

**To share updates about the advocacy training, please use the hashtag
#AdvoTraining**

At the end of the programme you can find a list of explanations
of words that can be difficult.

Advocacy training Women's Rights

4 – 6 December 2019

Hotel Aqua

Rue de Stassart 43, 1050 Brussels

This training brings together self-advocates
and family members from different countries.

Participants in the training will learn
about women's rights.

They will also learn about a project in women's rights
that Inclusion Europe did.

Inclusion Europe

European movement of people with intellectual disabilities and their families

Avenue des Arts 3, 1210 Brussels, Belgium

+32 25 02 28 15

secretariat@inclusion-europe.org

www.inclusion-europe.eu

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Participants will share their experience working for women's rights.

They will also learn how to prepare for meetings with politicians and other important people.

They will also talk about why it is important to involve people with intellectual disabilities.

On the next pages, you can read in detail what we will do during the training.

Inclusion Europe organises this training every year.

You can see how it went last year here:

bit.ly/AdvocacyTraining2018

When talking about the training

on Facebook or Twitter, please put in this text:

#AdvoTraining @InclusionEurope

This helps us see what you write

and share it with others.

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Wednesday 4 December

Time	Topic	Speakers
14:00h	Welcome and get to know one another <ul style="list-style-type: none"> - Welcome - Why we are here and what will happen during these 3 days 	Milan Šveřepa
	 <ul style="list-style-type: none"> - Get to know one another 	Sandra Marques
14:45h	About Inclusion Europe and about advocacy in Europe 	Milan Šveřepa
15:30h	Break	
15:45h	Empowering women with intellectual disabilities <ul style="list-style-type: none"> - Why we are doing this work - What we did during the project 	Juultje Holla

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	<ul style="list-style-type: none"> - What we learned during the project - How others can use what we learned 	
17:15h	Break	
17:30h	<p>Discussion and conclusions of the day</p> <ul style="list-style-type: none"> - What did we learn today? - How can we use that in our own organization? 	<p>Sandra Marques</p> <p>Milan Šveřepa</p>
18:00h	End for the day	

Dinner at 19:00h

The Loft


Rue de Namur 51, 1000 Brussels

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Thursday 5 December

Time	Subject	Speakers
9:30h	<p>Women's rights</p> <ul style="list-style-type: none"> - What are women's rights? - Violence against women - Discrimination and how to find out about it 	<p>Manon Deshayes and Jessica Nguyen (European Women's Lobby)</p>
11:00h	Break	
11:15h	<p>Equality and anti-discrimination bodies</p> <ul style="list-style-type: none"> - What are equality bodies? - How can they support you in your country? 	Equinet
12:45h	Break	

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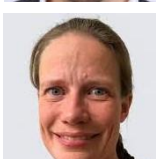
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<p>13:45h</p>    	<p>Advocacy skills and how to talk to politicians</p> <ul style="list-style-type: none"> - How do we talk with politicians? - How to prepare for meetings - Preparing for the meetings on Friday (working in smaller groups) 	<p>Milan Šveřepa</p> <p>Sandra Marques</p> <p>Guillaume Jaquinot</p> <p>Juultje Holla</p>
<p>15:45h</p>	<p>Break</p>	
<p>16:00h</p>	<p>Advocacy skills and how to talk to politicians</p> <ul style="list-style-type: none"> - continues 	
<p>17:00h</p>	<p>End of the day</p>	

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Friday 6 December


Time	Subject	Speaker
9:30h	Individual meetings	
12:00h	Getting together to evaluate the training 	Milan Šveřepa
12:45	End of the training	


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Explanations



Discrimination

Discrimination means that you are treated worse than others or that you do not get the chances you deserve.

It is discrimination when it happens because of your disability.

It can also happen to other people.

For example, people who have a different skin colour.

Or older people.



Inclusion Europe

Inclusion Europe is an organisation for people with **intellectual disabilities** and their families.

We fight for their equal rights and inclusion in Europe.

We also want to make a difference to the laws in Europe.

We started in 1988.

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We have 76 members in 39 European countries.

Intellectual disability

If you have an intellectual disability,
that means it is more difficult for you to understand
information
and learn new skills than it is for other people.

This makes some parts of life harder.



People with intellectual disabilities often need support
in learning or at work.

Intellectual disability often starts before you are an adult.
It affects you for your whole life.

Some people say learning disabilities
instead of intellectual disabilities.



Politician

Someone who helps run the country or part of the country.
Or someone who would like to do this.

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Politicians, for example, are:

- mayors
- ministers
- presidents



Self-Advocacy

Self-advocacy is when people with

intellectual disabilities speak up for themselves.


These people are called self-advocates.


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