

Disability Equality Training Forum

We feel confident when we talk about disability.....

This time, we would like to introduce about Disability Equality Training (DET) Forum which was established by Syrians with Disabilities (PWDs) who received DET facilitator training by JICA. Following is the article from members of DET Forum Syria.



DET workshop in March 2015

Article from DET Forum Syria

After we overcame many challenges, now we are looking for a better future where we can participate again in the community as active members to plan for new Syria. JICA provided DET facilitator training in March and August 2015. Eleven Syrian PWDs in Jordan participated in the training and completed DET facilitator's training course. Through the course we learnt how to be agents of change, and how we can develop an inclusive community by sharing our experiences.

Since we have received 1st training in March 2015, many discussions have been held among DET facilitators, and we agreed on the DET Forum Syria Bylaw on 14th May 2015. As for one of the most important regulations, the

Forum will not interfere in any political, religious or racial topics.

Also through discussions, we set short term and long term objectives as below.

Short term objectives

- Psychological support for injured persons through DET sessions and sharing disability experience by DET facilitators
- Advocacy for disability issues
- Raising the awareness of PWDs, families and service providers towards disability issues
- Introduce the social model of disability
- Mainstreaming of disability within the services provided by Syrian organizations
- Introduce activities to promote social participation

Long term objectives

- Networking among Syrian organizations to promote awareness on disability issues
- Lobbying to support activity on disability issues

To achieve objectives mentioned above, we have implemented following activities

Regular meeting:

Monthly meeting have been held since June 2015 to review the progress of DET Forum activities and action plan.

DET sessions:

We conducted DET sessions for accommodation centers for injured person and Syrian organization supporting PWDs. So far we gave sessions to 55 persons for both PWDs and non

PWDs.

Action making:

A pharmacy and a mosque managed to set a ramp at its entrance, as a result of discussion by one of the DET facilitators.



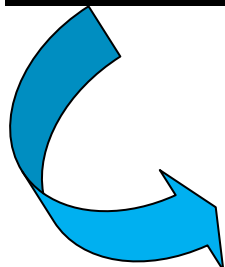
Before : Bump was obstacle



After : Ramp was installed

Localize DET training materials:

Mr. Obada; a Syrian DET facilitator changed some photos in DET materials so that Syrian PWDs can feel more familiar with it.



Through all of our activities, we as DET facilitators gained the experience and became more self-confident to share disability experience with our peers. Also Some Syrian organizations have understood the meaning

and importance of mainstreaming disability issues within their activities.

Same as we are doing now, we will continue to send a message that "we are able" through communication with our peers.

* The coming newsletters will cover a brief explanation on the experience of DET facilitators.

★About Syria ★

We would like to introduce delicious food in Syria. Because of fruitful land in Syria, we have a lot of local vegetables and fruits. We make various food for each seasons by using fresh ingredients.

Mahashe is one of traditional home made foods. It is stuffed vegetable made by zucchini, eggplant, cabbage and so on. Following is the recipe of Zucchini Mahashe.

Ingredient: 1kg of zucchinis (medium size), 1cup of rice, 1/4kg of ground meat, 2 chopped garlics, cumin powder, salt, black pepper, 2 small spoons of vegetable oil, cloves, 1 8oz can of tomato paste, 2 spoons of lemon juice

Process:

- 1: Hollow out each zucchinis and leave shells about 1/3 inch thick, discard pulp of seeds.
- 2: Wash rice in cold water and drain it.
- 3: Add meat, all spices and vegetable oil to rice and mix them well.
- 4: Stuff zucchini shells with mixed rice above mentioned. Be careful not to pack tightly!!
- 5: Boil tomato paste with 1liter of hot water and add salt, pepper and lemon juice.
- 6: Add stuffed zucchinis to the tomato soup and cook them with cover about 40 min until rice will be cooked.
- 7: Add chopped garlics, cloves and dried mint and leave it another 10 minutes.
- 8: Now it's ready to be served. Enjoy with your family and friends!!

