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

At the end of the programme you can find a list of explanations of words that can be difficult.

Preparing for European elections 2019:

Training for self-advocates and family members

2 – 4 October 2018, Brussels, Belgium

This training brings together self-advocates and family members from different countries.

Participants in the training will learn about the European elections 2019.

They will also learn about what Inclusion Europe plans to do

before the elections

to make the voices of people with intellectual disabilities heard.


Participants will share their experience

in participating in politics.

They will also learn how to prepare

for meetings with politicians and officials.


Participants will learn about things

that can make elections more accessible

for people with intellectual disabilities.


They will meet

with representatives of European political parties

to explain why it is important to make things accessible.

They will also talk about why it is important

to involve people with intellectual disabilities.


On the next pages, you can read in detail

what we will do during the training.

Inclusion Europe organises this training every year.

You can see how it went last year here: https://bit.ly/2xYaB51

The training will take place in two different venues.

On the **2 October** it will be at the office of

Inclusion Europe,
**55 Rue d'Arlon, Brussels**

and on the **3 and 4 October** it will be at

Maison des Associations Internationales (MAI),
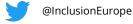**40 Rue de Washington, Brussels**

On the **3 October** we will have a dinner.

Dinner will be at **19:30** at
**San Giacomo**
**Chaussée de Wavre 68, 1050 Ixelles**

When talking about the training
on Facebook or Twitter, please put in this text:

**#LStraining @InclusionEurope**

This helps us see what you write
and share it with others.

@InclusionEurope          facebook.com/inclusioneurope          youtube.com/user/inclusioneurope

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## Tuesday, 2 October

| | |
|---|---|
| 14.00 – 15.30 | Welcome<br><br>Getting to know each other<br><br>Explaining the next 2 days<br><br>• What will we talk about?<br><br>• How will we work?<br><br>• Who will we meet with?<br><br>Who we are and what we do<br><br>• Inclusion Europe<br><br>• EPSA<br><br>• Other European disability rights organisations |
| 15.30 – 18.00 | **Working in groups** (separate groups – self-advocates and family members)<br><br>• What do you know about national politics?<br><br>• Are your problems just yours?<br><br>• What are the common problems in Europe? |

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| | |
|---|---|
| 15.30 – 18.00 (continuation) | • What can European politicians do about these problems?<br><br>Talking about political participation and democracy in Europe |

## Wednesday, 3 October

| | |
|---|---|
| 9.30 – 10.00 | **Inclusion Europe's manifesto for the European elections**<br><br>• What is it?<br><br>• Who can benefit from it?<br><br>• How can we use it?<br><br>• Why is it important? |

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| | |
|---|---|
| 10.00 – 12.00 | **Working in groups** (separate groups – self-advocates and family members)<br><br>Thinking about Rights and Inclusion:<br><br>• What if all people had to take a test to vote?<br><br>• What if no one understood how to vote or the political programmes?<br><br>• How can MEPs include and involve us?<br><br>• How can MEPs champion disability rights in their work? |
| 12.00 – 12.30 | **Sharing results/ideas** |

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## Wednesday, 3 October (continuation)

| | |
|---|---|
| 13.30 – 15.00 | **Learning about the meetings on the next day to the European Parliament**<br><br>What are political groups in the European Parliament?<br><br>What are the committees?<br><br>How do politicians make decisions in the European Parliament?<br><br>The Disability Intergroup<br><br>What can politicians do for your country in the European Parliament? |
| 15.30 – 16.30 | **Learning about the meetings on the next day Our messages**<br><br>What is a message?<br><br>How can you write a message and who do you send it to?<br><br>What are our messages and how will we deliver them?<br><br>The message box<br><br>Writing the final messages which we will give to politicians |

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| 16.30 – 17.00 | **Leaders for change**<br><br>• 10 rules of leadership<br><br>• Are you assertive?<br><br>• Are you empowered?<br><br>• Leadership in Europe |
|---|---|

## Thursday, 4 October

| We do not know yet the exact times | **Meetings with representatives of the political groups**<br><br>Afterwards we will talk about the experience. |
|---|---|

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# 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.

## 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.

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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.

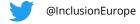There are rules on how easy-to-read should be done.

You can read the European standards

of easy-to-read information here: http://easy-to-read.eu

## 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.

## 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.

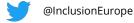Every MEPs is part of a party.

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.
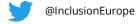  A consumer is someone who buys things.

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 #LStraining and you click on it,
  you will be taken to all the messages
  that have to do with our Leadership training.

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.

MEP

See **European Parliament**

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.

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Self-advocacy

Self-advocacy is when

people with intellectual disabilities speak up

for themselves.

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.