GUIDE

BRINGING YOUNG PEOPLE WITH AND WITHOUT DISABILITIES TOGETHER-WORK PACKAGE 3

**Erasmus+ Project
Type: KA210-SSP-YOU
Title: InclusiON Of Disabled People**

International Youth Sport Environment
IYSEDA
and Development Association

das forum
JUGEND! e.V.

LASTOVICA - Skopje
Association for the rights of children and youth
with special needs

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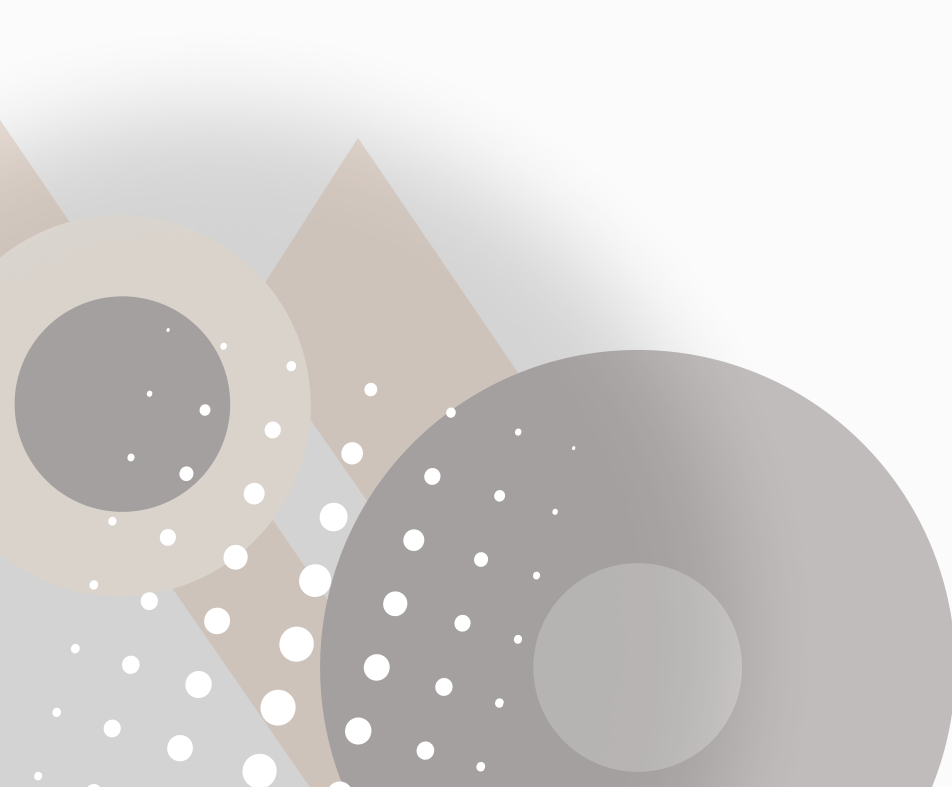
TABLE OF
CONTENTS

ABOUT
THE GUIDE

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This guide has been meticulously crafted to provide comprehensive materials, tools, and activities aimed at fostering the inclusivity of disabled individuals within society. It serves as a resource for organizations and practitioners dedicated to this cause, offering practical and effective strategies to promote inclusion.

The guide begins with a brief introduction to the various organizations that have contributed to its creation, highlighting their missions, expertise, and roles in the development of these materials. Following this, a detailed summary of the project is presented, outlining the project's overall objectives and the specific goals it aims to achieve.

The core of the guide consists of a diverse array of tools and activities, each meticulously detailed to ensure ease of implementation. These tools are described in terms of the required time, necessary materials, and step-by-step instructions for application. This level of detail is intended to assist practitioners in effectively utilizing these resources to create inclusive environments and activities for disabled individuals.

Additionally, the guide includes a comprehensive summary of the project's objectives, providing a clear understanding of the desired outcomes and the overarching vision driving this initiative.

To ensure accessibility and ongoing support, the guide concludes with contact information for further inquiries or assistance. Readers are encouraged to reach out with any questions or to share their experiences in implementing the tools and activities described within this guide.

What

The Guide is an integral component of the "InclusiON Of Disabled People" project, generously funded by the Erasmus+ Programme. This project, identified as KA210-SSP-YOU, is structured around four distinct work packages, each designed to address different aspects of inclusivity and empowerment for disabled individuals.

This particular guide corresponds to Work Package 3, aptly titled "Bringing Young People with and without Disabilities Together." As the third work package in the series, it focuses on fostering interaction and collaboration between young individuals with and without disabilities, promoting understanding, empathy, and inclusivity.

The guide offers a diverse array of tools and activities that leverage the power of art, sports, and technology. Each tool is designed to be engaging and accessible, ensuring that all participants, regardless of their abilities, can actively contribute and benefit from these activities. The guide provides detailed descriptions of each tool, including the required materials, estimated time for completion, and step-by-step instructions for implementation. These resources aim to create enriching experiences that bring young people together, breaking down barriers and building a more inclusive society.

By utilizing the tools and activities outlined in this guide, practitioners and organizations can effectively create opportunities for meaningful interactions, fostering a sense of community and mutual respect among all participants.

How

The Guide is designed to be straightforward and easy to understand, making it accessible to anyone interested in youth work with disabled individuals. This includes youth workers, facilitators, and National Agencies who are committed to fostering inclusivity and empowerment.

One of the key features of this guide is its flexibility. The tools and activities presented are easily editable and can be adapted to suit varying numbers of participants and their diverse needs. This ensures that the guide remains a versatile resource, capable of being tailored to different contexts and settings.

Each activity is accompanied by clear instructions and detailed descriptions, making it simple for users to modify and implement them according to their specific requirements. Whether working with small groups or larger gatherings, the guide provides the necessary information to adjust the activities, ensuring they are effective and engaging for all participants.

Moreover, the guide emphasizes practical application, offering step-by-step guidance on how to utilize the tools and activities to create inclusive environments. This practical approach helps users to confidently adapt and apply the resources, fostering meaningful interactions and promoting the inclusion of disabled individuals in youth work.

By making the guide both user-friendly and adaptable, we aim to empower youth workers, facilitators, and National Agencies to effectively promote inclusivity and support the active participation of disabled young people in their communities.

Why

People with special needs often face significant challenges in life, particularly in the areas of socialization and inclusivity. Statistics and surveys conducted by European Union-supported organizations highlight these ongoing issues, underscoring the importance of targeted efforts to improve the quality of life for these individuals.

In response to these challenges, the Guide has been created to spread awareness and provide practical solutions for enhancing the lives of people with special needs. This guide is the collaborative effort of dedicated youth workers from Germany, Türkiye, and North Macedonia. Their collective expertise and commitment to inclusivity have resulted in a comprehensive resource aimed at fostering socialization and empowerment.

The Guide offers a variety of tools and activities designed to address the unique needs of individuals with special needs. By promoting inclusive practices and providing clear, adaptable resources, the Guide aims to make a positive impact on the lives of disabled individuals and support their active participation in society.

The creation of this Guide represents a significant step toward raising awareness and improving the quality of life for people with special needs. By utilizing the insights and practical approaches outlined within, youth workers, facilitators, and National Agencies can contribute to a more inclusive and supportive environment for all.

ORGANISATIONS

The project "InclusiON of Disabled People" has been realized through the collaborative efforts of three esteemed organizations from Germany, Türkiye, and North Macedonia. Each organization has played a crucial role in the successful implementation of this project and the creation of this Guide.

These organizations have a rich history of applying for and partnering on numerous projects funded by the Erasmus+ Programme. Their extensive experience in youth work, coupled with their dedication to improving the quality of life for disabled individuals, has consistently led to positive outcomes.

Participating Organizations:
- Germany: das Jugend! e. V.
- Türkiye: IYSEDA (International Youth Sport Environment and Development Association)
- North Macedonia: Association for the Rights of Children and Youth with Special Needs LASTOVICA - SKOPJE

Together, these organizations have leveraged their collective expertise to create a Guide that serves as a vital resource for youth workers, facilitators, and National Agencies. The Guide is designed to spread awareness, offer practical tools, and support the socialization and inclusivity of disabled individuals.

Their combined efforts reflect a shared commitment to raising the quality of life for people with special needs, fostering an inclusive environment, and empowering disabled individuals to actively participate in their communities.

das forum JUGEND! e.V.

International Youth Sport Environment IYSEDA and Development Association

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Association for the rights of children and youth with special needs

Germany

- The non-governmental organization "forum YOUTH" is an association that reaches the target group of disconnected/unreachable young people through education and activities and (re-)activates them for civil society.

- It recently received the Landes-Heimat-Preis from the federal state of North Rhine-Westphalia for a photo project that dealt with the topics of migration and belonging. This photo project showed the perspectives of young participants on the term "home" and illustrated how personal identification shapes their understanding of home. forum JUGEND sees itself as a bridge builder between cultures and a driving force for inclusion and integration in Dortmund's civil society.

- The forum aims to promote a sense of community and belonging among young people, especially those with a migrant background, but also to break down prejudices in mainstream society. By participating in creative projects, the forum helps participants to express their views and integrate better into local culture, civil society and politics.

das forum
JUGEND! e.V.

Türkiye

- IYSEDA (International Youth Sport Environment and Development Association) is an active organization dedicated to non-formal education and important issues such as technology, supporting people with disabilities, sustainable green world.

- It organizes various events and Erasmus+ projects in different parts of Europe. Founded in Muğla, Türkiye, IYSEDA has expanded globally, forming key partnerships with countries like Spain, Germany, Macedonia, and many others. These collaborations have enabled IYSEDA to work on meaningful projects for young people, individuals with or without disabilities, and lifelong learners.

- IYSEDA aims to create inclusive opportunities and a global community focused on learning and development. It hosts numerous Erasmus+ KA1 and KA2 projects, promoting the mobility of individuals, youth workers, and associations in various Turkish cities, including Istanbul, Izmir, and Antalya.

- The organization engages young people, with or without disabilities, in the Erasmus+ world within the EU. It continuously invites youth to explore opportunities for studying, volunteering, and learning.

- IYSEDA boasts a professional team committed to a better EU, aligning with Erasmus+ priorities.

International Youth Sport Environment

IYSEDA
and Development Association

North Macedonia

- Association Lastovica is a non-governmental organization whose focus is to improve, strengthen, and properly implement the rights of children and young people with special needs. The goal of our organization is the inclusion of people with disabilities in all spheres of life. Every person has the right to an equal contribution to society and deserves equal access in every area that concerns him (health, education, work, cultural and public life, and socialization). Association Lastovica was founded in 2002 as a response to the need and shortcomings in society for the existence of an educational, social, and health segment for people with disabilities.

- Subsidiaries of Association Lastovica were opened in the regions of Prilep, Vinica, Gostivar, and Strumica, and in 2019 the professional career center "Creativity" was opened.

- The center of Association Lastovica works during the day on various activities depending on the needs of its users.

LASTOVICA - Skopje

Association for the rights of children and youth with special needs

OBJECTIVES

This guide aims to support the inclusion of young people with and without disabilities by providing practical tools and activities. The following objectives outline our commitment to fostering inclusivity, enhancing skills, and promoting collaboration among youth workers, facilitators, and National Agencies.

Here are the detailed objectives:

- Promote Inclusivity: Fostering an inclusive environment where young people with and without disabilities can interact, learn from each other, and build mutual understanding and respect.

- Provide Practical Tools and Activities: Offering a comprehensive array of adaptable tools and activities that youth workers and facilitators can use to engage disabled individuals in meaningful and enjoyable experiences.

- Raise Awareness: Increasing awareness about the challenges faced by people with special needs, particularly in terms of socialization and inclusivity, through the dissemination of information and best practices.

- Enhance Skills and Competencies: Equipping youth workers, facilitators, and National Agencies with the skills and competencies necessary to effectively support and empower disabled individuals.

- Support Personal Development: Encouraging the personal growth and development of young people with disabilities by providing opportunities for them to participate in diverse activities that enhance their skills and self-confidence.

- Foster Collaboration: Promoting collaboration among organizations, youth workers, and stakeholders from different countries to share experiences, strategies, and resources for the benefit of disabled individuals.

- Adapt to Diverse Needs: Ensuring that all tools and activities are easily editable and adaptable to accommodate various group sizes and the specific needs of participants.

- Highlight Success Stories: Showcasing successful initiatives and positive outcomes achieved through the project to inspire and motivate others to adopt similar inclusive practices.

- Facilitate Continuous Improvement: Providing a framework for continuous evaluation and improvement of the tools and activities to ensure they remain effective and relevant.

- Strengthen Community Engagement: Encouraging community involvement and support for initiatives aimed at improving the lives of disabled individuals, fostering a sense of shared responsibility and collective action.
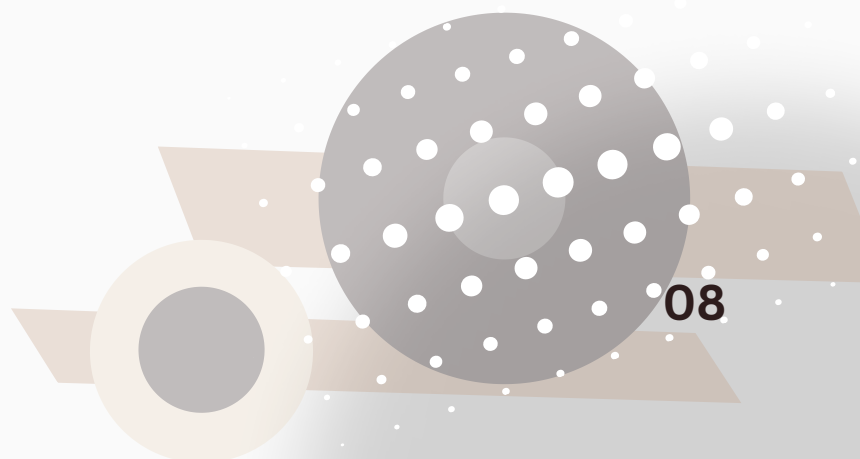
ABOUT THE PROJECT

"inclusiON of Disabled People" is an Erasmus+ Programme funded project (KA210-YOU) It has been realised by 3 different organisations from Germany, Türkiye and North Macedonia.

The main motivation of the project "inclusiON of disabled people" is to enhance the capacities of organizations to involve young people with intellectual and/or physical disabilities in their activities. The organizations are responding to the need to expand their capacities to fully support the inclusion of people with disabilities, to adapt activities, and furthermore to ensure that people with disabilities are not faced with stereotypes and prejudices and that activities are conducted in a safe and supportive environment.

The project wants to counteract the stereotypes and prejudices against people with disabilities that are deeply rooted in the communities. Although the situation is slowly changing, many stereotypes and prejudices still exist. The partners believe that changes at the youth level and the creation of opportunities for interaction between young people with and without disabilities will also lead to changes in the communities.

...0 - Small Scale Partnersh...

WP1: Training Course Türkiye
WP2: Youth Exchange the Republic of North Macedonia
WP3: Local Activities & Guide
WP4: Jab Shadowing in Türkiye, Germany and Republic of North...

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Young People
...and Without Disabilities

Work Packages

There are four work packages inside the project:

- Training for the Inclusion of People with Disabilities
- Youth Exchange for Young People with and without Disabilities
- Guide: Bringing Together Young People with and without Disabilities
- Job Shadowing: Learning from Each Other

Work Package 1

The Training for the Inclusion of People with Disabilities took place from March 25, 2024, to April 3, 2024, in Çeşme, İzmir, Türkiye. During this training course, 24 participants were engaged in specialized sessions focused on working with individuals with disabilities. They designed and implemented activities aimed at fostering meaningful connections between people with and without disabilities

There were numerous outcomes. Some of them:

-Development of new project ideas to support collaboration between partners in the integration of people with disabilities was successfully done.

-A narrative report on the program, including materials presented during the sessions, was published on the project website and Facebook page.

Insights into the program in the form of photos and videos featuring participants, were practiced to be disseminated through the project website, Facebook page, media, and the organizations' social media channels.

Work Package 2

The youth exchange "Youth Exchange for Young People with and without Disabilities" brought together 24 young people with and without intellectual and/or mental disabilities to provide them with space for mutual learning, to break down stereotypes and prejudices, and to promote intercultural learning.

The activity was based on non-formal learning methods and tools and will include name games, icebreaker activities, team-building exercises, theater and art-based activities, simulations, group work, interactive presentations prepared by national teams, as well as reflection and evaluation activities.

The project was realised in Kruševo, a town located in North Macedonia on 31.05.2024 - 09.06.2024.

Some of the results were:

-6 participants in the role of group leaders enhanced their competencies in facilitating international youth activities and conducting activities that connected young people with and without disabilities.

-18 participants, young people, got to know the realities of other countries, improved their intercultural skills, and became more aware of the realities of their peers with disabilities.

-2 youth workers acted as moderators.

-New project ideas were developed and shared with the participating organizations.

-The practices discussed during the training course were practically implemented and tested.

-Inputs for the guide were collected.
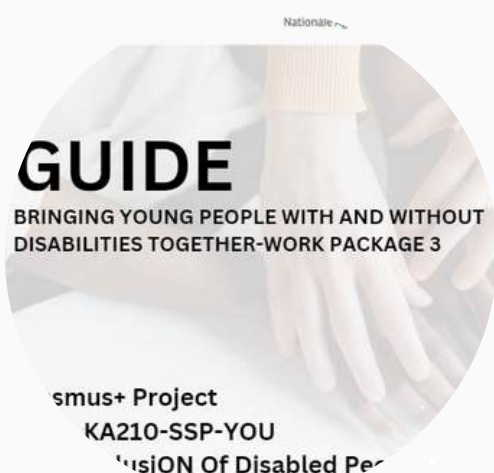
Work Package 3

The Work Package 3 "Guide: Bringing Together Young People with and without Disabilities" focused on creating a guide for adapting the work of organizations, methods, and tools to the needs and interests of people with disabilities and for conducting activities that connect people with and without disabilities.

The guide is the main result of the project. It is practical material that enables participating organizations, as well as other stakeholders, to develop and conduct high-quality activities promoting the inclusion of young people with disabilities. The guide leads to more inclusive youth work and, in the long term, to more inclusive communities.

The main results of the activity are:

-New material in the form of a tested and developed guide, which are published online and made available to representatives from various sectors.

-The participating organisations increased competencies in developing new educational materials and tools.

-Enhanced quality of activities were conducted by the participating organizations by integrating insights gained from the guide creation process and the guide itself into their work.

-New contacts and partnerships wereestablished by the organizations within their communities, locally, and internationally with various stakeholders involved in the development and testing of the guide.

Work Package 4

"Job Shadowing: Learning From Each Other" is the fourth and final work package.The goal of the activity was to enhance the competencies of Target Group 1 (ZG 1) and Target Group 3 (ZG 3) for working with people with disabilities and to design and implement activities that promoted interaction between young people with and without disabilities.

The activity involved two individuals selected by the participating organizations spending two weeks in other organizations to learn directly from their work and practices. The selected participants worked with and explored different youth work practices. During their time in other organizations, they also had the opportunity to discuss ideas for future projects. The job shadowing provided a good opportunity to strengthen partnerships and laid the foundation for future projects.

Main results of the activity were:

-A series of job shadowing were conducted.

-Narrative reports from the job shadowing participants, including materials presented during their experiences, were published on the project website and Facebook page.

-Enhanced understanding among representatives of the target groups regarding the realities in the participating countries and the ways of working with young people with and without disabilities happened.

TOOLS

GERMANY

Germany has developed a range of effective tools and resources addressing key topics such as literacy, technology, and disability rights.

1. Empowering Inclusion with Voice Control Technology
2. Immersive Reader: A Dyslexia-Friendly Reading Tool
3. Empowering Disabled People Through Art Engagement
4. Empowering Abilities: Inclusivity and Sports for People with Disabilities
5. Leveling the Playing Field: Promoting Sports Accessibility for People with Disabilities
6. Tech for All: Harnessing Technology to Empower People with Disabilities
7. Building Bridges: Enhancing Socialization for People with Disabilities
8. Know Your Rights: Advocating for Disability Inclusion and Equality

Empowering Inclusion with Voice Control Technology
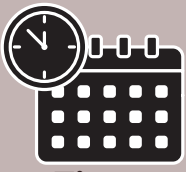
Time

4 hours
- Workshop Objectives (30 minutes)
- Introduction to Voice Control Technology (30 minutes)
- Hands-On Session: Setting Up Voice Control Devices (1 hour)
- Break (1 hour)
- Strategies for Implementation and Advocacy on Disabiled People and Their Inclusion (1 hour)

Participant Number

20-25 participants (Educators, teachers, youth workers, volunteers, parents, therapists, and individuals with disabled people with hearing problems

Materials

- Projector and screen for presentations.
- Whiteboard and markers.
- Handouts and brochures on voice control technology.
- Voice control devices (Google Home, Amazon Echo, etc.) for hands-on sessions.
- Laptops or tablets for participants (for certain sessions).
- Notepads and pens for participants.
- Refreshments for breaks.

Objectives

- Understanding the role of voice control technology in promoting inclusion.
- Gaining practical skills in using voice control technology and learn strategies for integrating voice control into various settings.
- Fostering awareness and advocacy for people with physical disabilities.

Details

Opening Remarks and Workshop Objectives (30 minutes)
 •Introduction to the importance of voice control technology.
 • Overview of the workshop schedule and objectives.

Introduction to Voice Control Technology (30 minutes)
  • What is voice control technology?
  • Overview of popular voice control systems (e.g., Google Assistant, Amazon Alexa, Apple Siri).

 Hands-On Session: Setting Up Voice Control Devices (1 hour)
 • Step-by-step guide to setting up a voice control device.
 • Practical session where participants set up and configure devices.

Break (1 hour)

Strategies for Implementation and Advocacy (1 hour)
  • Integrating voice control technology in different environments (home, work, school).
  • Advocacy tips for promoting the use of voice control technology.

Immersive Reader: A Dyslexia-Friendly Reading Tool
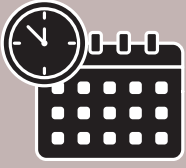
Time

4 hours
- Introduction 30 minutes
- Session 1: Introduction to Immersive Reader 45 minutes
- Break 15 minutes
- Session 2: Hands-On Practice 60 minutes
- Lunch Break 45 minutes
- Session 3: Implementing Immersive Reader in Daily Use 45 minutes
- Session 4: Advanced Features and Customization 45 minutes

Participant Number

20-25 participants (Educators, teachers, youth workers, volunteers, parents, therapists, and individuals with dyslexia)

Materials

- Computers or tablets with internet access
- Projector and screen
- Immersive Reader tool installed on all devices
- Printed handouts of the workshop agenda and key features of Immersive Reader
- Notebooks and pens for note-taking
- Whiteboard and markers
- Refreshments and snacks

Objectives

To provide an in-depth understanding of the Immersive Reader tool and how it can be used to support individuals with dyslexia in improving their reading skills.

This workshop aims to equip participants with the knowledge and skills to effectively use Immersive Reader, helping individuals with dyslexia overcome reading challenges and achieve their full potential.

Introduction (30 minutes)

- Welcome and introductions
- Overview of the workshop objectives and agenda
- Brief introduction to dyslexia and its challenges

Session 1: Introduction to Immersive Reader (45 minutes)
- Overview of Immersive Reader
- Key features and benefits
- Demonstration of Immersive Reader in action

Break (15 minutes)

Session 2: Hands-On Practice (60 minutes)
- Participants use Immersive Reader on provided devices
- Guided exercises to explore different features:
- Text customization (fonts, sizes, colors)
- Text-to-speech functionality
- Syllable breakdown and focus mode
- Comprehension aids and interactive tools
- Q&A session to address any questions or issues
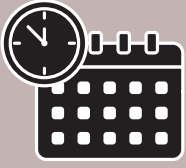
Lunch Break (45 minutes)

Session 3: Implementing Immersive Reader in Daily Use (45 minutes)
- Strategies for integrating Immersive Reader into daily routines
- Using Immersive Reader in educational settings
- Case studies and success stories
- Group discussion and sharing of experiences

Session 4: Advanced Features and Customization (45 minutes)
- Exploring advanced features like user profiles and offline access
- Customizing Immersive Reader for individual needs
- Collaborative features and sharing documents
- Interactive learning tools (quizzes, flashcards, vocabulary builder)

Empowering Disabled People Through Art Engagement

Time

There are two sessions:
First Session: 1.5 hours
- Introduction and Welcome (10 mins)
- Barriers to Art Access (20 mins)
- Art as Therapy Presentation (20 mins)
- Interactive Art Creation and Sharing (30 mins)
- Q&A and Reflection (10 mins)

Second Session: 1.5 hours
- Panel: Best Practices in Accessibility (30 mins)
- Designing Inclusive Programs Workshop (30 mins)
- Networking and Building Connections (20 mins)
- Closing and Feedback (10 mins)

Participant Number

20-25 participants (Disabled individuals interested in art, caregivers and support workers, art educators and therapists, museum and gallery professionals, artists and art students, volunteers)

Materials

- Projector and screen for presentations.
- Art supplies for interactive activities (e.g., paper, markers, paints, clay).
- Accessibility tools (e.g., magnifiers, large print materials, Braille resources).
- Handouts on accessibility best practices and art therapy benefits.
- Refreshments and comfortable seating arrangements.

Objectives

- To understand the barriers disabled people face in accessing and engaging with art and explore the therapeutic benefits of art for disabled individuals.
- To learn practical strategies to create inclusive art environments and experiences.
- To foster a supportive community for disabled artists and art enthusiasts.

First Session: Accessibility and Therapeutic Benefits (1.5 hours)

Introduction and Welcome (10 mins)
• Overview and icebreaker.

Barriers to Art Access (20 mins)
• Discussion on physical, sensory, and cognitive barriers.

Art as Therapy Presentation (20 mins)
• Benefits of art therapy and case studies.

Interactive Art Creation and Sharing (30 mins)
• Guided art creation session and sharing experiences.

Q&A and Reflection (10 mins)

Second Session: Inclusive Art Environments and Community Building (1.5 hours)

Panel: Best Practices in Accessibility (30 mins)
• Experts share successful strategies.

Designing Inclusive Programs Workshop (30 mins)
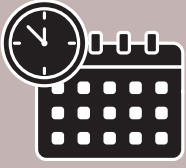• Brainstorm and design inclusive art programs.

Networking and Building Connections (20 mins)
• Facilitated networking session.

Closing and Feedback (10 mins)
• Summary and feedback collection.

Empowering Abilities: Inclusivity and Sports for People with Disabilities

Time

4 hours
- Registration and Welcome (15 minutes)
- Understanding Disabilities and Sports (45 minutes)
- Benefits of Sports for People with Disabilities (45 minutes)
- Break
- Adapted Sports and Equipment (45 minutes)
- Encouraging Participation and Advocacy (45 minutes)
- Interactive Panel Discussion and Q&A (30 minutes)
- Closing Remarks and Networking (15 minutes)

Participant Number

20-25 participants
- Coaches and Trainers
- Sports Administrators
- Physical Education Teachers
- People with Disabilities
- Family Members and Caregivers
- Students and General Public

Materials

- Informational Brochures
- List of resources and organizations supporting disabled sports
- Contact information for local adapted sports programs
- Workshop Agenda and Speaker Bios

Objectives

- To raise Awareness: Educate participants about the importance of inclusive sports for people with disabilities.
- To promote Participation: Encourage the involvement of people with disabilities in sports.
- To highlight Benefits: Discuss the physical, psychological, and social benefits of sports for people with disabilities.
- To showcase Adaptations: Demonstrate adapted sports and the use of specialized equipment.
- To encourage Advocacy: Inspire participants to become advocates for inclusive sports in their communities.

Registration and Welcome (15 minutes)
 • Check-in
 • Welcome speech

Understanding Disabilities and Sports (45 minutes)
 • Types of disabilities
 • Barriers in sports
 • Importance of inclusivity

Benefits of Sports for People with Disabilities (45 minutes)
 • Physical, psychological, and social benefits

Break

 Adapted Sports and Equipment (45 minutes)
 • Overview of adapted sports
 • Demonstrations of specialized equipment

Encouraging Participation and Advocacy (45 minutes)
 • Strategies for encouraging participation
 • Creating inclusive programs
 • Role of community and advocacy

Interactive Panel Discussion and Q&A (30 minutes)
 • Panel of athletes and advocates
 • Open floor for questions

Closing Remarks and Networking (15 minutes)
 • Summary of key takeaways
 • Distribution of participation certificates
 • Networking opportunity

Leveling the Playing Field: Promoting Sports Accessibility for People with Disabilities
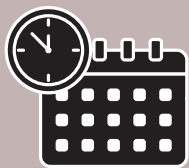
Time

4 hours
- Registration and Welcome (15 minutes)
- Importance of Accessibility in Sports (45 minutes)
- Practical Strategies for Accessibility (30 minutes)
- Break
- Hands-On with Adapted Sports (45 minutes)
- Building Community Support (30 minutes)
- Panel Discussion and Q&A (30 minutes)
- Closing and Networking (30 minutes)

Participant Number

20-25 participants
- Coaches and Trainers
- Physical Education Teachers
- Disability Advocates
- People with Disabilities and Families
- Sports Facility Managers
- Volunteers

Materials

- Informational handouts
- Resources for accessible sports programs
- Contact info for adapted sports organizations

Objectives

- To educate on the importance of sports accessibility.
- To showcase successful inclusive sports programs.
- To provide strategies for creating accessible sports environments.
- To demonstrate adapted sports and equipment.
- To encourage community support for inclusive sports..

23

Registration and Welcome (15 minutes)
• Check-in and welcome address

Importance of Accessibility in Sports (45 minutes)
• Overview of accessibility needs
• Benefits of inclusive sports
• Success stories

Practical Strategies for Accessibility (30 minutes)
• Creating accessible facilities
• Adaptive equipment
• Training coaches and staff

Break

Hands-On with Adapted Sports (45 minutes)
• Introduction to adapted sports
• Equipment demonstration
• Interactive session

Building Community Support (30 minutes)
• Engaging the community
• Partnering with organizations
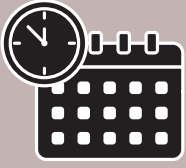• Advocacy strategies

Panel Discussion and Q&A (30 minutes)
• Experiences from athletes and organizers
• Open Q&A

Closing and Networking (30 minutes)
• Summary and distribution of resources
• Networking opportunity

Tech for All: Harnessing Technology to Empower People with Disabilities

Time

4 hours
- Welcome and Introduction (15 minutes)
- Understanding Disabilities (30 minutes)
- Assistive Technologies for Physical Disabilities (30 minutes)
- Enhancing Sensory Experiences (30 minutes)
- Break (15 minutes)
- Technology for Cognitive and Learning Disabilities (30 minutes)
- Inclusive Design and Accessibility (30 minutes)
- Emerging Technologies and Future Trends (30 minutes)
- Collaboration and Innovation (45 minutes)
- Conclusion and Next Steps (15 minutes)

Participant Number

20-25 participants: Educators, caregivers, technologists, disability advocates, volunteers, and people with disabilities.

Materials

- Projector and screen for presentations
- Laptops or tablets for participants
- Examples of assistive devices and technology
- Printed handouts and resources

Objectives

To educate and inspire participants on how technology can improve the lives of people with disabilities, promoting independence, accessibility, and inclusion.

This workshop aims to inspire innovative thinking and practical application of technology to create a more inclusive society for people with disabilities.

Welcome and Introduction (15 minutes)
- Participants check-in and receive workshop materials.
- Participants share their names and what they hope to gain from the workshop.

Understanding Disabilities (30 minutes)
- Overview of different types of disabilities (physical, sensory, cognitive, and intellectual).
- Participants share experiences and challenges faced by people with disabilities.

Assistive Technologies for Physical Disabilities (30 minutes)
- Overview of mobility aids (e.g., wheelchairs, prosthetics, exoskeletons).
- Hands-on demonstration of a smart wheelchair or other mobility aids.

Enhancing Sensory Experiences (30 minutes)
- Tools for the visually impaired (screen readers, braille displays) and hearing impaired (hearing aids, cochlear implants).
- A person with a sensory disability shares their experiences with assistive technology.

Break

Technology for Cognitive and Learning Disabilities (30 minutes)
- Software and apps for learning disabilities (dyslexia, ADHD) and developmental disorders (autism).
- Real-life example of how technology has helped someone with a cognitive disability.

Inclusive Design and Accessibility (30 minutes)
- Principles of universal design and the importance of accessibility in technology.
- Evaluating the accessibility of a simple interface or website.

Emerging Technologies and Future Trends (30 minutes)
- Innovations in AI, robotics, and VR/AR that are transforming accessibility.
- Potential impacts and ethical considerations of these technologies.

Collaboration and Innovation (45 minutes)
- Participants form teams to develop project ideas or solutions using technology to assist people with disabilities.
- Teams work on their projects with guidance from facilitators.
- Each team presents their project idea to the group.

Conclusion and Next Steps (15 minutes)
- Key takeaways from the workshop.
- Open floor for final questions and comments.
- Participants create a simple action plan to implement what they've learned.
- Closing remarks and thanks to participants.

Building Bridges: Enhancing Socialization for People with Disabilities
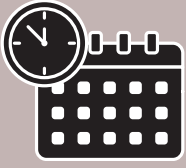
Time

4 hours
- Welcome and Introduction (15 minutes)
- Understanding Socialization Challenges (30 minutes)
- Strategies for Enhancing Socialization (30 minutes)
- Break (15 minutes)
- Technology and Socialization (45 minutes)
- Inclusive Social Activities (45 minutes)
- Building Support Networks (30 minutes)
- Conclusion and Next Steps (15 minutes)

Participant Number

20-25 participants: educators, caregivers, disability advocates, community organizers, volunteers, youth workers and people with disabilities.

Materials

- Projector and screen for presentations
- Laptops or tablets for participants (for technology demo)
- Printed handouts and resources

Objectives

To explore strategies, tools, and approaches that facilitate socialization for people with disabilities, promoting inclusion, interaction, and community engagement.

Welcome and Introduction (15 minutes)
 • Brief introduction to the workshop's objectives and agenda.
 • Participants introduce themselves and share a positive social experience they've had.

Understanding Socialization Challenges (30 minutes)
 • Overview of common socialization challenges faced by people with different types of disabilities (physical, sensory, cognitive, and intellectual).
 • Participants share their experiences and observations.
 • The impact of social isolation and the importance of social connections.

Strategies for Enhancing Socialization (30 minutes)
 • Effective strategies and best practices for fostering socialization.
 • Real-life examples of successful socialization initiatives.
 • Group brainstorming on barriers to socialization and potential solutions.

Break

Technology and Socialization (45 minutes)
 • Role of technology in enhancing social interactions (social media, communication apps, virtual communities).
 • Showcasing tools and apps that facilitate socialization for people with disabilities.
 • Participants explore and test socialization apps in small groups.

Inclusive Social Activities (45 minutes)
 • Designing inclusive social activities and events.
 • Participants develop a plan for an inclusive social event, considering accessibility and engagement.
 • Groups share their event plans and receive feedback.

Building Support Networks (30 minutes)
 • Importance of support networks for people with disabilities.
 • Identifying existing support networks and resources in the community.
 • Creating a personal action plan to expand or strengthen support networks.

29

Conclusion (15 minutes).
 • Open floor for final questions and comments.
 • Closing remarks and thanks to participants.

Know Your Rights: Advocating for Disability Inclusion and Equality
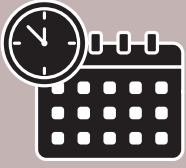
Time

4 hours
- Registration and Welcome (15 minutes)
- Foundations of Disability Rights (45 minutes)
- Real-World Implications of Disability Rights (45 minutes)
- Break (15 minutes)
- Advocacy in Action (45 minutes)
- Building Community and Support Networks (45 minutes)
- Action Planning (45 minutes)
- Conclusion and Next Steps (15 minutes)

Participant Number

15-20 participants: Educators, caregivers, disability advocates, volunteers , community organizers, and people with disabilities.

Materials

- Educate on the importance of sports accessibility.
- Showcase successful inclusive sports programs.
- Provide strategies for creating accessible sports environments.
- Demonstrate adapted sports and equipment.
- Encourage community support for inclusive sports..

Objectives

To provide participants with a comprehensive understanding of the rights of people with disabilities, the legal protections in place, and effective advocacy methods to support inclusion and equality.

This workshop aims to empower participants with a thorough understanding of disability rights, equipping them with the tools and knowledge to advocate effectively for inclusion and equality.

Registration and Welcome (15 minutes)
- Participants check-in and receive workshop materials.
- Overview of the workshop's objectives and agenda.
- Quick introductions and participants share a key issue they are passionate about regarding disability rights.

Foundations of Disability Rights (45 minutes)
- Historical context and evolution of disability rights.
- Overview of major laws and conventions (e.g., ADA, CRPD).
- Testing participants' knowledge on disability rights.

Real-World Implications of Disability Rights (45 minutes)
- Real-world examples illustrating the impact of disability rights in various contexts (workplace, education, public spaces).
- Identifying common challenges and barriers to enforcing these rights.
- Participants share their own experiences or observations of rights being upheld or violated.

Break

Advocacy in Action (45 minutes)
- Different types of advocacy (individual, community, policy).
- Effective strategies for advocacy, including using social media, engaging with policymakers, and grassroots organizing.
- Role-playing exercises where participants practice advocacy skills in various scenarios.

Building Community and Support Networks (45 minutes)
- The importance of community support in advancing disability rights.
- Featuring advocates and leaders from disability rights organizations sharing their insights and experiences.
- Interactive discussion with the panelists.

Action Planning (45 minutes)
 • Participants work in small groups to develop action plans addressing a specific disability rights issue in their community.
 • Groups present their action plans and receive feedback from facilitators and peers.
 • Each participant identifies one concrete action they will take to support disability rights.

Conclusion and Next Steps (15 minutes)
 • Key takeaways and highlights from the workshop.
 • Provide a list of resources, organizations, and further reading materials.
 • Final thoughts and thanks to participants.
 • Opportunity for participants to connect and share contact information.

TOOLS
TÜRKIYE

The tools created by Türkiye have a variety of different types from sport to art:

1. Empowering Abilities: Creating a New World Without Disabilities Through AR
2. Generating Creative Faces From Objects Like Picasso
3. Enhancing Sports Accessibility: A Guide to Adaptive Sports Equipment
4. Empowering Athletes: VR Training for Inclusive Sports
5. Technological Solutions for People with Disabilities: Information and Application
6. Socializing and Building Community for People with Disabilities
7. Understanding and Advocating for Rights as a Person with a Disability

Empowering Abilities: Creating a New World With Disabilities Through AR
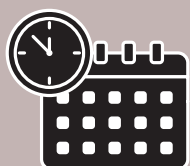
Time

4 hours:
- Introduction and Icebreaker (15 minutes)
- Energizer designed to fit the workshop theme (20 minutes)
- Workshop Part 1: Exploring augmented reality (AR) and how it can help remove barriers coming from disabilities (1 hour)
- Break (20 minutes)
- Workshop Part 2: Hands-on experience with AR to understand its practical applications in assisting with disabilities (90 minutes)
- Generating ideas: Brainstorm and develop new game or program ideas that utilize AR technology (30 minutes)
- Wrap-up (10 minutes)

Participant Number

10-12 participants (The workshop is open to everyone, but we recommend that over 50% of participants be disabled individuals to maximize relevance and impact.)

Materials

- AR (Augmented Reality) glasses as the number of participants.
- Projector to observe one who uses AR glasses
- Enough free space to use AR glasses

Objectives

- Understand AR: Learn the fundamentals of augmented reality (AR) technology.
- Explore AR Usage: Discover how AR can be applied to removing disabilities.
- Experience Challenges: Simulate the challenges faced by disabled individuals through AR to gain firsthand insight.
- Develop Solutions: Understand how AR can be used to create solutions for disabilities.
- Generate Innovative Ideas: Use theoretical and practical knowledge to brainstorm new ideas for AR applications.

34

Introduction and Icebreaker (15 minutes)
- A brief introduction to the workshop objectives and schedule.
- A short name learning and meeting activity

Energizer designed to fit the workshop theme (15 minutes)
- Energizer: Group forms a circle. 'One' who will be in the middle, stands outside with an assistant. The group selects a leader, who begins making movements that everyone else mimics. 'one' is then guided into the center, where, while wearing a blindfold (except for deaf participants), they try to identify the leader as the leader changes gestures. If 'one' successfully identifies the leader, roles are swapped(Key rules include: movements should make noise, touching rather than pointing, and initial guidance by an assistant who later joins the circle.

Workshop Part 1 (1 hour)
- Provides general information about what augmented reality (AR) is and its fundamental principles.
- Explains the key components and mechanisms behind AR technology and offers an overview of how AR is used across various industries and fields
- Details how AR technology assists disabled individuals and demonstrates how AR improves accessibility and independence for people with disabilities

Break

Workshop Part 2 (90 minutes)
- The virtual reality glasses and projections are set up for the session
- Disabled participants are enabled to personally experience the AR usage methods explained earlier.
- Each disabled individual is provided with a tailored program or game to make the activity most effective
- Non-disabled individuals are shown what it is like to experience disability through AR.

Generating ideas (30 minutes)
- All participants are asked to reflect on the theoretical and practical knowledge gained from the sessions.
- Participants are encouraged to consider what new programs and games could be developed or enhanced using the information acquired.
- All generated ideas are systematically recorded for future reconsideration and development.

Wrap-up (10 minutes)

Generating Creative Faces From Objects Like Picasso
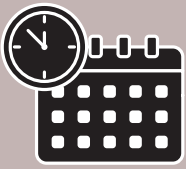
Time

4 hours:
- Introduction and Icebreaker (20 minutes)
- Energizer to increase the energy of the group (15)
- Workshop Part 1: Learning who Picasso is and why the name of the event is Picasso, finding an object and starting to draw (1 hour)
- Break (10 minutes)
- Workshop Part 2: Paper Shuffling and Face Drawing (2 hour)
- Coffee Break (30 minutes)
- Thinking about pictures: Interpretation of pictures together (40 minutes)
- Wrap-up and Cleaning (30 minutes)

Participant Number

10-12 participants(Within the scope of this event, disabled individuals will draw pictures in groups and will consist of disabled individuals who are interested in painting.)

Materials

- Drawing papers
- Colored pencils, paints, brushes
- Various objects (for participants to choose from)
- Tables and chairs

Objectives

- To encourage participants to develop their creativity and artistic expression abilities.
- To increase cooperation and group work skills.
- To foster a love for drawing.
- To teach participants how to interpret and picture the objects they see.
- To enhance the ability to interpret objects and compare them to different things.
- To develop skills in interpreting other people's ways of thinking and generating new ideas.

Introduction and Icebreaker (20 minutes)
- A brief introduction to the workshop objectives and schedule.
- A short name learning and meeting activity

Energizer to increase the energy of the group (15 minutes)
- Before we start our activity, a short energizer will be held to attract everyone's attention and increase their energy.

Workshop Part 1 (1 hour)
- A brief introduction to Picasso is provided, highlighting his influence and unique style.
- The project is named "Picasso" in memory of the artist, reflecting his innovative approach to art.
- Disabled participants are asked to select an object to draw.
- The groups then begin illustrating their chosen objects.

Break (10 minutes)

Workshop Part 2 (2 Hour)
- The papers with the drawn objects are collected and mixed.
- The papers are redistributed to each group with a different drawing.
- Each group is asked to transform the new object they received into a creative and unique face.
- The papers are reshuffled every 30 minutes, allowing each group to influence each new drawing.

Coffee Break (30 minutes)

Thinking about pictures (40 minutes)
- After the drawings are completed, each image is examined and interpreted collectively.
- Participants with disabilities are asked to describe what they see in each picture.
- Individuals are then asked to explain what they added to the picture and the purpose behind their additions.
- By the end of the day, everyone will gain insight into each other's thought processes and interpretations while drawing.

Wrap-up and Cleaning (30 minutes)

Enhancing Sports Accessibility: A Guide to Adaptive Sports Equipment
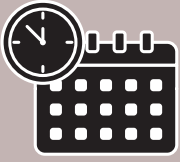
Time

6 hours
- Introduction and Icebreaker (20 minutes)
- Introduction to Adaptive Sports Equipment (1 hour)
- Break (20 minutes)
- Equipment Demonstration (1 hour)
- Hands-On Experience (1 hour)
- Customizing Adaptive Equipment (1 hour)
- Collaborative Workshop (40 minutes)
- Wrap-up and closing (30 minutes)

Participant Number

- Disabled athletes
- Coaches and trainers
- Sports program coordinators
- Equipment suppliers and manufacturers
- Volunteers

Materials

- Samples of various adaptive sports equipment (e.g., wheelchairs, handcycles, adaptive skis)
- Projector and screen for presentations
- Handouts with information on adaptive sports equipment and customization tips
- Feedback forms

Objectives

- To introduce participants to various types of adaptive sports equipment.
- To provide hands-on experience with selecting and using adaptive equipment.
- To educate participants on how to customize equipment for different sports and disabilities.
- To foster a collaborative environment for sharing experiences and insights.

Introduction and Icebreaker (20 minutes)
- Registration desk setup
- Welcome speech by the workshop coordinator
- Brief introduction of the day's agenda

Introduction to Adaptive Sports Equipment (1 hour)
- Overview of adaptive sports equipment and its importance
- Presentation on different types of adaptive equipment (e.g., wheelchairs, handcycles, prosthetics, adaptive skis)
- Q&A session

Break

Equipment Demonstration (1 hour)
- Demonstration of various adaptive sports equipment by suppliers and manufacturers
- Explanation of how each piece of equipment is used in different sports
- Interactive Q&A with equipment experts

Hands-On Experience(1 hour)
- Participants try out the equipment with guidance from experts
- Small group activities to practice using the equipment in simulated sports scenarios
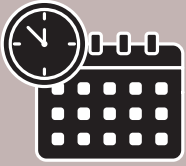
Customizing Adaptive Equipment(1 hour)
- Presentation on how to customize adaptive equipment for specific sports
- Case studies and success stories of customized equipment
- Group brainstorming session to come up with customization ideas for different needs

Collaborative Workshop(40 minutes)
- Groups work together to design a piece of adaptive equipment or a modification
- Presentation of each group's ideas and designs
- Peer feedback and expert suggestions

40

Wrap-up and Closing (30 minutes)

Empowering Athletes: VR Training for Inclusive Sports

Time

4 hours and 30 minutes:
- Introduction and Icebreaker: 30 minutes
- Introduction to VR Technology: 1 hour
- Break: 20 minutes
- VR Training Module Demonstration: 30 minutes
- Hands-On VR Training Session: 1 hour
- Lunch Break: 1 hour
- Group Discussions and Feedback: 1 hour
- Future Applications and Closing Remarks: 40 minutes

Participant Number

- Disabled athletes
- Coaches and trainers
- Sports program coordinators
- VR technology specialists
- Volunteers

Materials

- VR headsets and compatible devices
- Pre-installed VR training modules for different sports
- Projector and screen for presentations
- Handouts with information on VR technology and adaptive sports
- Feedback forms
- Refreshments for breaks and lunch

Objectives

- To introduce participants to VR technology and its applications in adaptive sports.
- To provide hands-on experience with VR training modules.
- To demonstrate how VR can help disabled athletes develop skills and improve performance.
- To foster a collaborative environment where participants can share experiences and insights.

41

Details

Introduction and Registering (30 minutes)
- Registration desk setup
- Welcome speech by the workshop coordinator
- Brief introduction of the day's agenda

Introduction to VR Technology (1 hour)
- Overview of VR technology and its uses in sports
- Presentation on the benefits of VR for disabled athletes
- Q&A session

Break

VR Training Module Demonstration (30 minutes)
- Demonstration of various VR training modules designed for different sports (e.g., basketball, swimming, cycling)
- Explanation of how each module can be adapted for specific disabilities
- An interactive session where participants can try out the VR modules

Hands-On VR Training Session (1 hour)
- Participants are divided into small groups based on their sport of interest
- Each group is assigned a VR station with a facilitator
- Participants engage in VR training exercises, with real-time feedback from facilitators

Group Discussions and Feedback (1 hour)
- Groups reconvene to discuss their VR training experiences
- Sharing of insights, challenges, and suggestions for improvement
- Feedback collection from participants

Future Applications and Closing Remarks (40 minutes)
- Presentation on the future of VR in adaptive sports training
- Discussion on how to integrate VR training into regular sports programs
- Closing remarks and distribution of participation certificates

Technological Solutions for People with Disabilities: Information and Application
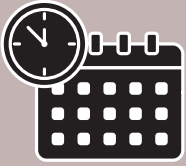
Time

3 hour 40 minutes
- Introduction and Icebreaker (20 minutes)
- Overview of Assistive Technologies (60 minutes)
- Hands-On Experience (75 minutes)
- Discussion and Feedback (30 minutes)
- Resources and Next Steps (20 minutes)
- Wrap-Up and Evaluation (15 minutes)

Participant Number

- People with disabilities
- Family members
- Caregivers

Materials

- Projector and screen
- Computers/tablets (one per participant)
- Various assistive technology devices (e.g., screen readers, voice command software, adaptive keyboards)
- Printed handouts and guides
- Pens and notebooks

Objectives

- To ntroduce Assistive Technologies
- To demonstrate Practical Applications
- To provide Hands-On Experience
- To teach Effective Use of Technology
- To facilitate Group Discussion
- To offer Resources and Support
- To collect Feedback
- To encourage Networking

Introduction and Icebreaker (20 minutes)
- Introduce the facilitator and outline the workshop goals.
- Highlight the impact of technology on improving the quality of life for people with disabilities.
- Participants briefly share their experiences or needs related to assistive technology.

Overview of Assistive Technologies (60 minutes)
- Overview of devices like speech-generating devices, text-to-speech software, and communication apps.
- Live demonstration of popular communication aids.
- Introduction to aids such as motorized wheelchairs, mobility scooters, and adaptive driving controls.
- Show various mobility aids and discuss their applications.
- Review aids for daily living including smart home devices, adapted kitchen tools, and personal care aids.
- Demonstrate smart home technologies and other daily living aids.

Hands-On Experience (75 minutes)
- Set up stations with different assistive technologies for participants to explore and try out.
- Facilitators provide instructions and answer questions at each station.
- Participants use technologies to complete specific tasks, such as drafting a document with voice recognition software or using a screen reader.

Discussion and Feedback (30 minutes)
- Participants discuss their experiences with the technologies, share what worked well, and what challenges they encountered.
- Open the floor for questions about the technologies demonstrated and any additional needs or interests.

Resources and Next Steps (20 minutes)
- Distribute guides and contact information for assistive technology vendors and support services.
- Share online resources, forums, and technology reviews.
- Discuss options for further training or support.
- Encourage participants to connect with each other and with local technology support groups.

Wrap-Up and Evaluation (15 minutes)
- Summarize the main technologies covered and their applications.

44

Socializing and Building Community for People with Disabilities

Time

5 hours:
- Introduction and Icebreaker (30 minutes)
- Community Building Strategies (1 hour)
- Event and Social Communication Tools (1 hour)
- Break (1 hour)
- Online Communities and Forums (1 hour)
- Real-Life Scenarios and Practical Exercises (1 hour)
- Wrap-Up and Evaluation (30 minutes)

Participant Number

- People with disabilities
- Disability advocates
- Social workers
- Organizers

Materials

- Projector and screen
- Computers/tablets (one per participant)
- Internet access
- Printed handouts and guides
- Event materials (e.g. written materials, interactive tools)
- Pens and notebooks

Objectives

- Creating a new community for people with disabilities
- Understanding Community Building Principles
- Developing Event Planning Skills
- Exploring Social Communication Tools
- Creating and Managing Online Communities
- Implementing Effective Social Media Strategies

Introduction and Icebreaker (30 minutes)
- Introduce the workshop facilitator and explain the workshop goals.
- Highlight the importance of socialization and community building.
- Icebreaker Activity

Community Building Strategies (1 hour)
- Overviewing fundamental principles for creating a safe and supportive community for people with
- Giving successful community-building examples and success stories

Event and Social Communication Tools (1 hour)
- Learning tools for organizing online and in-person events (e.g., Zoom, Meetup)
- Using social media platforms and online communities to make social connections

Break

Online Communities and Forums (1 hour)
- Using tools like Reddit, The Mighty, and other online community platforms.
- Methods for ensuring safety and support within online communities
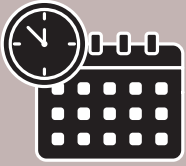- Gaining practical experience in creating and managing online communities.

Real-Life Scenarios and Practical Exercises (1 hour)
- Working in groups to address various social scenarios (e.g., organizing social events, engaging online).
- Sharing their ideas and experiences related to community building and socializing.

Wrap-Up and Evaluation (30 minutes)
- Reviewing the main points covered in the workshop.
- Collecting feedback from participants using a short survey.

Understanding and Advocating for Rights as a Person with a Disability

Time

4 hours 20 minutes
- Introduction and Icebreaker (30 minutes)
- Overview of Disability Rights (40 minutes)
- Self-Advocacy Skills and Techniques (40 minutes)
- Navigating the System (40 minutes)
- Building a Support Network (40 minutes)
- Case Studies and Discussion (40 minutes)
- Wrap-Up and Evaluation (30 minutes)

Participant Number

- People with disabilities
- Disability advocates
- Caregivers

Materials

- Projector
- Computers/tablets
- Printed handouts
- Pens, and notebooks

Objectives

- Understanding Key Disability Rights Laws
- Recognizing Specific Rights and Protections
- Developing Self-Advocacy Skills
- Practicing Advocacy Techniques
- Building a Support Network

47

Introduction and Icebreaker (30 minutes)
- Emphasize the importance of disability rights advocacy.
- Participants share their experiences or knowledge on disability rights in a roundtable format.

Overview of Disability Rights (40 minutes)
- Present major disability rights laws such as the ADA and IDEA.
- Discuss specific rights and protections, including accessibility and non-discrimination.

Self-Advocacy Skills and Techniques (40 minutes)
- Explain the importance of self-advocacy for people with disabilities.
- Teach how to communicate with service providers, request accommodations, and file complaints.
- Participants practice advocacy scenarios through role-playing exercises.

Navigating the System (40 minutes)
- Identify key resources like legal aid organizations and advocacy groups.
- Demonstrate how to write complaint letters, prepare for meetings, and use online resources.
- Participants create personal advocacy plans with specific goals and resources.

Building a Support Network (40 minutes)
- Discuss the role of peer support and community in advocacy.
- Facilitate a networking session for participants to connect, exchange contact information, and explore forming support groups.

Case Studies and Discussion (40 minutes)
- Review real-life case studies of successful disability rights advocacy.
- Reflect on lessons learned and how they can be applied to personal situations.

Wrap-Up and Evaluation (30 minutes)
- Collect participant feedback through a survey.
- Provide additional resources, contact information for advocacy organizations, and outline next steps for continued advocacy.

TOOLS

NORTH MACEDONIA

The tools which have been created by North Macedonia focus on numerous types of contents:

1. Independent Living Skills Workshop
2. Nature Art Workshop
3. Digital Storytelling Workshop
4. Adaptive Wheelchair Bowling
5. Connecting Through Socialization
6. Assistive Technology Workshop
7. Disability Rights Awareness Campaign

Independent Living Skills Workshop
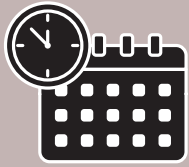
Total duration: 7.5 hours
- Introduction and welcome: 30 minutes
- Session 1: Cooking and nutrition (1 hour 30 minutes)
- Break (15 minutes)
- Session 2: Laundry and clothing care (1 hour 30 minutes)
- Break (30 minutes)
- Session 3: Cleaning and home maintenance: (1 hour and 30 minutes)
- Session 4: Household management and safety (1 hour and 30 minutes)
- Review and wrap-up (30 minutes)

Time

- 8 disabled participants
- 4 particapants can be caregivers or family members
- 4 trainers for each of the sessions

Participant Number

- Kitchen tools and appliances
- Ingredients for a simple meal
- Recipe books and instructional guides
- Safety equipment (oven mitts, aprons)
- Washing machine and dryer
- Laundry detergent, fabric softener
- Clothes drying racks
- Iron and ironing board
- Various cleaning supplies: mops, brooms, vaccum cleaners, dusters
- Cleaning agents
- Trash bags
- Personal protective equipment
- Organizing tools
- Maintenence tools
- Safety and emergency supplies

Materials

- Teaching essentials daily living skills
- Promoting independence and self-reliance
- Enhancing problem-solving and decision making skills
- Providing practical, hands-on experience
- Building confidence and self-esteem

Objectives

50

Welcome and introduction (30 minutes)
- Providing overview of the objectives and the activities
- Icebreaker activity

Session 1: Cooking and nutrition (1 hour and 30 minutes)
- Introduction to basic kitchen tools and safety
- Demonstration and hands-on activity preparing simple balanced meal

Break

Session 2: Laundry and clothing care (1 hour and 30 minutes)
- Introduction to laundry tools and supplies
- Washing and drying techniques
- Ironing and folding
- Q&A session and practical tips

Break (15 minutes)

Session 3: Cleaning and home maintenance (1 hour and 30 minutes)
- Introduction to cleaniıng supplies and safety
- Practical cleaning tips
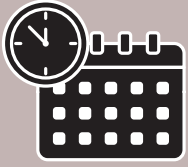- Basic home maintenance

Session 4: Household management and safety (1 hour and 30 minutes)
- organizing and decluttering tips
- emergency planning and household safety
- Q&A session and practical tips

Review and wrap-up (30 minutes)
- recap of the key points from each session
- engaging open discussion
- distributing educational handouts and materials

Nature Art Workshop

Time

Duration: 4 hours
- Welcome and introduction (15 minutes)
- Suppling with materials (30 minutes)
- Sensory exploration (30 minutes)
- Break (15 minutes)
- Leaf rubbings (45 minutes)
- Nature mandalas (45 minutes)
- Break (15 minutes)
- Nature collages (45 minutes)
- Sharing and reflection (30 minutes)
- Clean-up and closing remarks (15 minutes)

Participant Number

- 10-15 disabled participants
- 2 primary fascilitators
- 2-3 support fascilitators (depending on the specific needs of the participants)

Materials

- Leaves, flowers, twigs, stones, pinecones (collected beforehand or by participants)
- Paper (various sizes)
- Natural dyes or watercolors
- Glue
- Scissors
- Brushes and sponges
- Containers for collecting natural materials
- Magnifying glasses
- Eco-friendly protective sheets for tables

Objectives

- Encouraging creativity and appreciation of nature
- Enhancing sensory experiences through tactile art
- Fostering social interaction and teamwork
- Developing fine motor skills and artistic expression

Welcome and introduction (15 minutes)
- Brief introduction of participants and fascilitators
- Overview of the workshop agenda and objectives

Nature walk and material collection (30 minutes)
- Participants take a short walk around the venue to collect natural materials
- Encourage participants to observe different textures, colors and shapes

Sensory exploration (30 minutes)
- Participants explore the collected materials using magnifying glasses
- Discuss the different texturesö colors and smells of the materials

Break

Leaf rubbings (45 minutes)
- Demonstration how to create leaf rubbings using paper and natural dyes or watercolors
- Participants create their own leaf rubbings

Nature mandalas (45 minutes)
- Introduction to mandalas and their significance
- Participants create mandalas using collected natural materials on paper
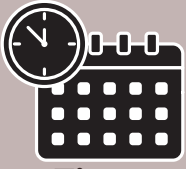
Break

Nature collages (45 minutes)
- Demonstration how to create a nature collage using glue and natural materials
- Participants create their own collages, focusing on composition and creativity

Sharing and reflectioN (30 minutes)
- Participants share their artwork with the group
- Discussion about their experience, what they enjoyed and what they learned

Clean-up and closing remarks (15 minutes)

Digital Storytelling Workshop

Time

3 hours:
- Introduction and Icebreaker: 20 minutes
- Workshop Part 1: Planning and Storyboarding: 40 minutes
- Break: 20 minutes
- Workshop Part 2: Creating Digital Stories: 1 hour
- Sharing and Feedback: 30 minutes
- Wrap-up: 10 minutes

Participant Number

4 groups of 5 participants each (including a mix of disabled and non-disabled participants) 20 participants in total.

Materials

- Digital Devices: Tablets or laptops (5 per group)
- Accessibility Tools: Screen readers, magnification software, speech-to-text software
- Creative Tools: Digital storytelling apps (e.g., Storybird, Adobe Spark), headphones, microphones
- Other Supplies: Notebooks, pens, markers, large paper for storyboarding, projector for presentations

Objectives

- To create an inclusive environment where all participants can collaboratively produce a digital story, enhancing their digital literacy and teamwork skills.
- To improve participants' ability to use digital tools for storytelling.
- To foster creativity and self-expression among all participants.
- To ensure that disabled participants can fully engage and contribute to the activity.
- To promote understanding and cooperation between disabled and non-disabled participants.

Details

Introduction and Icebreaker (20 minutes):
- Brief overview of the workshop's objectives and activities.
- Icebreaker activity where participants share a favorite story or experience.

Workshop Part 1: Planning and Storyboarding (40 minutes):
- Explanation of digital storytelling concepts and tools.
- Groups brainstorm story ideas, focusing on inclusive themes.
- Storyboarding on large paper, considering accessibility in storytelling.

Break (20 minutes):
- Ensuring a comfortable and accessible break environment with snacks and drinks.

Workshop Part 2: Creating Digital Stories (1 hour):
- Groups use digital devices and tools to create their stories.
- Assistants provide technical support and ensure accessibility tools are used effectively.

Sharing and Feedback (30 minutes):
- Each group presents their digital story.
- Participants provide positive feedback and discuss the inclusive elements of each story.

Wrap-up (10 minutes):
- Summarizing the key learnings and experiences.
- Encouraging participants to reflect on the importance of inclusivity in digital spaces.

Adaptive Wheelchair Bowling
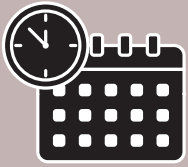
Time

Duration: 6 hours and 30 minutes
- Registration (1 hour)
- Sport activity (2 hours)
- Break (1 hour)
- Modified Bowling (2 hours)
- Conclusion (30 minutes)

Participant Number

- 36 participants
- 1 coordinator
- 5 activity facilitators
- 4-5 sensory support staff

Materials

- Adaptive Sport Center
- Bowling ball
- Bowling ramp
- Scorekeeping device

Objectives

- Inclusive and Competitive environment
- Boosting confidence
- Enjoyment through games
- Social interaction and communication

Details

Registration (1 hour)
- Welcome speech
- Introduction to the day's schedule and objectives.
- Ice breakers and get to know each other

Sports activities (Session 1) - (2 hours)
- Participants are divided into small groups, with each group assigned a bowling lane.
- Facilitators provide instructions on adaptive bowling techniques, such as using ramps and lightweight balls for participants with different abilities.
- Regular check-ins to ensure everyone is comfortable and enjoying the activity.
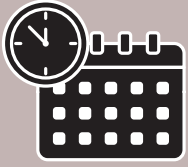
Break

Modified bowling sessions (2 hours)
- Continuation of the bowling activities from the first session, with opportunities for participants to try different techniques and strategies.
- Facilitators introduce team-based challenges and games to encourage cooperation and mutual support among participants.
- Special focus on ensuring all activities are enjoyable and accessible for everyone.

Conclusion (30 minutes)
- Facilitators provide a brief summary of the day's highlights and thank participants for their involvement.
- Encouragement for participants to stay connected and continue engaging in inclusive sports activities in the future.

Connecting Through Socialization

Time

6 hours and 30 minutes
- Welcome and ice breakers (30 minutes)
- Introduction to social skills (30 minutes)
- Group activity: Social circles (45 minutes)
- Role-playing scenarios (1 hour)
- Break (1 hour)
- Team building games (1 hour)
- Storytelling session (45 minutes)
- Reflection and feedback (45 minutes)
- Closing remarks and farewell (15 minutes)

Participant Number

- 20-30 participants

Materials

- Name tags
- Sticky notes and markers
- Projector and screen
- Printed handouts
- Arts and crafts supplies
- Snack and beverage station
- Chairs and tables arranged for group activities

Objectives

- To enhance social skills
- To foster meaningful connections
- To creating inclusive environment for people with disability

Welcome and ice breakers: 30 minutes

Introduction to social skills (30 minutes)
- Presentation on basic social skills, communication techniques and the importance of social interactions

Group activity: Social circles (45 minutes)
- Participants form small groups to discuss specific topics or complete tasks together (e.g., creating a group mural)

Team building activities (1 hour)
- Interactive games designed to build teamwork and communication skills (e.g., trust fall, cooperative problem-solving tasks)

Break

Storytelling session (45 minutes)
- Participants share personal stories or experiences related to social interactions and friendships.

Reflection and feedback: 45 minutes
- Group discussion on what has been learned and how to apply these skills in daily life

Closing remarks and farewell: 15 minutes
- Summary of the day's activities and a final group photo

Assistive Technology Workshop

Time

Duration: 4 hours
- Introduction and Overview (30 minutes)
- Device Demonstrations (1 hour)
- Hands-On Practice (2 hours)
- Group Discussion and Feedback (30 minutes)

Participant Number

10 - 15 participants
2 facilitators

Materials

- A range of assistive devices (screen readers, hearing aids, mobility aids, adaptive keyboards)
- Computers/tablets
- Projector and screen for demonstrations
- Handouts with information on each technology
- Evaluation forms

Objectives

- Educating and empowering disabled individuals by demonstrating various assistive technologies.
- Showing how assistive technologies can enhance daily living and independence.
- Providing hands-on experience with a range of assistive devices and software.
- Facilitating interactive demonstrations and personalized guidance.
- Enabling participants to gain a practical understanding of various assistive technologies.
- Increasing participants' confidence in using assistive technologies to enhance their independence and quality of life.

Introduction and Overview (30 minutes)

- A brief introduction to assistive technology and its importance.
- Overview of the workshop agenda.

Device Demonstrations (1 hour)

- Facilitators will demonstrate various assistive technologies.
- Participants can ask questions and see the devices in action.

Hands-On Practice (2 hours)

- Participants will rotate through stations to try out different devices and software.
- Facilitators will however assist with setup and usage, providing personalized guidance.

Group Discussion and Feedback (30 minutes)

- Participants share their experiences with the technologies.
- Discuss the potential impact on their daily lives.
- Collect feedback through evaluation forms.
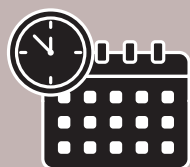
Disability Rights Awareness Campaign

Time

Duration: 2 days (6 hours per day)
- Day 1: Understanding Disability Rights
  Introduction and Ice-Breakers (30 minutes)
  Overview of Disability Rights (1.5 hours)
  Interactive Case Studies (2 hours)
  Group Discussion and Q&A (1 hour)

- Day 2: Advocacy and Action
  Recap and Reflection (30 minutes)
  Advocacy Strategies Workshop (2 hours)
  Developing Action Plans (2 hours)
  Panel Discussion and Closing Remarks (1.5 hours)

Participant Number

20-25 participants (disabled persons, family members, advocates, and community members)
3-4 facilitators

Materials

- Educational materials on disability rights (brochures, booklets, legal documents)
- Presentation equipment (projector, screen, microphones)
- Flip charts and markers
- Case studies and real-life examples
- Snacks and refreshments

Objectives

- To raise awareness about the rights of disabled individuals.
- To promote advocacy for equal opportunities and accessibility.
- To provide a comprehensive understanding of disability rights.
- To equip participants with practical advocacy skills.

62

Day 1: Understanding Disability Rights

Introduction and Ice-Breakers (30 minutes)

- Introduce facilitators and participants.
- Ice-breaker activities.

Overview of Disability Rights (1.5 hours)

- Presentation on the history and evolution of disability rights.

Interactive Case Studies (2 hours)

- Participants can work in small groups to discuss real-life case studies.
- Identifying rights violations and discussing possible solutions.Group Discussion and Q&A (1 hour)
- Open forum for questions and discussion.

Day 2: Advocacy and Action

Recap and Reflection (30 minutes)

- Summary of Day 1.

Advocacy Strategies Workshop (2 hours)

- Interactive session on effective advocacy techniques.
- Role-playing scenarios to practice advocacy skills.

Developing Action Plans (2 hours)

- Participants create personalized action plans for advocating disability rights in their communities.
- Facilitators provide feedback and suggestions.

63

Closing Discussion (1.5 hours)

MORE TO KNOW

Learning and training others to know more about disabilities and the rights of disabled people, we recommend you to check out the works funded by Erasmus+ Programme.
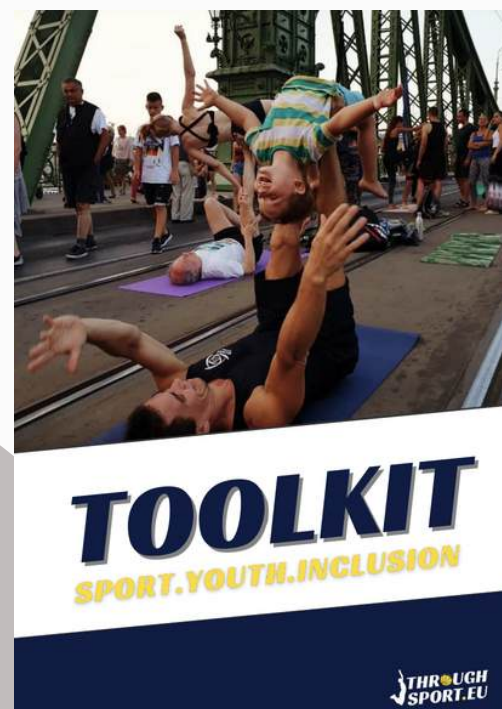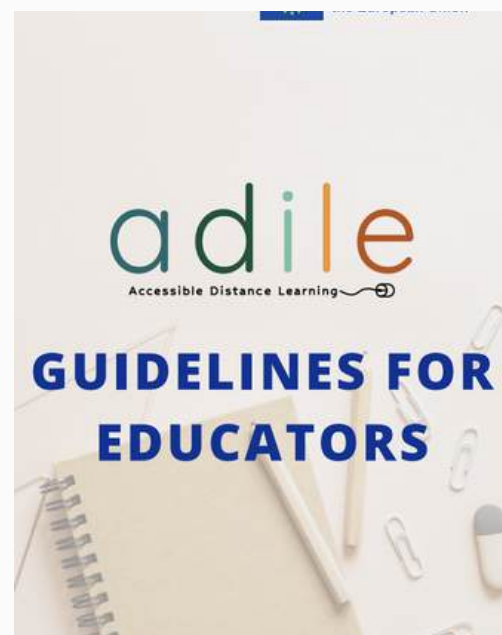
PREPAREDNESS KIT

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Council of Europe
https://www.coe.int/en/web/portal/home

Accessible Producs and Services for Disabled People
https://www.edf-feph.org/access-to-public-and-private-services/

International Disability Alliance
https://www.internationaldisabilityalliance.org/content/contact

THANK YOU

We extend our heartfelt thanks for the incredible guide, "Bringing Young People with and without Disabilities Together," developed as part of Work Package 3 of the "InclusiON Of Disabled People" project. This guide, a vital component of our KA210-SSP-YOU project funded by the Erasmus+ Programme, exemplifies our shared commitment to fostering inclusivity and empowerment for disabled individuals.

The partners' comprehensive approach to promoting interaction and collaboration between young individuals with and without disabilities is truly commendable. The diverse array of tools and activities that leverage the power of art, sports, and technology are thoughtfully designed to be engaging and accessible. The detailed descriptions, materials required, estimated completion times, and step-by-step instructions they have provided will undoubtedly ensure that all participants, regardless of their abilities, can actively contribute and benefit.

This guide will play a crucial role in breaking down barriers and building a more inclusive society. By utilizing these resources, practitioners and organizations can create meaningful interactions that foster understanding, empathy, and mutual respect among all participants.

Thank you once again for everyone's dedication and hard work in developing this guide. Their efforts will undoubtedly make a significant impact on the lives of many young people, promoting a more inclusive and empowered future for all.

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International Youth Sport Environment
and Development Association

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LASTOVICA - Skopje
Association for the rights of children and youth
with special needs