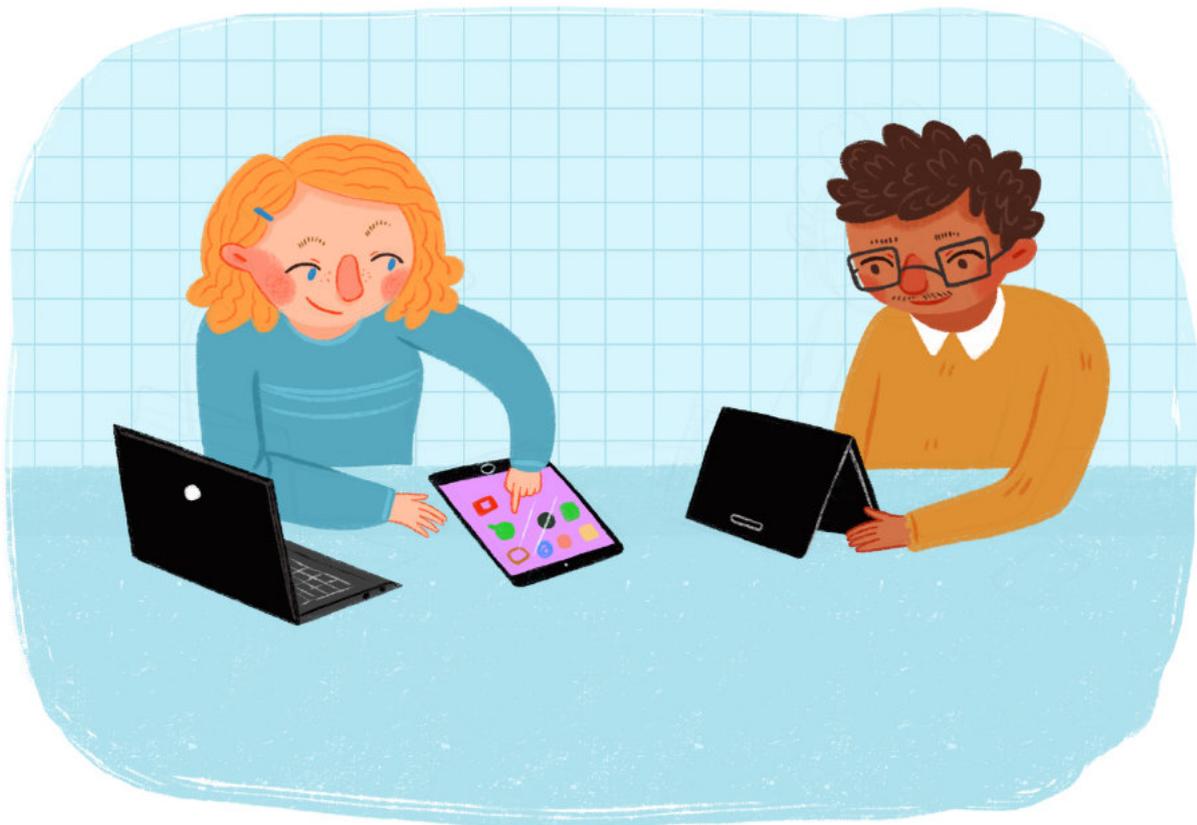




Europe for us

**Employ campaign and
a new podcast**



Find explanations for words in **bold** at the end of Europe For Us on pages 28 to 41.

“Europe for us” is available in:

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

Go to www.inclusion-europe.eu/europe-for-us to find the other language versions.

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Editor's note



Hi everyone, my name is Soufiane Elamrani.

I am the easy-to-read editor and self-advocacy expert.

In this Europe for us you will find what kind of things Inclusion Europe has been up to lately.

I really like the article on what the European Commission will be in the next 10 years for people with intellectual disabilities.

As a person with intellectual disabilities, it is important for me to know what the European Commission will do for all people with intellectual disabilities in the next 10 years.



As it was a great pleasure to be interviewed for the new Inclusion Europe podcast.

I really enjoyed telling my story to the whole world of how I found this job at Inclusion Europe.

Also, I think it is a good idea to have a Inclusion Europe podcast because it means we share with other people our own experiences about our lives.

Soufiane El Amrani: Life with intellectual disability - Inclusion Europe Radio

Inclusion Europe is creating a new project.



This new project is interviews with people with intellectual disabilities and people who live or work with people with intellectual disabilities.

The first interview for this series was done between Myrto Delkou and Soufiane El Amrani.

Myrto Delkou is the communication trainee of Inclusion Europe.

Soufiane El Amrani is the easy-to-read and advocacy officer at Inclusion Europe.



Myrto and Soufiane spoke about daily life and employment for people with disabilities.

Myrto and Soufiane also talked about COVID-19 and the way COVID-19 has changed the employment of people with intellectual disabilities.

Soufiane spoke about how important it is for people with intellectual disabilities to have a job and make their own money.



Soufiane talked about his own experience with applying for a job and working for Inclusion Europe.

Soufiane also spoke about the struggles he has faced in his daily life due to his disability.



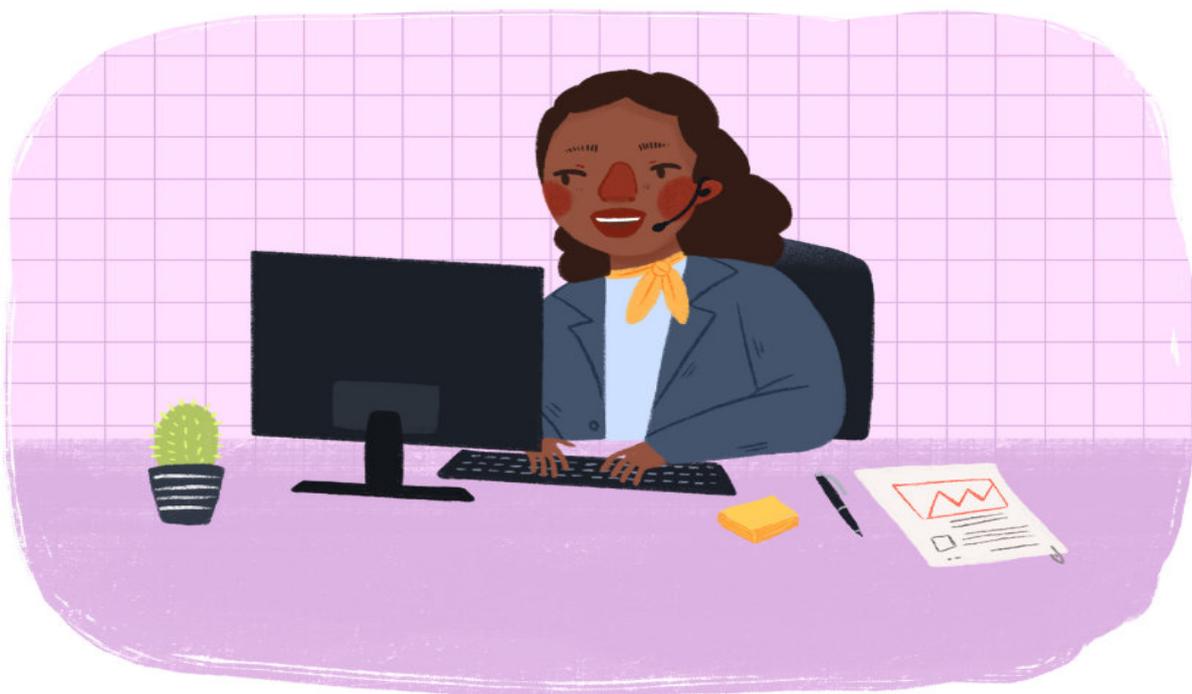
Myrto and Soufiane also discussed about Soufiane's personal goals and about how important it is that more employers give jobs to people with disabilities.

In the next episodes of the interview series Inclusion Europe wants to talk with more people with intellectual disabilities and learn more about their daily lives.



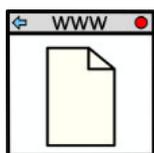
Listen to the podcast [here](#).

Employ campaign – Everyone has a right to work



In 2021 Inclusion Europe wants to talk more about supporting people with intellectual disabilities in the labour market.

Inclusion Europe wants to share good practices and discussions about inclusive employment everywhere in Europe.



Inclusion Europe made a page on the website about the employ campaign.

On the page Inclusion Europe shared useful videos and articles about employment.

You can visit the page [here](#).



Inclusion Europe is looking for self-advocates who would like to share their story about working and living independently.

Email us at comms@inclusion-europe.org.

Write us if you want to share your story.



Union of Equality Strategy for the Rights of Persons with Disabilities 2021-2030

#EUDisabilityRights
#UnionOfEquality



Union of equality: Strategy on the rights of persons with disabilities 2021-2030



The **European Union** is a group of 27 countries in Europe. These countries came together to make things better, easier and safer for people.



The **European Disability Strategy** is a plan that says how the European Union will work to protect the rights of people with disabilities in the next 10 years.



To make this happen, in the next 10 years the European Commission will work to make sure that all people with disabilities can:

- Move and live freely in any country of the European Union.
- Get the right support to be able to have a good life.
- Live independently.
They should not live in institutions away from their families and friends.
- Be part of the community together with other people.
- Make their own decisions about their lives.
For example, they have the right to decide where, how and with whom they want to live.
- Have the same chances to study and work as all other people.
- Have access to health care and other important things and services.
- Are treated in a fair way and with respect.
They should not be left out or be treated badly because they have a disability.

The European Commission will work closely together with all countries in the European Union to make this plan happen and protect the rights of all people with disabilities.

Read more about the European Disability Strategy [here](#).

What is the European Union?

Watch our easy-to-understand videos.



[Inclusion Europe](#) made a video about the [European Union](#).

This video talks about the European Union and explains the European Union in words that are [easy to understand](#).

Watch the video about what is the European Union.



[Link to the video.](#)



The European Charter of Fundamental Rights is a document that talks about human rights in the European Union.

All countries in the European Union must follow those rules.

Watch the video about what is the European Charter of Fundamental Rights.



[Link to the video.](#)

There are 70.0 million people with disabilities in the European Union.



The European Union has made laws and documents that say that people with disabilities should be protected and included in society.

Watch the video about why is the European Union important for people with disabilities.



[Link to the video.](#)



EPSA activities in 2020



My name is László Bercse.

I come from Budapest, Hungary.

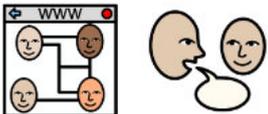
I am the Vice-President of Inclusion Europe and the Chair of EPSA.



EPSA is the European Platform of Self-Advocates.

I would like to tell you what EPSA worked on in 2020.

New challenges



The COVID-19 pandemic changed the way we work.

It affected the work of the EPSA Steering Group and the work of EPSA members.

Most organisations worked online.

This was difficult for some self-advocates, who have no computer, phone or access to the internet.



For some self-advocates
it was difficult to join online meetings
without having their supporters in the same room.

As an international organisation,
It was very difficult for us because of the translation.



But we continued working
and speaking up.



Self-advocates discovered new ways
to stay in contact and to advocate.

A new member of the Steering Group



In 2020 we said goodbye to Harry Roche.

Harry decided to focus on his national work
in the United Kingdom.

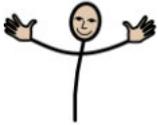
Harry had been a Steering Group member for a long time.

We were happy to work with Harry
and wished him all the best for the future.



Ana Martinez from Spain got elected
as the new member of the Steering Group.

Ana had been working with the Steering Group for some time already.



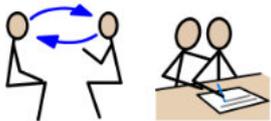
We were glad to welcome Ana to the group.

Steering Group meeting in Brussels



In January, we had a Steering Group meeting in Brussels.

We started planning the Hear Our Voices 2021 conference.

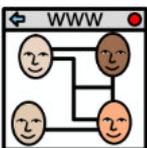


We talked about how Inclusion Europe can better include self-advocates in its work.

We also talked about how EPSA can include more

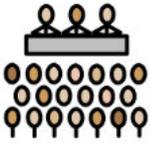
- young people
- self-advocate women
- and people with complex support needs.

This was the first and also the last time we met in person in 2020.



In the rest of the year, we had online meetings.

Towards Inclusion conference



In January, the European Commission organised a conference in Brussels.

The title of the conference was Towards Inclusion.

The conference was about the 10 years of deinstitutionalization, in Europe.

Elisabeta Moldovan was one of the speakers.

Elisabeta is a member of the EPSA Steering Group.

Elisabeta told her experiences about institutions and about the importance of support.



Position paper on the COVID-19 situation



In spring, EPSA prepared a questionnaire.

We asked our members how they were coping with the situation.



We used the answers to write a position paper.

We wrote about the main issues and what we want to achieve.



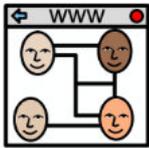
We want to make sure that our rights are respected and we are not left behind.

We want to be considered when planning support services for the future.



EDF conference

EDF is the European Disability Forum.



EDF and Lebenshilfe Germany organised an online conference in October.

The conference was about the situation of people with disabilities during COVID-19.



Andreas Zehetner was one of the speakers.

Andreas is from Austria.

He is a member of EPSA Steering Group.

Andreas said that governments not always consider us when planning measures.

Self-Advocates in Inclusion Europe's board

Our self-advocate colleague, Harry Roche left Inclusion Europe's board as well.



Oswald Föllerer took over his position and joined the board.

Oswald is an Austrian member of EPSA Steering Group.

Oswald helps us to make sure that the voices of self-advocates are heard in Inclusion Europe.



The project My Talents for Diversity

In 2020 Inclusion Europe had a project about employment.

The title of the project was My Talents for Diversity.



The project aimed to support the employment of people with intellectual disabilities.

Self-Advocates also worked on the project.

There were online events in during the project.

I spoke at two of the events.



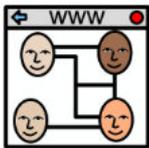
I spoke about

- why employment is important for self-advocates
- and how to support the employment of self-advocates.



The conference of PSONI

PSONI is the Polish Association of Persons with Intellectual Disability.



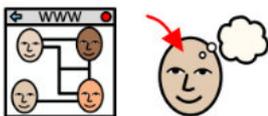
In November, PSONI organised an online conference for self-advocates.

I sent a video message to the conference.



I talked about the work of EPSA and the role of self-advocates in Inclusion Europe.

Learning by Sharing events



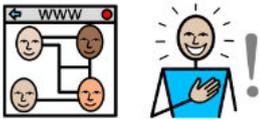
In November, EPSA organised national events for self-advocates, online.

We called them Learning by Sharing.

Self-advocates could share their experience about the COVID-19 situation and learn from each other.

We had 7 online events in 7 different languages.

We had 71 attendees altogether, from 11 countries.



Self-advocates shared how they overcame difficulties, so others could learn ways to do the same.

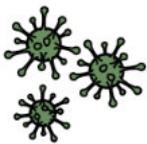


We also heard useful suggestions on how governments should support us and ensure our rights in situations like this in the future.

European Day of Persons with Disabilities



Every December, the European Committee organises a conference called the European Day of Persons with Disabilities.

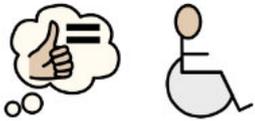


This year they had a discussion about the COVID-19 situation and the recovery after the emergency.

I was asked to speak at discussion.

I said that the governments must learn from the experiences.

They must listen to us, when planning protection measures.



Our lives are as valuable as others'.

Thank you!

I want to thank my colleagues and everyone in our movement for their work in 2020.



I really admire all persons with intellectual disabilities, family members supporting them and the staff of services.

I hope that 2021 is going to be a better year.

I am looking forward to meet you in person soon!

László Bercse

Chair

European Platform of Self-Advocates

Belgium condemned - Inclusive education for children with intellectual disabilities

The European Committee of Social Rights says that Belgium does not do enough for **inclusive education**.



The European Committee of Social Rights is a regional human rights body that protects **social rights**.

Social rights are like education, health or having a house.



Inclusive education means that all children can go to the same school and learn in the same classroom.

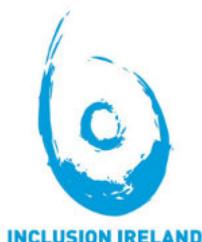
But Belgium does not do enough to make sure that all children with intellectual disabilities can go to inclusive education.



On Wednesday, the 3rd of February 2021 the European Committee of Social Rights condemned Belgium.

They said it is true that the **Wallonia Brussels Federation** does not do enough to make sure children with intellectual disabilities can have an inclusive education.

Paul Alford, Barriers to Employment - General Discussion at the CRPD Committee



A statement for the CRPD Committee hearing on employment, prepared with [Inclusion Ireland](#).

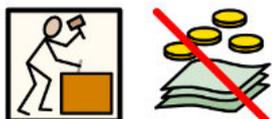
Inclusion Ireland is a member of Inclusion Europe.



My name is Paul Alford.

I work with [Inclusion Ireland](#).

I was in sheltered workshops.



I did a lot of work at the time but I didn't get any money.

This was not right.

Those workshops are now closed, but we need to make sure they don't reopen.



Later on I started working in a shop but I did not get a lot of money, just 2 or 3 euros per week.



Now, I get a good wage for my work and I have plenty of money to **live independently** in my own home.

I got no education.

When I started working with [Inclusion Ireland](#), I couldn't read and write.

I did courses to learn to read and write and work on computers.



It is very important to get proper money for working, a disability allowance and the support needed to work.

People are afraid of losing their benefits if they work.

People need to change their attitudes.

People with [intellectual disabilities](#) can do good work.



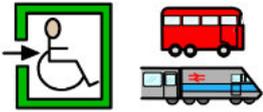
There needs to be more awareness for employers to take on people with disabilities and treat them the same as everyone.

People with disabilities should not be bullied on transport or in work.

Finding a job can be hard.

We have some systems in Ireland but this doesn't work for a lot of people as they need more support.

Many people just stay in day services and no one expects them to get a job.



Transport is really important for people to get to work, they need access to transport and training.

Everyone deserves the same chance to work and the support to make it happen and live a good life.



Working changed my life a lot and now I have a good life.

Explanations



Accessible

Something that is easy to use for people with disabilities.

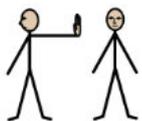
Such as:

- 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.

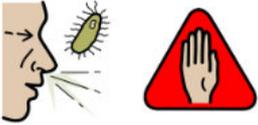
Intellectual disability often starts before you are an adult.

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

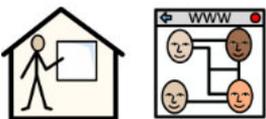
The members of the **European Parliament** are the **politicians** who sit in the European Parliament.

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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facebook.com/inclusion europe



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twitter.com/InclusionEurope

Sign up to get Europe for Us when it comes out:
[bit.ly/Inclusion Europe Newsletter](https://bit.ly/Inclusion_Europe_Newsletter)



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