Co-funded by the Erasmus+ Programme of the European Union

Self-Determination Academy

The programme of the day

14 October 2026

In Brussels and online

www.inclusion.eu/self-determination-academy

What is self-determination?

It means you make your own decisions about your life. For example: where you live, where you work and who your friends are.

Morning: self-determination in real life

9:30	**Arrive and register**
9:45	**Welcome** **Soufiane El Amrani,** Inclusion Europe
10:10	**What self-determination means for us** Self-advocates and young people from Portugal, Ireland and Croatia. We watch short videos they made. We hear from the ones who are here with us.

10:30 **How the European Union listens to young people**

Ariel Bianucci, European Commission

10:50 **Break**

11:10 **How organisations listen to autistic people and people with intellectual disabilities**

A discussion with European organisations

- **Freddy Jussien** - Inclusion Europe
- **Loredana Dicsi** - European Disability Forum (EDF)
- **Kamil Goungor** - European Network on Independent Living (ENIL)
- **Aurélie Baranger** - Autism-Europe
- **Thomas Bignal** - EASPD
- **Mari Paz Jimenez Varona** - European Down Syndrome Association (EDSA)

12:10 **What we did in the Self-Determination Academy project**

Ana Albuquerque, Inovar Autismo and **José Miguel Nogueira**, ISCTE

12:30 **A new guide to help people speak up for themselves**

Sam Marcus and **Lauraine Giacovazzi,** Aslam

12:50	**What we learned this morning** **Nikola Tadić**, SUZAH
13:00	**Lunch**

Afternoon: from learning to change

14:00	**How our project can change laws and rules** **José Miguel Nogueira**, ISCTE
14:15	**What needs to change? We talk together in small groups**
15:15	**Break**
15:30	**What should change first?** **Nikola Tadić**, SUZAH
16:00	**What happens after the project ends?** **Ana Albuquerque**, Inovar Autismo

16:30 **What we learned today**

Sandra Marques, Inclusion Europe

16:50 **Goodbye**

Inclusion Europe and Inovar Autismo

If something is not clear during the day, raise your hand.

We will explain it in an easier way