

**Hear  
our  
voices!**

# Hear our Voices!

## self-advocacy conference

20 – 22 September 2023, Tallinn, Estonia

draft program

Verde



# Day 2, Wednesday

13:00 – 14:00	Registration
14:00 – 15:30	<b>Opening session</b>  László Bersce <ul style="list-style-type: none"><li>• chair of the European Platform of Self-Advocates</li><li>• vice-president of Inclusion Europe</li></ul> self-advocate from Estonia and Agne Raudmess <ul style="list-style-type: none"><li>• EVPIT</li></ul>
15:30 – 16:00	Coffee break
16:00 – 17:30	László Bersce: How do we learn to be a self-advocate  Paul Alford: Getting a Voice - My Journey to life  Self-advocate from Estonia: Are you a good supporter?  What makes a strong self-advocate?

# Day 2, Thursday

## Morning

10:00 – 10:30	Welcome coffee
10:30 – 11:00	<b>Describing what will happen today, and how the day is organised.</b>
11:00 – 12:30  Two sessions at the same time.	<b>Session 1</b>  <b>The roads to self-advocacy</b> Ana Martinez, Plena inclusión, Spain Andreas Zehetner, Lebenshilfe Austria Oswald Föllerer, Self-advocacy centre Vienna, Austria  <b>Session 2</b>  <b>New ways to find our voice</b> Francesco Juarez, Fedele Collu, Anffas, Italy Self-advocate from Viltis, Lithuania
12:30 – 14:00	Lunch

# Day 2, Thursday

## Afternoon

14:00 – 14:30	<b>Let's get back!</b> Energising session
14:30 – 16:00  Two sessions at the same time.	<b>Session 3</b>  <b>The role of our families</b>  Ana Martinez  Brothers and sisters  Self-advocate from Estonia  <b>Session 4</b>  <b>Self-advocacy in Ukraine</b>
16:00 – 16:30	Coffee break
16:30 – 18:00  Two sessions at the same time.	<b>Session 5</b>  <b>Thinking together about the future</b>  Elisabeta Moldovan, Ceva de spus, Romania   <b>Session 6</b>  To be confirmed

Disco night from 19:30 to 22:00, organised by Viltis.

# Day 3, Friday

10:00 – 10:30	Welcome coffee
10:30 – 13:00	<b>What do we learn and what do we want?</b>  Creating a manifesto of self-advocats' demands from their countries.  Everyone works together, in smaller groups.
13:00 – 13:30	<b>Closing session</b>  László Bercse  Estonian representatives

## Something extra!

### Visit to Tallinn Old Town.

Medieval snack at the restaurant Olde Hansa.

15:00 to 18:00

# Practical info

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## **Where**

The conference takes place in Tallinn, Estonia.

[Radisson Blu Hotel Olümpia Tallinn](#)

Liivalaia 33, Tallinn, 10118, Estonia

## **Registration**

[Register here](#) (participants from outside Estonia).

There is no participation fee to attend the conference.

## **Travel and accommodation**

Participants organise and pay for their own travel and accommodation.

If you have questions about the conference, please write to

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



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