**Europe for us**

Number 4 / 2019

**If you dare to speak up,**

**inclusion happens!**

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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 Platfom 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.

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 it 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!

Thibeau 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.

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.

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 Téteghem.

Téteghem 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 Téteghem

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**](https://www.inclusion-europe.eu/easy-to-read-term/#IndependentLiving) **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.

**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.

**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 #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 76 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 who 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 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**).