



**SENSITIVE LANGUAGE
REGARDING DISABILITY
FOR A MORE INCLUSIVE
SOCIETY**

2021-1-ES01-KA210-ADU-000034019

**THIRD LEARNING ACTIVITY
INFOPACK**

26 - 29 JULY 2023

AMSTERDAM, NETHERLANDS



Funded by
the European Union



ILA



Dear partners and participants,

We are happy to welcome you to Amsterdam for the Sensitive Language Regarding Disability for a More Inclusive Society Project's third learning activity. We prepared this infopack to inform you about the training venue and accommodation alternatives. Please don't hesitate to contact us with any questions or suggestions.

We hope you will enjoy the meeting and Amsterdam. Here is a couple of information you may need during the activity.

Kind regards,

ILA Team

ILA

International Labour Association (ILA) is an NGO that provides mechanisms to facilitate knowledge and experience transfer among sectors and countries and carries out national and international training, research and consultancy projects on employment, entrepreneurship, vocational qualification, migration, volunteering, youth work and labour relations.



The "Sensitive Language Regarding Disability for a More Inclusive Society" project stresses the importance of using sensitive language to foster inclusion and equality.

The project raises awareness among trainers and educators to end discrimination and stigmatisation against people with disabilities.

AMSTERDAM



Amsterdam is one of the greatest small cities in the world. From Amsterdam canals to world-famous Amsterdam museums and historical Amsterdam sights, it is one of the most romantic and beautiful cities in Europe. Canal cruises are a popular way to see the city from the perspective of its canals.

Amsterdam is also a city of tolerance and diversity. It has all the advantages of a big city: rich culture, lively Amsterdam nightlife, international restaurants, good transport - but is quiet, and largely thanks to its extensive canals, has a little road traffic. In this city your destination is never far away, but get a bike for an authentic local experience.

Amsterdam has also a great history. It is very unique for its large and untouched historic centre. It has a rich architectural history, dominated by water. It is a meeting point for all different cultures around the world and has a welcoming attitude towards visitors. Well known for its museums, red-light district, coffee shops but also the great variety of eating & drinking places and night life.

And if you are staying for longer, consider a daytrip from Amsterdam to see also the surrounding towns and villages. They are full of attractions.

The Best Things to Do in Amsterdam

<https://www.iamsterdam.com/en>

PROGRAM

THIRD LEARNING ACTIVITY

DATE: 26-29 AUGUST 2023

TIME: 10:00 AM - 04:00 PM

VENUE: ILA OFFICE

Keizersgracht 428, Amsterdam

AGENDA

26 August 2023

- *Introduction Session: Getting to Know Each other, Team, Project Background, Programme*
- *Partner Presentations: The current state-of-the-art in the usage and the teaching of sensitive language towards disabilities in partner countries*
- *Optional Group Dinner*

27 August 2023

- *Cultural Tour: Amsterdam City Visit*

28 August 2023

- *Workshop*
 - *How to choose the right words in the proper context*
 - *How to create a safe space for those who misbehave*
 - *How to foster empathy to push for a change*
 - *How to face a complex topic*
- *Good Practices: Successful methodologies from the Netherlands for sensitive communication*

29 August 2023

- *Starting the change*
 - *How to change language behaviours concerning disabilities*
 - *What we can all do?*
- *Planning and Reporting: Drafting information and documents gathered during mobility for the Toolkit*
- *Planning upcoming virtual meetings and face to face mobilities*
- *Closing Session: Evaluation of the Mobility, Recognition and Assessment of Learning Outcomes*

MEETING VENUE

LOCATION

We will hold the learning activity of the project at the following ILA address.

StartDock, Christopher Columbus

Address: Keizersgracht 428, 1017 EG Amsterdam, Netherlands

Map: <https://ila.wiki/Oun>

Route: You can travel to the meeting venue by train from Amsterdam Schiphol Airport. Trains leave every ten minutes to Amsterdam. You can get from the central station and take tram number 2 or 12 toward the city centre. When the tram arrives at Keizersgracht stop, gets off and walks for 1 minute.



TRANSPORT

Here are a couple of tips for your transport within Amsterdam.

- There are several different ways to get around Amsterdam using public transportation.
- No matter where you need to go, you may use a metro, tram, bus, ferry or train to get there!
- The Amsterdam public transport system offers the exact ticket pricing across all its services.
- Buses and trams don't accept cash, so it'll be beneficial to get a ticket.
- The most convenient option for visitors is a disposable one-hour or day card.
- Night buses run from 12:30 a.m. until 7:00 a.m., and you can buy a ticket from the driver.
- When it rains in Amsterdam, the surcharges on Uber can get very expensive.
- Bikes are a very quick and easy way to travel around the city.
- Parking is very expensive in Amsterdam, so renting a car is not the most affordable way to get around unless you have parking at your hotel.
- If you're heading out of the city, a car can make sense, and you can hire a vehicle at Schipol airport or from Sixt or Enterprise near Amsterdam's Central Station.

Ticket options

1- Single-use train ticket from the airport to the centre: 6.60€ - Can be purchased from kiosks

2- Single-use city ticket (metro/tram/bus): 3.20€ - Can be purchased from kiosks

3- 90 minutes intercity ticket (metro/tram/bus): 6.50€ - Can be purchased from kiosks

4- 1/2/3/4 day unlimited city ticket (metro/tram/bus): 9€ / 15€ / 21€ / 26.5€ - Can be purchased at the kiosk or online (<https://bit.ly/3j2OPG5>).

5- The Amsterdam Travel ticket is a smart paper card. With this ticket, you will check in at the beginning and check out at the end of every trip. versions of the Amsterdam Travel Ticket are available: 1, 2 or 3-day. The price for the 1-day (€ 18), 2-day (€ 24) and 3-day (€ 30) tickets are available.

Using your public transport chip card

The most important tip for using your public transport chip card is always to remember to check in and check out! At the start of your journey, hold your card up to the card reader until you see a green light and hear a beep. Do the same every time you leave the tram/bus/metro (also required if changing to another bus or tram). In buses and trams, card readers are located inside the vehicle next to each door. If travelling by metro or train, you need to check in and check out at the card readers located on free-standing poles near the entrance/exit of each station.

On all forms of transport, look for the OV-Chipkaart logo (pictured above right). If you forget to check out, your card may no longer be valid for the next part of your journey, and if you forget to check in, you risk being fined by the transport operator.

Please note: if travelling on local public transport with a rechargeable card, the card must contain enough credit to complete a single journey.

Do you want to know more about How to Use Public Transport in Amsterdam? Take a look here <https://freetoursbyfoot.com/public-transport-amsterdam/>

ACCOMMODATION

Please find some hotel/hostel alternatives close to the meeting venue.

Amsterdam Backstage Hotel

The Backstage Hotel Amsterdam is located close to the Leidseplein on the Leidsegracht (canal), around the corner of the main nightlife scene. Most well-known venues and bars are within walking distance. Venues such as Paradiso and Melkweg are located within 5 minutes and 1 minute walking distance. Other known venues in the area are The Cave, Bourbon Street, Sugar Factory and “home of the blues” Maloe Melo. The major Amsterdam museums (Rijksmuseum, Van Gogh and the Stedelijk Museum of Modern Art) are around the corner from Museum Square. The Anne Frank House (10 minutes), the Canal District (the BackStage is right in it). The best bars and restaurants and most shopping areas are all very close.

Hotel Link: <https://ila.wiki/j9R>

Hotel Plantage

Hotel Plantage is located opposite the Artis Zoo and offers free Wi-Fi. Each room has double glazing and light-proof curtains for a peaceful sleep. The guest rooms have box-spring beds, a private bathroom, and a TV. Hotel Plantage does not serve breakfast, but there are many restaurants and cafés in the surrounding area. Fresh coffee and cold soft drinks are available 24 hours daily in the lobby.

Hotel link: <https://ila.wiki/Pjs>

Hotel Park Plantage

Hotel Park Plantage is a 3-star hotel in the greenest area of central Amsterdam. Rembrandtplein and the Artis Zoo are within walking distance, as is the University of Amsterdam. The Artis tram stop offers quick access to Amsterdam Central Station with tram 14. The rooms have air conditioning and an en suite bathroom. Furthermore, the hotel offers free Wi-Fi, a lift and a telephone/fax service.

Hotel link: <https://ila.wiki/WQf>

The Lancaster Hotel Amsterdam

The Lancaster Hotel Amsterdam is located in a charming Amsterdam townhouse in the greenest part of the city centre and opposite Artis Zoo. All compact rooms are decorated with warm colours and come with a TV, free WiFi, tea and coffee-making facilities and a compact bathroom.

Hotel link: <https://ila.wiki/ila>

Hotel Arena

Hotel Arena is located in the upcoming eastern part of Amsterdam. Guests can enjoy food and drinks with a view at the café- restaurant PARK. Furthermore, Hotel Arena offers a terrace; rooms at Hotel Arena come with high ceilings, large windows, sloping walls, wooden beams and original ornaments. All rooms are different, but each has a flat-screen TV, air conditioning, a seating area and a private bathroom. The hotel offers 24-hour reception, free WiFi, bicycle rental and a host who can share various local tips during your stay.

Hotel link: <https://ila.wiki/rYt>

Please visit more alternatives on <https://bit.ly/2vIFvxX>

MEAL

During our meetings in the ILA office, we will have,

- Unlimited coffee/tea and water
- Cookies and candies
- Sweet snack in the morning and a soda break in the afternoon

OPTIONAL GROUP DINNER

We will have an optional group dinner at Lavash Restaurant, which is located 5 minutes far from the meeting venue on the walk.

LOCATION:

Web: www.restaurantlavash.nl

Tel: +31 207714344

Maps: <https://g.page/atlavash>

Address: Korte Leidsedwarstraat 119, 1017 PZ Amsterdam, Netherlands



DUTCH. 101

Here are a couple of Dutch words for you :)

- Good Morning / Goedemorgen / khoo-duh-mawr-ghuh
- Good Day / Goedemiddag /khoo-duh-mih-dahkh
- Good Evening / Goedenavond / khoo-duh-nah-fohnt
- Good Night / Goedenacht / khoo-duh-nahkht
- Goodbye /Tot ziens / toht zeens
- See you later / Tot straks / toht straks
- Please / Alstublieft / ahl-shuh-bleeft
- Thank you / Dank u wel / Dank je wel dahnk-ew-vehl
- Yes - No / Ja - Nee / yah - nay
- How are you? (formal) Hoe gaat het met u? hoo khaht ut meht ew
- Fine - Very well / Goed - Heel goed / khoot - hayl khoot
- I'm hungry - thirsty / Ik heb honger - dorst / ik heb hohng-ur - dohrst
- What's your name? / Hoe heet u? / hoo hayt ew
- I am... / Ik ben... / ik ben
- Where are you from? / Waar komt u vandaan? / vahr kawmt ew fun-dahn
- I am from the Netherlands / Ik kom uit Nederland /ik kawm owt nay-der-lant
- How old are you? / Hoe oud bent u? / hoo owt bent ew
- I am ____ years old. / Ik ben ... jaar (oud) / ik ben ... yahr owt
- Do you speak English? / Spreek je Engels? / sprayk yuh ehng-uhls
- I [don't] speak... / Ik spreek [geen]... / ik sprayk [khayn]
- I [don't] understand. / Ik begrijp het [niet.] / ik buh-khraip ut neet
- I [don't] know. / Ik weet het [niet.] / ik vayt ut [neet]
- How much is it? / Wat kost het? / vat kohst ut
- Cheers! / Proost! / prohst
- Good luck! / Veel succes! / fayl suk-sehs
- What is this - that? / Wat is dit - dat? / vut iss dit - dut

PARTNERS

- Asociacion Para El Desarrollo Socioemocional De La Persona
- Fightthestroke Foundation
- ILA

Country	Number of Participants
Spain	9
Italy	9
Netherlands	9

CONTACT

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