLANC



Gorazd je dolgoletni parašportnik z več kot dvajsetletnimi izkušnjami v vrhunskem športu. V zadnjih dveh letih pa je svojo športno energijo in tekmovalni duh usmeril tudi v paraplezanje. Kot član slovenske paraplezalne reprezentance dokazuje, da so izkušnje, zbranost in notranja moč, ki jih je gradil dolga leta, izjemno prenosljive med športi. Družina mu veliko pomeni in odlično krmari skozi življenjske izzive. »Srečno in vse dobro želim, najboljše za vse nas šele pride!« sporočam vsem.

Gorazd is a long-standing para-athlete with more than twenty years of experience in elite sport. Over the past two years, he has directed his athletic energy and competitive spirit toward paraclimbing as well. As a member of the Slovenian national paraclimbing team, he demonstrates that the experience, focus, and inner strength he has built over many years are highly transferable across sports. His family means a great deal to him, and he navigates life's challenges with confidence. "Good luck and all the best—our best days are still ahead!" is a message he wants to send to others.

OSKAR BUH



»Z plezanjem sem začel že v vrtcu Center Iris, kjer smo dve leti zaporedoma vsak teden hodili plezat. Imeli smo se super in cela skupina je po svoje uživala. Takrat se tudi nismo bali višine in kako visoko bomo šli.« Oskar pravi, da ima plezalno steno kar doma v stanovanju, kjer se skupaj zabavajo. Oskar kljub strahu rad pleza zelo visoko in vedno uživa. Pravi, da ko pleza, ga je vedno malo strah ali bom zmožel, ampak s pomočjo in vzpodbudo spremljevalcev, mu vedno uspe. Oskar spodbuja ostale, ki bi se radi pridružili: »Res je dobro, plezaš zelo visoko, imaš svoje plezalne čevlje, vedno ti nekdo pomaga, da premagaš vsak izziv, ki ga imaš pod steno ali na njej«.

»I already started climbing in kindergarten at Center Iris, where we went climbing every week for two years in a row. We had a great time and the whole group enjoyed it in our own way. Back then, we weren't afraid of heights or how high we would go.« Oskar says that he even has a climbing wall at home in his apartment, where they have fun together. Despite his fear, Oskar likes to climb very high and always enjoys it. He says that when he climbs, he is always a little scared about whether he will manage, but with the help and encouragement of his companions he always succeeds. Oskar encourages others who would like to join: »It's really great. You climb very high, you have your own climbing shoes, and there is always someone helping you overcome every challenge you face below the wall or on it«.

ALEKSANDER KUŠAR PAJTLER



Aleksander Kušar Pajtler, mladi paraplezalec, ima polžev vsadek ter je slaboviden. Je 7 let star fant, ima svojo tehniko plezanja, navdušenje in pogum. Spremlja ga mama Iva, ki je oseba z okvaro sluha. Aleksandru smo nadeli ljubkovalno ime »spiderman«. Je član skupine inPlaninec in na treningih navdušuje tudi soplezalce.

Aleksander Kušar Pajtler, a young paraclimber, has a cochlear implant and is visually impaired. He is a seven-year-old boy with his own climbing technique, enthusiasm, and courage. He is accompanied by his mother Iva, who has a hearing impairment. Aleksander has been affectionately nicknamed »Spiderman«. He is a member of the inPlaninec group and inspires his fellow climbers during training sessions.

MATEJ ARH



Matej je slovenski paraplezalec in tekmovalec na mednarodnih paraplezalnih tekmovanjih. Po nesreči leta 2017 je najprej kot rekreativni športnik, nato kot tekmovalec na svetovnih prvenstvih našel nov izziv. Pleza že več kot 20 let. Poleg tega z veseljem pleza tudi v skali, kjer počasi dviguje svoj plezalni nivo.

Matej is a Slovenian paraclimber who competes in international paraclimbing competitions. After an accident in 2017, he first found a new challenge as a recreational athlete and later as a competitor at World Championships. He has been climbing for more than 20 years. In addition, he enjoys climbing on natural rock, where he continues to steadily raise his climbing level.