

Let's go out! Music is a connection, a bridge between two souls

The goal of the project - which in itself is the purpose and the main activity of the association - is to support the participation of people with disabilities in recreational activities and social events – like concerts and festivals – providing them professional assistance. This in order to give even chance for anyone who wants to but cannot attend these events on it's own due to physical disability, to be part of this experience. All these occasions are lifelike situations where non disabled and disabled people have chance to meet and to get in touch together. We are trying to give answers in an advanced and professionalism based way for a well-known question: the “invisibility” and closeness of people with disability. (irreversible injuries: ICP, dystrophy, traumatic brain spine injuries, stroke, sb...etc, or people with reduced mobility using wheelchairs on other tools in their daily life)

Conductive education developed by Professor András Pető creates a strong basis during our project work, as the leaders of the association and most of the volunteers are experienced conductors¹ or studying conductive education. Conductive education considers the individual as a unified whole, who is able to have an independent life through lifelong learning, which is based on a strong educational system. We use this approach during our project. Success of the project is not only measured in the number of disabled young people registering to the different events, but that they need less and less help during the registration process and planning; they become more independent and self-confident.

Currently our association is the only one in Budapest and in Hungary that helps young people with disabilities to attend live concerts festivals based on their individual choices and their motivation. Our service includes personal assistance on these events and consists of getting to a concert venue, eating, changing place with wheelchair, using the toilet, or solving any communication issues.

Even if the difficulties of people with disabilities are getting more and more in the center of attention of the hungarian society, still there isn't any supporting organization that provides such help, thus disabled people can still rely only on their families and friends when they wish to participate in any activity outside work or school. This creates difficulties in becoming more independent, and contradicts the habits of their able bodied peers, since people in the similar age group usually go out with their friends rather than their parents.

Mozduljunk ki! - Let's go out! Association does not organise group activities only for people with disability - which would deepen the already existing segregation and discrimination - instead helps them to satisfy their social needs by joining events, gatherings in Budapest organized by able-bodied communities (mainly concerts and festivals). Therefore they can choose leisure activities by themselves and can organize them based on their own decision and motivation. By making their own decisions they achieve and practice autonomy.

Our activity approaches the question of accessibility not only in physical sense, but tries to influence the attitude of the whole society. Instead of approaching in a classical, direct way – when able-bodied people are faced with the difficulties of a disabled person – we use an

¹ professional who studies and uses conductive education

indirect method by having common experiences in informal events, where the different social groups can interact spontaneously with each other. This way not only a specific group – who are open to the problem anyways – meet the difficulties of disabled people, but anyone from the society. With our help, more and more people with disabilities become visible in concerts, showing spontaneous interaction with able-bodied society. Our association helps to develop strategies that ease the participation of disabled people in social events that are organized by the majority of the society designed for their own needs. These strategies include emphasizing the rights of disabled people, providing direct, practical advices to leaders of the specific venues, taking in consideration all the opportunities to develop accessibility. The increasing number of disabled people ensures that the owners of cultural sites pay more attention to the special needs of their customers with disabilities and perceive the disabled individuals as potential customers and not only as subjects of donations. We expect that with the available supportive and charge free professional assistance, by communicating the best practices, providing practical advice to leaders of the different venues and festivals, we reach that more and more people with different needs have the possibility to go out and enjoy their free time. We put strong emphasis on creating an inclusive environment. The members of the target group take active part in organizing the activities, starting from selecting the event till getting home from the venue. It has key role in experiencing autonomy that they have less chances due to their physical/emotional conditions (overprotecting parents, living in an institution, learnt inabilities or inabilities due to their physical conditions)

Key points: To attract the attention of disabled people to spend their time with leisure activities, we need to have persistent and strongly supported solutions.

Our experiences through the years show, that those young disabled people who grew up in a segregated environment, do not have enough information on the functioning of the society, on human relations or interactions all this because of their life circumstances fewer opportunities, learned inabilities, passivity and the overprotecting family, demotivation.

The physical and emotional factors results in having difficulties with getting out of the comfort-zone, making decisions alone, or planning the process of their own activities.

This form of selecting recreational activities provides opportunity to develop social abilities, including usage and availability of info-communication systems, and promotion of autonomy. They rarely appear in social events. Success is reached through participation based on personal needs and motivation, together with professional assistance.

Methodology : On the web page of the association (www.mozuljunkki.hu) there is an e-mail address through which the disabled person can indicate their intention to go out. After this, a registration form is to be filled in, which contains basic data and essential information on their physical condition.

After summarizing the information, the association mobilizes the volunteers and connects the selected volunteer with the registered person. Our volunteers don't need special training on how to help a person with disability as they all study to become a conductor, but they always need practical advices, details about the registered person's special needs, details about the event and coaching needed to identify those pedagogical situations that are possibilities to improve the disabled person's social/cognitive abilities, and practicing autonomy.

We ensure to have proper feedback on our service and the project by sending out feedback forms to all relevant parties (disabled person, their environment, volunteers).

Results: Currently we are in contact with 3 concert venues in Budapest (A38 Boat, Budapest Park, Barba Negra Music Club) and the largest Central-European festival (SZIGET Festival), whose leaders are open to our proposals to create and develop accessible living space. This means not only physical accessibility but open human attitude as well. As a result of the cooperation with A38, on their web page there is already information on accessibility, so the disabled person can decide if they can attend the concerts. Besides that many of the employees of the venue received practical trainings on how to approach the topic. Budapest Park communicated already last year on their social site that they are open towards the target group, and they wish to continue the cooperation with us for the next season.

Our participation in SZIGET Festival is a unique initiative in Europe, providing full-scale professional assistance to disabled people during their stay free of charge for 0-24 hours, regardless of their severity or nationality. This was officially displayed on their website in 2017.

The number of students from SE Peto Andras branch, carrying out volunteer work in the association, continues to grow thanks to the introduction of the association in 2017 at the SE PAK (Semmelweis University Pető András faculty). This collaboration will continue in 2018. Between August 2016 - October 2017 we provided personal assistance for people with disability:

- at 24 live music concerts in Budapest and
- 2 festivals - 0-24 hours (SZIGET 2016/2017)
- all together we assisted 77 people with disabilities (17-35 years)

Sustainability / financing

Since the Association was founded our main goal was to prove with concrete results that our programme is necessary. We - the founders reached this by sponsoring everything using our own personal and material resources in voluntary work. To fulfill the increasing number of requests we need further resources- both financial and personal. In this way we would be independent from the concert venues as at the moment some of them sponsor us by providing free tickets for our volunteer, others cannot so we have to buy their tickets. Having financial resources also means we can improve the circumstances of our volunteers, in long term we would be able to keep them motivated and increase the number of them as well.

In pro bono collaboration with Raiffeisen Bank we created our calculations of the budget. This includes: the tickets for our volunteers for the live concerts, transport of the participants (as there isn't a supportive service for wheelchair users at late hours), supplies of the volunteers (food, equipment) at the festival, liability insurance, descriptions about the informations for the potential participants, renting fees of special equipments, bank fees, accountant's costs, Facebook advertisements and fees of dissemination.

At the present situation - presuming the increment of the participants by 30% - this means about 3.000.000 HUF/year. We want to find these resources by involving sponsors, and by applications.