



# YASIN SÜZEN





Yasin Süzen was born in the village of Vize, Kırklareli on the 10th February in 1994. He is a farmer's son. He was born disabled because his parents having blood incompatibility. He has 2 sisters one of them is also disabled .



Yasin Szen went to the school for hearing impaired people in anakkale. After high school he went to Anadolu University in Eskiřehir. He graduated from the computer operating department.



He began his sports life with basketball. He was in the National Team of Hearing Impaired in 2011. His first basketball competition was when he was 16 years old. He joined athletics, with his teachers suggestions. His teachers thought that he would be good at athletics.





# AND THEY WERE RIGHT;

In 2012 he set the Worlds Youngsters record in Canada.

In 2013 he became the fourth Hearing Impaired Olympians in 400 metres race in Bulgaria.

In 2015 he became the third in 400 metres race in Europe.

In the same year he took a part four times in 400 metres relay in Poland.



In 2016 he became the second in gym athletics championship and in 400 metres he became third in Europe.

In 2016 as a team they became World Athletics Champion in 400 metres in Bulgaria.

In 2017 he became champion in Bursa Turkish Athletics Federation in Turkey.



He became first in the 23rd Samsun Deaflympics in July in 2017

He is broken the World record which hasn't been broken for 24 years in Europe. He won the first gold medal in Turkey.





He works as a worker in Bosch factory in Çorlu in Tekirdağ. The owner of this factory is from Germany. He created a corner for him in the factory



He is going to join the mediterranean games in Spain and European athletics championship in Berlin. He is going to race with athletics that are not disabled.

If he succeeds these events he will take part in the olympics in Tokyo, Japan.



# DISABLED PEOPLE WHO MADE A DIFFERENCE

Spain



# Miguel Durán Campos

## President of National Organization of the Spanish Blind

- What is ONCE? Non-profit Public Social Corporation that has the fundamental purpose of improving the quality of life of the blind people.
- Miguel was blind at age of 11 years old.
- Nowadays, Miguel is also participant in famous radio and tv programmes in Spain.

# Miguel Durán



# Ángela Bachiller

## Councilor of the province of Valladolid





- She became the first Spanish mayor with Down syndrome, a position she swore on July 29, 2013.
- Ángela Bachiller was also the first person with Down syndrome to obtain the title of Professional Training of Castilla y León.

# Teresa Perales swimmer

- Teresa is spanish athlete with more medals in a Games. (6 of gold, 6 of silver, 10 of bronze).
- She uses a wheelchair since she was 19 years old after suffered a disease.



# Pablo Pineda

## teacher, actor, writer

- He wins a prize for his film “Yo también”.
- He studied Teacher and Psicopedagogy.
- He worked as employment counselor for people with disabilities.
- He wrote many books about disability.





# Sara Marin

## Gymnast

- She won five gold medals and nine times champion in the Spanish Rhythmic Gymnastics Championship for People with Intellectual Disabilities.



# El Langui

## Actor and singer

- He won 2 prizes for best actor and best song in the spanish cinema awards.
- He has Cerebral Palsy and he was servanted on the streets.
- Nowadays he record music albums and he is an actor in a famous tv serie in Spain. He was the main character in a campaign about bullying.





## Examples of good practice

**Marian Ilie - a man who moves the water and roads,  
in his own right, from a wheelchair**

**„I often realize that this is the only option  
that makes me good and if I do well,  
it means they can do well to others. ”**



**Marian Ilie** is called the young man living in Luncavița, a commune close to Tulcea, 37 years old, and in 2002, when he was a second year student at Theology, he had an accident at a beach when he was with his friends.

He remained paralyzed and learned to take his life to the wheelchair. He graduated from school, and he did one more to suit his situation, business management, specializing in writing/developing projects for European funds/ funding.



He is part of Queen Mary's Health Network campaign "Good not enough," in which people who are not satisfied with the good for themselves but change the world around them are brought to the attention of public opinion.

Most projects on European funds are made by him, both those of the town hall and the people in the locality.





He set up a high school specialized in agritourism in the locality, practically the only high school in Dobrogea with this specialization.

„The children who learn here are also from the adjacent areas of the commune. They are provided with high school minibuses, and they teach a job and get a diploma ”



In 2018, projects worth 12 million euros were signed and another 6 projects were submitted. For a commune with 4421 inhabitants!

Marian Ilie has been living in a wheelchair for 16 years, but he does not want to be treated differently, his brother was a hopeless support by often pushing him backwards.

He just want to prove that people with disabilities **CAN.**

**He chose to FIGHT and SMILE.**



At present, Marian Ilie can also find at his guesthouse, Valea Fagilor, built especially with all the facilities for the disabled.

The area is very spectacular in terms of tourism, although it is not very promoted from this perspective.



be  
**HAPPY**  
and  
**SMILE**





# TUDOREL POPA

## **EXAMPLES OF GOOD PRACTICE**

**TUDOREL POPA – SURNAMED THE  
„DRILL-MAN” OR „THE MAN WITH 1000  
VOICES”**

Born in Tulcea and called the „drill-man" or "the man with 1000 voices", amused and impressed everyone at "Romanians have talent“, because of his number by imitation of various noises, advertising spots or animals.

He grew up in the orphanage, being abandoned by his mother when he was small, and then engaged in sanitation. Even if he did not have a high salary, the meal vouchers do not keep for him:

he buy babies in children's homes sweets, juices and other things they enjoy.



\_\_\_\_\_Tudorel Popa wished to live in his own home. After participating in the contest, Cătălin Măruță fulfilled his dream and succeeded, with the help of the donors, to buy a studio in Tulcea.

Tudorel was hired at a pizzeria and later worked as a vendor of cakes in a Romanian store in Rome, Italy.

His work has always been his most secure partner.



Although he does not appear on TV, Tudorel is still a name and an example in his community.

Aware of these things, the young man began to use his image to promote various local businesses in Galati. Whether there are cafes, hairdressers or sports halls - Tudorel Popa strongly recommends them after testing on his own „skin”.



Tudorel Popa

25 martie la 23:09 · 🌐



25 martie la 22:38 · 🌐

Geamurile le am spalat veniti sa va faceti frumosi ca mine aici

be  
*HAPPY*  
and  
*SMILE*





**DISABLED PEOPLE IN  
OUR COUNTRY WHO  
HAVE MADE A  
DIFFERENCE**

**IN LITERATURE, MUSIC, OR SPORTS**

# LUÍS DE CAMÕES

- Luis de Camões was a national poet of Portugal considered one of the greatest figures of lusophone literature and one of the poets of the western tradition.
- He had a visual impairment (he lost an eye to a battle in Africa).
- He is famous because he wrote "Os Lusíadas", considered the greatest work in poetry in our language, where he recites Portuguese discoveries. The students of the 9th grade study this work in Portuguese class.



# ANSELMO RALPH

- Although not Portuguese, Anselmo Ralph sings in our language.
- In June 2014, he was nominated for the MTV Africa Music Awards 2014, having won the award for best Portuguese-language artist.
- He suffers from myasthenia gravis, a pathology that causes gradual paralysis of the muscles and extreme fatigue. "Although it can affect other organs, it only has me conditioned in ocular terms.", says the singer.
- It is famous because there are many people, of all ages and from various countries, who like the songs he makes.



# LENINE CUNHA

- The Portuguese Paralympian Lenine Cunha was voted best athlete of the International Federation for Athletes with Intellectual Disabilities (INAS)
- The athlete, who achieved bronze in the long jump at the London 2012 Games, had meningitis at the age of four and holds 188 international medals, won at European, World and Paralympic Games.
- Lenin Cunha in 2015 created his own club, with the aim of helping young people to start or pursue sports careers.



# LEILA MARQUES

- Leila Marques is a doctor, 24 years old and trains swimming for 5 hours a day.
- She is motor deficient (malformation on the right arm), but was educated to do things by herself.
- She is famous because she has accumulated several medals over the last few years in World and European competitions. It is proof that a disability does not prevent anyone from achieving goals in life. She lives with the hours checked within minutes to be able to do everything she wants.





# NUNO VITORINO

- Nuno Vitorino was quadriplegic at the age of 18, after being shot with a gun accidentally by a friend who was handling a firearm.
- He created in 2012 the Portuguese Association of Adapted Surfing (SURFaddict), which aims to provide the practice of modality to people with disabilities.
- A former Paralympic swimmer, he will represent Portugal for the first time in the adapted world surfing championship in a competition that will gather surfers from 20 countries in La Jolla, California.



# MANUEL MENDES

- Manuel Mendes, 45 years old, is the first athlete from Guimarães to participate in a Paralympic Games.
- He works in a games room near the Francisco de Holanda Secondary School.
- An accident with an agricultural machine amputated his left arm above his elbow as a kid. Fifteen years ago he began running with an uncle who was already doing athletics
- In 2015, he became national champion of Road in Adapted Sport, he was in 2nd place in the Marathon of Seville. In London in April 2016, he won the 4th place. This year, Manuel Mendes revalidated the title of national champion of Road, in the category of Adapted Sport.





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

# GREEK

## Disabled People who had made a Difference

Though we live in a country which is not plenty on resources to provide people with disabilities, there are a lot of bright & inspiring examples of people who either from birth, or because of an accident, or a disease had to overcome more obstacles to accomplish their great work...

Though it would be fair to name them all, its impossible to gather their name and work in a short presentation. We are sorry for that we will only going to conclude some of them. This selection doesn't reflect greatness in achievements, more of a report of names related to disability...





*GREEK*

*Disabled People who had made a Difference*

# EDUCATIO N



*“The Change starts with us”*



## ***NILOS PSATHAS***



The 27-year-old Larissian, with quadriplegia since birth, succeeded not only in completing his studies and obtaining his degree, but also being awarded as a lecturer at the Department of Electrical and Computer Engineering of the University of Thessaly.



*GREEK*

*Disabled People who had made a Difference*

# ATHLET ES



*“The Change starts with us”*



## ***DIMOSTHENES MICHALENTZAKI***



Was born in Alexandroupolis in 1998 and lives with his family in Feres, Evros. He started swimming when he was 4, because of the obstetrics paralysis on his right hand. For the last 12 years daily he has to travel 56 km in order to attend the swimming pool of Alexandroupolis. Since 2007 he has been training systematically at oftha Alexandroupolis club.

At the age of 12 he was declared champion of swimming of east Macedonia and Thrace in the categories of bodied athletes.



- Since 2007 he also swims for the disability club named «Irodikos» and has obtained more than 20 gold medals at the Nationals championships (in the disability categories). Furthermore, he is the owner of all the National records in the categories of Juniors and the National records in men's categories of 50m-100m. In 4 of August 2014, he had his first invitation in the Greek National swimming team, for the European championship of disability in Eindhoven –Netherlands.
- Because of financial difficulties, Demosthenes asked for crowd fund support, so that he could participate to a European meeting, which would give him the chance at that time for the Olympics in Rio. Not only he made it, but he also got a gold medal at 50m in s9 category!
- Since then he is one of the best swimmers with disability in the world and bringing medals and making records one after the other!
- At 16 December 2017 the city of Alexandroupolis named their swimming pool after his name ...



## ***MICHALIS SEITIS***



Michalis Seitis was born in Rhodes in 1987. At the age of five he had his first contact with the track and nothing was enough to pull him away from it. At the age of 16 he was a member of the National youth Team in the 400m hurdles, a sport that continued for the next ten years.





- In 2013, when his life has changed from an accident with a motorcycle he borrowed because he had his car in the workshop. He lost his foot but not his passion for sports. Instead, his passion grew wilder. Three months after the addition of an artificial member he took part in local Aegean races and today holds a world record.
- Distinctions and positions in Paralympic Games- Highest Awards 2015-2016:
  - 4th Worldwide 2015 (400m, T44), 6th World position 2015 (100m, T44), 5th Worldwide 2015 (4x100m, T42-47),
  - 3rd European Ranking 2016 (200m, T44), 4th European Ranking 2016 (100m, T44).
- He has the European record at 400m (T44).



## ***GIANNIS CHATZIBEIS***



Giannis, is a bright man, with a strong and optimistic personality. The fact that he was born with a disability in his hand did not prevent him from achieving great things in sports.

He is the first and only Greek disabled athlete who has completed the Ironman Triathlon match (3.86 km of swimming, 180 km of cycling, 42.2 km of running). He was the first to dare to swim a 26 km marathon at the open sea. He also organized a 150 km marathon relay at the Aegean sea from Sounio to Milos, aiming to inform, educate and raise the awareness about the potential of athletes with disabilities on the occasion of the Paralympic Games in Athens in 2004.



- Giannis has made significant distinctions in swimming. As a Greek champion, he represented Greece in many international competitions. The climax of his pool career at the 100m Butterfly was:
  - participation in the Atlanta Paralympic Games in 1996,
  - 6th place in the World Swimming Championships in 1998 in the Netherlands,
  - 5th and 6th places in the Pan-European Swimming Championships.
- Giannis also studied Economics at the University of Piraeus, specializing in Marketing & Sales. In 1999-2000, he earned a scholarship and continued his studies in Australia and got a master degree in Sports Management. In addition to his studies, he worked at the OA Organizing Committee in Sydney and trained with Australia's Olympic coach.
- He also has a significant career in marketing and sales, with many collaborations in Greece and abroad. As a Director of the Marketing & Sponsorship for OAEA in 2004, became a motivational speaker for thousands of newcomers, employees, and volunteers in the Organizing Committee of the Olympic Games & HAF. He often gives lectures to schools, motivating students and teachers.



*GREEK*

*Disabled People who had made a Difference*

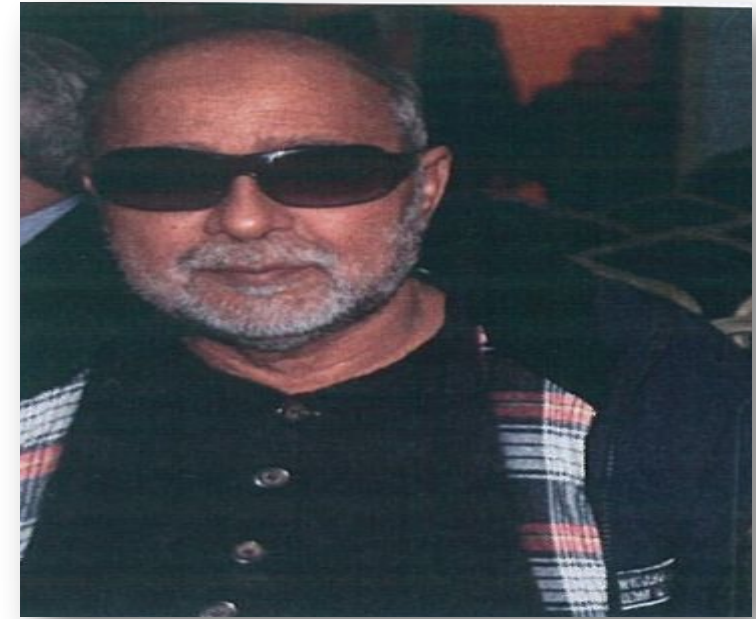
# ARTS



*“The Change starts with us”*



## ***PETROS ROUKOUTAKIS***



Petros Roukoutakis was born in 1953 in Chania, Crete, and died in 2015. He studied at the Academy of Fine Arts in Rome, with Franz Gentilini (1974-1977) as a teacher. Upon his return from studies he married. He started painting and became a professor of arts. At the age of 28 he lost his vision due to juvenile diabetes. He got divorced, and did not deal with art for two whole years. Then he came in contact with other blind people and began to turn into sculpturing.





- Sculpturing gave a new meaning to his life. In 1982 he began to teach sculpture to the blind children of KETAT (Public Primary School of the Blind Children Kallithea). In 1991 he started the Ceramics Sculpture Workshop of the Lighthouse of the Blind of Greece. During these years he married Gogo Roukoutaki (born blind), with whom he acquired two children.
- Roukoutakis participated in many exhibitions in Greece and in Europe. He has been repeatedly honored by various institutions for his art and for his educational work. Sculptures of the distinguished blind sculptor are housed in the Athens Touch Museum, one of the five touch museums in the world. He has been a member of the Greek Chamber of Fine Arts, the Association of Greek Sculptors, the Board of Directors of Very Special Arts Hellas and the Rotary Group of Piraeus.
- It is the man who opened the way for artistic activity for visually impaired people. The Museum "LYCHNOSTATIS", located on the Peninsula of Crete, in the memory of his death recalled his exhibition of sculptures «"Bitter Darkness" exhibition, a treatise on "regularity" and disability», which had been presented to the Museum 10 years ago and attracted the interest of the public.



# ENTREPRENEURS HIP



# **“MIRTILLO” & “PANTOCAFENES”**



«Mirtillo Cafe» – a cafeteria in Athens, that employs young adults with special needs. It has become a learning hub for those who “can’t find it elsewhere” ...

Some employers say that if “normal” people can’t get jobs then “special” people won’t either. What they don’t know and have not experienced is the drive and passion these young adults with special needs have when they work. because for them.

«Mirtillo Cafe» does what larger organizations can’t... Offers true opportunities to people with special needs, so they can develop themselves further, and become included in the commercial marketplace..







Today, in Mirtillo Cafe holds 13 employees (waiters, barmen, trainers) of whom 10 have special needs. Some of them have hearing impairment, medium intelligence or mobility issues, but most of them have Asperger's syndrome. The waiters never need to write down an order, they remember everything. Their aim is to enable them to use their practicality in more aspects of their lives.

There are more activities in Mirtillo Cafe also, such as the ongoing training of 19 young adults with learning difficulties. After a year or two of training, depending on each one's abilities, they are encouraged to look for jobs in the commercial markets. Two have already been hired elsewhere.

Same goes to «Pantokafenes» cafe too... The social cooperative enterprise in Paleo Faliro (in Athens) that employs adults with mental health problems.



# SOCIAL CONTRIBUTIO N





## “ΑΝΑΠΗΡΙΑ ΤΩΡΑ” (DISABILITY NOW)

The magazine «DISABILITY NOW» was created- first time published in 1993, by a group of paraplegic and quadriplegic people. The first issue had 16 pages and 1500 subscribers. Soon there were 64 pages with 7,000 subscribers.

In 1997, for administrative reasons, it became a non-profit civil society. Everything is done from the homes of volunteers- participants in «DISABILITY NOW» and their own computers. So «DISABILITY NOW» has neither office nor property.

In 2012, the magazine changed its name- title to «Αυτονομία» (Autonomy) and continues to inform the people with mobility disabilities.

([https://issuu.com/disability\\_now/docs/a85](https://issuu.com/disability_now/docs/a85))





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

# GREEK

## Disabled People who had made a Difference

