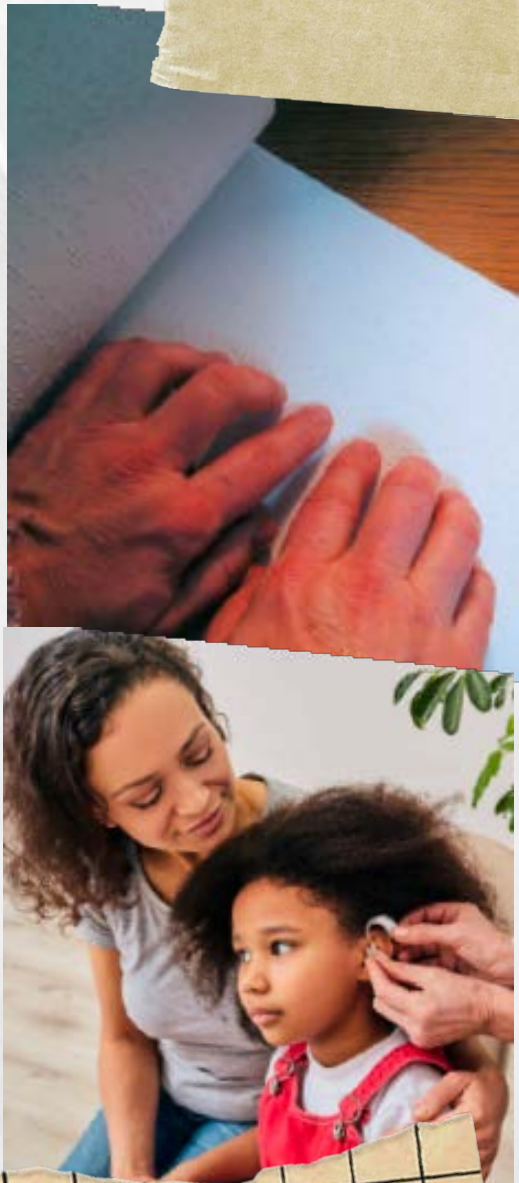


Milan, ITALY, 3-6th of April, 2023



READY

Erasmus+ KA210 project in the field of Adult Education



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READY - sensitive language REgArDing disability for a more inclusive society

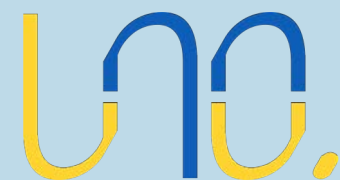


READY aims at raising awareness among trainers and educators working with people with disabilities on the importance of the usage of a sensitive language as a tool to foster inclusion and equality and help to put an end to discrimination and stigmatization of people with disabilities.

READY project is divided in 3 mobilities:
READY to address (Valencia)
READY to change (Milan)
READY to spread (Amsterdam)



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TARGET GROUP

READY project Target Group are trainers and educators working with people with disabilities.

In many countries, teachers do not have the confidence or the necessary skills to deliver inclusive education.

Teachers are often taught inclusion on the side rather than as a central principle of all the training they receive.

Cooperation among trainers within institutions and organizations is also essential to support them in addressing diversity challenges.

By involving them, partners can better study the different methods and tools implemented, co-design new ones and observe the immediate impact of this project in the everyday activities of the target group.



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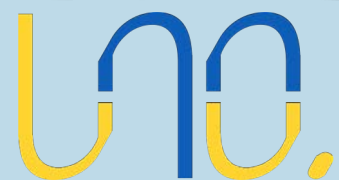
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SECOND MOBILITY IN MILAN: READY TO CHANGE



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YOU'LL LEARN to focus on how to change language behaviours related to a biased usage of words referring to people with disabilities

EXPECTED RESULTS after the informal training:

Ability to recognize ableist language and to create alternative expressions that are biased free.

Understand how to create a safe space to discuss possible changes in language behaviours.

Practice on how to foster empathy towards the target group of people with disabilities.

Increased knowledge on the topic.

Partners and participants will also create a workshop, based on storytelling for impact methodology, on how to address discrimination in communication.



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The activities will be held daily from 10 am to 16 pm at Microsoft building in Milan:

**MICROSOFT HOUSE, Via Pasubio 21,
20154 Milano, Italy**

The building is located in downtown Milan, in the dynamic Porta Volta district.

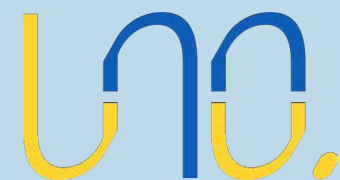
Microsoft House occupies the first Italian building designed by Herzog & De Meuron. Studied with a view to openness, inclusion and total integration with the external environment, it is unique in its kind and is easily accessible from Milano Garibaldi Metro Station (8 minutes walking) and by bus n.12,16,2,4,70, Piazza Baiamonti stop (2 minutes walking).

READY TO CHANGE Project

THE VENUE



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HOW TO GET TO MILAN?

BY PLANE

Since the arrival of European low-cost airlines, Milan and Lombardy have become popular tourist destinations in Italy. Very close to the Italian lakes and mountains, the capital of Lombardy currently has over 50 million passengers arrive or depart from Milan's 3 main airports: Linate, Malpensa, Orio al Serio.

BY TRAIN

Train is the best way to get around the country. If you're traveling from Venice to Milan it takes 2 hours by train. From Rome, it takes 3 hours. If you would like to check out the routes and tariffs, look in the following website: <https://www.trenitalia.com/en.html>

BY ROAD

If you're traveling on a budget, you might prefer to travel around the country by bus instead of by train: <https://www.flixbus.it/>, or asking for a lift by shared car here: <https://www.blablacar.it/>



THE TRAVEL



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Where to stay?

Some suggestions from Fightthestroke



A

Booking hotels nearby

<https://www.booking.com/city/it/milan.it.html>

B

AirBnB apartments nearby

<https://www.airbnb.it/a/stays/Milano--MI--Italia>

C

Best hostels in Milan:

- Ostello Bello
- Meininger
- Ostelzzz Milano

Milan is cyclable/walkable and has great public transport to move fast across the city!

Check it here: <https://www.atm.it/en/>



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What about the food?

Some suggestions from Fightthestroke



With many fresh seasonal products, regional pride in traditional dishes, and something to suit every palate, Italy is a perfect place to visit if you're interested in eating your way.

- Food is taken very seriously in Italy. While the pace of life in Milan can often be fairly frenetic, mealtimes are traditionally slower: you'll need to manage meals by yourself in this mobility, so check the time.
- The basics: don't order a cappuccino after 11am, don't cut your spaghetti with a knife and fork, don't order the Fettuccine Alfredo, don't put cheese on a pasta that contains fish or seafood 😊
- Top Italian dishes to eat in Milano are: Risotto with saffron, Ossobuco, Cotoletta alla Milanese, Pizza and a Campari aperitivo.



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What to bring?

- Your documents (ID, passport, medical card, etc.)
- If needed, your meds
- Comfortable clothing to perform some of the activities
- Your laptop to perform some of the activities
- An open mind to deconstruct the way we use language and the will to change it
- The will to meet many new people, cultures, languages, etc.



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THE BUDGET

The European Commission covers
all costs through the Erasmus+
Funding scheme!

Get in touch with your sending organization to
know the details!



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We are looking forward
to welcoming you to
Milan!



READY - sensitive
language REgArDing
disability for a more
inclusive society



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