

## “Inclusion is a process that always adds up and enriches”

**The Basque Youth Observatory is organising a course titled “The Inclusion of People with Functional Diversity (Disability) in Activities, Programmes and Services for Young People”.**

**Ruth San Cristóbal Garamendi, Itziar Sánchez Garigorta and Nagore Álvarez Llorente.**

**AMESTEN Association for Inclusion, Guidance, Training and Social Action.**



### **What goals did you establish for this course?**

Ruth: People with functional diversity not only have the right to equal opportunities but also have the right to be different. We believe it is important to acknowledge functional diversity as human diversity, be aware that all people are different and claim the right to differences being acknowledged as values and not as limiting factors. Even today it is difficult to find inclusive experiences in activities and programmes for young people with functional diversity. Through this training event, we want to offer a broad view of the importance of inclusion in youth services, based on the positive value of differences, as well as share tools to create inclusive environments.



### **What do we mean by inclusive leisure?**

Nagore: Inclusive leisure affords everyone access to quality leisure. Furthermore, inclusion offers benefits to the whole community, as it provides common ground for all people and is a process that always adds up and enriches. On the one hand, we have to develop a culture that accepts diversity, a culture of mutual support and collaboration and, on the other hand, to offer the necessary support and means so that people with functional diversity can participate freely and in conditions of equity in the spaces and activities they choose.



**What are the keys to this intervention?**

Itziar: For us, it is important for people to be the priority and the focal point of the service. In this way, the support and opportunities offered are always in line with their preferences, needs and interests. We also do educational work with individuals, families and other young people.

**What are the main challenges when we talk about inclusion?**

Itziar: Individuals and families of young people with functional diversity need to see participation in the community as a right. A great deal of awareness-raising and training is also needed to dismantle stereotypes and broaden the view of the functional diversity concept, but, above all, we need to move from theory to practice and generate inclusive spaces where diverse people can relate to and acknowledge each other free from limitations or barriers.