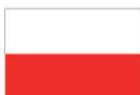




INCLUSI  **N**

Guide-book on social inclusion

ALL INCLUSIVE



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“On behalf of Associazione Uniamoci Onlus, I would like to thank all the participants and volunteers who contributed to make another important step towards social inclusion.”

Davide Di Pasquale
President of Associazione
Uniamoci Onlus

Seminar:

European ... Inclusion

(YiA, action 4.3)

Seminar: European ... Inclusion (YiA, action 4.3)

“European...Inclusion” is a social project focused on the understanding of the concept of social exclusion of people with fewer opportunities (young disabled people, young people coming from disadvantaged areas, young people with social obstacles and young people with economic obstacles) and the sharing of concrete methods and social activities to realize social inclusion implemented by the promoters, with the aim to encourage an active participation in the society.

Therefore the Project aims to follow and to implement the European priority about Inclusive Growth encouraging young people’s awareness and commitment to tackling marginalization for a more inclusive society, through the creation of an intercultural meeting focused on social exclusion of disadvantaged young people (mainly linked to disability) and the sharing of methods and social activities implemented by the promoters in this field, emphasizing the importance of the active participation of young people in the spread of European values and building of the future Europe .

The project’s Activity consisted of a 5 days seminar (the activities started on 16/03 /2013 and finished on 20/03/2013), that took place in Palermo. It involved 5 different promoters coming from different European Countries: Italy, Romania, Sweden, Poland, Lithuania. The seminar involved 5 participants for each Country (social workers and educators working in the youth and social field, volunteers or young people interested in joining a social action) and 1 expert or facilitator for each Organization. They had the opportunity to share their own expertise, experiences and to increase their skills, abilities and competences in the creation and implementation of new social actions.

The main objectives of the project were:

- stimulating the sharing of know-how and best practices in the field of social inclusion of young people with fewer opportunities in an European contest.
- stimulating the creation of social actions able to reach disadvantaged groups, through volunteering and non formal learning method.
- making young people aware of denied social integration of people with fewer opportunities and their rights.
- to launch an awareness campaign focused on diffusing Youth in Action tools and opportunities in the project’s field.

In order to reach this objectives, “European...Inclusion” involved the participants in the following activities:

- knowledge games, group building activities in order to create an atmosphere of trust, respect and cooperation
- simulations and brainstorming on the concept of marginalization and diversity.
- discussion on the Rights of persons with disability with Prof. Urbano Stenta, who cooperated in the writing of the UN Convention on this topic.
- intercultural meeting open to the public about the Promoters working methods in social inclusion field
- round tables with local actors in social inclusion
- workshop on planning new projects under Youth in Action to involve young people with less opportunities or to foster young people active social citizenship
- workshop on editing a Guide-Book on social inclusion

The activities were developed according to an approach of reciprocal respect and based on a new education system optimized by “learning by doing” methodology according Salto Resources tools for projects about inclusion and diversity. The method will consisted in “sharing tools”: each single participant, speaker and expert will present to other ones his/her tools and approaches

dealing with social exclusion issues. The sharing of different experiences will contribute to create a non formal learning environment, able to multiply the project's effects on participants and community.

The present guide-book is the result of the project activities and derives from the active involvement of the participants to the workshop on editing it, through the task division and work in small groups; it contains project's main topics and shared experiences, tools and skills.

Youth in Action Programme

Youth in Action is the Programme the European Union has set up for young people. It aims to inspire a sense of active European citizenship, solidarity and tolerance among young Europeans and to involve them in shaping the Union's future. It promotes mobility within and beyond the EU's borders, non-formal learning and intercultural dialogue, and encourages the inclusion of all young people, regardless of their educational, social and cultural background: Youth in Action is a Programme for all.

Our project was realized under the Action 4.3.

This sub-Action supports the training of those active in youth work and youth organisations, in particular the exchange of experiences, expertise and good practice as well as activities which may lead to long-lasting quality projects, partnerships and networks. Thanks to this action we had a chance to meet together on the project "European...Inclusion" and altogether focus on the topic of social exclusion of disadvantaged young people, emphasize the importance of the active participation of young people and reflect on the possibilities for the future cooperation among each other.

More information about the Programme: http://eacea.ec.europa.eu/youth/index_en.php

Life's a box of chocolates. You never know what you're gonna get.



Analysis of diversity & social marginalization

During our project we have been working with two terms: diversity and social marginalization.

Diversity: separation, collection, resource, change, differences, mixture, power, influence, knowledge, equal opportunities, connection, misunderstanding, tolerance, open mind, unity.

Diversity - can be thought as “otherness”. It encompasses differences in perspectives, identity and points of view among individuals who make up the wide community. Diversity includes important and interrelated dimensions of human identity such as race, ethnicity, gender, socio-economic status, nationality, religion, sexual orientation, physical abilities/qualities and age (the differences are important to understand but they cannot be used to predict any individual values, choices or responses).

Marginalization: exclusion, communication, unaccepted by society, prejudices, denigration, immigration, sub-culture, barrier, discrimination, identity, war, societal groups, preconception ideas, poverty, job, instruction, outside of the mainstream, violence, disability, grey zones, understanding somebody

Social marginalization happens when a group of people are relatively deprived of having equal and adequate opportunity to determine their relationships autonomously (in any aspect of social life) with the members of the broader society.

Causes of social marginalization

Social marginalization is usually associated with the lack of:

- representation in decision making processes
- recognition of rights and responsibilities
- equal redistribution of resources and services.



Convention on the rights of persons with disabilities

Convention on the rights of persons with disabilities

The project has allowed us to meet professor Urbano Stenta, Italian foreign ministry assistant, that took part in the Convention on the Rights of Persons with Disabilities, held the 13 December 2006 at the United Nations Headquarters in New York. The Convention entered into force on 3 May 2008. Here are some of the most impressive parts of it-some of them has been cut because of space problems:

Article 1 - Purpose

The purpose of the present Convention is to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity.

Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

Article 2 - Definitions

For the purposes of the present Convention:

- “Communication” includes languages, display of text, Braille, tactile communication, large print, accessible multimedia as well as written, audio, plain-language, human-reader and augmentative and alternative modes, means and formats of communication, including accessible information and communication technology;
- “Language” includes spoken and signed languages and other forms of non spoken languages;
- “Discrimination on the basis of disability” means any distin-

ction, exclusion or restriction on the basis of disability which has the purpose or effect of impairing or nullifying the recognition, enjoyment or exercise, on an equal basis with others, of all human rights and fundamental freedoms in the political, economic, social, cultural, civil or any other field. It includes all forms of discrimination, including denial of reasonable accommodation;

- “Reasonable accommodation” means necessary and appropriate modification and adjustments not imposing a disproportionate or undue burden, where needed in a particular case, to ensure to persons with disabilities the enjoyment or exercise on an equal basis with others of all human rights and fundamental freedoms;
- “Universal design” means the design of products, environments, programmes and services to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design. “Universal design” shall not exclude assistive devices for particular groups of persons with disabilities where this is needed.

Article 3 - General principles

The principles of the present Convention shall be:

- a. Respect for inherent dignity, individual autonomy including the freedom to make one’s own choices, and independence of persons;
- b. Non-discrimination;
- c. Full and effective participation and inclusion in society;
- d. Respect for difference and acceptance of persons with disabilities as part of human diversity and humanity;
- e. Equality of opportunity;
- f. Accessibility;
- g. Equality between men and women;
- h. Respect for the evolving capacities of children with disabilities and respect for the right of children with disabilities to pre-

serve their identities.

Article 4 - General obligations

1. States Parties undertake to ensure and promote the full realization of all human rights and fundamental freedoms for all persons with disabilities without discrimination of any kind on the basis of disability.

Article 6 - Women with disabilities

1. States Parties recognize that women and girls with disabilities are subject to multiple discrimination, and in this regard shall take measures to ensure the full and equal enjoyment by them of all human rights and fundamental freedoms.
2. States Parties shall take all appropriate measures to ensure the full development, advancement and empowerment of women, for the purpose of guaranteeing them the exercise and enjoyment of the human rights and fundamental freedoms set out in the present Convention.

Article 8 - Awareness-raising

1. States Parties undertake to adopt immediate, effective and appropriate measures:
Measures to this end include:
 - a. Initiating and maintaining effective public awareness campaigns designed:
 - I. To nurture receptiveness to the rights of persons with disabilities;
 - II. To promote positive perceptions and greater social awareness towards persons with disabilities;
 - III. To promote recognition of the skills, merits and abilities of persons with disabilities, and of their contributions to the workplace and the labour market;

- b. Fostering at all levels of the education system, including in all children from an early age, an attitude of respect for the rights of persons with disabilities;
- c. Encouraging all organs of the media to portray persons with disabilities in a manner consistent with the purpose of the present Convention;
- d. Promoting awareness-training programmes regarding persons with disabilities and the rights of persons with disabilities.

Article 9 - Accessibility

1. To enable persons with disabilities to live independently and participate fully in all aspects of life, States Parties shall take appropriate measures to ensure to persons with disabilities access, on an equal basis with others, to the physical environment, to transportation, to information and communications, including information and communications technologies and systems, and to other facilities and services open or provided to the public, both in urban and in rural areas. These measures, which shall include the identification and elimination of obstacles and barriers to accessibility, shall apply to, inter alia:
 - a. Buildings, roads, transportation and other indoor and outdoor facilities, including schools, housing, medical facilities and workplaces;
 - b. Information, communications and other services, including electronic services and emergency services.

Article 12 - Equal recognition before the law

1. States Parties reaffirm that persons with disabilities have the right to recognition everywhere as persons before the law.
2. States Parties shall recognize that persons with disabilities enjoy legal capacity on an equal basis with others in all aspects of life.

3. States Parties shall take appropriate measures to provide access by persons with disabilities to the support they may require in exercising their legal capacity.

Article 19 - Living independently and being included in the community

States Parties to this Convention recognize the equal right of all persons with disabilities to live in the community, with choices equal to others, and shall take effective and appropriate measures to facilitate full enjoyment by persons with disabilities of this right and their full inclusion and participation in the community, including by ensuring that:

- a. Persons with disabilities have the opportunity to choose their place of residence and where and with whom they live on an equal basis with others and are not obliged to live in a particular living arrangement;
- b. Persons with disabilities have access to a range of in-home, residential and other community support services, including personal assistance necessary to support living and inclusion in the community, and to prevent isolation or segregation from the community;
- c. Community services and facilities for the general population are available on an equal basis to persons with disabilities and are responsive to their needs.

Article 21 - Freedom of expression and opinion, and access to information

States Parties shall take all appropriate measures to ensure that persons with disabilities can exercise the right to freedom of expression and opinion, including the freedom to seek, receive and impart information and ideas on an equal basis with others and through all forms of communication of their choice, as defined in article 2 of the present Convention, including by:

- a. Providing information intended for the general public to persons with disabilities in accessible formats and technologies appropriate to different kinds of disabilities in a timely manner and without additional cost;
- b. Accepting and facilitating the use of sign languages, Braille, augmentative and alternative communication, and all other accessible means, modes and formats of communication of their choice by persons with disabilities in official interactions;
- c. Urging private entities that provide services to the general public, including through the Internet, to provide information and services in accessible and usable formats for persons with disabilities;
- d. Encouraging the mass media, including providers of information through the Internet, to make their services accessible to persons with disabilities;
- e. Recognizing and promoting the use of sign languages.

Article 23 - Respect for home and the family

1. States Parties shall take effective and appropriate measures to eliminate discrimination against persons with disabilities in all matters relating to marriage, family, parenthood and relationships, on an equal basis with others, so as to ensure that:
 - a. The right of all persons with disabilities who are of marriageable age to marry and to found a family on the basis of free and full consent of the intending spouses is recognized;
 - b. The rights of persons with disabilities to decide freely and responsibly on the number and spacing of their children and to have access to age-appropriate information, reproductive and family planning education are recognized, and the means necessary to enable them to exercise these rights are provided;
 - c. Persons with disabilities, including children, retain their fertility on an equal basis with others.

Article 27 - Work and employment

1. States Parties recognize the right of persons with disabilities to work, on an equal basis with others; this includes the right to the opportunity to gain a living by work freely chosen or accepted in a labour market and work environment that is open, inclusive and accessible to persons with disabilities. States Parties shall safeguard and promote the realization of the right to work, including for those who acquire a disability during the course of employment, by taking appropriate steps, including through legislation
2. States Parties shall ensure that persons with disabilities are not held in slavery or in servitude, and are protected, on an equal basis with others, from forced or compulsory labour.

Article 29 - Participation in political and public life

States Parties shall guarantee to persons with disabilities political rights and the opportunity to enjoy them on an equal basis with others, and shall undertake to:

- a. Ensure that persons with disabilities can effectively and fully participate in political and public life on an equal basis with others, directly or through freely chosen representatives, including the right and opportunity for persons with disabilities to vote and be elected
- b. Promote actively an environment in which persons with disabilities can effectively and fully participate in the conduct of public affairs, without discrimination and on an equal basis with others, and encourage their participation in public affairs,

Article 30 - Participation in cultural life, recreation, leisure and sport

States Parties recognize the right of persons with disabilities to take part on an equal basis with others in cultural life, and shall take all appropriate measures to ensure that.

2. States Parties shall take appropriate measures to enable persons with disabilities to have the opportunity to develop and utilize their creative, artistic and intellectual potential, not only for their own benefit, but also for the enrichment of society.

Article 33 - National implementation and monitoring

1. States Parties, in accordance with their system of organization, shall designate one or more focal points within government for matters relating to the implementation of the present Convention, and shall give due consideration to the establishment or designation of a coordination mechanism within government to facilitate related action in different sectors and at different levels.

2. States Parties shall, in accordance with their legal and administrative systems, maintain, strengthen, designate or establish within the State Party, a framework, including one or more independent mechanisms, as appropriate, to promote, protect and monitor implementation of the present Convention. When designating or establishing such a mechanism, States Parties shall take into account the principles relating to the status and functioning of national institutions for protection and promotion of human rights.

3. Civil society, in particular persons with disabilities and their representative organizations, shall be involved and participate fully in the monitoring process.

Article 34 - Committee on the Rights of Persons with Disabilities

1. There shall be established a Committee on the Rights of Persons with Disabilities (hereafter referred to as “the Committee”), which shall carry out the functions hereinafter provided.

2. The Committee shall consist, at the time of entry into force

of the present Convention, of twelve experts. After an additional sixty ratifications or accessions to the Convention, the membership of the Committee shall increase by six members, attaining a maximum number of eighteen members.

Article 35 - Reports by States Parties

1. Each State Party shall submit to the Committee, through the Secretary-General of the United Nations, a comprehensive report on measures taken to give effect to its obligations under the present Convention and on the progress made in that regard, within two years after the entry into force of the present Convention for the State Party concerned.

2. Thereafter, States Parties shall submit subsequent reports at least every four years and further whenever the Committee so requests.

3. The Committee shall decide any guidelines applicable to the content of the reports.

4. A State Party which has submitted a comprehensive initial report to the Committee need not, in its subsequent reports, repeat information previously provided. When preparing reports to the Committee, States Parties are invited to consider doing so in an open and transparent process and to give due consideration to the provision set out in article 4.3 of the present Convention.

5. Reports may indicate factors and difficulties affecting the degree of fulfilment of obligations under the present Convention.



Methods of social inclusion: the partner organizations and their activities

AETA-Romania

The Association for Youth and Adult Education is an NGO for education, training and consulting, as well as for social and humanitarian services. The target group is represented by young and adult people from the area of Bailesti, especially those with a low living standard, such as the young unemployed with very little or no income at all. Bailesti is largely a poor town with the majority of people relying on small incomes and with no bright perspectives for the near future.

Aeta's main objective is to motivate young and adult people to get involved in activities related to activate citizenship, fight against discrimination, consumers' rights, democracy and civil rights and protection of the environment. We are focused on involving young people in interacting with people from different countries and cultures in order to promote the understanding and respect for participate democracy and cultural diversity. AETA exists since less than one year, but is has already been involved in many international projects in the area of youth and adult education.

Therefore, the Association for Youth and Adult Education is fully dedicated to its role in assisting people belonging to vulnerable social groups and to marginal social contexts in order to give them alternative opportunities to access adult education. We strongly believe in the usefulness of innovative practices in youth and adult education in different countries and their transfer in our educational activities.

AETA

UNIAMOCI ONLUS-Italy

It is a no profit organization, founded in Palermo, through deed, on the 26th of May 2008.

It works in the field of integration, safeguard and social assistance of people with disabilities.

Associazione Uniamoci Onlus received, on free loan, by Palermo's Town Council a property confiscated to the Mafia. It is situated in 36, Via Giafar.

Today this centre is a point of reference for social, cultural and study activities for all Palermo's young people with disability.

Associazione Uniamoci Onlus manages, thanks to the support and the experience of its numerous members:

-The SOCIAL FORUM on disability accessible through the following link : <http://uniamocionlus.forumfree.it/>

-The newspaper "Disabile in...forma"

-The web-radio Senza Barriere, where current issues are discussed with the contribution of Italian and international guests that are active in the social field

-A service of free Psychological Counselling and free online Legal Counselling concerning the protection of the rights of people with disability.

Furthermore it has to be reminded:

-The convention with the University of Palermo (Industrial Liaison Office) in order to host the implementation in our organization of the professional trainings for the students attending the Faculty of Psychology and the Faculty of Political Science (Accreditation N.814).

-The accreditation as Sending and Coordinating Organization for the European Voluntary Service (n.2012-IT-39)

-The inclusion in the European database for the search of Grundtvig Assistants.

UNIAMOCI ONLUS

Associazione Uniamoci Onlus deals with the following activities and initiatives:

- Days on the beach with the young people with disability in June and July

-SEMINARS with the aim to discuss the themes and methods of social inclusion

-TRIPS and VISITS to cultural and historical places, RECREATIONAL ACTIVITIES AND SPORT with the young people with disability and the volunteers from Uniamoci Onlus

-Training courses

-PROJECTS UNDER THE YOUTH IN ACTION PROGRAMME involving young people and young people with disability

-Mobility opportunities and trainings abroad for young people, people with disability and senior volunteers under the LLP programme (Leonardo Da Vinci, Grundtvig).

In this regard it is important to underline that our project Free Age: senior volunteers meeting young disabled people received a recognition as STAR Project by the Italian LLP National Agency.

One of the ours inclusive activities: The newspaper

I am the director of the newspaper Disabile in... Forma, written by young disabled people. It's a fundamental method of social inclusion, putting together different kinds of persons and different topics from sport to music, culture, politics, because before than disabled people we are PERSON. Every month I contact the persons and I receive and correct the articles. Then they are laid out and printed by my friend Martina Di Liberto and published both on paper and on line.

Vincenzo Dolce

About UNESCO Initiatives Centre-Poland

Who are we?

Group of friends, fans of active participation, promoters of tolerance and dialogue, animators, trainers, facilitators, educators, we believe that one should be realist and demand the impossible.

What do we do?

We organize educational initiatives, trainings, youth exchanges, workshops, conferences, we train teachers, pupils, students, youth workers from Lower Silesia, from Poland, from all over Europe and recently also some parts of the world our mission... involving people in developing society based on respect for diversity and a sense of responsibility for social and natural environment.

How did it all start?

We made first steps within the structure of University of Wrocław as UNESCO Information Centre, after few years of cooperation we decided to establish independent association – UNESCO Initiatives Centre.

Why do we do it?

Because we believe in change, change which does not happen itself, but is effect of hard work and involvement, it requires concrete competences, which we would like to share with others in order to have influence on our reality.

What about priorities?

Enabling people to gain new competences during educational projects, promotion of open spa-

UNESCO INITIATIVES CENTRE

ce technology, Polish – Czech cooperation and Euroregion Nisa, tools for self development and trainings of intercultural competences.

One of the ours inclusive projects: The World Is Also Yours! 2011

Project Type:

Multi-stage performance dedicated to the stimulation of active participation.

Topics:

Global Education.

Place and time:

Kowary (Poland), 20-23 October 2011.

Objective:

To disseminate knowledge in schools of education, and mobilizing global active participation of young people from rural areas in society.

Participants:

20 high school / secondary school students from 10 provinces of Lower Silesia and Lubuskie Region.

Action:

Seminar for pupils / students to prepare them for further project management in their schools, local activities (workshops / exhibitions / present) in schools and evaluation meeting summarizing activities undertaken by the students.

Results:

10 mini-projects prepared by students and pupils in schools devoted to issues related to sustainable development, a group of 20 pupils / students were trained in project management.

FÖRENINGEN FRAMTIDSTÅGET-Sweden

Association Framtidståget was founded in 1997 by Yousef Yebari in Stockholm, Sweden, and currently has about 150 members and several employees.

Translating from Swedish, Framtidståget means the Train of Future. It is a non-profit organization, aiming to give people the second or even the third chance. Our philosophy is accepting all people without conditions and prejudices about their socio-economic, ethnic, cultural and religious background, as well as emphasizing the idea of democratic, tolerant and integrated society.

Having in mind this philosophy, we have 2 branches of activities: the professional one and the ideal one. We deal with professional cognitive treatment work, providing psychological help to people with social problems – alcohol and drug addiction, violence in family, discrimination in society etc. In the framework of ideal, non-profit work we organize various social, humanitarian, integration projects, as well as provide lectures about democratic principles, recommendations on how to start own organization or association. Youth is our main target group.

FÖRENINGEN FRAMTIDSTÅGET

YOUTH BUSINESS OFFICE (Jaunimo verslo biuras)-Lithuania

The association “Youth Business Office” unites students, young people and physical, juridical persons, who uphold entrepreneurship and youth part taking in business sector. Furthermore, they always trying to encourage collaboration among business people and youth.

The mission of this organization is to promote youth entrepreneurship, youth business and corporate leadership, help young people to develop their self – confidence, self – expression and create a national and international youth representation from the youth business sector. Our association maintains creative projects, youth exchanging programs, trainings, team work and young people initiative.

“Youth Business Office” members have a lot of experience in program “Youth in action” projects implementation and participation (youth exchanges, trainings and other projects) Association unites other youth organizations from Lithuania, Latvia and Estonia in to a network for the work with international projects, conferences, trainings, seminars, youth exchanges and taking coordinating role in this network.

The “Youth Business Office” is comfortable and safe place for young people to realize their own ideas.

YOUTH BUSINESS OFFICE



Reports from the round tables with local experts in the field of social inclusion.

Reports from the round tables with local experts in the field of social inclusion.

One of our activities from the program involved round table discussions with three experts in different social fields. Massimo Bracco, psychologist and psychiatrist for over 10 years, working in an association called “Porte Aperte” and in the centre called “Centro Dedalo”; Rosa Foti, working in an association called “Pastoral Service For Disabled People” and Marco Farina, working in the organisation called “HYRO”, which is an organisation based on the human rights.

Massimo Bracco described certain mental diseases, specifying the symptoms and consequences (schizophrenia, bipolarity, autism). According to Mr. Bracco, mental diseases can be caused by different factors. Specialists have not had an agreement about a single factor which triggers mental illness. On the one hand, vulnerability can be caused by genetics, but on the other hand, the environment (family, friends, relationships, job, society) has a great impact on creating stress, which leads to mental disorder. In this case, personality is the main element causing vulnerability, as the weak ones are more predisposed to mental diseases. Massimo Bracco also mentioned the consequences of having a mental disease. The most important consequence is the fact that the persons who have mental diseases destroy their real social life and they create one of their own in their head, so they are repulsive toward the others, they manifest an uncommon behaviour, as they hear voices, see people and objects that do not exist.

Rosa Foti talked about the personal experience of her family and about her son which is disabled and how she managed to deal with it. What seemed devastating at first became a necessary part of her life. In her opinion, the weakest people are the most necessary, as they teach us how to communicate better and

through this experience, she managed to understand herself and discover more things about herself. She said that the most important thing for disabled people is not feeling alone, and so the most important thing is to include them into the society as much as possible. The lack of their role in the society gives the idea that they are not important. That is why Rosa Foti is motivated to work on a project in order to open a restaurant managed by people with disabilities. This way they are more involved in the community and people can understand and change their point of view regarding disabled people.

Marco Farina is working in an organisation whose main goal is to implement and establish connections and programs using non-violent methods. He believes that the importance of the human rights is enormous, and that the governments should respect more the human rights, as rights mean opportunities. Human rights are commonly understood as inalienable fundamental rights to which a person is inherently entitled simply because she or he is a human being. Human rights are thus conceived as universal (applicable everywhere) and egalitarian (the same for everyone). Though, in his opinion, the human rights are hard to put in practice because of the minorities. Another topic of which he talked about was social inclusion, mentioning some ways of creating it, such as creating opportunities by organising cultural and sports activities which automatically lead to connections and good relationships with local institutions.



**Testimonies by the participants
to “European ... Inclusion”**



I think I gained a lot of experience through the participation in the “European... inclusion” project. Before joining the seminar I wasn’t sure, or even afraid of people with disabilities, not knowing how to behave in their company. I was uncertain of how to react it in order not to hurt or offend them. During the project I understood that apart from some practicalities there is in fact not such a wide gap between us. Conclusion is to take everything easy and not to be afraid of otherness.

Kamila, 27 years old from Wrocław, Poland.



This Project is giving me many ideas and inspirations for my future plans. I really like sharing and exchanging different opinions, ideas and experience with people coming from different cultures. You can learn much more about yourself, your abilities and skills when comparing with people representing different backgrounds.

I was surprised to see, how different project topics we have planned and discussed, also realizing that EU grants can support such a wide variety of projects. And I really would like to take part in one of these projects. Not only because participation in projects can be useful for the professional career but also can enrich your personality.

Marcello 35 years old, Palermo, Italy.



It was a very nice experience. We have discovered new methods of social inclusion and also activities that can be used during seminar. I really appreciated different fields that organizations focus on, and how diverse are the projects and activities run by them. And I really like how Uniamoci is able to bring different people together. Personally I’m working on the field of social

inclusion, editing the newspaper “Disabile in Forma”.
Vincenzo 31 from Palermo, Italy.



This is my first experience with people with disabilities and also first European project. “European... inclusion” project has in fact more impact on me than I expected, it raised my personal awareness regarding the problems of people with disabilities. The project provided a space for intercultural learning, which was of high quality. This could be called one life changing event.

Bogdan 25 Romania, Ploiesti.



I'm in the last year of high school and I plan to study economics and business economics related to human resources management. The topics of social inclusion, human rights and political science were always interesting for me. However, it's my first project related with people with disabilities. It helped me to see and experience everything in a new perspective. I was deeply touched by the speech of a mother of one disabled man called Gabriel. This project helps you to discover and challenge yourself – I never had an opportunity to talk to disabled people before. One of the most important things that I learned is that not only we are necessary for them, but they also are the necessity for us. To understand the meaning of life, to give hope, to educate the society that we live in.

Iulia Vadeanu, 18 years old, Romania/Craiova.



I study entrepreneurship with Teimor Alexander Mullazadeh who was the group leader for the Swedish group. He mentioned the project and I wanted to learn more about disabled people and their situation in society. I very much enjoyed working in groups because we got to interact with people from other countries and learn about their culture. We got to see life from their perspective for example, things we take for granted as going to the toilet or eat by yourself, in some cases is impossible to do by yourself. I gained knowledge. I have received more insight in this subject on disabled people and social inclusion. What the organization does is a

spectacular thing and I'm happy to have been a part of it.

Michaela Lager, 20 years old, Sweden/Stockholm.



I am really glad that I took the opportunity to be the participant of the project 'European Inclusion'. The lack of knowledge about disabled people and their role in society encouraged me to join this project. During it, I got a chance to meet people who have a lot of experience in different social fields and also participants from various countries with different personal experience. The greatest part of the project was that I realized that I can understand the way disabled people feel and feel comfortable myself around them. I would like to know more about their daily life now. I also realized the importance of social inclusion that I didn't realize before. The weakest people are the most necessary for us.

Aidana Siuryte, 21 years old, Lithuania/Vilnius.

Pictures of the implemented activities during the seminar European Inclusion



▲ Knowledge game: The group profile gallery

▼ Creative exploration of YiA Programme: The YiA Stations





▲ Creative exploration of YiA Programme: The YiA Stations
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▼ Workshop: planning new inclusive projects





- ▲ Exploration of the UN Convention on the rights of people with disability with the expert: Prof. Urbano Stenta, the Italian representative in the UN commission for the writing of the Convention.



- ▲ Round tables with local actors of social inclusion
- ▼ Evaluation: the net of wool





AETA

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Framtidståget Öppenvårdsbehandlingar



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