

WORKSHOP DESCRIPTIONS



Core Curriculum

Policy, Legislation & Advocacy

Historically, people with disabilities have struggled to achieve their rights often because they had not formed cross-disability coalitions or they lacked the necessary political organizing and advocacy skills. Disabled people need to be empowered to participate in the processes of developing and strengthening laws and policies that affect their lives. Most importantly, people with disabilities must be equipped with strategies for ensuring that laws and policies are enforced.

International Development

People with disabilities must be bold and proactively participate in community development processes. The majority of people with disabilities live in developing countries. Without inclusion of people with disabilities, development goals cannot be achieved. Inclusive development means that people with disabilities are included in all aspects of development as beneficiaries, staff, consultants, advisors and leaders. People with disabilities must learn how to frame disability inclusion as a human rights issue and a development issue.

Inclusive Education & Early Intervention

Education is the key for people with disabilities, especially for people with disabilities to be able to become leaders and active members in their society. Globally, literacy rates for women and girls with disabilities may be as low as 1%. In order to succeed in education, children with disabilities need to have access to early intervention programs, so that they can excel to their greatest extent during their formative years. Disabled professionals and allies need to know how to motivate their communities using both legislation/policy and their leadership skills to ensure that people with disabilities are included in schools.

Higher Education

With visits to the University of Oregon and Lane Community College, participants will learn not only how community colleges and universities accommodate people with disabilities, but also opportunities for disabled students from their respective countries to study abroad. They also gain

needed information to create changes within higher education in their home communities.

Media

People with disabilities have been, for the most part, nonexistent in the mainstream media. When they do appear in the media, portrayals are typically limiting and focusing on the medical model of disability, rather than a human rights model. This workshop will focus on how people with disabilities can “control” the messaging during interviews so that the story focuses on discrimination and social injustice, with an emphasis on how to make society more inclusive, rather than on “inspirational” or “overcoming a disability.” This workshop will also teach important skills such as writing press releases, using social media, as well as practicing “simulated” radio and TV interviews. Media has the potential to reach thousands of people and can change attitudes and behaviors very quickly when used in an effective way. It is a potent force for advancing disability rights and women with disabilities must learn how to use this tool for social change.

Women and Girls with Disabilities Block

Reproductive Health

Reproductive health is vital to all women, and yet women with disabilities often do not have access to information on this important topic. During this workshop, participants will learn about the importance of women's self-care such as gynecological check-ups, breast cancer screenings, family planning, and birth control. Discrimination and preconceived notions about the sexuality of women with disabilities has also led to both mis-information as well as lack of information for disabled women. This workshop can be not only life-saving for the individuals participating, but the women and girls in their home communities that they share the information with.

Sexual Abuse & Violence Prevention

Unfortunately, sexual abuse and violence is pervasive globally for women and girls with disabilities. Too often, programs to prevent violence and

abuse do not include outreach to women and girls with disabilities, resulting in a lack of resources and support to combat this injustice. This workshop will provide a safe and confidential space where professionals in our community who provide shelter and counseling for women who have faced abuse, within or outside their family, can learn about how shelters and programs include women with disabilities. During this workshop, strategies are discussed on how women can go back to their communities, and either ensure that disabled women are included in prevention services, or create informal supports in areas where such services don't exist.

Self-Defense

Unfortunately, women with disabilities face some of the highest rates of violence, as compared to both non-disabled women and disabled men. This workshop shares strategies on preventing violence - both from strangers as well as family members and intimate partners. The women practice hands-on techniques using their wheelchairs, canes, body language, voices, as well as their intuition, to give the women the self-confidence and skills that they need to confront violence.

Parenting & Childbirth

Mothers with disabilities and their children face significant discrimination based largely on ignorance, stereotypes, and misconceptions. People with disabilities have the right to create and maintain families. Appropriate supports are crucial for all parents, including parents with disabilities. With the right information and support, women with disabilities should be able to have families of their own, like their nondisabled peers.

HIV/AIDS Care & Prevention

Women with disabilities globally face many risks in contracting HIV/AIDS because of the lack of information available in alternate formats for women who have visual disabilities, lack of accessibility for those who have physical disabilities, lack of sign language interpreters for those who have hearing-related disabilities, as well as other barriers. This workshop will provide factual health information and resources concerning living with and preventing HIV & AIDS, including hands-on demonstrations of life-saving techniques.

Inclusive Sports and Recreation Block

Sports & Recreation

In many countries in the world, adults and children with disabilities do not have access to sports and fitness. Sports teach essential qualities needed to be an effective leader such as team building, goal setting and communication skills. In countries where there are sports and fitness programs for people with disabilities they tend to focus on men and boys or elite athletes. It is imperative that all people with disabilities develop positive body image and learn how to have healthy lifestyles.

River Rafting

Perhaps there is nothing more thrilling than having oars in your hand and maneuvering down a series of rapids, surrounded by breathtaking scenery and the many sounds of nature. By providing adaptive equipment, every person with a disability can participate in maneuvering their raft, and experience a thrill that historically has only been available to non-disabled people. This workshop will also focus on the need for governments to recognize and ensure that any recreational experience they provide to their non-disabled citizens must also be provided to citizens with disabilities.

Challenge Course

The challenge course is one of the most powerful workshops, in which people with disabilities face their own preconceptions of what is possible. As people with and without disabilities swing from a tree forty feet in the air, supported by harnesses and ropes, they will realize that with the support of their peers, they are far more powerful than they could have ever imagined. Team-building activities during the challenge course also emphasize the need for leaders to work as teams and how teams can accomplish almost anything. Years later, many delegates remember their life-changing moment when they confronted their fears, which has fueled them to also confront discrimination, speak out boldly, and create bold policies and innovative programs where none had existed before.

Eugene Culture and Hospitality

Cultural Excursion

Accessible tourism is a fast-growing trend. This workshop is provided by taking a cultural excursion to the beautiful Oregon Coast, where the accessibility of beaches, state parks, and visitors' centers will be highlighted. During this excursion, the delegates will learn about the history of Oregon, the role of indigenous peoples, as well as being rejuvenated by the beautiful sights and sounds of the Oregon Coast. And of course, delegates will have the chance to bond and share precious moments of friendship with other women.