

# THE INCLUSIVE

N6 / NOVEMBER 2017



WORLD CONGRESSES  
FOR PERSONS WITH DISABILITIES

**FIRST WORLD  
CONGRESS FOR PERSONS  
WITH DISABILITIES**  
RUSSIA YEKATERINBURG 2017



[www.kongress2017.ru](http://www.kongress2017.ru)  
#disabilitycongress2017





## Salutatory telegram of the President of the Russian Federation Vladimir Vladimirovich Putin to the participants and guests of the World Congress for Persons with Disabilities

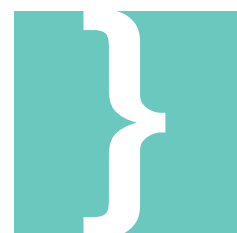


Dear friends, I welcome you to Yekaterinburg on the occasion of the opening of the World Congress for Persons with Disabilities.

I consider your forum, dedicated to the most important issues of improving the life quality of disabled people, a large and socially significant event, a serious contribution to the solution of a wide range of tasks for providing conditions for professional and creative self-realization of people with health problems and the formation of their active life position.

The platform of the Congress will allow you to exchange experiences, discuss forward-looking ideas, and learn about the best practices and inclusive technologies. I am confident that your meeting will provide a basis for the development of useful recommendations, the consolidation of international humanitarian relations and personal human contacts.

**I wish you success,  
Vladimir Putin**





### **Evgeny Vladimirovich Kuyvashev, Governor of the Sverdlovsk Region:**

For the Sverdlovsk Region, the World Congress is the largest event resulting in new mechanisms of social adaptation, new experiences in creating an accessible environment, and, most importantly, improved life quality of people with health limitations.

Today there are 300 thousand People with Disabilities in our region. Protection of interests and rights, provision of decent conditions for life, study, work and leisure of people with disabilities are key priorities of our social policy.

We have the Regional Center for the Rehabilitation of People with Disabilities; annually it receives more than 1500 people. Here, the most modern technologies of vocational and sociocultural rehabilitation, adapted physical education and sports are introduced.

The necessary number of parking space is created. When buying vehicles, priority is given to low-floor models. The technical capabilities of virtual libraries, museums and concert halls have been expanded.

The Sverdlovsk region is widely known as the Centre for Citizen Initiative, it is a region with a strong mature civil society where one of the leading positions is occupied by public organizations of People with Disabilities. The authorities cooperate closely with them, providing both moral and material support. A Council for the Disabled has been created, and a comprehensive system for the grants defense operates. Enterprises, whose founders are all-Russian social organizations of disabled persons, are allocated subsidies for reimbursement of costs for the technical re-equipment of production for the modernization of workplaces.

I would like to highlight that during the Congress there were a lot of open events in which people from various social groups with and without disabilities could participate. This is of great importance for strengthening the inclusive society and for a deeper immersion in the problems of people with disabilities.

I would like to thank the participants and organizers once again for visiting our region.

I wish you success, new victories in all your endeavors, peace and goodness!

**Alexey Ivanovich Nikiforov, Public Advisor to the Minister of Social Policy of the Sverdlovsk Region, Chairman of the Project Office for the preparation and holding of the First World Congress for Persons with Disabilities:**



In September 2015, according to the order of the Government of the Sverdlovsk region, an Organizing Committee for the preparation and holding of The First World Congress for Persons with Disabilities was created, which established the Project Office.

In 2012, Russia ratified the UN Convention on the Rights of Persons with Disabilities. Much has been done in recent years in the country to implement it. We are no longer surprised by low curbs, audio traffic lights, convenient elevators in new buildings and shopping centers, navigation and software for people with impaired vision, scrolling text in transport, on billboards and in television programs and much more.

In moving forward, it is important to include representatives of government structures, business and public organizations, as well as people with disabilities in developing a shared understanding and cultivating an active position in life.

All disabled people have abilities that are not always appreciated. It was believed that a disabled person has a defect which prevents him from integrating into ordinary life. Now this paradigm is changing. We understand that people with disabilities have their

value. This became the slogan of the Congress which was "Making values visible".

During the preparation and holding of the Congress we discovered that only by joint efforts of state and municipal authorities, business and public organizations it is possible to hold the Congress at a decent level.

We once again came to the conclusion that our city of Yekaterinburg is wonderful, cozy, beautiful, delightful... We have heard much more great epithets from the guests of the city about the hospitality and a lot of kind and attentive people whom they met during Congress days.

The participants of the Congress supported the idea of holding the EXPO-2025 exhibition in Yekaterinburg. They prepared a letter to Mr. Loscertales, Secretary General of the International Exhibitions Bureau.

The First World Congress for Persons with Disabilities was completed. It has given confidence through the exchange of life practices that the problems existing in the world can be solved through an exchange of life together practices and successful cases on the basis of inclusion. The Congress has shown outstanding abilities of disabled people who managed to demonstrate the best qualities and qualifications demanded by the society. It has reproduced vivid examples of inclusion, has become a successful example of the implementation of the principles of the UN Convention on the Rights of Persons with Disabilities.

The Congress has shown positive changes in the role of people with disabilities in modern society and defined a vector for the active involvement of people with disabilities in social, professional and cultural processes. The Congress has become an act thanks to which the world will change in the future. And it depends largely on us.





## Coming out!

The First World Congress for Persons with Disabilities was held in Yekaterinburg

Author: Daria Voronina

The First World Congress for Persons with Disabilities was held. It took place in the Russian city of Yekaterinburg from 7 to 10 September.

711 people flew to the Urals. The geographical diversity of the participants is impressive: Great Britain, China, Germany, USA, Austria, Argentina, Armenia, Belgium, Georgia, Denmark, Israel, India, Ireland, Kirghizia, Cameroon, Kenya, Nepal, Netherlands, Norway, Serbia, Tajikistan, Thailand, Ukraine, Finland, France, Switzerland, Sweden and New Zealand. A total of 30 countries and more than 20 constituent entities of the Russian Federation.

Since the beginning of 2017, employees of the Koltsovo International Airport, the Yekaterinburg-Passazhirsky railway station, hotels and cultural institutions learned how to interact with disabled people under the guidance of trainers. We wrote about such workshops in the previous issues of "The Inclusive" magazine.

The volunteers of the Congress took individual training. According to the organizers, a total of 270 people were registered on the Congress website. They were taught first aid, the basics of team building, dancing for an inclusive ball and English language.

The topic of the forum, which this time sounded as "Making values visible", was opened in a series of podium discussions. On the first day, participants learned to see the value of everyone through reflection, ideas, reasoning, on the second - through creativity, on the third - through the exchange of experience and the best inclusive practices.



The program of workshops for participants of the Congress was quite large. A total of 46 classes took place at different venues. These include communication trainings and dances, so that people with disabilities could learn to establish effective contact with others. These include martial arts to test your strength. Handicraft, art, theater and music classes to prove yourself in creativity.

City tours for all guests were conducted separately. Interestingly, the members of the Organizing Committee of the Congress who live in other countries have visited Yekaterinburg for dozens of times and therefore consider the Ural capital one of the central cities of Russia.

– *You know, I have already been in Yekaterinburg many times, both in winter and summer. Now it is the most important city in the country for me. And when someone says a phrase "the capital of Russia" to me, I do not imagine Moscow at all, I imagine Yekaterinburg,* – said Marc Aufrant, the deputy-chairman Haury Association from France.

It is no wonder that the participants of the meeting actively supported the idea of the city authorities to hold an international exhibition EXPO-2025 in the Urals region. Russians have to defend their right to hold this event with the theme of improving the life quality for future generations.

The forum lasted 4 days. And all the participants of the Congress, not only people with disabilities, but also organizers and volunteers, approached the closing ceremony of the event as completely different people. Someone met new friends, someone found partners in future projects, and someone found a calling. All of them went home renewed: strong, talented, sociable.







## EDITOR'S NOTE



For the first time in the history of mankind, people with disabilities from all over the world came together. It happened in Yekaterinburg, which makes me very happy.

Before then, congresses of persons with disabilities covered countries, set sights on the continents, but no one had the courage to organize a world meeting.

The Russians decided to do this first. Harsh Urals knew that they could cope with it. They gathered and did it.

They have been waiting for it for four years. Every day the international team thought about the congress, corresponded, met, told the world about the plans.

There was little time before the opening of the forum. The first guests have already arrived. Three days before the opening the main venue of the First World Congress for Persons with Disabilities was irreparably damaged.

In the "Cosmos" cinema-concert hall, where the key events of the forum were meant to take place, concerts and film screenings are held. People with mental disabilities to blow up the building in protest against a scandalous film. Fortunately, he failed. However, the entrance lobby of the building and the first floor burned, and after the fire was eliminated the walls were covered in the soot. Of course, it was impossible to wash them off in three days.

It was a kind of challenge for the project office, whether they will be able to maintain professionalism, and whether they will manage to organize a meeting for 700 people without a key venue. They managed. The Palace of team sports responded to the call. As the initiator of the congresses Thomas Kraus said at the opening ceremony: "We have created our cosmos".

Together, people with disabilities and without disabilities have created their own space. Only four days, and the stars scattered all over the world, in order to draw to themselves, illuminate, be the guiding stars for others.

The magazine "The Inclusive" was intended as a bridge between two worlds. People with disabilities wanted to talk with people without disabilities: "We are here, we can, we want to live and work together with you." But when they met face to face, both of them could not speak.

It is always easier to write than to say. I hope that the texts of our magazine have brought some of nondisabled people closer to understanding and accepting others, at least a little bit. It seems to us that it was achieved.

**Daria Andreeva,**  
Editor-in-Chief of 'The Inclusive' journal.



### **Establishment of La Motta Brissago, Switzerland**

It's been a week since we returned from an amazing trip to Yekaterinburg, and everyday life has come again. But we are still under the impression of those fantastic moments that we experienced in Russia. With best wishes for the future and kind regards from Brissago!!!

*Simon, Jeannette, Claudine, Anya, Beata and Jan*



### **'Visage' movement theater company, Uzbekistan**

Dear Thomas!  
I would like to take this opportunity to thank you for the excellent congress in Yekaterinburg and, in general, for the Movement of congresses, which bring joy, hope and happiness to a huge number of people, both with disability and without it.

*All the best, Liliya Sevastyanova*



### **Socio-therapeutic association Lebensart sociotherapy, group 3, Austria**

We enjoyed the congress and returned home with wonderful impressions and memories. Everything went perfectly well.

*Attila from Vienna*



### **Public organization Sonnhalde Gempen, Switzerland**

Thank you from the bottom of my heart for your great work and for the wonderful time that we were able to spend in Russia.

*Sincerely, Denise and the group from Sonnhalde Gempen*



### **Leben und Arbeiten Community, Germany**

I hope you have safely survived the stress of these days and can enjoy the grand success !?

*With great respect and gratitude for indeed outstanding organizational work, Jutta Raffold*





Oleg Kolpashchikov

## "We want 10% of the people of the planet to be happy and understand what their strength is"

"The Inclusive" publishes travel notes of Oleg Kolpashchikov from the international expedition "Sails of the Spirit"



In summer the project office of the Congress managed to hold an international expedition under sail. Participants of the expedition with disability and without it have been telling the whole world about active people with disabilities and the coming Congress for a month. We publish the logbook of one of the captains of the team and organizers of the Congress Oleg Kopashchikov.

JUNE 17

We are sailing from Stockholm, the second day of the expedition "Sails of the Spirit" in 2017 in the Baltic. This year we are sailing on a new catamaran. It's called Kanikeli. Unlike the previous one, the catamaran "Lover", which has become close to us, there is a large closed wardroom in the center of Kanikeli. The two days that were

spent in Stockholm were full of events, and now we are planning to organize the Days of Inclusion in Sweden. And we are pleased that new acquaintances showed a keen interest in what we call inclusion. In the world, people with disabilities account for 10% of the entire population, only 1% of them actively live and contribute to the society.

JUNE 20

We arrived in Vaasa yesterday. Initially we thought to sail along the Swedish shores, but the wind changed, and we sailed through the Gulf of Bothnia to Finland. At night, Lena Kovaleva and Edgars Zakis went for a walk around the town. There were few cars and almost no passers-by. There was no wind and it was warm in the city. At the beginning and at the

end of the path, they met two fat hares milling about near one of the pink houses. The birds were singing all around them. There is asphalt under the feet, replaced by wooden flooring, crossings through railroad tracks were replaced by cobble-stone pavement and paths with coarse sand. Tomorrow night Volodya Bush, a blind rock musician from Krasnoyarsk, will join us. Volodya has the hymn of the First World Congress for Persons with Disabilities and a special song about the "Sails of the Spirit" in his repertoire. Mikhail Borschevsky, the operator of the upcoming film about the expedition this year, will be with him. We will sing, dance and draw above the Arctic Circle. Edgars and I cook for the team in turn. You can feel the style in everything that Edgar cooks: guacamole and pasta with Bolognese sauce. I started with buckwheat with canned stewed meat, then soups in the morning, traditional oatmeal. Fresh cheese was brought from Riga. The culture of cheese production is felt in every piece.

JUNE 21

Janis has finally caught a fish. A small young pike is lying in the cockpit. Janis, Uldis and Edgars left Oulu and went to Riga three hours ago.

There are the same problems in Oulu: little activity from people with disabilities. Tomorrow we are meeting with new friends at the round table "Inclusion as a Culture" in the city administration. In the wardroom Johannes – the handicraft teacher of the school for persons with disabilities from Sweden – is beginning to build a model of an inclusive catamaran. We discussed the future construction of a real inclusive catamaran with Captain Uldis - a place where people with disabilities and people without disabilities, people of different nationalities and professions could interact. Those who were not trusted in the world before would interact.

JUNE 23

The moment has come and we



got to the Arctic Circle and Santa Claus. The moment has come today, on June 23, on Solstice Day. In last year's trip we tried to make our way to the famous village of Yolupukki, but it did not work out. It was a shame to approach the Arctic Circle very close on the catamaran and not to drive a short distance by car. Frustrations are far behind, we did it! In the morning on the way to the Arctic Circle we stopped at the Arctic Zoo. Beautiful, clean, interesting. Johannes and I discussed that it's interesting to watch animals, but that we still feel pity for them. For the first time I saw a brown bear that licked a stone and purred like a cat. A peculiar purr, with a growl, but the pleasure of the bear was obvious.

Then there was the Arctic Center with an exhibition about the northern Finnish life. We watched a film about the Northern Lights in the cinema. I got only music and brief comments from Lena. I liked the film, although I did not have a text. When it's done, as is often said, normal, it is shown by any element of a quality product. Yesterday at lunch the premiere of a video about the June regatta was held in the City Administration. A beautiful ceremonial hall, a round table is being conducted during lunch. This is the first such experience in life. You are thinking whether to start eating soup during the performance of colleagues or wait for the end of the speech. You try a spoon and put it on a plate. The silence is everywhere. You are listening to the performance. You have to perform after the first course. You hear the sound of spoons, and you start to eat your first meal. Change of dishes, it's time to speak. I spoke about the principles of our work, about inclusive projects; we watched a video about the inclusive regatta, which was held on June 10-12 in Yekaterinburg. Sari and Jussi, our new acquaintances, asked me and the deputy mayor some questions. Sari says that we can integrate our event into Oulu Ocean, an old local sailing event taking place in June. Sari repeats that the event will take place in such a voice that I have no doubt in it. In the end - a friendly photoshoot in the hall with a grand piano and memorable gifts to each

other. We received packages with woolen socks. This is especially essential when it is seven degrees and fog at night.

We end the day, as we began it, dreaming. At the end of the visit to Lapland, we talk to the real Santa Claus about our dreams at the official Santa Claus office. Johannes tells about the project "Sails of the Spirit" and about the fact that we want to build an inclusive catamaran and travel around the world. Later I join the conversation and tell about the First World Congress for Persons with Disabilities.

We really want 10% of the people of the planet to be happy and understand why they live and what the strength of people with disabilities is. So that people without disabilities could learn to see and use values in the most unexpected things and phenomena.

Finnish Santa Claus remembers his stories when he tried to help children with disabilities. At the end of the conversation, Santa Claus says: "Under no circumstances should you ever give up dreaming." The phrase is well known, but thanks to the Arctic Circle, nature, environment, the context of our voyage, thanks to all this, the phrase has an effect on me, I understand its importance. I promise Santa Claus to convey



these words to all the people with disabilities. I fulfilled one of my dreams, which was to visit the Arctic Circle.

## JUNE 25

It started to rain in Oulu. Lena and Johannes take the model of an inclusive catamaran off from under the roof. The roof leaks. We are preparing to sail in the direction of Turku in the evening. The next National Congress for

Persons with Disabilities in Crimea will be held in September 2018. "Sails of the spirit" will come to the Congress by the Black Sea. At 6 o'clock in the morning Johannes and I saw Pasha Erlich and Misha Voytsekhovsky off.

## JUNE 28

Three days of rocking in a row is hard to endure when you are not used to it. For the first time in Croatia seven years ago we travelled 100 miles a week. Volodya and Misha - the newcomers of this season - travelled almost 400 miles without stopping for 3 days. Misha drowned the phone in Klobbskat. This happened while he was on the phone with his wife. The iPhone fell on the starboard side. Fortunately, the phone's flashlight switched on under the water, so it was quickly found. Misha undressed and got into the water, others guided him from the boat. Yesterday Misha Voytsekhovsky called and shared the story of how he and Pasha were leaving Oulu. In the morning they came to the station and took the first train car to Helsinki that they saw. The train started, they went through the cars to search for their places. In one of the cars the doors were locked and they decided to stay. The car was empty at first, but soon it was filled with 15 Finnish dogs and a cat in a basket. Misha and Pasha spent half of the way in a zoological car. The dachshund approached Misha, tried to play with him. Johannes will leave us and go to Turku by ferry to Stockholm. Yesterday he and Nastya painted the model of a catamaran blindfolded. They decided it themselves. Now the model of the inclusive boat is being dried in the wardroom.

## JULY 1

"Yeah, he is a real man!" - says Captain Rainis. He sits in the captain's seat. I give him regards from Johannes. Johannes went home yesterday from Turku by ferry to Stockholm. Johannes caught his breath at the end of the farewell. During these two weeks he cooked dishes in European and Indonesian style, built an inclusive catamaran from papier-

mache, described to Vladimir Bush and me the surroundings during excursions, impressed Santa Claus with his stories and dreams. Johannes helped everyone and participated in everything, sailed round the Gulf of Bothnia, stood abaft the wheel. I lived with him in one cabin. He was glad that he could read with light at night. I made jokes that he was reading too loudly. Johannes gave good advice on the development of the project and the construction of a real inclusive catamaran. A smile is constantly on my face. Only on the last day I feel a good childish bitterness inside. I do not want to leave.

We call it the Cuban syndrome. I told Johannes how my wife and I went to Cuba for the first time. On the first day everything was bad, then two weeks everything was fine, and on the last day on Varadero we both had a childish bitterness and despair. I do not want to leave. Volodya Bush has a birthday, he is happy, he has never celebrated it in such a way. In the evening Captain Rainis presents a gift from the whole team - yacht fingerless gloves. Volodya examines them, says that they are autumn gloves.

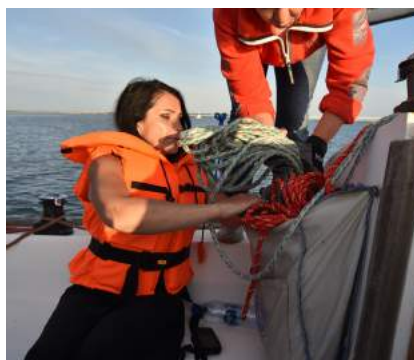
#### JULY 8

The wave swings from side to side and from the bow to the stern. We leave Liepaja.

Incidental acquaintance with Marina Dmitrova. Marina uses a wheelchair. She meets us in the campsite, participants of an international inclusive theatrical project accompany her. In the evening Marina visits us on a catamaran with her husband, they bring ceramic buttons of Happiness as a gift, made by children with disabilities. Marina has been using a wheelchair for 6 years. She tries to be active, at first sight, she does it well.

1% of the total urban population are members of the Liepaja Society of the Blind. This is a great achievement! Maris Ceirulis is the chairman of the Society. We hold events in Moscow, Yekaterinburg and Chita together with him. Maris recalls Chita most often. In the Society everyone knows as well that Maris visited Chita. We spend the whole day in the city office

of the Blind Society. We hold a round table about inclusion, then there is a guided tour, and finally stories about projects from Zhenya Malyshko and Andrey Kalmykov from URALS WITHOUT DRUGS. Maris brings a huge basket of fresh strawberries from the farm. The



deputy mayor Gunars Ansinsh comes to the round table. On the next day, on the Sea Festival, Gunars pours a picture near the catamaran under the guidance of Boris Khokhonov.

During the break at the round table, Andrey talks about a telephone conversation with one of the UBN wards. Andrey says that thanks to the expedition he finds new words that motivate him. Andrey is on the rise and is very happy. Last night, Maris took to his farm those who have not visited it. We have lunch in a Latvian style: herring, cottage cheese and potatoes. Maris jokes a lot, as always, pours a picture with his daughters and his wife, passes along a new tactile path. New obstacles appeared. One looks like a swing, with a long board: you go up along it, in the middle it rolls over, and then you go down. Boris Khokhonov follows me blindfolded. It's cool in the forest, but Boris and I sweated. An important point - Elia and Misha Olekhov walk blindly together in the unknown Liepaja in the evening, get lost and find the way.

Elia leaves the expedition with a changed voice and a couple of new dresses. She had time to go to the store in the morning with Lena.

#### JULY 10

In Klaipeda, the events began on July 10 in the evening: Alexander

Grachev, the Consul-General of the Russian Federation, met us on the dock. We are met in such a way for the first time. It was unexpected and pleasant.

#### JULY 11

We go to the society of the blind. We make arrangement to hold seminars on organizing inclusive interaction in winter in Klaipeda. There is something to learn from Lithuanians: the employment of people with disabilities reaches 37%. Only Norway has a higher rate. At 3 pm the Deputy Mayor hosts the team of the project "Sails of Spirit" in the City Hall. Alexander Georgievich is with us. We talk without translation. We agree that next year is the Year of Sports in Lithuania and Klaipeda, and we are starting planning joint inclusive sporting events in the next expedition. We are interested in an inclusive regatta.

#### JULY 13

We arrived in Kaliningrad. We are in the "Ost-West" yacht club. Uldis from the wardroom says that the distance of the whole expedition is almost 2,000 miles.

Today is the premiere of the film of Volodya Rudak "Pineapple" in the "News" cinema-cafe. About 30 people come. A film is about a wheelchair user who recovers and can walk, but hides this fact from the people around him.

After watching the film, there is a discussion and a lot of questions to Volodya. I ask him to what extent the plot of the film is autobiographical. I'm trying to make a joke. I think that Volodya did not understand my hint. The weather in Kaliningrad is warm. In the evening we go to the "Ost-West" yacht club for training before the regatta. Captains are wary, at first they keep at a distance from people with disabilities and beginners. Viktor Klovov conducts the instruction first for people with disabilities - participants of the regatta, then for the captains. I tell the captains that the main thing in competitions is to try different kinds of interaction.

The regatta is shot by NTV channel. Marc and I give an interview to the reporter Veronica.



Veronica edits the story at night, from two a.m. the federal channel starts to broadcast the story. On the next day I receive a call from Yekaterinburg, Roman receives a call from Kazakhstan. Kazakhs envy us.

Viktor Klovov and two wheelchair users from Kaliningrad - Marina Kulikova and Anton - are in the crew together with Dmitry Gavrilov. I'm worried because there are two wheelchair users in the same boat. We have not had such experience yet, this is the first time. Viktor and Dima tell me not to worry. After the first training, captains, people with disabilities and beginners without disabilities are emotionally uplifted. The final meeting lasts for a very long time.

#### JULY 15

Regatta. The weather is sunny, the wind blows.

Alexander, the commodore of the yacht club, asked everyone to pray for the weather. In slang it is called "to scratch a piece of wood". Everyone scratched pieces of wood and did it in an honest manner. Five yachts take off; five more join them in the sea. An inclusive team with participants with disabilities and without disabilities is on board each boat.

A cruiser "Sambia", carrying 52 people, leaves Kaliningrad. Sveta Borodina is among them. On the board of "Sambia" there are people with disabilities, children rehabilitating after cancer. In the sea, Konstantin, the chairman of the regional sailing federation, transfers to the cruiser. He comments on the rules and the course of the race using a loudspeaker. Roman Aranin and Yura, the Minister of Social Policy of the Kaliningrad region Anzhelika Valerievna, the head of the information and public relations department of the nuclear power plant under construction Inna Moreva, board the Kanikeli catamaran. We are watching the regatta from a distance. It was a good idea that Roman and I got to have a cruiser with spectators and a commentator.

The crew that includes Natalia Tarasova from Moscow, Anna Fomina - a blind singer from Saint-Petersburg, Nastya

Proskuryakova – a blind person from Latvia, wins. Viktor with wheelchair users and Dmitry Gavrilov took second place. The third place was awarded to the crew that included five representatives of the "Camerata" organization from Nizhny Novgorod.

#### JULY 16

In the morning we go to the World Ocean Museum on an excursion. We did not have time to visit a submarine during the round table. Marc has already been there, so he goes to the research vessel "Vityaz".

At the entrance to the submarine, the person who checks the tickets understands that I am blind, and asks my colleagues a traditional question: what is a blind person going to do on this excursion, or why does a blind person need an excursion, I do not remember exactly.

Viktor was on submarines before and tells interesting information, strangers gather around him. They mistake Viktor for a regular museum guide. Viktor plays up to them. After the excursion to the submarine, I get the idea that it is good to lead such an excursion inside in the dark or wearing a blind-folding mask. Viktor Klovov tells how, walking at night before the concert, he meets wheelchair

users Anton and Vitalik in the center of Kaliningrad. Anton was in the team, and Vitalik was at "Sambia", among the spectators. They are discussing the event at night in the street, boasting about achievements and Viktories. Anton shares: "I have a feeling that now I can do anything."

#### JULY 18

The expedition is ended, I am writing at home in Yekaterinburg. Today I phoned Uldis. He, like us, has a day off after the trip. I phoned Dima Gavrilov, he was organizing the regatta in Kaliningrad. Dima says that all the captains are happy. We agree to arrange a regatta for the next year. Johannes sent an audio message from Sweden. He asks where the catamaran from papier-mache is, whether sails were made for it. I answer that Lena made sails. They wanted to send a catamaran to the sea, but Uldis took the catamaran to Riga.

I called Nastia Proskuryakova in Riga. Nastya says that everything is fine, but that she is sad. Being sad is also right. It means that we did a good job.





The First World Congress for Persons with Disabilities did not change borders, buildings or roads of Yekaterinburg, but changed the cultural reality. It is not for nothing that at the opening of the Congress Thomas Kraus noted that we have developed a new paradigm. But what comes next? Let's think together how to use this unique experience for the common benefit.

At first let's discuss: how did we find ourselves in a new reality? Then let's determine: how is this culture different and why does the world need it? And after that let's think: how can we expand the boundaries of the new reality in the future?

In 2014, several people gathered in the Verkh-Neyvinsky urban locality near Yekaterinburg. We understood from the very beginning that we have no budget, that no one supports us, and in general no one has ever done anything like this.

Yes, we had experience in organizing regional congresses. Yes, congresses have already been held in several countries. For example, Yekaterinburg held the second Russian Congress.

But there have never been such a scale, so many participants, such

## Extrability is the door to an inclusive economy

a wide representation of countries and nosologies. Also, there has never been such support from the Government, the head of the region has never given a speech at congresses, and there has never been any welcome letters from the head of state. But these are not the only distinguishing features of the First World Congress. There have never been such rules, such principles of participation.

The new rules were so revolutionary that the organizers had to endure a huge amount of criticism. In fact, we discussed the new ideology of congresses, when instead of having fun and rest, we gathered to exchange the successful experience of socialization and self-organization of a person with a disability, his release and demonstration of his values in an inclusive economy.

In order to plan our work, we used a systemic strategic CPRRE analysis (characteristics, pillows, result, resources, effect). And by May 2015, it consisted of fourteen pages in a tabular form.

After the strategy was developed, the organizers did a great job proving to the Government of the Sverdlovsk Region that they would be able to involve hundreds of participants from all over the world. Hundreds of presentations, dozens of support letters and activity in social networks have shown that a unique Congress can be held.

A year and a half after the work in Verkh-Neyvinsky had begun, the Governor of the Sverdlovsk region signed a decision on the establishment of an organizational committee, approved the list of its participants and the preparation plan.

Why did it become possible? Because new trends were formed in the world - new trends and new values.

### A new culture of extrability

For the time being we habitually connect the success in life with the size of the budget that we can manage. For us, it is easier to understand social or political capital, which is achieved by the ability to get into the circle of trusted, close associates. It is still believed in society that only such people can leave a Marc in culture, in history.

The Congress has opened a new world for us. We have not yet learned to appreciate potential, not demonstrated, suppressed human talents in the same way as money or social status. We do not yet know how to see hidden abilities in a person and almost do not support the process of developing qualitatively new personal resources. But thanks to the Congress, the world will not stay the same.

The concept of "extrability" was put into practice by Oleg Kolpashchikov. Extrabilities



(from the words "extra" and "abilities") are additional abilities that develop in a person with a disability due to adaptation to life with Disabilities. A feature of these abilities is that they are not necessary in the life of an ordinary person, but on the other hand, thanks to the extrability, the life of a person with a disability can be changed qualitatively.

Extrabilities are unique abilities and skills that act as competitive advantages of people with disabilities. The use and development of extrability in professional activity allows people with Disabilities to occupy a competitive niche in the open market.

Another distinctive feature of extrabilities is that their development is based on a sense of dignity, mutual respect and the value of experience in overcoming crisis life situations. Those who were able to actualize the abilities of this kind survived a serious psychological crisis in the past, but got out of it as winners. Many of them say that they accepted their new life and fate with gratitude. And this acceptance opened the way to the hidden resources of the individual.

Today we see extrability among nondisabled people if they have learned to interact with people with disabilities on the basis of mutual growth and a sense of inner dignity.

This is today's new reality - nondisabled people started the World Congresses Movement, taking the Urals as a basis.

### **New culture = new economy**

In human history, one culture took over the other. For a long time there was a culture of slaves and slave owners. The capitalist and socialist culture has replaced it, now we are growing out of consumer society and postmodernism.

Culture (from the Latin "cultura" for cultivation, later - upbringing, education) is, in fact, the rules of the development of talents. The effectiveness of culture is

associated with the ability to form new professions.

In a new inclusive economy, tools and models for the development of hidden abilities and inclusion of all people will be valued. For many people with Disabilities, success will be associated with the development of extrability.

The analysis of workshops, panel discussions and behind-the-scenes discussions that took place in the framework of the First World Congress for Persons with Disabilities has shown that four types of organizations can be distinguished from the point of view of developing hidden abilities.

Organizations of the first type provide assistance services with a minimum level of inclusion of people with disabilities in social relations.

Organizations of the second type provide assistance and vocational guidance services in the framework of known strategies, for example, blind masseurs.

Organizations of the third type provide services involving work assistance of people with disabilities in their new professions, for example, a business coach.

Organizations of the fourth type are established by people with disabilities and provide services to nondisabled consumers; they compete in the open market using their extrabilities.

### **Events that open the door to an inclusive economy**

At all times, people have linked their future with the profession. And most people made the choice once and for all.

An inclusive economy is a culture of involving each person and developing his hidden talents and abilities. It means that a person must learn to change his profession with pleasure.

Examples of such changes were the organizers of the First World Congress. It was the development of their extrabilities during meetings and negotiations that

helped officials to believe in the realization of an unrealistic event. It was the development of extrabilities during the presentations, webinars, and events around the world that involved the participants and opened the door to the new economy.

I would like the Third Russian Congress for Persons with the Disabilities to carry on this tradition. If work in the new paradigm continues, then we will have tools for assessing the quality of events based on inclusive interaction. And then in the future we will have the opportunity to create a new profession and a new professional standard, the working title of which is the "Master of Inclusion".





## EXPO-2025: will we break through?



Yekaterinburg will try its luck in the competition for the right to hold the international exhibition EXPO for the second time. The Urals has already applied for EXPO-2020, but they lost to Dubai in the final battle.

Russians expect to hold the exhibition in 2025. The announced theme sounded as "Changing the world: inclusive innovations - for our children and future generations". Participants of the First World Congress for Persons with Disabilities actively supported the theme of the city's application for the competition. After the end of the Congress, the theme was extended to other social classes and now sounds as: "Transforming the world: innovations and a better life for future generations".

Is there any chance for Yekaterinburg to win in terms of the city's competitive ability? We decided to ask experts about it.

DMITRY SHIMANOV,  
CEO OF THE RESEARCH COMPANY MAR  
CONSULT:

The issue of inclusion is topical. Care for the mankind is discussed in the UN, and the authorities of Yekaterinburg have grasped the spirit of the times.

If in other countries of the world the issue of inclusion concerns primarily people with physical and mental disabilities, in Russia this problem affects wider sectors of the population. Solving the issues of inclusion, we talk about reducing the number of poor people excluded from normal social processes. Inclusion is needed by at least 60 millions of Russians, which equals to 41% of the population.

The government of Yekaterinburg very aptly noted one of the most pressing problems of Russia (as well as other countries), holding such an exhibition of world

level would help solve one of the most topical problems of the 21st century - stratification of society and income inequality between the rich and the poor.

MARC GOICHMANN,  
A LEADING ANALYST AT THE TELETRADE GROUP  
OF COMPANIES

Yekaterinburg is mastering the role of the center of major world forums more and more. This, on the one hand, means the international recognition of the city, on the other hand, it provides additional opportunities for development, attraction of investments, inclusion in world political and cultural processes.

Accumulated experience also increases the chance of holding EXPO-2025. The attractiveness of the city is connected with many factors. Developed economic infrastructure, openness to investment. The center of Eurasia can also symbolize a center for discussing world problems. The largest companies - representatives of various continents - successfully operate in the city. Wide transport accessibility, experience in holding high-level events - SCO and BRICS summits, Russia-EEC, readiness for hosting the 2018 World Cup.

The applications of other contestants are strong. Baku, Paris, Osaka - each of the cities has its own 'zest'. Nevertheless, it is important for Yekaterinburg that there is a unity between the application for EXPO-2025, its theme on inclusive innovations and the practical implementation of the largest event of this theme. I. World Congress for Persons with Disabilities was successfully held in September. It showed that the involvement of people with disabilities in social processes is more and more demanded. Economic, technical, social conditions of life allow an actualization of the full potential of people with disabilities in various fields of activity.

These processes correspond to the mainstream movement which is an increasing humanization of the mankind in the course of its development. An environment is created in which people with disabilities are not just a social layer that needs support, but they themselves play an important role in society. And if so, the theme and location of the future EXPO-2025 in Yekaterinburg have undeniable advantages.





DMITRY ZEMOV,  
CANDIDATE OF ARCHITECTURE AND HEAD OF  
THE ZE-MOOV STUDIO

Since Yekaterinburg has already applied for EXPO 2020 in 2012, the feature consists in that a construction site in the city planning has been already determined for EXPO in Yekaterinburg.

The site is located in the Verkh-Isetsy district at the intersection of transport nodes: railway, land transport, metro, automobile peripheral road ring. Since the territory of EXPO is located near the center, and in the future the main street will be extended to exhibition pavilions, all this will facilitate access to the sights of the city.

Yekaterinburg has a compact structure and dense development in the center, which makes the city convenient for visiting all the important sights of the city (convenience for guests and residents of the city). The future site for EXPO is located in the recreational area of the city with an access to the Verkh-Isetsy Pond. This will create a spectacular appearance of the future complex with embankments and park areas.

The city plans to create a developed infrastructure around the territory of the EXPO-park. It is planned to build a large EXPO-village with pedestrian zones, concert venues and parks. A business center will be built, in the pedestrian part of which there will be numerous shops, restaurants, recreation areas, sports grounds. The city plans to create modern permanent pavilions for EXPO, which will be used as scientific centers, museums, higher educational institutions and leisure complexes after the events. The EXPO-village will become a location place of residential quarters, hotel complexes with developed social infrastructure (hospitals, schools, kindergartens, parking lots, etc.).

The sites for EXPO are not occupied with building, which will allow creating an architectural urban environment using the latest trends.

In my opinion, the most valuable potential of Yekaterinburg is Yekaterinburg residents themselves. The city of art, the city of scientists, it is a Russian talent foundry. Yekaterinburg residents are open to everything new, they are hardworking and creative. A lot of innovative projects have been created in this city. Therefore, it is worthy of special attention, and such an event as EXPO would fully open the traditions of the Urals to the whole world.

YEVGENY KUYVASHEV,  
GOVERNOR OF THE SVERDLOVSK REGION

Even during the last bid campaign, we saw a keen interest of the members of the International Exhibition Bureau to the Urals - the region of people strong in spirit, talented engineers and craftsmen, and to Yekaterinburg - a rapidly developing metropolis that preserves its identity. We managed to show advantages over the Brazilian Sao Paulo, the Turkish Izmir, and only in the final voting we lost to the strongest rival -

the Emirate of Dubai.

But we will do everything to realize our ambitions this time. We got the experience that formed the basis of the new bid campaign.

It should be understood that four years have passed and during this time Yekaterinburg and the entire Sverdlovsk region managed to reach a new level of development. We have learned to transform innovative ideas into tangible projects that are improving the quality of life of Yekaterinburg residents; we have acquired new competencies in industry, information technologies, in the field of urban passenger transport and medication.

Therefore, our presentation is not a repetition of the old one; it is a new application of the city, which has all chances to win. We understand that the asset of the Urals is people, the pattern of their thoughts, their diligence. So, the theme of our new application sound as "Changing the World: Innovations and Quality of Life". EXPO-2025 is the opportunity to show the world a new look, new dimensions of Russia and our region.

The key issue, the most important one for us: why should we start this race? Until the 1990s, the Sverdlovsk Region was a closed region, terra incognita for the world community. And today we are deeply integrated into the world economic processes. But much remained to be done to become truly open to the world: we must ensure the inflow of investments, create new industrial facilities and high-performance work places. All this is the basis on which the well-being of the city's residents is built.

For us, the world exhibition is a chance to create a new quality of life in the Urals, to maintain the region's leading position in the country.

The agreements that we will reach, those foreign investments that we will attract are even more



important. This is our goal. And President Vladimir Putin supports the Uralian people in their desire to host EXPO. We are grateful to the leadership of the country for this support, and today it is important for us to present the potential of Yekaterinburg as efficiently as possible.



He acted on the same stage with Stevie Wonder. He laid the foundation of schools for the blind in Cameroon, opening the first of them. He learned English and French, listening to football commentators on the radio. In his childhood he was known as an excellent football goalkeeper, and in his youth he gathered everyone for dancing. Now Paul Tezanou is the President of the Movement of Blind People in Africa, the President of the French-Speaking Union of the Blind, a teacher and motivator. All this might not have happened, if little Paul, blind from birth, had decided to put up with disability as a child.

– Paul, our magazine has already communicated with the deputy-chairman of the Valentin Haüy Association Marc Aufrant. Back then, he spoke about one person from Cameroon, who organized a school for blind children and received land from the government for work. Now he has a school and a farm, due to which the institution operates under self-sustainment. Marc spoke about this man with delight. Tell us, please, are you this person?

– Yes, it's me, - he laughs. - I was born blind in a family with many children. The parents had seven children - three blind and four sighted. I was born in a village, where I was an outcast among the sighted. But then, I gradually began to walk with the help of hands. I learned to make chairs and baskets. As a boy, I organized my own football team, where everyone except me was nondisabled. In the team I was a goalkeeper. Look, my

Daria Andreeva

## "Someone might think that I'm lucky"

The president of the French-Speaking Union of the Blind, Paul Tezanou, tells how not to become a white crow in society when you are blind

front teeth are broken. It happened when I failed to save a goal (laughs).

I did not go to school; there just were not any special schools for the blind. I learned English and French by football comments on the radio. It turns out that I have made a person who I am myself.

– Tell us more about your school.

– The more I studied, the more I understood that I wanted to become useful to society. I decided to create a school for the blind. It happened in 1975.

I did not have any money either for the premises or for special equipment. Therefore, the main task was to spread the ideas of inclusive education in ordinary schools.

Today I think it was the best idea. Because this is how it was possible to integrate blind children into ordinary schools, since there was no special space separated from the others. I trained sighted teachers to work with blind students so that teachers could conduct integrated lessons and help ordinary children study with the blind.

Now there are 45 students in the school. This is the largest education network for the blind in Africa. Children from Chad, Gabon, Congo, and Central African Republic come there. Because this is the only school with an inclusive program.

– What jobs do the students graduated from your school get?

– At school we conduct vocational guidance courses, rehabilitation programs. At one of the courses the students learn to make floor brushes. We also breed chicken.

There is a problem of unemployment in Africa. Even the sighted cannot get a job. If the blind cannot find it, they begin to create their workplace themselves. So, the first-generation school graduates became teachers and opened schools in the countries of Central Africa. Now there are 5 new schools for the blind in Cameroon, the headmasters of all these schools graduated from our school.

Another kind of activity is music. If you go to YouTube and enter my name in the search box, you will see a lot: performances music videos, stories about the school. We performed in Europe and in America: in Los-Angeles, Tennessee, Washington. One of the sponsors of the tour is Stevie Wonder. At one of the concerts Stevie played the piano, we played conga, djembe, maracas.. In Tennessee, we met with Ronnie Milson, another visually impaired musician.

Another kind of my activity is being a professional speaker. I am a teacher and a motivating speaker - I tell people how to make money, find finances, and organize their projects.



– The list of professions is impressive.

– Yes, thanks to this I have been the president of the Movement of Blind People in Africa for 8 years,



the regional representative of the World Union of the Blind, the Commissioner for Human Rights and Freedoms in Cameroon, the president of the French-Speaking Union of the Blind. This association consists of 49 organizations of 26 French-speaking countries. I like to be a teacher, despite the political aspect of my activity. I inform politicians of the problems of the blind; I do not let them forget about the blind.



I promote social inclusion for blind women. Earlier, there was no information for blind women at all. My sister, who is also a blind person, could not learn much in her childhood due to lack of information. Now she has graduated in France, she is a lawyer and a professional singer.

– *What about jobs of your other blind brothers and sisters?*

– Angelina lives in France, and my brother Simon died 3 years ago. He was a professor, he taught sighted students at university. He was the very first student of my school. He was a wonderful person.

– *Once I talked with a young man who lost sight. Like you, Vladimir told me that as a child he played football. The main condition was that the ball must roll on the ground, and then the boy heard it and caught it. And how did you catch the balls?*

– Back then, football was different from what it is now. At that time the guys wrapped the ball with manufactory paper. It was already heavy, and it also rustled very loudly when it rolled. I always knew where it was. In addition, back then the ball was kicked into the gates from the middle of the field. And even if it was sent high into the air, when it was approaching the gate it fell and also rustled, rolling on the ground. And then I caught it. But if they kicked the ball into the gate over the air, it was, of course, a Goal # 1! (laughs).

The best thing about football was that I played with guys from

different villages and made a lot of friends. They knew me not as a blind boy, but as a person who was successful in everything. In those moments I did not feel disadvantaged because of being blind. Despite my blindness, I continued to do things that I liked, and did not give up. For example, I organized dancing activities. The girls avoided me at dancing parties, because they knew that I could not see, but I went to the dances anyway.

All you need to know from this interview is that blindness and any other disabilities are not personal, but social. A person with a disability feels disabled only when the society rejects him. If society accepts it, then he will not become a white crow.

When I was young, my father worked as a farmer. He went to the villages to sell coffee. He could stay on a trip for several days. And I spent only a few hours on such trains, because people came to see how a blind guy counts money and how he recognizes the denomination of a banknote.

Someone might think that I'm lucky. But I want to say something: please, do not think that I have no problems. I have many difficulties with my school and not only with it, despite the fact that I am married and I have six children and they are all sighted.

– *What are you worried about?*

– My biggest problem now is that the state does not support us at all. We have to beg for everything. But many students in our school are from very poor families, and some children have already lost their parents. They cannot help us, they need help themselves.



– *Is there any way out of this situation?*

– We are counting only on the support of the Valentine Haüy Association from France, some support from Germany and Switzerland. There was financial assistance from Holland, but it stopped.

A huge problem is how to get help to spread the ideas of inclusion among the students of our school.



– *Do the congresses help you?*

– Yes and no. Firstly, no. Because I paid 200 euros for the tickets and for the accommodation. Yes, because I did not pay for the visa, for the help of volunteers. The most important advantage is that there are a lot of people here who may be interested in my ideas, my projects, they can help me. I invited some members of the Congress to visit Cameroon. I want to demonstrate how the blind in the French-speaking countries are included in the society. This event will take place in November 2017.





Evgenia Malyshko

## Blind visitor in a museum: the most detailed instruction

Our regular author Evgenia Malyshko tells how a museum guide should conduct an excursion for the blind and how the blind should behave



When coming to a museum, each of us seeks to expand our intellectual and aesthetic experience, get in touch with the subtle matter that lies outside the everyday routine. When a person decides to go to a museum, an art gallery, or any other art space, they prepare for this in one way or another: chooses a direction, makes up his mind, looks for a company with the same interests or decides to go alone.

The path of people with disabilities is a little bit longer. They need an internal motivation to leave the house (is it not easier to read the description

on the Internet?), they need to overcome their own and social stereotypes. Why do blind people to an art gallery? Should they habitually join a special group to do so? They need to be scrupulous about the choice of the Exhibition and the place of visit. Is the site available? Is the Exhibition they want to go to adapted?

### Blind visitor in a museum: why?

More and more museums approach the issue of accessibility not from a formal, but from a human - humanistic point of view. The professional

community tends to believe that the human factor and interpersonal interaction are much more effective than technical accessibility. There is no longer any doubt that a competent, enthusiastic, passionate museum guide is the main element of the Exhibition accessibility for all categories of visitors. Above all, the specialized groups, excursions for people with disabilities have practically become a thing of the past. Cultural institutions gladly receive mixed, inclusive groups, and visitors with disabilities go to all kinds of Exhibitions which they are interested in.

### Blind visitor in a museum: what should we do with him?

Much has been tried, rejected and done in the field of accessibility of programs and Exhibitions for blind visitors. Audio-guides have long ago and firmly entered our cultural life. In most cases, they are used not even by blind or visually impaired people, but by single visitors, meticulous and thoughtful visitors, foreigners. Models of buildings or landscapes, ships or mechanisms, are of course extremely useful for blind visitors for a complete, volume presentation. But they also generate genuine interest in children and adults. And vice versa: interactive programs, originally developed for children and adolescents, designed to give them a better insight into one or another process, are very popular among the blind of any age, giving them an opportunity "to touch" to the topic of interest "from the inside".

But huge information stands, printed in Braille, as well as tactile copies of paintings, are likely to gather dust without any attention. What is the reason for it?



***The reason is connected with the question we started with: why a person comes to a museum.***

The information on the stand, however complete it may be, will not replace a museum guide, the emotions of the group, or touch of the exhibits. A relief copy of the painting will never express the variety of colors, the mood of the artist and the attitude of the audience. Exhibits and copies "allowed" for tactile sensing which are put out in a separate room will never replace a full excursion, joint experiences during a walk through the halls of the museum.

Workers of the cultural sphere have a right to be indignant: shouldn't we do anything at all, it is all for nothing?!

In my opinion, nothing can be done in vain. Nevertheless, it is necessary to understand which task corresponds with this or that action

What serves to informativity, what complements or deepens the Exhibition in general, which will be useful for a museum guide during work with any visitors.

For each museum guide, it is a challenge to conduct a tour in such a way that a blind visitor feels the beauty, the depth and the volume of the item on display. It is very interesting to observe how a museum guide, working with a group containing blind visitors, sees usual details or the exhibition in general as if it was for the first time.

The guide allows him or herself to look at familiar objects from a different, unexpected angle. At such moments there is no doubt that an inclusive group benefits from the presence of a blind participant: a museum guide works more emotionally, rejecting the well-established models; and individual visitors turn out to be more deeply involved in interaction with each

other, with a museum guide, with the subject of study.

Paradoxically, if one had to formulate one single advice on how to conduct a truly interesting excursion for a blind visitor, it would sound as "just like you conduct any other excursion."

The fact is that any good museum guide works in such a way as to give a group the greatest, the best idea about the subject of the conversation. The guide is ready to tell about architectural styles or styles of painting, focus attention on features of a landscape or memorable trifles, answer clarifying questions or delve deeply into a subject. Does a blind visitor need something else? He or she came on an excursion for the same reason, of course.

**Blind visitor in a museum: dos and don'ts**

When coming to a guided tour, blind or visually impaired people should keep in mind a few simple things.

- First and foremost: each museum can have its own rules that must be respected. Do not require to sit on rarity furniture or to try on the remaining pieces of clothing. Ask for it. Perhaps you will be allowed to touch the handle or armrest, feel the ancient patterns. And nobody can take away the smell of an old tree from you.
- If you join a group of visitors, be considerate and attentive: emotional openness, the mood of surrounding people will give you not less than a guide will.
- When you get acquainted with a museum guide, indicate whether you need additional help or additional explanations. Perhaps, a museum guide has not worked with blind or visually impaired visitors before, and he does not know what you need exactly. Mutual understanding

with a museum guide and a group will be an additional factor of a successful excursion.

- Be open to interaction: other visitors, as well as you, came for new impressions; invite them to touch those items that you are allowed to touch – they definitely want to, but they feel shy.
- Pay attention not only to the content side of the excursion (story, exhibits, questions), but also to everything around you: sounds, smells, their change in different rooms, side conversations, occasional tactile impressions ... Direct the attention of people around you to all these little things : you will make their excursion more complete, voluminous, unusual.

After all, all people come to the museum for a new emotional experience, new knowledge, for getting in touch with some subtle matter that lies outside ordinary everyday life. Interaction with each other and with the surrounding space through an unconventional view of the world will help to achieve this to the fullest extent possible.



Liliya Malgina

## Synergy rule

Inclusive team of organizers is the key to the success of an inclusive Congress



**What is the rule for real inclusion? In the opinion of Oleg Kolpashchikov, President of ANO "White Cane", true inclusion begins when the inclusion of a person with a disability into the project becomes the key to the success of this project.**

The First World Congress for Persons with Disabilities confirmed this belief.

A huge contribution to a large-scale event, its organization and holding was made by those who are "in the driver's seat". And few people realize that much of the program was done only due to the fact that the team of organizers was inclusive as well.

In particular, the organizing committee, in addition to representatives of the authorities and leaders of non-profit associations of the Sverdlovsk region, included experts on the accessible environment - Alexey Sukhorukov and Elena Leontieva, representative of the non-profit organization "Blagoe delo" Oleg Fedchuk and others.

At one of the first meetings in the Public Chamber in 2014, Thomas Kraus complained that he had held

congresses for 20 years, and people with disabilities did not take up this initiative. Then Mikhail Voitsekhovskiy and Oleg Kolpashchikov from the "White Cane" organization promised that they would participate in the preparation for the First World Congress.

The flagship of the inclusive team was the president of ANO "White Cane" Oleg Kolpashchikov. In addition, Oleg entered the International Coordinating Committee of the First World Congress for Persons with Disabilities. He generally develops the theme of inclusion, business coaching with the participation of people with visual impairment in Yekaterinburg and beyond, he also came up with the term "extrability", which means people with extra abilities.

*– Inclusion begins when people with and without disabilities begin to interact with each other, – said Oleg Kolpashchikov. – This is a difficult process, but you should not be afraid to communicate with people with disabilities and be ashamed of your fear at the first moment of communication. Moreover, after establishing contact, a disabled*

*person will inevitably reveal themselves to you from a new angle, and the aspects of their personality, their story of overcoming troubles will certainly help you to become better in something. A positive attitude to life, openness and desire to expand borders are very important in inclusion.*

Elena Leontieva, an expert on the accessible environment, believes that inclusive practices and inventions that are introduced into the urban and social environment, helping the integration of people with disabilities, improve the quality of life of nondisabled citizens.

*– It turns out that much in this world is changing for the better thanks to people with disabilities, they act as a kind of trendsetters, – the expert concludes.*

In particular, at the initiative of Elena Leontieva, the participants of the Congress who use wheelchairs visited the "Patriarchal Metochion" museum. The guests were pleased with the convenience of the territory for wheelchair users, but the Exhibition of the museum caused the strongest emotions, of course. And this is just one example of a personal contribution to the overall program of the Congress.

Vera Simakova, the General Director of the "Blagoe Delo" association and the Deputy Chairman of the Project Office, told our magazine about the specifics of working in an inclusive team.

*– Vera Igorevna, how were people for the organizing committee of the First World Congress selected?*

*– In fact, the team was formed quite spontaneously. In 2013, the initiator of the Congress's for Persons with Disabilities, Thomas Kraus, decided to hold the First World Congress in Yekaterinburg. It took us four years to implement this idea, during which the manager of international projects of The Association for Curative Education and Social Therapy in the Nordic countries Peter Holm and Oleg Kolpashchikov, who heads the movement of people with visual disabilities, have joined us. We realized that the team should be composed of people with very different capacities for the best preparation and implementation of an inclusive congress.*

*– In other words, people with sensory, physical and mental disabilities joined the project?*



– Due to the difference in competences that our experts have, the Congress has turned out to be multifaceted, interesting and useful for a wide range of people. Everyone has contributed not only to the implementation, but also to the content scope of this large-scale project. I think that it was the inclusiveness of our team that helped to bring the idea to life and prepare the program in a very short time and with minimal financial costs. We are greatly thankful to Russian, regional and city authorities for helping to organize the process and, in particular, to facilitate the registration and entry into Russia for foreign guests. Just imagine, more than 700 people from three dozen countries arrived at the Congress: Germany, France, India, Israel, New Zealand, Thailand and so on. More than 450 volunteers with disabilities helped our guests at events and outside the program, which became an unprecedented case in the history of the congress movement in general.

– *What was the importance of the team inclusiveness?*

– Considering that congresses for persons with disabilities have been held since the 1990s, the scheme of the organization has already been worked out. We drew upon the experience of European congresses; moreover, in Russia similar events took place in 2010 in Moscow and in 2012 in Yekaterinburg. This time, as the scale of the event has grown to the world level, it was necessary to look for new solutions. As a result, each of our experts created content of the standard

schedule of the Congress. The exhibition "Inclusive City", the concert with the participation of musicians with different abilities, workshops and creative workshops - all this was realized thanks to the special view of the team members.

– *What difficulties arose during the organization process?*

– You know, there were practically no difficulties, because we knew very clearly what we wanted and saw the ways, including administrative ones, how to solve the problems. There was a huge emergency with the site, when it was urgently necessary to transfer the congress from the cinema-concert hall "Cosmos" to another site. Again, thanks to the support from the authorities, we solved this problem very quickly and settled in the Palace of game sports. Experience has shown that this is a very comfortable place for people of different categories. I think that if the organizing committee consisted only of those who do not have any disabilities, the congress would not become so multifaceted and deep. As for the rest, we conducted the usual organizational work, but in a stronger composition. And above all, people believed in us and in our idea. To convince, to prove, to infect nondisabled people with an idea of an inclusive congress was the most difficult task we faced at the very beginning. And we coped with it.

– *What kind of summit does the inclusive team plan to reach next?*



– Now we need to reflect on all that has happened. During the Congress we discovered a lot of new things, new resources and new facets revealed in each of the participants, organizers, volunteers, we saw what a huge potential lies in the interaction of people with disabilities and without them. In late autumn we plan to organize a conference in Yekaterinburg to sum up the results, including those of the methodological, pedagogical and technological plan, and to announce a resolution on the continuation of the Congress. Well, and then ... The third Russian Congress for Persons with Disabilities, the 7th European Congress, EXPO-2025, where we want to present inclusive innovations and technologies ... I do not want to look far ahead, because the value of each of us is being determined right now. And today only mutual respect and desire to understand and accept other people, who are different from us, will make future brighter, deeper and full of strength.







## LETTERS OF HAPPINESS

**Association "Commonwealth of medical-pedagogical and social-therapeutic organizations", Moscow, Russia**

My dear friends! Thank you very much for the excellent work. It was very beautiful!  
With respect and gratitude, offer my warm and tender hugs!

*Tamara Isayeva*


**"The Center of Curative Pedagogy and Social Therapy "Svecha" (The Candle), Rostov, Russia**

Dear Thomas Kraus, dear organizers of the congress, we were fortunate to visit the First World Congress for Persons with Disabilities, for which we kindly thank you from our entire delegation of young disabled people, their parents and teachers!

For our children, students of the Center of Handicapped Pedagogy and Social Therapy Svecha, this was an event which will stay in the memory forever. And it was a great surprise for me to meet my pupils in a completely unusual situation and see them from a completely different angle. With interest and pride, I watched as a shy and slightly slow Denis mustered his courage and invited a girl to dance. I watched as Ilya, who is nervous when there are a lot of new people around and always tries to hide, laughed so contagiously, freely and happily after the ball that I had not seen him so happy over the past 10 years. Andrey, who has dreamed of becoming a train conductor since childhood, asked questions on a tour of the Children's Railway, and the guide seriously and respectfully answered him. And we, adults, were able to visit the first ball in our life thanks to our students. The First World Congress for Persons with Disabilities left a lot of tremendous impressions and warm memories in our hearts, it goes without saying that we all dream of taking part in such an event in Serbia.

*With great respect and gratitude, the pupils and teachers of "The Center of Handicapped Pedagogy and Social Therapy "Svecha"*


**Brigitte Deck, Sweden**

I hope you got a little rest after such stress! Once again, I would like to thank all the staff members and mentees (who are also staff members, by the way) for the huge work that you did

*Yours, Brigitte*


**Ministry of International and Foreign Economic Relations, Yekaterinburg, Russia**

We are glad that everything went nicely and successfully. This is a huge experience that will be useful to us in the future. Thank you for cooperation.

*Sincerely, Valentin Borisovich Sokolovsky,  
Director of the Department of Organizational Work of  
the Ministry of International and Foreign Economic  
Relations of the Sverdlovsk Region*







Liliya Malgina

# Jonathan Livingston Flock

How theatrical art unveils the potential of people with visual impairment



Participants of the first "Inclusion. Schools" opened in Yekaterinburg in the spring of this year proudly call themselves a flock. Why? The answer lies in the famous parable of Richard Bach "Jonathan Livingston Seagull".

The children prepared etudes inspired by this particular philosophical book, time and time again comprehending the meaning of this allegorical novella deeper and deeper. Spiritual freedom, overcoming, courage in manifesting oneself - these phenomena, described by Bach in the book, are familiar to the participants of the inclusive theatrical school first-hand. People with visual and hearing disabilities know from their own experience how difficult it is to live in a world "honed" for those who have no problems with visual and auditory perceptions. And they understand all too well that we can do much more together than alone.

The project "Inclusion. Schools" was created with the assistance of the Deaf-blind Support Foundation "Connection" and the Center for Creative Initiatives "Inclusion". Yekaterinburg became the first city after Moscow where the School appeared, gathering a powerful creative team and bright, extraordinary students around itself.

- "People with different abilities" - that's what we call our students, because each of them, irrespective of age, gender and diagnosis, possesses unique personal qualities and brings a special contribution to the creative atmosphere," says Natalia Kiseleva, the project supervisor in Yekaterinburg. "Our classes are constant researches of the inner world, our own borders, creative possibilities and readiness of those around us for acceptance. We are inspired by our students for some discoveries and, in turn, inspire them to be frank and open and expand their borders.

"Inclusion. Schools" is open to all who are heartily committed to a dialogue

with those whose physical abilities are different. Joint "laboratory experiments" are dedicated to plastique, rhythmic, vocal and the basics of acting. They are held at weekends in the space of the Youth office of the partner bank on Karl Liebknecht, 22.

The teachers of the School are well-known personalities in the artistic society: the actress of the puppet theater, the Honored Artist of the Russian Federation, the teacher of the Yekaterinburg Theater Institute Natalia Garanina, the composer, the head of the musical part of the Yekaterinburg Puppet Theater Larisa Pautova, and the dancer of the Artistic Union "SoBytie" Maria Myakisheva. There are also visiting teachers. For example, the workshop on clay modeling was conducted by the teacher of the graphics and animation department of Ural State University of Architecture and Art, the animation artist Vadim Badyanov, who once directed the Children's Animation Studio "Dar" at the Children's Oncohematological Center of the Collective Security Treaty Organization No. 1.

Certainly, a contact with people, who are open to dialogue and ready for experiments, makes people with visual and hearing disabilities change their life perspective, given that often they find themselves living in a somewhat closed world.

Some people begin to independently travel around the city, others discover their talents to sing and dance, while others decide to live separately from their parents and stop being afraid to ask for help from strangers ... Natalia does not give the names of "the most outstanding" ones, considering that any of the students is worthy to become a hero of a separate story and an example to follow.

The third year students of the theater institute, who are also involved in inclusive classes at the School, benefit

from the classes as well. Young people become more attentive to human stories, they feel the world more sensitively, sense the mood more easily. In general, in practice they receive those important qualities, without which the actor's performance is impossible.

By the way, one tradition was created in the School: to put notes with secret thoughts in the "Hat of questions", and when it is filled, to sit down in a circle and discuss sore subject.

- "Classes are held in a friendly and trusting atmosphere," the supervisor says. - Guys learn to talk about themselves, their feelings, experiences, changes taking place inside, thereby entering a new level of development and discovering hidden resources in themselves.

With all the socio-psychological orientation of the project, the organizers also remember about the general theatrical direction of "Inclusion. Schools"

- We have been in an active creative process for almost half a year, the artistic result of which will be a play, - Natalia Kiseleva concludes. - However, we still do not have a literary composition that would sink into the hearts of the guys. In addition, our task is to ensure that the viewer, on the one hand, lives the play, and on the other hand, does not see the difference between the actors with disabilities and without them.

It remains to be said that the workshops from "Inclusion. Schools" are held within the theatrical laboratory of the exhibition "Like-minded people" in Yeltsin Center. Open classes, in particular, will be on September 23 and 24. Similar "Inclusion. Schools" exist in St. Petersburg, Kazan, Novosibirsk, and Orenburg. According to the opinion of the organizers, the more there are sites for the creative self-actualization of people with different abilities, the more human, in the truest sense of the word, people and society as a whole become.

## EXPERT'S ARTICLE

### What is inclusion capable of or how to activate a creativity gene?

Talents are hidden in everyone. We are all capable of creativity. Every person wants to live better and better, and even better. These simple truths are as relevant today as ever.

Some scientists are constantly looking for a gene of creativity. They have a hope – if we give a person the ability to activate this gene, then life will change dramatically.

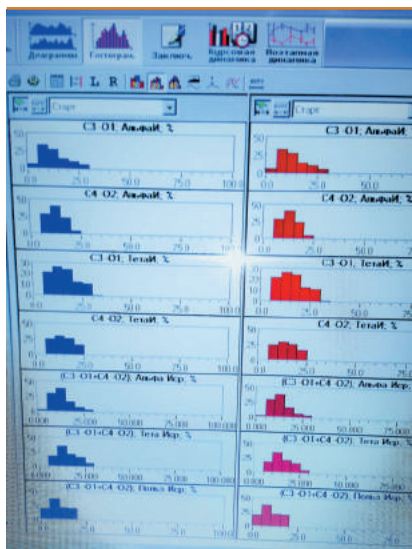
Other scientists are trying to figure out how and where creative processes are taking place. To do this, they use the most modern electroencephalographs and the most accurate instruments for the tomography of the brain.

For us, the most important questions are how can we start, how can we stimulate, how can we accelerate the creative process? Strange as it may seem, inclusion helps us in solving this problem. Namely inclusive interaction

For the first time, we measured the impact of inclusion in January 2014. The study was conducted under the leadership of the head of the Department of Science and Innovative Development of the Ural Humanitarian Institute, Candidate of Psychological Sciences, Assistant Professor Ivanova Ekaterina Sergeevna.

We developed one of the first inclusive scenarios of involvement into interaction. We called it the "Business City". In the test group there were about thirty people with drug addiction who were on rehabilitation from two to four months.

Incoming diagnostics showed a significant predominance of negative components in the self-image in the rehabilitants: 58% indicated such characteristics as "drug addict", 34% – "deceiver,



liar, hypocrite", 30% – "dependent", 28% – "lazy", 15% – "thief", 12% – "victim", 10% – "crazy, outcast". Out of the total volume of characteristics negatively colored were over 78%.

Diagnostics conducted after the game showed significant changes in the self-perception of the test subjects: there were such concepts as "brigadier", "citizen", "worker", "electrician", "thinker", "dreamer", "constructor", etc.

The number of positively colored self-concepts significantly increased: from 22% before the game to 41% after the game.

The number of such self-concepts as a "drug addict" significantly decreased (from 58% to 12%) and the number of "rehabilitant" characteristics increased - from 42% to 76%, which indicates the acceptance of this role.

In 2017, in order to measure how inclusion activates the creativity gene, we used a modern electroencephalograph and a special training with biofeedback.

Measurements were carried out in one day. Before and after the scenario "CPRRE analysis in a dark room".

In the photo you may see the activity of the alpha and theta rhythms of the test subject's brain.



Scientists associate these rhythms with creative search. We see an increase in activity by a factor of two or more. Before (left) and after (right).

It should be noted that in the first story an impressive result was obtained in two and a half hours. And the photo on the right was made after just one and a half hours of inclusive interaction.

We are at the turn of a new world, when a person with Disabilities changes from an unwanted outcast into an important element of development and improvement of culture. Inclusion really helps develop hidden abilities and activate the suppressed creativity gene.

Until now we have tested several inclusive scenarios to stimulate creativity and develop hidden resources of the individual. Among them are "Painting of the Blind", "Walking between Worlds", "Presentation in the Dark". We will continue to investigate inclusion and its impact.

See you at the Third Russian Congress for Persons with Disabilities which will be held in Sevastopol in September 2018.

**Konstantin Barannikov**





## "Sometimes people with disabilities must be put on a pedestal in order to restore balance to the society"

Eyal Blokh and Sylvia Stieglitz from Israel spoke about helping people with disabilities

In Israel, people with mental disabilities are successfully taught to communicate with children. Graduates of the courses obtain the proud name of "Self-aware kindergarten nursery teacher assistant" and work at local pre-school institutions. We talked with the co-founder of the Institute of Education for Sustainable Development in The David Yellin Academic College of Education, Professor Eyal Blokh, and Director of the Department of Social Development and Special Physical Needs of the College, Sylvia Stieglitz, about who helps people with disabilities in Israel and how and what a person with disability needs to be taught in the first place.

*– Could you, please, tell us how many people with disabilities live in Israel at the moment?*

Eyal: No one can say the exact number, but if you count everyone, you will get 20% of the population.

Sylvia: Some of them live with their parents, with their families, some in special institutions, others in some communities.

*– This is a huge number. Are there enough organizations that can help people with disabilities?*

Eyal: There's a problem here. The fact is that there are a lot of organizations for different categories of people with disabilities. But they all help children mostly. A person with a disability who has not yet

reached the age of 21 can easily find support, but for those who have crossed this threshold it's not an easy task. There are almost no funds that help adults with disabilities, this is a big gap.

*– But your organization is helping adults with disabilities.*

Eyal: Yes, we are engaged in education. We teach to teach. Since we train teachers, we often wonder what the word "education" means and how to add inclusion here, how can we involve teachers into the inclusion.

*– Do you teach people with disabilities to be teachers?*

Sylvia: Yes! And no. We simply believe that people with disabilities should not be put into separate groups; we believe that people with disabilities should be together with others.

*– At the panel discussion, you showed the presentation of the project, where trained people with disabilities become full members of a team of teachers in kindergartens, films about participants of the experiment carried a strong message.*

Eyal: Yes, two films were shown. For example, about Djakov, he is one of ten people who were hired as the second assistant in a kindergarten. The project is supported by the Ministry of Education of the country, everyone pays for this work, and the funds are allocated by the state.

The idea of inclusion is to spread it into all spheres of human life and society. And the best place to start acquaintance with inclusion is a kindergarten. When children meet a person with a disability as their teacher, for them communication with such people becomes an indicator of the norm in society.

After this launch pad, we can proceed to the academic environment - university education. At present we are conducting trainings at universities.

Ten years ago we thought about conducting trainings for teachers and educators. If you are wondering what the future will be like, you must understand that the future depends on the current education. We realized that if we teach teachers the inclusion, we will add inclusive courses. Students with disabilities and without disabilities will study together.

In the ministry, we reported that we need to increase the number from 10 people receiving such assistance. Universities should become the next step after kindergartens.

*– When did you come up with the idea to teach people with disabilities to work with children? This is unusual, people with mental disabilities are responsible for young children.*  
Eyal: Who does this idea belong to? This initiative was not ours; this idea was suggested to us by

representatives of the social niche - the kindergarten itself. It all started with a girl named Einav, now she is a Self-aware teacher assistant in the kindergarten "Meital", their project began five years ago, and she successfully continues to work.

Our dream is that one day inclusion will be taken for granted. And even at the minister's level they will say: if you want to be a teacher in a kindergarten or an academic environment, then you can do it.

*– How do parents regard such employees?*

Eyal: Not all parents accepted the project, but everything is changing. Until recently there was only one assistant, now there are ten, next year there will be 25 of them.

*– You have already come to Russia several times; could you tell us, please, how do you assess the help to people with disabilities in our country? What can be adopted from Russia?*



Eyal: In Russia we know the organization "WHITE CANE", and it inspires us very much. The concept of extrability, the fact that people with disabilities can do more than people without disabilities is impressive. And the Congress itself is very inspiring.

Sylvia: Yes, there are a lot of people from different countries,

different ages, different faiths, a lot of volunteers. We see that this Congress has affected the whole city.

*– And what can Russia learn from Israel and you?*



Eyal: We came to the Congress with the idea that people with disabilities can also be teachers. They can teach other people, they can work in the government, they can make a big contribution to the life of society.

We want to show that people with disabilities can be and are very important part of the educational process for all students. If a person has some ability, he must make the most use of it and be a guide in this area for others. They can work, it's possible for them. The main goal for them is to become a part of the team, to work together with nondisabled people.

*– In your opinion, what needs to be taught to people with disabilities in the first place?*

Eyal: We can't say what they must learn in a mandatory manner. But they must know that they can choose the sphere that is close to them.

As soon as they decide they will understand what they should learn in the first place.

Sylvia: First of all, they need to know that they can do all the same things as people without disabilities. They need to know how to ask for help, if needed.

*– A lot of the people with whom we communicate in the magazine say that they are learning from people with disabilities. What did you learn?*

Sylvia: We do not divide people into people with disabilities and

nondisabled people. For example, this Congress would not have taken place without the help of people with disabilities. It turns out that we can learn from people with disabilities all the same things that we can learn from nondisabled people.

*– Why did you personally decide to help people with disabilities?*

Sylvia: I do not know (laughs). Throughout my life I did not think about it at all and did not come across them. But when I was in Argentina, I was asked to work with a group of people with disabilities, and I said: "No problem!" I started, and I really liked it. That's how I stayed in this sphere.

Eyal: My cousin can't hear. So for me, people with disabilities were part of life, it was natural. Later all the projects that I did were connected with people with disabilities, one way or another. Once there was a Paralympic festival for children from the conflicting countries. We also invited the blind from



South Africa. The children were surprised that people are capable of doing such things. Sometimes a person with disability must be put on a pedestal in order to restore balance to the society.





## The main element of an accessible environment and universal design is a person

Director of the Regional Personnel Center for State and Municipal Management Olga Zavitaeva spoke about the creation of an education program using inclusion

It should be noted that due to the ratification of the United Nations International Convention on the Rights of Persons with Disabilities in the Russian Federation in 2012, significant systemic changes are taking place at the legislative level. The program "Accessible Environment" has appeared, amendments are being made to federal laws regulating legal relations in social protection, employment, culture, health care, transport, communication and information, law enforcement and the service sector.

### Why should we learn inclusion?

But, as before, people with disabilities face not only obvious barriers in society in infrastructure, but also invisible ones - overprotection or, on the contrary, rejection and discrimination. They can't participate in the life of society due to the lack of opportunities and skills, due to rejection, stereotypes, prejudices and social isolation, and most importantly, due to the lack of understanding of the disability problem by so-called "normal" people who do not have the experience and knowledge on interaction with special people.

Even if the state takes all necessary measures to observe equal rights and opportunities for disabled

people, they can't be adapted in society until society itself accepts this idea. The socially active people understood that, along with building effective mechanisms for inclusion, it is necessary to create a system of education related to respect of the rights and dignity of disabled people.

More than 4 330 000 people live in the Sverdlovsk region, 9% of them have a disability. This is a huge layer of our society, consisting of active, creative, talented and worthy people.

### How and whom should we teach?

Therefore, in 2016, on the initiative of Olga Zavitaeva, the former director of the RGSU branch in Yekaterinburg, Oleg Kolpashchikov, the president of the ANO "WHITE CANE" and Vera Simakova, the general director of the ANO "Blagoye Delo", an educational program "Forming communicative competence for interaction with people with disabilities" was developed. Its goal is to improve the quality of the accessible environment and inclusive interaction. This can be achieved by forming communicative competencies among employees interacting with people with disabilities.

It was obvious that it was

necessary to organize training and education for the police, MES, health care, education, culture, pension support facilities, transportation companies, hotels, cafes and restaurants, state and municipal executive authorities. It was necessary to train them in practice, using the example of constructive inclusive interaction in professional activity.

It should be noted that volunteers were also trained by the same program during preparation and holding of the First World Congress for Persons with Disabilities in Yekaterinburg.

### To understand inclusion through another person

Leading teachers and trainers of unique courses are people with disabilities and without disabilities: the coordinator of the projects "WHITE CANE" Svetlana Borodina, candidate of psychological sciences Natalia Molchanova, the president of the NGO "International Association of Disabled Persons and Philanthropists, the head of the social project "Accessible Yekaterinburg" Alexey Sukhorukov, the leading methodologist of the scientific and methodological center "Accessible Environment" of the Sverdlovsk Regional Special Library for the Blind Sergei Uimin, the employees



of the Yekaterinburg department of all-Russian social organizations of disabled persons "All-Russian Society of the Deaf" Larisa Kazantseva, Tatiana Voronova, the coach of the "Stanislav Greenberg Coaching Center" Sergei Trufanov, ANO "Blagoe delo" represented by Svetlana Kochetkova, Svetlana Tokareva and Julia Tokareva, as well as the guys from the "Blagoe delo" having mental disorders.

During the two-day training, the "Personal History" method is effectively used. Practical classes involve people with different types of disabilities as teachers: wheelchair users, blind and visually impaired people, people with mental disabilities. These are the so-called "masters of inclusion" that have achieved significant and meaningful life results. When conducting classes, teachers with disabilities organize interaction in such a way that they are perceived as successful individuals who have a positive experience of inclusion in society, and not as disabled people.

Trainings simulating the service for people with disabilities are conducted in an interesting manner. We use technical means of rehabilitation, when students are blindfolded, seated in a wheelchair, taught to communicate by masters having mental disorders or a hearing disability. Such "limitations" help to understand a person with other abilities.

By the way, the trainers from among people with disabilities are trained in the courses as well, but they are taught to conduct an inclusive education independently.

Upon completion of the training, all trainees are given certificates of qualification upgrade or certificates of training.

In their questionnaires, they note the high quality of the work of an inclusive team of teachers and the huge importance of courses that allow to remove communication barriers, expand accessibility for interaction with people having disabilities.



Since June 2016, 332 people have completed training:

24 people from among specialists of the social sector institutions of the Sverdlovsk region,

85 employees of the Koltsovo airport,

20 employees of the Sverdlovsk Railway,

20 employees of employment centers of the Sverdlovsk region,

183 people - employees of the metro, employees of catering organizations, hotel personnel, volunteers, including spheres of health care, education and law enforcement agencies.

They were trained using grant funds provided by the Foundation for Support and Development of Philanthropy "CAF" as a part of the Charitable Program "Creating Opportunities" and preparation for the First World Congress for Persons with Disabilities





---

Alexander

Why do I help? I want to understand how everything works, to improve karma, to selflessly help people.

You must communicate with a disabled person just as with people without disabilities. Why do we need to make something up? It seems wild to me somehow.

I was surprised when I realized that people with disabilities live a full life, there is nothing inaccessible for them. And they are interested in everything. Here we are standing in the "Inclusive City" and see that people with disabilities are trying everything new with pleasure.

They have their own world. Firstly, all of them are kind. Secondly, it is obvious that they all love life very much. You may have a bad mood, and you look at them and see that they just enjoy the most common things. I realized that you do not need to bother with problems, you just need to live.

Everyone must learn such communication. Do not even learn, but just communicate in a human way. The main thing is to have the desire to do it.

---

Masha Surovtseva

I am a member of the Russian Union of Volunteers. We were volunteers, who were told about the Congress. I became interested, so I registered.

We had courses on first aid; in psychology we were taught how to unite strangers together. There were also lessons during which we learned to dance for an inclusive ball. All classes were held in the Ministry of Social Policy of the Sverdlovsk region.

I am a student, future manager of social and cultural activities, organizer of events. During my second year the title of my course work was "Methods of development of interethnic tolerance". For me, volunteering is a good experience, when I defend a diploma, I can tell about it. That people at the Congress attended, for example, workshops in dancing. There were representatives of different countries of different health conditions, but despite this, we all found a common language.

My grandmother's sister is a person with a disability, she uses a wheelchair, so I was familiar with people with disabilities before. But before I became a volunteer, I thought that people with disabilities were quiet and modest. I changed my mind when I began to communicate with them. Wheelchair users, for example, are very unusual: they are cheerful, have a great sense of humor and can easily make you laugh. They are hard-working. You can often see that even wheelchair users dance very well.

I realized that there are no situations that cannot be solved. These people showed me that any difficulties can be overcome.

It seems to me that training for inclusion is necessary. There are a lot of people with disabilities, they are bullied at schools, and such events teach that they are the same as us. Only slightly different.

---



---

Kirill Gordeev, NP "Ural without drugs"

Here I am responsible for a group of volunteers from our organization. 18 people are working at the Congress, all volunteered. There were so many of them that not everyone managed to find a work to do, they are waiting until help is needed.

As for me, I have been helping the "White cane" for a couple of months. I have never come across people with disabilities before. At first I was slightly frightened, tensed. We came to MEVIL; they immediately made me the chief of the group, and since I was given the responsibility, I immediately began to actively communicate, work and got accustomed. I like it. I feel that I am needed and useful. And I join the life of society as well. It is useful for personal growth, for self-development.

The most important rule is communication with a disabled person on an equal footing. I realized that it is not pleasant to them, when they are treated differently. Today a blind man was trying to take a golf ball from me to bring it to court, eventually I explained the route to him, and then he took it and went away calmly.

They are different from us in purposefulness, views of life, interests. They have a much more interesting life, and they look at everything from a different angle. I asked one person with a disability: "What is the worst thing in life for you?" He replied: "For me, the worst thing is that my vision will be back." Can you imagine? They have a very unusual view of life.

The training is needed, I'm sure. The outlook widens, life opportunities grow, the view of the world is completely different due to inclusive interaction. It really develops a person from within.

---





## ANNOUNCEMENT

**November 26-30, 2017**

Interregional parafestival "Inspiration" with the support of the Ministry of Culture of the Russian Federation, Moscow. The main goal is to involve children and young people with disabilities in the creative process.

**November 26**

Interregional conference "Special Art – Successful Modern Practices", dedicated to the issues of management of inclusive theatrical projects, Moscow. At the conference, the heads of collectives which include people with disabilities will share their work experience.

**January 25-28, 2018**

The Fourth Congress for Persons with Disabilities, Thailand.

**2018**

The Sixth Congress for Persons with Disabilities in Latin America, Argentina.

**June**

Congress for Persons with Disabilities in Belgrade, Serbia.

**April 6**

The Sixth Latin American Congress for Persons with Disabilities in Uruguay

**May 7**

The Seventh European Congress for Persons with Disabilities in Belgrade, Serbia.

**September**

The Third Russian Congress for Persons with Disabilities in Sebastopol.







## Acknowledgements

---

We would like to express our gratitude to our partners:

Government of the Sverdlovsk Region

Ministry of Social Policy of the Sverdlovsk Region

Ministry of International and Foreign Economic Relations of the Sverdlovsk Region

Ministry of Sports and Youth Policy of the Sverdlovsk Region

Ministry of Social Policy of the Kaliningrad Region

Ministry of Social Policy of Kuressaare city

Administration of Oulu city

Federal agency "Rossotrudnichestvo"

State Atomic Energy Corporation "Rosatom"

PJSC "Airport Koltsovo"

JSC "Russian Railways"

"Yekaterinburg Railway Station"

"Nikolay Ostrovsky's Yekaterinburg children railway"

"Palace of Game Sports"

"USTA" Group of Companies

"Sverdlovsk regional public organization of disabled persons and veterans of military conflicts  
"Arsenal"

ANO "Blagoe delo"

ANO "WHITE CANE Sevastopol"

"ACCESSIBLE Yekaterinburg", project of A. Sukhorukov

"V. Mayakovsky Yekaterinburg Central Park of Culture and Recreation"

Kaliningrad regional public organization of invalids "Kovcheg"

Center for the Promotion of the Jewish Life of Youth "Hillel"

"Association of Valentine Haüy" (France)

"National Federation of the Blind"

"Rotary club "Yekaterinburg"

"Liepaja Society of the Blind"

"Klaipeda Society of the Blind"

NP "Ural without drugs"

"Central House of Journalist"

PJSC "MegaFon"

"My stand"

"2 GIS"

"Advertising group "E-xit"

Stanislav Grinberg Coaching Center

"Gubernia Yacht Club "Komatek" (Yekaterinburg)

"Kurgan Meat-Packing Plant "Standard"

LLC "Institute of Management and Competitive Strategy Design"

"Versailles"

"Palace of Youth"

"Sverdlovsk Regional Medical College"

"Regional Personnel Center of State and Municipal Government"

"Institute of Psychology and Pedagogy", "Tyumen State University"

"Sverdlovsk Regional Special Library for the Blind"

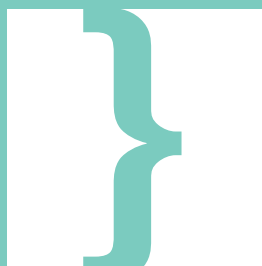
"L. Tolstoy Central City Library"

"Armenian National Federation of Disabled Sports"

"Yacht club "Ouda"

"Fund for Support and Development of Philanthropy "CAF"

---



#### Editors Office

Editor-in-Chief **Daria Andreeva**

#### Reporters

**Daria Voronina**

**Evgenia Malyshko**

**Liliya Malgina**

#### Translator

**Ksenia Filipchenko**

The photographs were provided by the press service of the ANO "WHITE CANE" and a group of the Congress in social networks

#### Contact us on

Voronina-Andreeva@yandex.ru

All issues of the magazine "The Inclusive" in Russian and English languages can be downloaded on the official website of ANO "WHITE CANE" [www.extrability.org](http://www.extrability.org)

The editorial Board thanks the initiator of congresses Thomas Kraus for the help in editing the English version of the journal. [www.socialartist.events](http://www.socialartist.events)