



Europe for us

If you dare to speak up,
inclusion happens!



Find explanations for words in **bold** at the end of Europe For Us on pages 26 to 37.

“Europe for us” is available in:

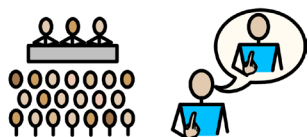
- English
- French
- German
- Hungarian
- Italian
- Romanian
- Spanish

Go to www.inclusion-europe.eu/europe-for-us to find the other language versions.

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Introduction



The main topic of this issue of Europe for Us is the Hear our Voices! conference.

It is the conference organised by The European Platform of Self-Advocates.



It happened in Graz, Austria in September.

You can read more about Hear our Voices on page 5.



Other topics of this issue of Europe for Us are:

- Our seminar about how to use the internet safely.
It happened at the **European Economic and Social Committee**.
- Interviews with Jacqueline Pareys and Freddy Philippe
- **Deinstitutionalisation** of children with disabilities

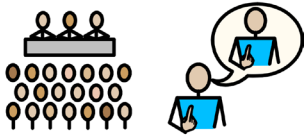
This is the last issue of Europe for Us in the year 2019.

The theme of 2019 was **Elect**.

The theme of 2020 will be **Educate**!

We hope you like this issue of Europe for Us!

Hear our Voices conference: "If you dare to speak up, inclusion happens!"



From 18 to 20 September,
150 **self-advocates** from 18 countries
met in Graz, Austria
for the Hear our Voices conference.

lebenshilfe
Wege für Menschen

The conference was organised by Inclusion Europe
together with the organisation Lebenshilfe Austria
and upon invitation of the mayor of Graz.

The theme of the conference was "My voice counts!".

Self-advocates talked about:

- the right to **vote**
- how to participate in **politics**.





One of the self-advocates who spoke at the conference was Elisabeta Moldovan from Romania.

Elisabeta talked about her experience growing up in **institutions**.



Manuel Lankmair from Austria talked about a study he did: he looked at the website and programmes of **political parties** in Austria to see if they were **accessible**.

"Parties still have
a long way to go!"

Manuel said that the political parties still have a lot to do to make their websites accessible.

In addition, only one political party had a programme in **easy-to-read**.



Antonio Hinojosa from Spain shared some good news from his country.

People living under **guardianship** in Spain are finally allowed to vote!



Thibaut Bastien from Belgium gave a workshop about how to involve **politicians and people working in business** to support a cause.



At the conference there were some self-advocates that run for elections themselves.

One of them is Xavier Orno from Spain.

Xavier and some other self-advocates ran for the last local **elections** in Spain.

"I hope we can be an example for other self-advocates!"

Xavier hopes that other self-advocates will follow his example and will run for elections in their countries.

Other self-advocates spoke at the conference: for example,



László Bercse from Hungary.

László is the Vice-President of Inclusion Europe and the **chair** of **EPSA**.

László said that it's important that people with intellectual disabilities can decide for themselves.



Senada Halilčević is the former chair of EPSA.

Senada said:

“When people with intellectual disabilities are not allowed to vote, they don’t feel part of society.”



People with intellectual disabilities in Austria are allowed to vote.

Two people spoke about how people with disabilities are included in the city of Graz:

- Siegfried Nagl, the mayor of Graz,
- Wolfgang Palle who works with people with disabilities in Graz.



Self-advocates said which changes they want to see happening.

These are the same things they have said before:

- voting rights for people under **guardianship**
- accessible information
- **employment** for people with intellectual disabilities
- **deinstitutionalisation**
- inclusion





"I have more time for other things now"

The 1st of October is the **United Nations** Day of Older Persons.

On this day, we celebrate older people all around the world.

One of them is Jacqueline Pareys.

She is 65 years old.

Jacqueline has been working for **Inclusion Europe** for many years.

She is done with her job now,
and she is going to retire soon.

We did an interview with Jacqueline to know more
about her life and her plans.



This is the interview we did with Jacqueline:

How did you grow up?

I grew up in an **institution**.

During the weekends I went to a host family.



A host family is a family that takes care of you
even if you are not part of the family.

I never got to know my parents.

So my host family became like a true family for me.

What happened when you became a grown-up person?

I stayed in different institutions,
first in a Belgian town and then in Brussels.

We were a small group of people there.

But I didn't like it.

People always told me what to do.



How did you leave the institution?

A person working in the institution told me that I could live on my own.

So I went to live in my own place!



What kind of jobs have you done?



First, I worked in a clothes shop.

I was putting the clothes into the shelves.

I did this for many years,
but then the shop closed.

So I didn't have a job for some time.

And then I found the job at Inclusion Europe!



At Inclusion Europe I cleaned the desks
and other parts of the office.

I also prepared coffee
and edited **easy-to-read** texts in French.



Can you tell us one thing you remember from the time you worked at Inclusion Europe?

There was one of the workers at Inclusion Europe who always put a lot of documents on his desk.

I always needed to tell him to make some space
so I could clean his desk!

What changed since you are not working anymore?



I have more time for other things.

I sing in different choirs,
I do sports and I play with my cat.

I also meet with friends.

What is your message to people with intellectual disabilities?



They should find a job!

I know it is not always easy.

But in this way, they can earn some money
and they can also go out and meet new people.

It is very important.

Crime happens also online



Be.Safe is a project that teaches people with **intellectual disabilities** how to protect themselves against cybercrime.



Cybercrime is a crime that happens on the internet.

For example, if someone tells you in an online chat that he will hurt you.

Or if someone tries to steal your money online.

The Be.Safe project started in 2017 and is finishing this year.

Inclusion Europe organised an event for the end of the Be.Safe project.



This event took place at the **European Economic and Social Committee.**



Different people spoke during the event.



Inclusion Europe director Milan Šveřepa said that many people with **intellectual disabilities** still cannot access the internet or have an e-mail address.



Magdalena Adamowicz talking to Milan Šveřepa

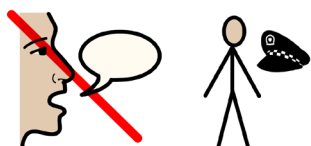


At the event, there was a video message by the **MEP** Elissavet Vozemberg.

Another speaker was Simon Lesur, a **self-advocate** from France.

Simon said that he learned a lot when he participated in at the project.

Speakers from other organisations came as well.



They said that when a cybercrime happens many people do not say anything about it to the police.

MEP Magdalena Adamowicz also spoke.

Ms. Adamowicz said that she is willing to help in fighting crime and hate on the internet.



All the project participants will keep working on fighting cybercrime.

The goal is to make the internet more safe for people with intellectual disabilities.

"The Universal Declaration of Human Rights should be put into easy-to-read"

There is an **easy-to-read** workshop in Tétéghem.

Tétéghem is a city in the north of France.



The easy-to-read workshop is managed by our French member "Papillons blancs de Dunkerque".

"Papillons blancs de Dunkerque" means "White butterflies of Dunkirk".



In the workshop, people with **intellectual disabilities** write and proofread texts in easy-to-read language.

The workshop has won a lot of awards for its work.



Freddy Philippe works in the easy-to-read workshop.

We have interviewed him.

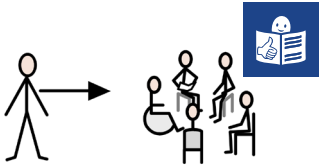
Why did you decide to join the easy-to-read workshop in 2014?

At first I supported the organisation in Tétéghem with easy-to-read texts.

I did this for a few years.

Then they opened the easy-to-read workshop.

And the manager offered me to join.



How do you proceed when you translate texts into easy-to-read? Do you use a reminder?

The managers first receive the documents by email.

Then they print them on paper and give them to us.

We have a tool to help us work better.

This tool is called colour code.

The colour code comes with 4 colours.

The colours are:

- **yellow:**
we keep or edit the information in the text
- **green:**
we keep the difficult word but give it a definition
- **blue:**
we delete a word or a sentence
- **pink:**
we look for a synonym



At the workshop we created a dictionary of simple definitions to help us work.

What do you like about your job?



What I like is that I work on different topics.

That gives me a lot of new knowledge.

From time to time, we visit clients.

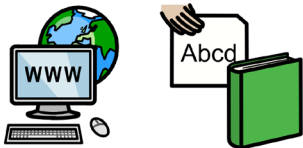
Especially museums when we work for them.

Are there things that you like less?

I do not like to put legal texts into **easy-to-read**.

That's because the legal texts are written with very complicated words.

And the texts are difficult to understand.



We often have to look for definitions of words on the internet, in order to understand and translate them.

Why is easy-to-read language important?



Easy-to-read language is important for different people.

For example:

- for people who do not have French as their mother tongue
- for older people and children so they can better understand and read a text when it is complicated
- for people to better understand complicated texts



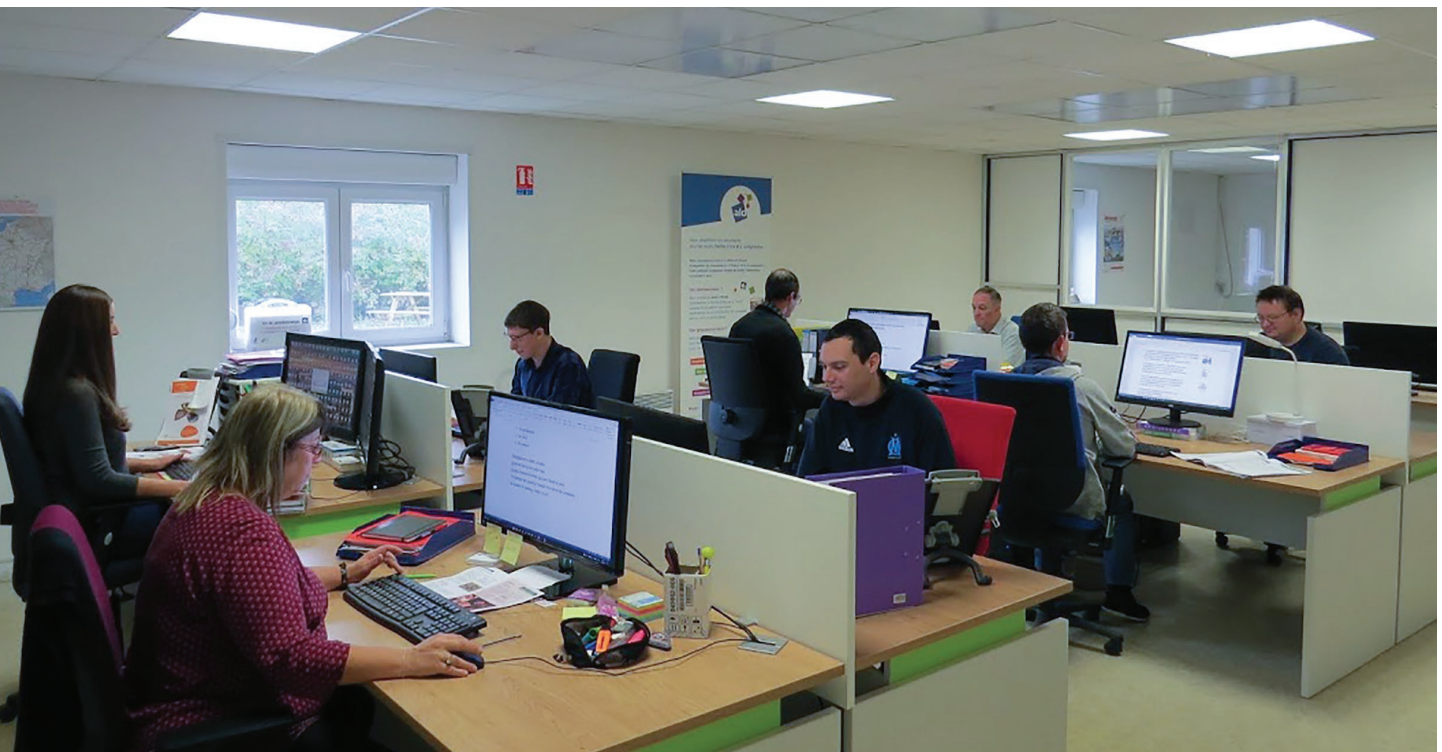
I personally think that some important texts should be put into easy-to-read.

For example:

the Universal Declaration of Human Rights of 1789.

Once I went on the internet and found a version of the bible in easy-to-read.

I thought it was really well done.



Make sure that children with disabilities can grow up in their families



Inclusion Europe's director Milan Šveřepa wrote an article for a website called Apolitical.

Apolitical writes news for **governments**.



In his article, Milan talks about **deinstitutionalisation** of services for children with disabilities.



We know that growing up in an **institution** is very bad for children.

That's why many children are not living in institutions anymore.



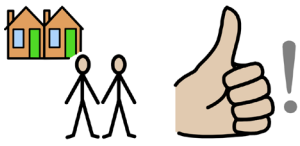
They can stay with their families.

They get the support they need where they live.

And they do not need to move anywhere else.

But this does not happen very often for children with disabilities.

In Europe, most children living in institutions are children with disabilities.



These children should live a better life outside of institutions.

Politicians can help with that.

Politicians should make sure that children with disabilities get:

- early support
- a good **education**
- a good job



Early support means helping children with disabilities and their families very early.

Just after they are born.

There are cases in which children with disabilities get the support they need.

But this only happens a few times.

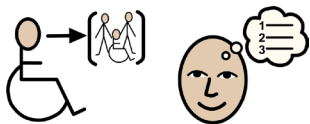
It should happen all the time.

It is time for the new European Disability Strategy!

The **European Disability Strategy** 2010-2020 is coming to an end.

The **European Commission** asked what people think of that strategy.

EPSA sent their opinion of the strategy to the European Commission.



We think it is important that the European Commission will prepare a new European Disability Strategy which will last until 2030.

There are still many problems the EU needs to deal with.



For example, there are many people who live in **institutions**.

People with intellectual disabilities are often not allowed to decide for themselves.

Many children and adults with intellectual disabilities do not get any education.

Or they can only go to special schools.

2020 is the year of education!



Inclusion Europe wishes you all
a happy new year!

Our topic for 2020 will be **Educate**.



Education is very important for the inclusion
of people with intellectual disabilities.

With a good education, you can get a better job
and have a better life.



Because of this, we will do a campaign.

A campaign means telling as many people as possible
about a topic.

For example, on **social media**.

Or when talking to journalists.



The topic is **inclusive education**.

The activities will be both on the internet
and not on the internet.

The campaign will start on 24 January 2020
which is the International Day of Education.

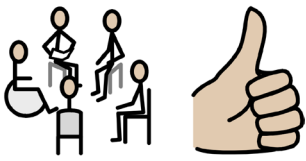
The campaign will continue during the "Europe in Action"
conference which will happen in Vienna, Austria
on 27 - 29 May.

With this campaign, we want to say that education is very important for people with intellectual disabilities.

It is also important for everyone:

When there are children with disabilities in school, the other children get to know them.

Children can learn in this way that everyone is different.



And this is a good thing!

The campaign is called “That’s what I learned”.

On **social media**, we will use the **hashtag** #ThatsWhatILearned.

Some messages for the campaign are:

- Education is a **human right**
- Inclusive education is good for everyone
- We must change education so everyone can get a good education

We are looking forward to working together on this new theme!

Explanations



Accessible

Something that is easy to use for people with disabilities. Such as:

- ramps to get into a building
- information in **easy-to-read**
- information in sign language



Chair

The person in charge of a meeting or of an organisation.



Council of the European Union

The Council of the European Union is where the national ministers from the countries of the **European Union** meet.

They meet to adopt laws and talk about politics in the European Union.

The Council of the European Union is also called Council of Ministers.



Deinstitutionalisation

Deinstitutionalisation is helping people to move out of **institutions**.

It is when the people who lived in institutions get help so they can **live independently** in the community.



Education

Education is when you learn things.

You can learn things at school, at university or in a course.

You can learn many things.

For example, reading and writing.

You can also learn how to do a job.



Elections

Elections decide who should speak for us and make choices for us.

Elections happen in different areas.
For example in your town or city
when you can elect a new mayor.

Or in your country
when you can elect a new president.



Employ

Employ means to hire someone to do a job.

EPSA

The European Platform of Self-Advocates is made up of organisations of self-advocates from different countries in Europe.

We call it EPSA for short.

It is a part of **Inclusion Europe**.

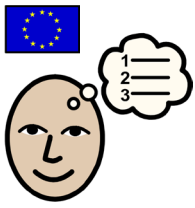


European Commission

The European Commission works with the **European Parliament**.

The European Commission suggests laws for the European Parliament and the **Council of the European Union** to discuss.

It also makes sure that the laws that have been decided upon are being followed by the member states.



European Disability Strategy

The European Disability Strategy is an important text.

It says what the **European Union** has to do to make sure people with disabilities in Europe get the same rights as everyone else.



European Economic Social Committee

The European Economic and Social Committee is an organisation in the European Union.

The European Economic and Social Committee is called the 'EESC' for short.

The EESC connects civil society with the European Union.

Civil society is made up of groups and organisations that represent citizens with different interests.



European Parliament

The European Parliament is a place where important decisions of the **European Union** are made. For example: laws.

The Members of the European Parliament (in short, MEPs) make these decisions and speak for all the people who live in the European Union.

Every five years,
the people who live in the European Union
vote for their country's MEPs.



European Union

The European Union (in short, EU) is a group of 28 countries.

We call these countries “member states”.

They have joined together
to be stronger politically and economically.

The EU makes laws on many important things
for the people who live in those countries.

The EU makes laws in different areas.

Some examples are:

- laws to protect the environment
- laws for farmers
- laws to protect consumers
A consumer is someone who buys things.

The EU also makes laws that are important
for people with disabilities.

For example, the **Accessibility Act**.

It also made a law that gives people with disabilities
more rights when they are travelling.

The EU also gives money to its member states.

Some of this money is used for people with disabilities.



Government

A government is a group of people that make decisions on how to run a country.

For example,

- about where the money is spent,
- about public transport,
- about schools,
- about hospitals.

Every few years there are **elections** to vote for a new government.



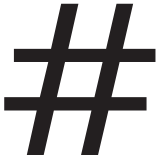
Guardianship

Guardianship allows some people to make life choices for others.

The person who makes choices for you is your guardian.

Your guardian can decide things for you, like where you live.

Sometimes, people under guardianship are not allowed to vote, get married, or take care of their kids.



Hashtag

On **social media** you can use the symbol #.
This symbol is called hashtag.

You can write a word after the hashtag symbol.

If you click on that word,
you will be taken to all the messages
that have to do with that word.

For example:

- If you write #inclusion and you click on it,
you will be taken to all the messages
that have to do with inclusion.
- If you write #EuropeanUnion and you click on it,
you will be taken to all the messages
that have to do with the **European Union**.
- If you write #HearOurVoices and you click on it,
you will be taken to all the messages
that have to do with **Hear Our Voices**.

Human rights

Human Rights are the rights that every person
should have.

For example, the right to live.

Or the right to speak your mind.

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.

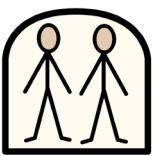
We have 75 members in 39 European countries.

We are based in Brussels in Belgium.



Inclusive education, training or employment

Inclusive education, training or employment means that people with intellectual disabilities can learn and work together with other people without disabilities.



Institutions

Institutions are places where people with **intellectual disabilities** live with other people with intellectual disabilities.

They live apart from other people.

This is what we call “segregated”.

Sometimes this happens against their will.

People who live in institutions have to follow the rules of the institution and cannot decide for themselves.

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.

There are things that can make life easier for people with intellectual disabilities.

For example, information in **easy-to-read** language.

Some people say learning disabilities instead of intellectual disabilities.



MEPs

The members of the **European Parliament** are the **politicians** who sit in the European Parliament.

We call them MEPs for short.



Political party

A political party is a group of people who think the country should be run in a certain way.



Politician

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

Politicians, for example, are

- mayors
- ministers
- candidates in the **elections**



Politics

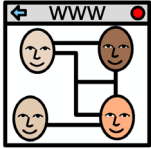
Running the country or running a part of the country.



Self-advocacy

Self-advocacy is when people with **intellectual disabilities** speak up for themselves.

These people are called self-advocates.



Social Media

Social media is made up of websites and apps that let you create and share content.

For example, photos, videos and information.

Apps is short for applications.

These are tools that let you use social media on a mobile phone or tablet.



United Nations

The United Nations is an international organisation.

It works for peace and security everywhere in the world.

We call it the UN for short.

The UN is based in different places.
For example, it is in New York,
in the United States of America,
and in Geneva, in Switzerland.



Vote

Voting means choosing the **politicians** who represent us and make decisions for us.

You can vote in different areas.
For example:

- in your town or city
when you elect a new mayor
- in your country
when you elect a new president
- or at the **European elections**,
when you choose the new
Members of the European Parliament (**MEPs**).



Ambitions. Rights. Belonging.

Contact us and share your self-advocacy stories!



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