

## **Inclusion Europe**

The European Association of Societies  
of Persons with Intellectual Disabilities and their Families



**To share updates about the leadership training, please use the hashtag  
#LSTraining**

If you do not understand a word, have a look at the end of the programme.  
We put some explanations there.

## **Taking part in politics – We have something to say!**

Event for self-advocates and family members

**Brussels, 2. - 4. October 2018**

Inclusion Europe is organising an event which brings together  
self-advocates and family members from different countries.

They share their experiences.

They also learn how they can change the politics of the European Union.

On the next pages, you can read what we will do.



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**Tuesday, 2 October**

14.00 – 15.30	<p><b>Welcome</b></p> <p><b>Getting to know each other</b></p> <p><b>Explaining the next 2 days</b></p> <ul style="list-style-type: none"><li>• What will we talk about?</li><li>• How will we work?</li><li>• Who will we meet with?</li></ul> <p><b>Inclusion Europe</b></p> <ul style="list-style-type: none"><li>• Who we are and what we do</li></ul> <p><b>Other European disability rights organisations</b></p>
15.30 – 18.00	<p><b>Working in groups</b></p> <ul style="list-style-type: none"><li>• What do you know about national politics?</li><li>• Are your problems just yours?</li><li>• What are the common problems in Europe?</li><li>• What can European politicians do about these problems?</li><li>• Talking about political participation and democracy in Europe</li></ul>

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**Wednesday, 3 October**

9.00 – 10.00	<p><b>Inclusion Europe’s manifesto for the European elections</b></p> <ul style="list-style-type: none"><li>• What is it?</li><li>• Who can benefit from it?</li><li>• How can we use it?</li><li>• Why is it important?</li></ul>
10.00 – 12.00	<p><b>Working in groups</b> (each group will look at a different part of the manifesto)</p> <ul style="list-style-type: none"><li>• What does this mean?</li><li>• Why is it important?</li><li>• What will be the impact for people with intellectual disabilities and their families?</li><li>• What are good examples / stories to tell politicians?</li><li>• How can you use the manifesto?</li></ul>
12.00 – 12.30	<p><b>Sharing results/ideas</b></p>

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**Wednesday, 3 October**

13.30 – 15.00	<p><b>Learning about the meetings on the next day – the European Parliament</b></p> <ul style="list-style-type: none"><li>• What are political groups in the European Parliament?</li><li>• What are the committees?</li><li>• How do politicians in the European Parliament make decisions?</li><li>• The Disability Intergroup</li><li>• What can politicians in the European Parliament do for your country?</li></ul>
15.30 – 17.00	<p><b>Learning about the meetings on the next day – our messages</b></p> <ul style="list-style-type: none"><li>• What is a message?</li><li>• How can you write a message and who do you send it to?</li><li>• What are our messages and how will we deliver them?</li><li>• The message box</li><li>• Writing the final messages which we will give to politicians</li></ul>

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**Wednesday, 3 October**

15.30 – 17.00 (continuation)	<p><b>Leaders for change</b></p> <ul style="list-style-type: none"><li>• 10 rules of leadership</li><li>• Are you assertive?</li><li>• Are you empowered?</li><li>• Leadership in Europe</li></ul>
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**Thursday, 4 October**

Whole day	<p><b>Meetings with representatives of the political groups</b></p> <p>Afterwards we will talk about the experience.</p>
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# Explanations

## 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.

They 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.

Every MEP is part of a party.

In the European Parliament, the parties are called political groups.

## 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.



## **Inclusion Europe**

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of Persons with Intellectual Disabilities and their Families



## **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 policies in Europe.

We started in 1988.

We have 75 members in 39 European countries.

We are based in Brussels in Belgium.

## **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.

## **Self-advocacy**

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

