



# Module 1

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Together in the Community – First Steps Toward Inclusion

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Erasmus+ KA210-VET – Small-Scale Partnerships in Vocational Education and Training



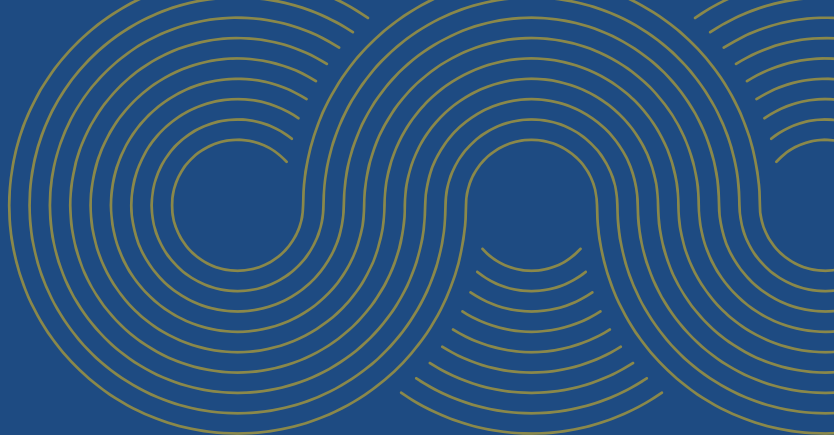
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# WHAT DOES SOCIAL INCLUSION MEAN?

Social inclusion means being part of the world outside your institution or home.

It is about:

- Having contact with people in your community.
- Feeling accepted and respected.
- Doing normal activities: going to the store, having coffee in a café, meeting friends, or joining events.



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# WHY IS INCLUSION IMPORTANT?

- It helps you feel less lonely.
- It gives you more choices in daily life.
- It makes you feel useful and valued.
- It improves your mood and health.

## EXAMPLES FROM DAILY LIFE

- Saying “hello” to the shop assistant at the store.
- Asking a neighbor about the weather.
- Joining a small group, like a music class or walking group.
- Sitting in a park and smiling at people passing by.
- Volunteering for a simple task, like helping in a garden.

## BARRIERS TO INCLUSION (AND HOW TO OVERCOME THEM)

Barrier: “I feel scared to talk to people.”

➡ Try: Practice short sentences like “Good morning” with your therapist or in the mirror.

Barrier: “I don’t know where to go.”

➡ Try: Ask your caregiver for one nearby place (a park, library, or shop).

Barrier: “I don’t have anyone to go with.”

➡ Try: Go with a support person the first time, then try going alone for 5–10 minutes.

# PRACTICAL EXERCISES

## Exercise 1: “My Comfort Zone Map”

Draw three circles on paper:

- In the first circle, write places where I feel safe (e.g., my room, therapy room).
- In the second circle, write places I visit sometimes (e.g., garden, hallway, shop).
- In the third circle, write places I want to try (e.g., café, park, library).

➔ Goal: This shows you where you are now and where you want to go next.

## Exercise 2: “Small Steps Challenge”

Choose one small action to practice every day for a week:

- Say “hello” to one person.
- Go outside for 10 minutes.
- Ask someone: “How are you?”

At the end of the week, reflect:

How did it feel? .....

What was easier than I thought? .....

What would I like to try next? .....

## Exercise 3: “My Support Team”

Make a list of 3 people who can help you:

- Person 1: .....
- Person 2: .....
- Person 3: .....

➔ Write how each one can help you (e.g., “Come with me to the store,” “Practice greetings with me”).

## Exercise 4: “Community Connection”

Circle at least 2 activities you’d like to try:

- ☐ Going for a walk in the park
- ☐ Visiting a library
- ☐ Sitting in a café
- ☐ Joining a music/art class
- ☐ Attending a local event
- ☐ Talking to a neighbor

➔ Plan one for the coming week with your therapist or caregiver.

## REFLECTION QUESTIONS

- 1.How do I feel when I am around other people?
- 2.What is one thing that makes me feel welcome?
- 3.What is one thing I want to do in my community this month?
- 4.What makes me proud about myself when I go outside?

## KEY MESSAGE

Social inclusion is like learning to walk: you take one step at a time.

Every small effort counts: a greeting, a smile, or a short visit outside can make a big difference.

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