

Invitation to online exchange of experiences via video conference (Zoom) in English language

We hereby invite you to visit us online on Mondays and to get to know us!

What is it?

The online video group Mondays is an exchange of experiences in English that the Interessenvertretung Selbstbestimmt Leben in Deutschland e.V. (ISL) is organizing within the framework of the project: "We for us! Self-representation of refugees with disabilities and/or chronic illnesses in Germany." offers.

It takes place **every Monday (until 16.12.2022) from 15:00 to 17:00.**

Before that, please register via the following link:

[MS-Office Forms | Registration Form Monday Group.](#)

Who is this group for:

Refugees in Germany with disabilities and/ or chronic illnesses who want to exchange and get to know each other, talk to each other about problems, but also want to change something together about the conditions and co-create events to make life in Germany better and easier for themselves and others with the same experiences. We at ISL support this with our experiential knowledge in self-advocacy.

What happens in this group?

We meet weekly on Mondays from 15:00 to 17:00 via Zoom (which is a program that allows people to meet online for video conferencing) to share ideas.

A facilitator will guide and support the group, but otherwise the design is very free and the topics can be chosen freely. If it turns out in the group that certain help is needed or topics in Germany are unclear, we can look for a solution and plan events on desired topics. In this way, really desired and important questions can be clarified.

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What is the project "Wir für Uns! Self-representation of refugees with disabilities and/or chronic illnesses in Germany."?

In this project, refugee people with disabilities and/or chronic illnesses are invited to get to know each other and talk to each other in order to help each other with their experiences. Often people with disabilities and refugee experiences are spread out in Germany and have no possibility to meet regularly with others who have similar concerns and understand them. With the Monday group there is the possibility to talk every week with people who have similar experiences and not feel alone.

In the group it is possible to say what is needed, what problems exist and the other participants - but also we as ISL - can support in finding ways and solutions. If, for example, it turns out that there are many questions about the possibilities of care in the case of disabilities, we can plan an event where this is reported and questions can be asked on this topic. We can also invite individuals to meetings who can then answer questions. It is important here that the refugees themselves can decide together what they need and help themselves and not other people dictate the offer. All people who are affected and also caring relatives or parents of children with disabilities can participate. If it turns out that other Zoom groups are desired, we can also offer groups on other days. We can talk about this on Monday.

Can I participate?

We would very much like affected people to moderate, plan and organize themselves, so that ISL supports in the long term only when needed. If there is interest to work actively in the organizing team, it can be said in the group itself, but can also be registered at any time to wirfueruns@isl-ev.de .

Further information and news on the topic of flight and disability can be found on the website:
<https://behinderung-und-flucht.isl-ev.de>.

The project "We for us! Self-representation of refugees with disabilities and/ or chronic illnesses in Germany." Introduces itself under the menu item "Self-representation":

<https://behinderung-und-flucht.isl-ev.de/selbstvertretung>

Accessibility:

You have the option to indicate on the registration form if you need disability-specific accommodations. (For example, sign language, easy language,..). We do our best to keep all information and the meetings as accessible as possible. If we do not succeed at some points and you still need measures that we can take, please let us know: wirfueruns@isl-ev.de

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