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WDSO 2023 – EDSA POSTER CAMPAIGN



Dear EDSA members,

On the EDSA-website we have started the poster campaign for the World Down Syndrome Day 2023 with the slogan "With Us Not For Us".

Here is the link to the first contributions. <https://www.edsa.eu/category/world-down-syndrome-day/world-down-syndrome-day-2023/>

Although the first contributions came very hesitantly, in the end there is a considerable amount, even so that we can show posters on a few more days after 21 March.

I would like to thank everyone who sent in a photo and a text.

Check back every day and if your poster is there, share it with your members!

The posters can also be seen on EDSA-Facebook and -Instagram.

Best regards

Cora Halder

REPORT ABOUT TDSD SUPPORT IN TURKEY



Dear EDSA members,

After the terrible earthquake in Turkey the Turkish Down Syndrome Association (TGSD) has tried to support their family-members in the destroyed area as good as they can.

Fulya Ekmen, the general Secretary of the Turkish DS Association and also Board member in EDSA wrote a report about the humanitarian support of the association, that she would like to share with you all.

[TDS Report](#)

EDSA WEBINAR



Down syndrome – Projects and services supporting Independent Life in Spain

Date: **Wednesday, 22 March 2023** 17.00 h. CET, per Zoom

Speaker: **Prof. Pep Ruf i Axiàs**

Translation: Croatian, Czech, French, German, Turkish and Ukrainian

Registration Link: To be announced

Since 10 years ago, more than 60 organizations from all over Spain collaborate in the “Independent Living Network” of DOWN ESPAÑA, where they develop different models and activities to support the independent life and social inclusion of people with Down syndrome and other situations of intellectual disabilities.

Biography



Professor Pep Ruf i Axiàs

Pedagogue. Coordinator of the Independent Living Network of Down España. Technical director of support area for individuals and the community, on the Catalan Down Syndrome Foundation (FCSD). Professor of social education at Universitat de Barcelona (UB) and Universitat Oberta de Catalunya (UOC).

OPPORTUNITIES FOR EDSA MEMBERS



Dear EDSA members,

On behalf of the Czech Federation of Athletes with Down Syndrome, we are pleased to offer you participation in the upcoming **First Indoor Athletics Championship for Athletes with Down Syndrome in the Czech Republic**, which will take place in **Prague on Saturday 25th March 2023** (from 12:00 to 16:30 h.) in the framework of the **World Down Syndrome Day** celebrations.

Admission to **participation is free of charge** but **registration is required** according to the instructions in the [this document](#).

Everyone with Down syndrome is welcome, regardless of age or ability. It is not necessary to compete in all sports disciplines. Even if you will not take part in the competitions, you are welcome to cheer and thus we will meet new people and support all our athletes, who once again prove that **NOTHING IS IMPOSSIBLE**. All kinds of banners, flutters, etc. according to your imagination will help create the right atmosphere. Bring mainly a good mood.

If you are interested in attending this event, please fill in the registration form according to the attached instructions document and let us know the number of companions by e-mail to the following addresses:

- addressee: Josef Filip - filip.jos@seznam.cz
- plus a copy to: Monika Melzerová - monika.melzerova@downsyndrom.cz

Kind regards,

Isidro Moyano



EDSA TALKS



As you might know we started last year with our so called EDSA Talks.

This means that some of the EDSA board members have a longer online conversation with one of our member associations. Especially with those members with whom we normally do not have so much contact.

The conversations are to learn more about the respective association, about the situation of people with disabilities in the respective country, about difficulties, the state of inclusion, projects etc.

We already had such a conversation with our member associations in Iceland, Poland, Sweden and Slovenia.

We think it would be a good idea to write a short report about each of these talks and publish it here in the newsletter so that we can all learn more about each other.

In this newsletter there is a [report](#) about Down syndrome association from Slovenia.

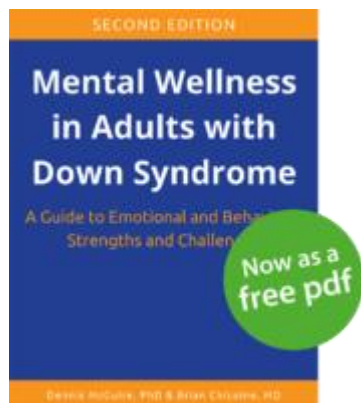
I hope you like the idea of reading portraits of other EDSA members!

Cora



BOOK REVIEW

MENTAL WELLNESS IN ADULTS WITH DOWN SYNDROME – FREE PDF DOWNLOAD



Mental Wellness in Adults with Down syndrome

Written by Dennis McGuire, Ph.D. & Brian Chicoine, M.D.

Now as a free pdf.

For all parents, health practitioners, and caregivers who support teens and adults with Down syndrome this book is a must read!

It can now be down loaded for free on the website of the Advocate Medical Group's Adult Down syndrome Center.

<https://adsresources.advocatehealth.com/mental-wellness-in-adults-with-down-syndrome-2nd-edition/>

As Woodbine Publishing is no longer in business, we can still have this useful and very popular book thanks to the generosity of the authors who offer this to the Down Syndrome community.

EU COMMISSION FUNDING OPPORTUNITIES



Mobility projects for young people - “DiscoverEU Inclusion Action”

Under the DiscoverEU Inclusion Action, organisations and informal groups of young people can receive support to carry out projects allowing young people with fewer opportunities to participate in DiscoverEU on equal footing with their peers.

DiscoverEU offers young people who are 18 years' old a chance to have a short-term individual or group experience travelling across Europe by rail or other modes of transport where necessary. The objectives are to:

- give young people the chance to learn about Europe but also to discover Europe's opportunities for their future education and life choices;
- equip young people with knowledge, life skills and competences of value to them;
- encourage connection and intercultural dialogue between the young people;
- foster the young people's sense of belonging to the European Union;
- inspire young people to embrace sustainable travel in particular and environmental conscience in general

Objectives of the Action

DiscoverEU seeks to enhance its inclusion dimension by providing extra support to participants with fewer opportunities to explore Europe.

More specifically, the DiscoverEU Inclusion Action aims to:

- Reach out to young people with fewer opportunities that would not apply on their own initiative;
- Overcome the obstacles that prevent these young people to directly participate in the DiscoverEU general application round and provide the necessary support that they need so that they are able to travel;
- Trigger and enhance the development of competences and skills of young people with fewer opportunities taking part in DiscoverEU.

DiscoverEU Inclusion Action

With the DiscoverEU Inclusion Action, one to five young people with fewer opportunities from the same country gather for a short period to travel through

Europe. The learning period comprises planning, preparation, implementation before and during the DiscoverEU travel as well as follow-up after the travel.

The following activities are not eligible for grants under DiscoverEU: academic study trips; exchange activities that aim to make financial profit; exchange activities that can be considered as performance tours, statutory meetings, training courses by adults for young people.

Read more: <https://erasmus-plus.ec.europa.eu/programme-guide/part-b/key-action-1/discovereu-action>

MAKE THIS NEWSLETTER REALLY YOURS!

Have you got any news that we could publish in EDSA newsletter?
Please send us any information you would like to announce and we shall
be happy to disseminate it all over Europe!

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THE STAFF

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