



# Europe for us

**Quality education for all!**

**+ info about Coronavirus**



Find explanations for words in **bold** at the end of Europe For Us on pages 27 to 40.

“Europe for us” is available in:

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

Go to [www.inclusion-europe.eu/europe-for-us](http://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 “Education”.

Education is Inclusion Europe’s theme for the year 2020.



We are having interviews with some people about the topic of education.



In this issue of Europe for Us, we also share some information in easy-to-read about the Coronavirus.

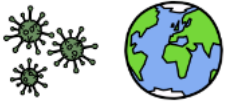
Other topics of this issue of Europe for Us are:

- The meeting of the EPSA members in Brussels
- The “Towards Inclusion” conference that took place in Brussels in January

**We hope you like this issue of Europe for Us!**

# Easy-to-read information about Coronavirus (COVID-19)

Coronavirus is a virus that started in China.



It spread to many countries in Europe and all around the world.

Coronavirus is also called COVID-19.

This is the name of the disease.

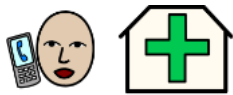


People with the Coronavirus disease have:

- a high temperature
- a cough
- a short breath.

Please keep in mind that if you feel this way it doesn't mean that you have Coronavirus for sure.

It can also be a normal flu.



You can call the emergency number for Coronavirus in your country and explain how you feel.

Call only if you really think you may have the disease.

There are some things you can do to not get the Coronavirus disease.

For example:



- wash your hands often with soap and water and for 20 seconds at least
- do not touch your face if your hands are not clean
- cough and sneeze in a tissue and then throw the tissue away
- stay home as much as possible.



The situation of Coronavirus can be different depending on the country you live in.

Governments are taking different actions in every country.

Many organisations of people with **intellectual disabilities** are giving information about Coronavirus in **easy-to-read** and in different languages.



**Inclusion Europe** suggests you to stay calm and not believe to everything you read on **social media**.

The best thing to do is to follow what the experts tell us about Coronavirus.

[Read more information in many languages here.](#)



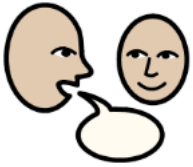


**Please note that we cancelled  
the Europe in Action 2020 conference  
because of the Coronavirus emergency.**

**The Europe in Action 2020  
was planned to happen  
in Vienna, Austria in May.**

**It was a difficult decision  
but we think that health  
is more important  
than anything else.**

# "That's what I learned": Inclusion Europe's new campaign on education



In 2020, **Inclusion Europe** launches a new campaign called "That's what I learned".

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

For example, on a website or on **social media**.

The topic of our campaign this year is education.

With this campaign we want to show all the benefits of **inclusive education**.



Inclusive education is good for children and teenagers with **intellectual disabilities** because they can feel part of society and make more friends.

Inclusive education is also good for children and teenagers without disabilities and for teachers.

They can learn everyone is different.

There are many good examples of inclusive schools.

But there are also many schools that are not inclusive.





For that reason, we need your help.

We want you to show us:

- good examples of inclusion in your school
- or bad examples where there is no inclusion.

Or where inclusion is not done the right way.

## **Who can participate?**

Everyone who is part of a school where there are students with intellectual disabilities.

For example:

- students with intellectual disabilities
- students without disabilities
- parents
- teachers
- headmasters (directors)

Also, parents who are trying to find inclusive education for their child.

And everyone else who thinks inclusive education is important!

# How to participate?



If you want to participate please follow these steps:

1. Go on Inclusion Europe website to download and print the document with the name "That's what I learned".

You can find it here:

[https://www.inclusion-europe.eu/educate/  
#CampaignMaterial](https://www.inclusion-europe.eu/educate/#CampaignMaterial)

under "Sheets of paper on  
'That's what I learned' – EN".

2. Write down what you want on this paper.

If you are a student, you can write something like:

- "I learned how to read and write"
- "I learned that everyone  
has the right to be included"

If you are a teacher, you can write something like:

- "I learned that every child is different,  
but they all want to learn"

If you are a parent, you can write something like:

- "I learned that it is difficult to find  
inclusive education for my child"

If you have other ideas, you can also write something else!

3. Next step is to take a picture with the paper in your hands.
4. Sign the picture release form.

This form gives us permission to use your picture.

You can find the form at:

<https://www.inclusion-europe.eu/educate/#CampaignMaterial>

under "Picture release forms – EN".

5. Send your picture and the form to:  
[comms@inclusion-europe.org](mailto:comms@inclusion-europe.org)

Please write "That's what I learned" as a title for the email.

6. You can also share the picture on social media.

Tag [@InclusionEurope](#)

and use the **hashtag** [#ThatsWhatILearned](#)

You can also make an interview!

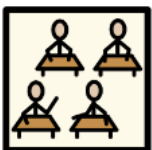
If you want to make an interview, please send us an email to:

[comms@inclusion-europe.org](mailto:comms@inclusion-europe.org)





# "Inclusion has no limits, the limits are only in our heads!"



The Martinschule is a school in Greifswald.

Greifswald is a town in Germany.

In the Martinschule pupils with **intellectual disabilities** and pupils without disabilities learn together.

All students of the Martinschule graduate.



In 2018, the school received the “German School Award”.

This is an award given to the best school in Germany.

The Martinschule received the award  
because everyone is included at school.

Benjamin Skladny is the headmaster of the Martinschule.

We asked him some questions  
on how children learn together at his school.



### How did the Martinschule start?



In the past in Germany  
children with intellectual disabilities  
could not go to school.



They were put in **institutions**  
or they went to a care centre during the day.

There was a care centre in Greifswald.



We turned the care centre into a school  
for pupils with intellectual disabilities.

We called it the Martinschule.

### Where did the students and teachers come from?

In the beginning there were 24 children  
at the care centre.

They all became pupils of the Martinschule.



Some teachers arrived at the school.

They were trained to work with children with intellectual disabilities.

Later, many more pupils arrived.

We moved the school to a new building in the centre of the town.



We wanted to be in the centre of the town because we wanted the students to meet other people.

### **How did inclusion at the Martinschule start?**

In the beginning we just had pupils with intellectual disabilities.

The parents of children with disabilities had had bad experiences with other schools and teachers.

So they were happy that they could take their children to a school where there were only children with disabilities.

In 2000 we worked together with a regular school so that their pupils could learn with our students.

Then we set up our own primary school with two classes: one for children with disabilities and one for children without disabilities.



From 2011 all classes became inclusive.

This means that children with intellectual disabilities were not in separate classes anymore.

There are always 3 or 4 children with intellectual disabilities in every class.

This is very important for children with intellectual disabilities.



Being together helps them to be more confident.

### What is special about teaching at the Martinschule?

The students can study on their own and learn at their own pace.

Every pupil has different goals about what to learn.



Our classes have special education teachers.

Assistants and therapists help them.

Students with intellectual disabilities can do internships.



We also have an apartment where they can practice **independent living**.

### Why is your idea of inclusion at school good?



Because it works!

At our school students can learn on their own.

This is good for everyone.

Our students are very good compared to other schools.



## What has changed after receiving the German School Award?

The award told us that we did a good job.

Not everyone likes the way we teach and many teachers left the school.



But we think that inclusion at our school is good and gets better every year.

Inclusion has not limits,  
the limits are only in our heads!







**"It changed  
my life!"**

Carmen Jiménez Recena is 23 years old.

She is from Spain and she has Down Syndrome.



She is a pharmacy technician.

Pharmacy technicians  
assist pharmacists in their work.

Carmen took part in the Erasmus programme  
and went to Portugal.

In the Erasmus programme, young people  
get to work and study in a different country.

The Erasmus programme is a programme  
of the **European Union**.

In Portugal, Carmen did an internship in a pharmacy.

Carmen was the first person with Down Syndrome in  
Spain who took part in the Erasmus programme.



She did an interview at a conference organised  
by our member Plena Inclusión Madrid.

Here you can read what she said:

### **How did you find out about the Erasmus programme?**

My sister took part in the Erasmus programme.

She went to France.

I thought: "I also want to do this!"

I wanted to do an internship abroad.

That's how I decided to go on Erasmus.

### **What did your parents say when you told them that you wanted to go on Erasmus?**

First my parents said no.

But then they supported me!



### Where exactly did you go?

I stayed in a small village close to Porto.

Porto is a city in Portugal.

I did an internship in a pharmacy.

I had different tasks.



For example, I had to check how much medicine we still had left.

### Did you get any support during your stay abroad?

I had the support of Alba.

Alba is a friend of mine.

She helped me to understand how things work in Portugal.

She made it easier for me to live abroad, far away from my home.

### How did the Erasmus experience change you?

I found out that I can trust myself.

I am more confident.

The Erasmus experience changed my life.

It shows that everyone can do anything.

It doesn't matter if you have a disability.



## Where are you working right now?



Until now, I was working in the pharmacy of a hospital.

It was very different from the pharmacy where I worked in Portugal.

The tasks were also different.

Now I am not working in the pharmacy of the hospital anymore.

But this experience made me understand that I really want to be a pharmacy technician.



# EPSA members meet in Brussels



**Self-advocates** from **EPSA** have met in Brussels.

At the meeting, they talked about different things.

Here are some of the things they talked about:



1. They talked about the 2019 Hear our Voices conference.

This conference was held in Graz, in Austria.

Many self-advocates took part in the conference to discuss the right to **vote** and to be **elected**.

2. EPSA members also talked about organising events better.



They said that **accessibility** at events is very important.

They also prepared rules for organisers, speakers and participants.

3. EPSA members talked about the Hear our Voices conference in 2021.

This conference will talk about **employment** and will be organised by one of **Inclusion Europe's** members.

All Inclusion Europe's members can apply to organise the conference.





4. EPSA members talked about improving inclusion at **Inclusion Europe**.



They said that Inclusion Europe is doing well in including everyone in their work.

But there are still some problems.

For example:

Inclusion Europe should not use difficult words.

5. EPSA members also talked about including more young people, women and people with **complex support needs** in **self-advocacy**.

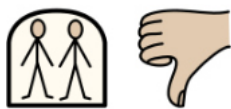


## Commissioner Helena Dalli speaks at the Towards Inclusion conference

Helena Dalli is a **Commissioner** at the **European Commission**.

She was one of the speakers at a conference about **deinstitutionalisation**.

The conference was organised by the **EEG**.



Commissioner Helena Dalli said that **institutions** are very bad for people with **intellectual disabilities**.



She said that people with intellectual disabilities have a better life when they **live independently** and in a community.



Helena Dalli also said that there will soon be a new **European Disability Strategy**.





Another speaker at the conference was Elisabeta Moldovan.

Elisabeta is a **self-advocate** and a member of **EPSA**.

She grew up in different institutions in Romania.

At the conference, Elisabeta talked about her experience growing up in institutions.



She said that her experiences were very bad.

She was moved from one institution to the next.

She needed to work for the staff of the institutions.

And she received no money for this work.



When she did not do what the staff told her, she was punished.

After many years, Elisabeta left the institutions and started living in the community.



She says her life is better now.



**Inclusion Europe's** Director Milan Šveřepa also spoke at the conference.

Milan said that these are the main things that should be done in the next years:

- no money for institutions
- when people with intellectual disabilities move out of an institution, they should be asked about their opinion
- once they are out of an institution, people should be able to live in a house or flat.

They should be able to see a doctor or go to the hospital when they need it.

And they should be able to get an **education**.



# Explanations



## Accessible

Something that is easy to use for people with disabilities.

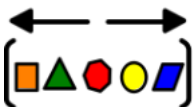
Such as:

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



## Commissioner at the European Commission

A Commissioner is a person who is responsible for a field of work at the European Commission and manages a lot of people.



## Complex Support Needs

Complex support needs are when a person with disabilities needs help in different and complicated ways.



## 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.

## Easy-to-read

Easy to read is information that is written in a simple way so that people with intellectual disabilities can understand.

It is important to use simple words and sentences. If there are words that are difficult to understand,

an explanation is provided.

The text needs to be clear to see,  
for example, black writing on a white background is good.  
It needs to be well-spaced.

Easy-to-read often uses pictures  
to explain what the text talks about.

Someone with an intellectual disability needs to  
check the information is easy to understand.



Easy-to-read documents often have this logo,  
so it is easier to find them.

There are rules on how easy-to-read should be done.



## Educate

Educate means to teach.

It means to make sure people have access to training  
so they can learn new skills.



## EEG

EEG is short for the  
“European Expert Group on the Transition from  
Institutional to Community-based Care”.

The EEG is a group of people who work on getting people out of **institutions** and into the community.

They tell the **European Union** and the countries in Europe what they must do so people can **live independently**.



## Elect

Elect means to decide who you want to stand for you and make decisions that have an impact on you.



## 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 elections

The European elections  
are the elections to the European Parliament.

When you vote at the European elections,  
you can have a say on who the new MEPs will be.

The MEPs speak for all the people  
who live in the European Union.

The European elections take place every 5 years.

The last European elections were in May 2019.



## 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.



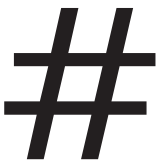
## Guardianship

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**.



## 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.



## Independent Living

Independent living means that people with **intellectual disabilities** live in the community and have support to do what they want.

They also can:

- choose with whom and where to live
- decide how they want to spend their time
- have the same experiences as all other people.



## 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.



## Politician

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

Politicians, for example, are

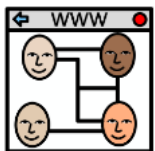
- mayors
- ministers
- candidates in the **elections**



## 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.



## Supported decision making

Supported decision making means that people with **intellectual disabilities** can make life decisions with the support of another person without disabilities.

This is what they can get support with:

- make choices about their lives
- start a family and raise children
- sign contracts – also working contracts
- have a bank account
- control their money and property
- make decisions about their health
- take part in **politics** and have the right to **vote**



## 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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