



Volunteering in ELSiTO

Take a journey
through our
experiences





17th Annual Meeting of ENOTHE

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Aim



To provide information on ELSiTO:



- Background
- Experiences
- Thoughts on social inclusion
- Effects

Start of a journey



Three partners:



Σύλλογος Ελλήνων Εργοθεραπευτών
Hellenic Association of Ergotherapists



Hogeschool-Universiteit Brussel

Actenz

GGZ inGeest, partner van VUmc



Collaboration with: University of Vic (Spain), University of Ruse (Bulgaria) and University of Teesside (United Kingdom) and ENOTHE

Funding: Grundtvig Learning Partnership in the LLL programme EU



ELSiTO (Empowering Learning Social Inclusion Through Occupation)



Destination: Unknown



Making a travel plan



Who are the learners in this partnership?

- **(Ex)Service users**
- **Occupational therapy students, teachers, therapists**
- **Other staff members**

What are we learning?

- **Understanding social inclusion**
- **Factors supporting and inhibiting social inclusion**

How are we getting there?



Experiences of being an ELSiTO member



Tell me and I listen

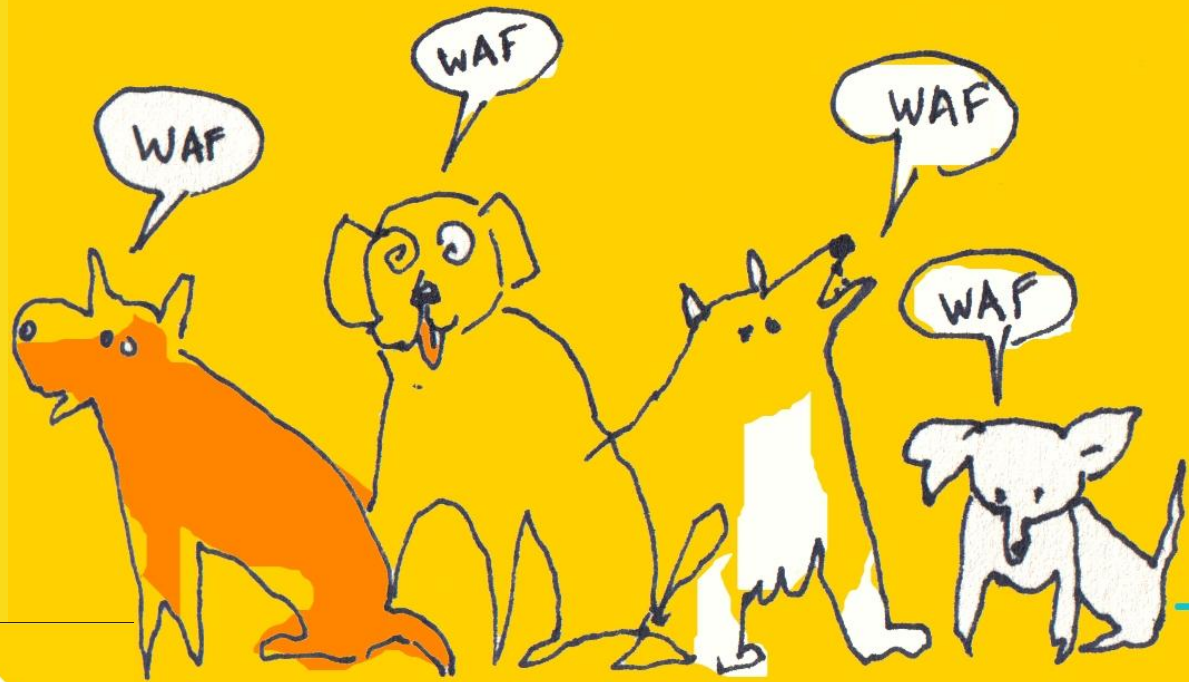
Show me and I watch

Let me experience and I learn

- Lao Tzu -

“I learned mainly by talking...”





**"Speak each other's
language"**

“Doing as equals”



“Dealing with strenghts and vulnerabilities, with fun and seriousness”



Any turbulence?

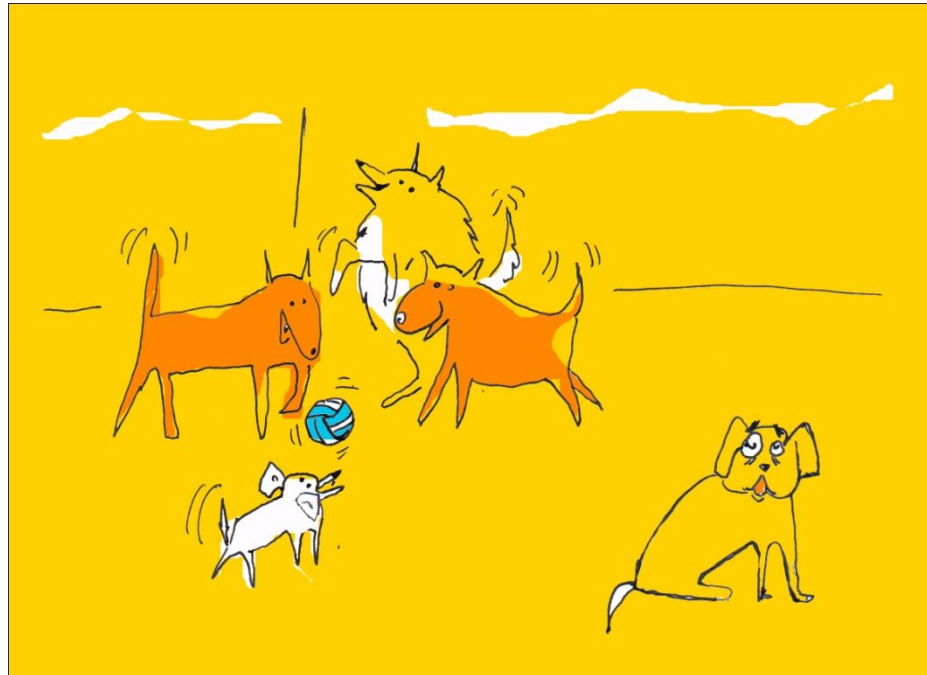


Attention please:

Original roles could be interfering while travelling

Also:

Self stigma , expectations and prejudice



Descending



Our understanding

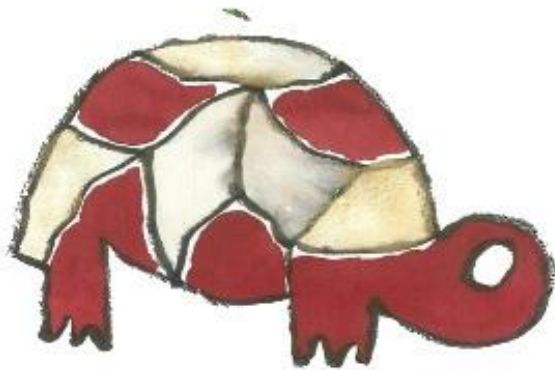
- Readiness to start social inclusion
- Inclusion into our local community
- Moving back and forth between dependency and autonomy
- Creativity, energy, engagement, equality

Elements of social inclusion



Objective conditions

- N**earby (local): I want to be recognised by others in the street
- V**ariety in activities
- G**overnmental support



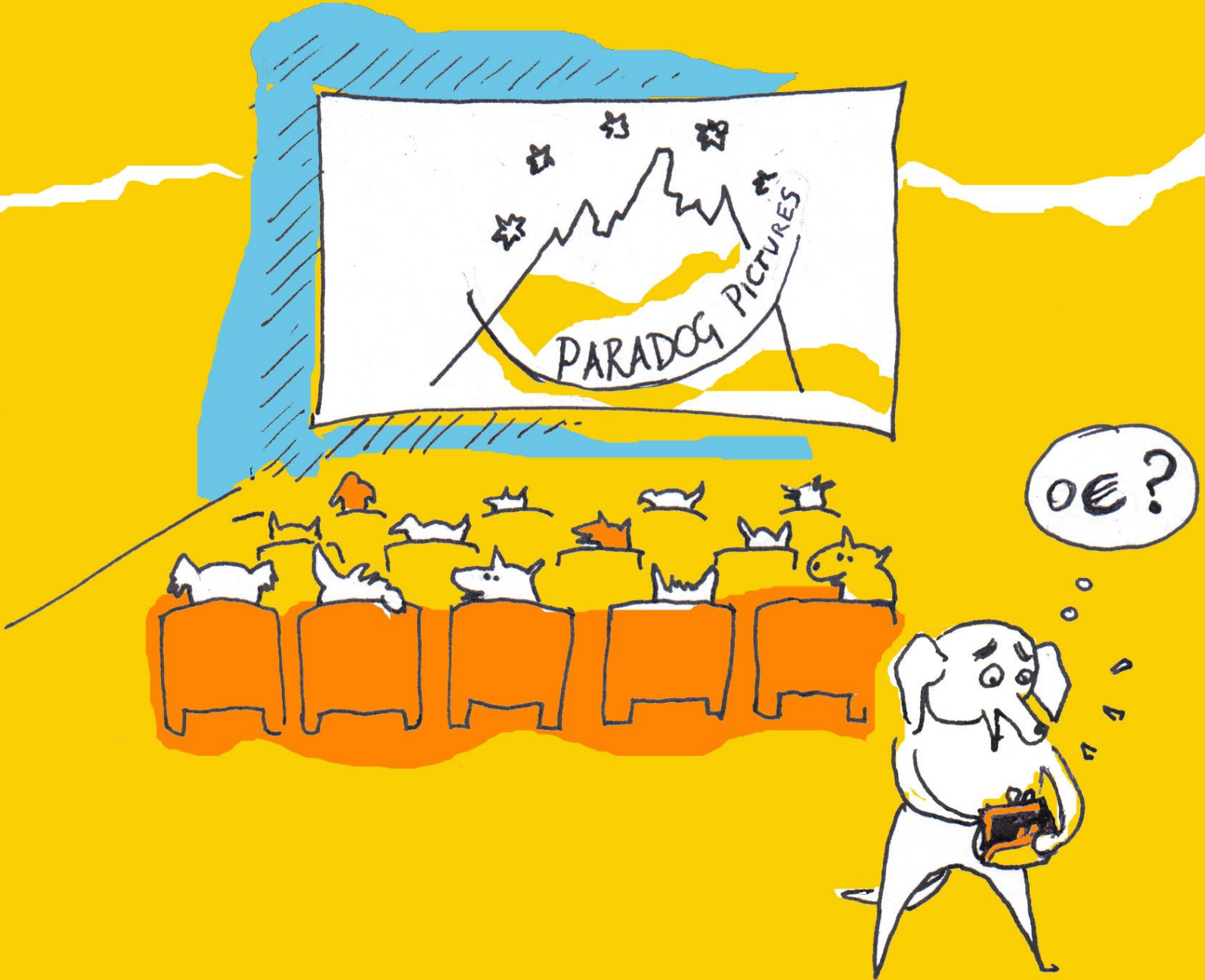
Subjective experiences

Acceptance

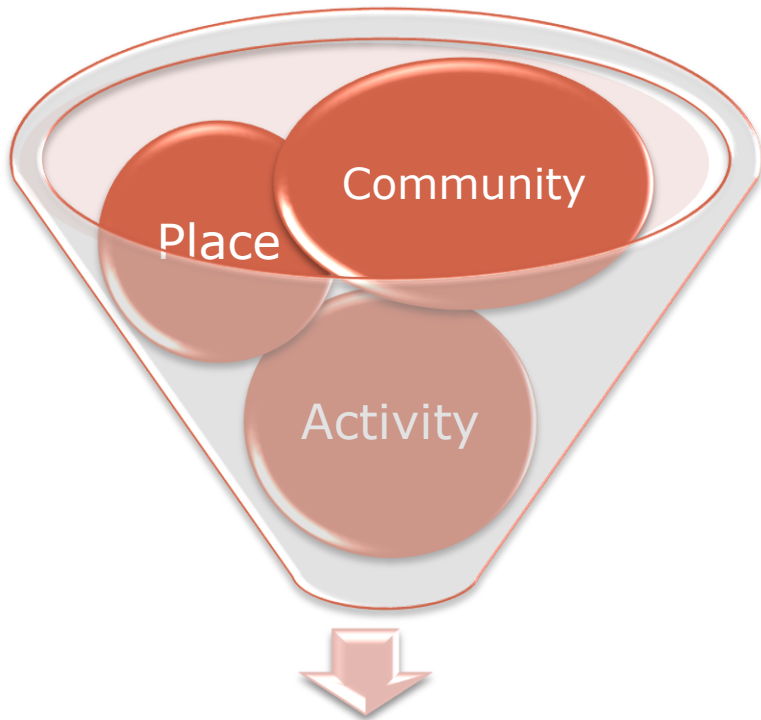
- T**o be more than the stigma
- A**n environment that makes me better

Doing daily occupations together

- L**earn to enter a new road
- S**haring experiences
(sharing a narrative)



Inclusion recipe



Tasty inclusion soup

Choose your ingredients with care

Mix the ingredients

Allow the mixture to bubble (boil)

Taste from time to time

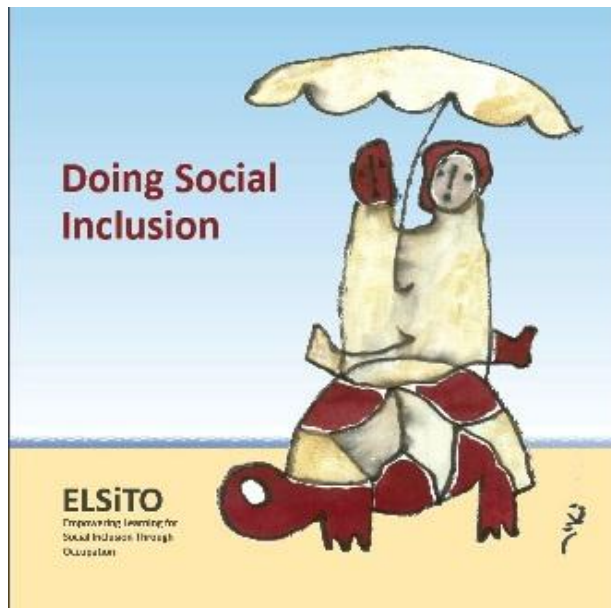
Cook for as long is needed

Side effects of ELSiTO



- Psylos “I like to move it”:** International sportweek in Belgium
- Art in the scaffolding:** Art festival
- Travelling:** From Amsterdam to Athens without flying (2800 km)
- Contact with service users:** More focus on sharing experiences, more involvement in new projects
- Local stakeholders:** Stronger voice in debate

To continue your journey, transfer:



Booklet Doing Social Inclusion

Website: <http://www.elsito.net>

Poster presentation **ENOTHE**

To be **expected in Work:**

Kantartzis et al (in press) 'Doing' social inclusion with ELSiTO: reflections on experiences of work and inclusion .

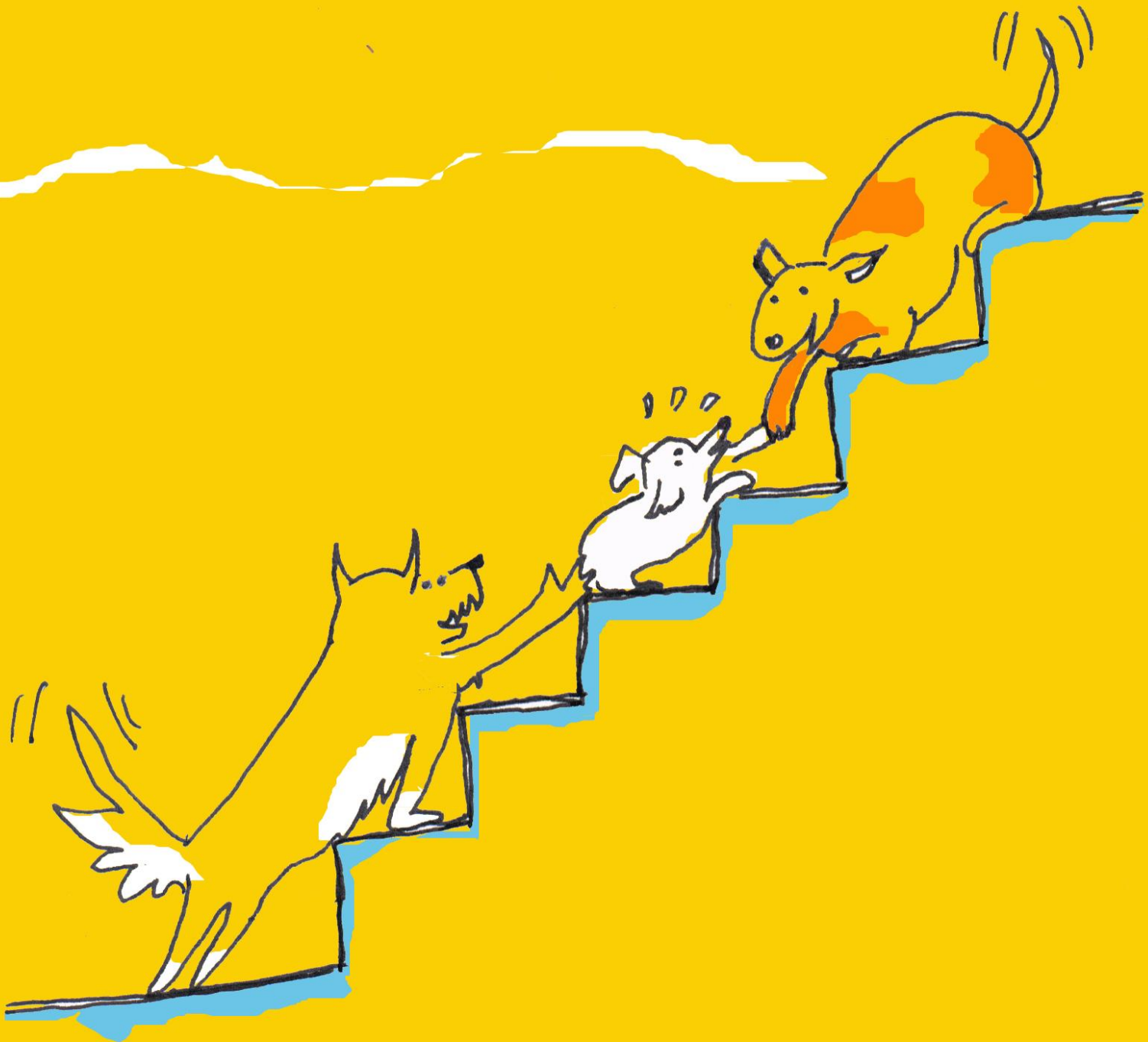
Project leaders:

Luc Vercruysse (Belgium)

Marion Ammeraal (The Netherlands)

Sarah Kantartzis (Greece)







LLL-sito (1)

In March we went to Amsterdam
And they had a very special plan
To meet and greet and used some
weed
And talked about

Kaas en een vleeskroket
De toestand in de GGZ
Voetbal met David Davidso
Samen met Elsito

Refrein: Lalalalalalalala, Elsito
(Elsito) 4x

→ →



LLL-sito (2)

In June we went to Athens
And it was a great experience
And we ate moussaka
And learned about

Calimera, Calispera, Calinigta
Feta en retsina
Polparollo, efcharisto
Samen met Elsito

Refrein: Lalalalalalalala, Elsito
(Elsito) 4x

→ →



LLL-sito (3)

And we all welcome you here
In our land without a government
We are proud of Belgium
To present

Some psylos, some beer
Some joy, some cheers
Should I stay or should I go
Elsito

By: Dieter, Geert, Lieve & Jan
(ELSiTO Belgium)



Thank you very much for your attention

Questions?

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