

## BEST PRACTICES ON CULTURAL DIVERSITY IN THE DOMAIN OF DISABILITY



The following Best practices are shortened, to read the full version download the [Best practices Reader](#)



Interactive [ONLINE TOOLS](#) visually showing the Best practices in the domain of Disability



### ❖ SEXUALITY OF DISABLED PEOPLE

*Copenhagen, Denmark*

Parents are trained to accept and cope with children, whose behaviour does not match cultural gender expectations. The parents are gradually made to change their norms as they understand, that their children can perform normal actions

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### ❖ GIPS

**Enter into the life of a disabled person**

*Leuven, Belgium*

The GIPS workshop shows school children how to experience the body when you have a disability. The workshop consists of two half-day sessions where they get to see a few movie fragments about disability, play a board game and ask questions to a disabled person. During the workshop, focus lies on raising awareness and experiencing disability. Because of the openness and the chance to ask questions, this workshop has been proven to have a positive effect on the children as well as on the person with a disability.

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**Reference:** <http://www.kvg-vlaamsbrabant.be/node/55>

### ❖ MALUS

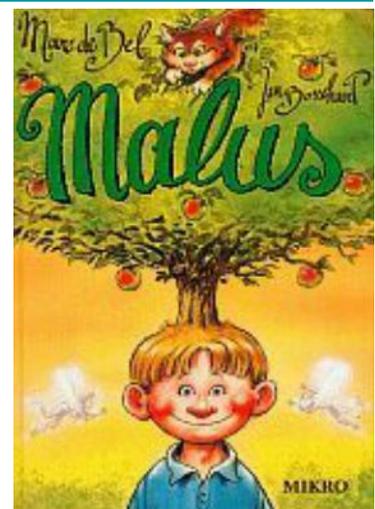
**Personal experience of a disabled person**

*Leuven, Belgium*

The workshop Malus uses a comic book, made by a well-known Belgian children's book author, as a starting point. The comic book revolves around a little boy who has a disability and is read by a person with a disability to a class of school children. After reading the book, the disabled person shares his or her own experience and the children get the chance to ask every question they want. The workshop is a learning opportunity for the children, as well as for the workshop organizers.

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## ❖ TABOO

### **Interactive personal statement**

Roeselare, Belgium

The sharing of personal experiences has been proven to be an excellent tool to raise awareness and create openness around a certain subject. Taboo is a workshop where a person with a disability tells his or her personal story to a group of people. He or she tries to involve them in such a way that the story becomes tangible and not only didactic. For the participants it's not only listening to a story, but also interaction that is important. It's a story about the life of the disabled person, but also about the things that help people with disabilities in their daily lives. For this, he or she makes use of statements and a PowerPoint. The personal testimony is a positive experience for the participants as well as for the disabled person.

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**Reference:** <http://www.kvg.be/index.php?page=48&action=newsData&osn=1&nws=14>

## ❖ WELLNESS

### **Experience the body**

Leuven, Belgium

WELLNESS is a workshop that allows people with disabilities to get to know their own body and to relax. The workshop wants to point out that enjoying your body is human, important and necessary. There is one professional who shows massage techniques, relaxation tips and other exercises. The target group consists of people with approximately the same mental disabilities and their partners who don't have a disability. They practice the exercises on each other. Therefore, trust between the partners is essential.

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