
Hear our voices!

European conference of self-advocates



18 - 20 September 2019, Graz, Austria

Self-advocates from many countries meet to talk about how to be active in politics.



The European Platform of Self-Advocates
part of Inclusion Europe

You can find explanations for some difficult words at the end of this programme.

Hear our voices! is a conference organised by self-advocates for self-advocates.

It takes place every 2 years.

The first Hear our voices! conference was organised in 2011.

[Read about the previous conferences](#)

The 2019 Hear our voices! conference is organised by the [European Platform of Self-Advocates](#) together with [Lebenshilfen Soziale Dienste](#), the [city of Graz](#) and the [University of Applied Sciences](#) in Graz.

Location

Audimax FH JOANNEUM in Eggenberger Allee 11

8020 Graz

Austria

[Graz](#) is a city in Austria which tries to be very inclusive and does a lot of things for people with disabilities.

Timetable

Wednesday 18 September 10:00 – 17:00 – Dinner at 19:00

Thursday 19 September 9:30 – 16:00

Friday 20 September 9:00 – 12:30

During the Conference

We will be working in two different ways.

Sometimes we all be in the same big room.

Sometimes we will be working in smaller groups, in different rooms.

Registration fees

EPSA members – self-advocate or support person	60 euros
Non-EPSA members – self-advocate or support person	80 euros
Invited speaker	free

[Register now for the conference!](#)

My voice counts!

Wednesday, 18 September

9:00 – 10:00	Registration of participants
10:00 – 11:00	Opening of the Conference everyone together in the big room László Bercse Chair of the European Platform of Self-Advocates Jyrki Pinomaa President of Inclusion Europe Siegfried Nagl Mayor of the City of Graz Hanna Kamrat Member of the self-advocates' advisory board and Vice President of Lebenshilfe Austria
11:00 – 11:30	Coffee break
11:30 – 12:00	How we will work together at this conference everyone together in the big room

	Explaining how the sessions are organised
12:30 – 13:00	Taking part in politics everyone together in the big room What does it mean to take part in politics? Senada Halilčević Report on political participation
13:00 – 13:30	Chair yoga A moment of relaxation for those who want to participate
13:30 – 14:30	Lunch break
14:30 – 15:00	Getting to know each other Spider web – connecting with other people
15:00 – 17:00	7workshops taking place at the same time in smaller groups Planning our future – Self-advocates and Christine Harnik Claiming your rights Thomas Glaser and Werner David Wiechenthaler

	<p>Taking part in activities in Graz – an inclusive town Albert Grebenjak and Wolfgang Palle</p> <p>Connect with Europe! Know your MEPs and connect with them Senada Halilčević</p> <p>The right to take part László Bercse</p> <p>My vote counts! Antonio Hinojosa</p> <p>Inclusive employment: my work, talking to companies and to the Minister! Thibeau Bastien</p>
17:00	End of sessions for the day
19:00	Dinner hosted by the mayor of Graz, Mr Siegfried Nagl

Thursday, 19 September

9:30 – 10:00	Getting to know each other Spider web – connecting with other people
10:00 – 12:00	6 workshops taking place at the same time in smaller groups A report on political participation – how to know what is happening in your country? Kurt Feldhofer and self-advocate researchers Elections and Party Platforms – can we access and use them? Manuel Lankmair and Regina Senarclens de Grancy Involving users in decision-making: Participating in decisions about support services Heidi Knauder and Ines Kremsl Make it easy: accessible information Andreas Zehetner Becoming Eli – telling your own story Elisabeta Moldovan

	<p>Using it all: making the best of our communities</p> <p>Harry Roche</p>
12:00 – 12:30	<p>Chair yoga</p> <p>A moment of relaxation for those who want to participate</p>
12:30 – 14:00	<p>Lunch break</p>
14:00 – 16:00	<p>6 workshops taking place at the same time in smaller groups</p> <p>We will repeat the workshops from Day 1, so more people can take part:</p> <p>Involving users in decision-making: Participating in decisions about support services</p> <p>Heidi Knauder and Ines Kremsl</p> <p>Claiming your rights</p> <p>Thomas Glaser and Werner David Wiechenthaler</p> <p>Taking part in activities in Graz – an inclusive town</p> <p>Albert Grebenjak and Wolfgang Palle</p> <p>Connect with Europe! Know your MEPs and connect with them</p> <p>Oswald Föllerer</p>

	The right to take part László Bercse My vote counts! Antonio Hinojosa
16:00	End of sessions for the day
16:00	City tour for those who want to take part

Friday, 20 September 2019

9:00 – 9:30	Vote for me! Taking part and being elected Xavier Orno
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	everyone together in the big room
9:30 – 11:00	Our voice – what we have to say everyone together in the big room
11:00 – 11:30	Coffee break
11:30 – 12:30	Closing of the conference everyone together in the big room Jyrki Pinomaa President of Inclusion Europe Ursula Vennemann President of Lebenshilfe Soziale Dienste, Graz László Bercse Chair of the European Platform of Self-Advocates
12:30	End of the conference

This is not the final version of the programme.

Languages

The sessions in the big room will have translation between English and German.

For workshops, English is the main language.

If you need more translation, your support person will need to translate.

Pictures and videos during the conference

During the conference we will be taking photos and making videos.

You can tell us if you do not want us to publish a photo or video of you.

You can tell us when you register online.

Then we will give you a sticker when you come to the registration desk at the conference.

The sticker is a small red dot.

You need to wear the sticker during the conference.

We will not publish a photo or video of people who wear the sticker.

If you don't mind that we publish a photo and video of you, you don't need to do anything.

Explanations

Chair

The person in charge of a meeting or of an organisation

Elect

Elect means to decide who you want to stand for you and make decisions that have an impact on you.

EPSA

The European Platform of Self-Advocates is made up of organisations of self-advocates from different countries in Europe.

We call it EPSA for short.

It is a part of Inclusion Europe.

European Parliament

The European Parliament is a place where important decisions of the European Union are made.

For example: laws.

The Members of the European Parliament (in short, MEPs) make these decisions and speak for all the people who live in the European Union.

Every five years, the people who live in the European Union vote for their country's MEPs.

European Platform of Self-Advocates

see "EPSA"

European Union

The European Union (in short, EU) is a group of 28 countries.

They have joined together to be stronger politically and economically.

The EU makes laws on many important things for the people who live in those countries.

The EU makes laws in different areas.

Some examples are:

- laws to protect the environment
 - laws for farmers
 - laws to protect consumers
- A consumer is someone who buys things.

The EU also makes laws that are important for people with disabilities.

Inclusion Europe

Inclusion Europe is an organisation for people with intellectual disabilities and their families.

We fight for their equal rights and inclusion in Europe.

We also want to make a difference to the laws in Europe.

We have 75 members in 39 European countries.

We are based in Brussels in Belgium.

Intellectual disability

If you have an intellectual disability, it is more difficult for you than for other people to understand information and learn new skills.

People with intellectual disabilities often need support in learning or at work.

Intellectual disability often starts before you are an adult.

It affects you for your whole life.

MEPs

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

We call them MEPs for short.

Politician

Someone who helps run the country or part of the country.

Politicians, for example, are

- mayors
- ministers

Vote

Voting means choosing the politicians who represent us and make decisions for us.

You can vote in different areas.
For example:

- in your town or city
when you elect a new mayor
- in your country
when you elect a new president

Yoga

Yoga are exercises for your body.

They can give you energy.

They can also make you feel more relaxed.

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