



# Europe for us

**Employment, education and  
living in isolation**



Find explanations for words in **bold** at the end of Europe For Us on pages 20 to 33.

“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.

# Contents

|    |   |
|----|---|
| 1  | <b>Soufiane about life and work in 2021</b>               |
| 4  | <b>Interviews with Croatian self-advocates</b>            |
| 9  | <b>Six people talk about the importance of employment</b> |
| 12 | <b>The Power of people platform in Spain</b>              |
| 14 | <b>Why we care about education</b>                        |
| 20 | <b>Explanations</b>                                       |



## Soufiane about life and work in 2021



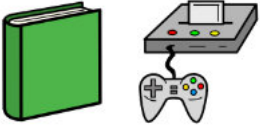
During the coronavirus the hardest thing for me was not being allowed to go to the office to see my colleagues.



The other hard thing for me was that I could not have more than 2 people come for dinner.



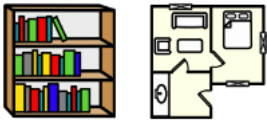
Also, not being able to go to the cinema like I did before Covid-19.



To keep myself busy during Covid-19 I finished a lot of books and played video games.



I also did a lot of puzzles and I ordered things from the Internet.



I learn how to put all my books in order and I even re-arranged my whole flat.



I got a lot of help from my colleagues when I was working from home.



I am looking forward to the Covid-19 ending and life going back to normal.

If we get sick it is ok, we must just take care of each other.



My family is doing great and  
I saw them more during the  
Covid-19 and it was nice.

Remember you are not alone  
and you have to take life by the horns.



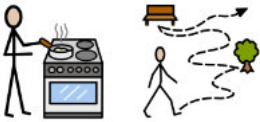
And say this covid-19 is  
not going to stop me doing  
all the things I did.

And also remember we  
are all in the same boat.

# Interviews with Croatian self-advocates

## Interview with self-advocate Biserka Sambol

### How do you spend your time in isolation?



I cook, I go to walk  
but I keep the distance.



I pray a lot at noon and  
in the evening.



I also celebrated my birthday.

At first, this situation was hard for me,  
but I somehow got used to it.



I talk to family and friends  
on a video call and on the telephone.



I follow the daily reports on corona virus.

## Did you learn some new things during this time?



Now I am spending more time with the people I love.

I put everything in God's hands.

## Interview with self-advocate Snježana Kanjir

### How do you spend your days at home during Coronavirus?



I liked to take walks in my neighborhood, I went for a massage and to my hairdresser.



I always wear a mask and gloves when I go out.



I help my mom to clean the apartment.



## Were you scared of an earthquake?



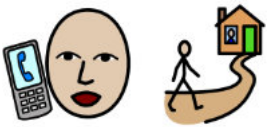
I was scared a little bit,  
I ran down the stairs.



The wall in the apartment cracked.



I'm a little bored  
and can't wait to go to work.



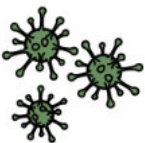
Sometimes I talk to my friends over the phone and  
see my brother when he visits me.

## Do you have a message for self-advocates?

Be careful so we can start  
to work as soon as possible.

## Interview with self-advocate Božidar Kobasić

### What was the hardest thing for you in this corona virus crisis?



I heard about corona virus in March.

At first I didn't know how dangerous it was.



In those first days I went on my own  
for a little walk.



Only now I see how dangerous it was.



Now, I can't wait for this coronavirus to end  
so I can go out of my house independently.

I learned I must be very careful about corona virus.

### **How was it for you when the earthquake happened in Zagreb?**



Everything started to shake,  
the walls cracked  
and the picture fell from the wall.

### **Were you afraid?**

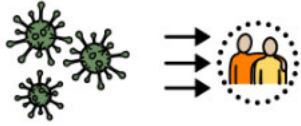


Yes, I was.

My partner and I  
went out of the apartment.

We didn't know what could happen next.

## Do you have a message for the self-advocates?



Everyone should be very careful  
and protect themselves from corona virus.

Be informed.

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The interviews were originally published in the Newsletter  
of the Association for Self-Advocacy in Croatia.

<http://www.samozastupanje.hr/>



# Voice of Self-Advocates

Newsletter of the Association for Self Advocacy

Issue 29

# Six people talk about the importance of employment



In Spain there are more than 200 thousand people with intellectual disabilities.



Plena Inclusion asked six people with intellectual disabilities a question.



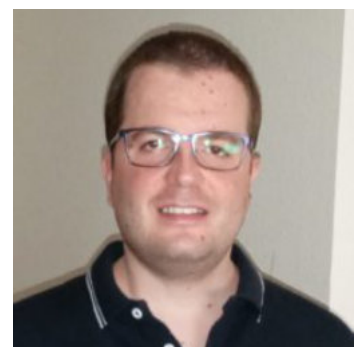
The question was:

**Why is employment important for people with intellectual disabilities?**



## Cristian Moya

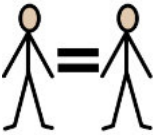
Employment is very important for people with disabilities, because they improve our quality of life and we feel more fulfilled.



## Patricia Gasco



Because I believe that we have every right to work.



Because we are citizens like everyone else.



## Pablo Buhigas



It is important because we have the same rights as people to work in any job, as all people with disabilities and without disabilities.



## Vanessa Alonso



Because in this way we can have a more independent life in the future.



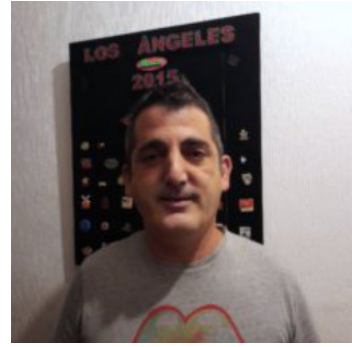
The right to employment is a right included in the UN Convention for people with disabilities.



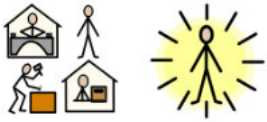
## Eduardo Gimeno



Because it gives you stability,  
it fulfills you as a person,  
you feel more useful and if you are  
lucky enough to have good companionship,  
you cannot ask for more.



## Ana Martinez



It is important to be able  
to access a job  
and to be valued in the society.

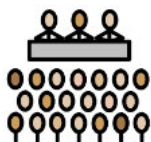


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Stories originally published by Plena Inclusion.

<http://planetafacil.plenainclusion.org/por-que-es-importante-el-empleo-para-las-personas-con-discapacidad-intelectual-o-del-desarrollo/>

# The Power of people platform in Spain

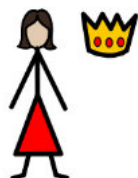


More than 500 people with intellectual or developmental disabilities have participated in the State Meeting.

The meeting was called The Power of the People.

This meeting was held in Toledo on Friday, September 24.

It is the first time people with intellectual disabilities have an organization of representatives from all over Spain.




The Queen of Spain welcomed the founding of the platform.

The Queen said:

"Power of people platform will ensure you can unite common interests to improve life.

Each of you is important".



"We have been silent for many years, but that is now over.

We are citizens like the rest,  
And that is why we want  
our rights to be respected  
and that we are not be  
discriminated against.

We also fight so that  
our organizations give us space to  
participate and decide on the  
issues that affect us.

That is the Power of the People".

Maribel Cáceres.

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The platform's website is at [elpoderdelaspersonas.org](http://elpoderdelaspersonas.org)





# Why we care about education



Living in your own place.  
Having friends.  
Making your own choices.  
Being good at something.  
Belonging.

We all share these goals.  
For ourselves.  
For others.  
Parents for their children.  
Teachers for the students.



School is where it starts.

School is very important for children.  
It is a place where they learn about things.



School is a place where students  
prepare for future work.



School is a place where children  
play together and make friends.



We need schools where  
all children can be together.  
Because they learn to work  
and to be with one another.  
To understand and respect each other.  
To look beyond differences.



School is a place to learn new skills  
Students can learn how to look for answers.  
Students can find out what they are good at.



We need schools where  
teachers give the right support.  
Where teachers find ways  
to bring out the best in all students.



A mother says:

“Inclusion at school is good for my daughter because it teaches her new skills.

She can deal with hard problems while being with other students”.



## There is progress



Inclusion Europe worked a lot to make education of children with disabilities a reality.

Some progress was made.

Some children with intellectual disabilities go to school with children without disabilities.



More and more people know inclusive education is good. All children have the right to get a good education.



## It's not enough



But there are still many children that are not going to school.

Children and students with intellectual disabilities have the right to learn together.



Separation of children with and without disabilities in schools is bad. It breaks relations between children. It limits future job possibilities. It makes it more difficult for families and society afterwards.



But the world of education is changing!



## What we should do

Separated education should be in the past.

There are a few things that we should do.



We should promote and make sure that all the students are in the same classroom.

That education methods  
are adapted to every student.  
That teachers have enough skills,  
time and tools.



The government should spend  
enough money on inclusive  
education to make it accessible.

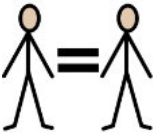


We must make sure education  
continues at every age.



Online education must also  
be possible and accessible.

People with intellectual disabilities  
should be able to teach  
and do research.



Everyone should be heard:

- People with intellectual disabilities
- Disability organisations
- Parents
- People who went in inclusive education
- Other victims of exclusion
- Teachers

Some words should not be used:



The word “special” should not be used for people with intellectual disabilities.

The word “alternative” should not be used for education because education should be “inclusive”.



Make sure we do not get confused:

- Integration is not inclusion
- It is not inclusive education

if there is no accommodation,  
no support and no full participation.

# Explanations



## Accessible

Something that is easy to use for people with disabilities.

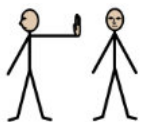
Such as:

- 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.



## 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.

## 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.



## ÉFOÉSZ

ÉFOÉSZ is an association of organisations that care and support the rehabilitation of people with intellectual disability in Hungary.



## Employment

Employment is when a person works and gets paid for their work.

It is usually based on a contract between the worker and the person who provides the job.

This person is the employer.



## 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 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.

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.



## European Pillar of Social Rights:

The European Pillar of Social Rights makes sure people in the European Union have new and more effective rights.



## 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.



## Healthcare

Healthcare is the services given to someone who is ill or who needs to take care of their health.

Healthcare involves going to the doctor, getting medicine and getting support for health problems of the body or the 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 79 members in 39 European countries.

We are based in Brussels in Belgium.



## Inclusive education, training, 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.

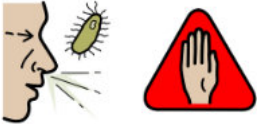
Intellectual disability often starts before you are an adult.

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.

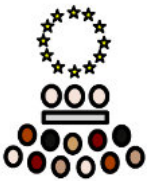
Some people say learning disabilities  
instead of intellectual disabilities.



## Lockdown

A lockdown happens when there is a need to control a situation that can be harmful.

During a pandemic like the one of COVID-19, the countries have lockdowns to stop the spread of the virus.



## MEPs

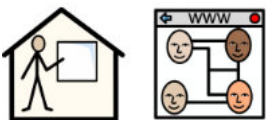
The members of the **European Parliament** are the **politicians** who sit in the European Parliament.

We call them MEPs for short.



## NGO Non-governmental organizations

Non-governmental organizations, or NGOs are generally defined as nonprofit and independent of governmental influence.



## Online Schooling

Online schooling is a way for students to attend their classes using a computer or another device to connect to the internet.



These classes happen with the help of online applications for meetings or online classrooms.



## Petition

A request made for something desired, especially a respectful or humble request, as to a superior or to one of those in authority.



## Podcast

Podcast is an audio file that anyone can listen to at any time either with a podcast app, website or youtube channel.



## Policies

Actions or practices of governments and institutions.

Policies are trying to make the situation better.

Policies can be a set of rules or guidelines to follow in or to achieve a specific goal.



## Rights of people with disabilities

A right is a rule that makes sure people are protected and they can have and do what they need to live a life with respect and safety.

Rights of people with disabilities are rules that are about the lives of people with disabilities.

For example, the right to get an education, or the right to live.



## Self-Advocacy

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

These people are called self-advocates.



## Segregation

Segregation is when someone is set apart from others for an unfair reason.

For example, because of their disability.



## United Nations Convention on the Rights of Persons with Disabilities.

The United Nations Convention on the Rights of Persons with Disabilities (in short, UN CRPD) is an important document.

It tries to make sure that the rights of people with disabilities are respected.



### 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**).



## Working conditions

Working conditions is the working environment and the circumstances of the job.

This includes the working hours, legal rights and responsibilities.

Working conditions also include the work that a person does with their body or their mind.



Ambitions. Rights. Belonging.

## Contact us and share your self-advocacy stories!



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