# http://inclusion-europe.eu/wp-content/uploads/2017/06/ETR-150x150.jpg**Click on a word which is in bold to read what it means.**

**What can you do
for the European elections?**There are many things you can do
for the [**European elections**](https://inclusion-europe.eu/easy-to-read-term/#EUelections).

**Talk to the candidates**

The people who want to become elected
are called candidates.

Find out more about the candidates
in your country or region.

Write to them.

Call them and ask for a meeting.

When you talk to them:

* Tell them about [**easy-to-read**](https://inclusion-europe.eu/easy-to-read-term/#ETR) and why it is important.
* Ask them to give easy-to-read information
about what they would like to do
if they are elected.
* Tell the candidates to meet with
people with [**intellectual disabilities**](https://inclusion-europe.eu/easy-to-read-term/#IntellectualDisability) and their families.
* Tell them about the things that are important to you.
The candidates should keep these things in mind
if they get elected.

You can also tell the candidates
how you can help them.

For example, you can tell other people
about candidates who care
about what you have to say.

**Organise and work with others**

Meet with other people
to talk about the elections.

You can help them understand:

* why the elections are important
for people with intellectual disabilities
and their families.
* how [**MEPs**](https://inclusion-europe.eu/easy-to-read-term/#MEPs) can influence their lives.
* why they should vote in the European elections.

**Go and vote**

The European elections will be
between 23 - 26 May 2019.

Every country can choose
on which of these days
 it will hold the elections.

Put the date of the elections in your calendar
so you remember.

Go and vote.

Your vote matters.