



Module Description		
Module Information		
Module title: My Life, My Rights		
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Number of sessions: 3 (5 hours each)	Frequency: 3 sessions in a row	Hours per session: 45 minutes
Total Teaching hours: 15		Number of intended participants: 12 - 15
		

Justification for the module (e.g. Why is this module needed? What are the reasons for offering this module? What needs will it address?)

The basis of this module is the notion that the empowerment of people with disabilities, who are called groups of at risk, continues to exist with the concept of knowledge and, accordingly, the application of basic legal human rights. In this sense, learning and learning in terms of mechanisms for the implementation and use of basic laws and procedures for people with mental disabilities is essential to achieve power over their own way of life. On the other hand, knowledge of fundamental rights has a preventive effect on the possibility of abuse and fraud.

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Learning goals (maximum 6) (e.g. What will the participants achieve by attending the course? What will they be able to do after they finish the module which they couldn't do (as well) before they started on the module?)

1. The participants are expected to reach awareness about their rights.
2. The participants are expected to be able to identify, pursue and achieve rights with respects of their needs and desire of having a full and satisfying life.
- 3.
- 4.
- 5.
- 6.

Sessions	Themes in the session
1. Basic Rights	Introduction to the module, the program, the rules and the training as a whole. The idea of human rights. Which are the fundamental rights guaranteed by the Bulgarian Legislation.
2. Healthcare	Somatic and mental health medical assistance: rights of participants as patients; differences for participants who have medical insurance and those who have not such. Right to use emergency services. Labour Expert Medical Commission. Compulsory and forced treatment.
3. Legal regulation of family relationships (with emphasis on violence)	The legal framework concerning family relationships. Basic rights and obligations related to marriage and childcare. Forms of domestic violence and protection measures.
4. Legal regulation of family relationships (focusing on guardianship)	Guardianship: missed or limited rights. Capacity. Guardianship as a legal definition and practice. Alternatives to Guardianship: Supported Decision-Making and the Law on Physical Persons and Support Measures
5. Using of Communal Services (1)	Typical problems and possible solutions when using electricity. Typical problems and possible solutions when using central heating.
6. Use of the social assistance system	Types of social benefits: how often and for what. Tax relief for people with a Labour Expert Medical Commission decision about the extent of lost capacity to work. Disability pensions and old age pensions.
7. Use of social services	What is a social service, according to the participants? What experience do they have with the use of social services? What services are they entitled to? Types of social services and for whom they are intended; who are vulnerable groups. How participants can apply for a social service; when they are entitled to use.
8. Employment	Laws and regulations guaranteeing the right to work. Work and retirement. I am unemployed! How do I register with the Bureau of Labour?
9. Using of Communal Services (2)	Condominium ownership law. Main highlights. Conflicts in relations with neighbours. Consumers' rights in the purchase of goods and the use of services.
10. Education in the Republic of Bulgaria	Management and legislation of Bulgarian education. Characteristic of educational institutions. Law on Integration of People with Disabilities.
11. Ownership and finance	Possibilities for acquiring properties. Buying and selling of real estate. Abuse and fraud. Denial of inheritance; when and why it is applied.



	Income and Finance. Types of insurance. Social Security. Who does the state provide?
12. Right to associate	Key points in the rules for registering a non-governmental organization. Examples of the activities of associations of people with mental health problems.
13. Right to Security	Right to security. Procedures. Forensic psychiatric expertise. When do we use 112 and when not?
14. Judiciary	What is the institution "court"? How do I get to court? When can I turn to the court? Bringing a case. When does the court turn to me? When should I seek a lawyer?
15. Closing module session and giving / receiving feedback	Giving / receiving feedback

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Theme / Exercise	Goal	Content	Skills, Knowledge & expertise required of trainers	Resources *
1. Basic Rights	1, 2			
Game: introduction		During the introduction process of a ball can be used: co-trainers initially hold the ball and introduce themselves, then throw the ball to the participant who is expected to introduce him- or herself; after introducing himself, he or she handles the ball to another participant at his or her choice until all of them introduce themselves. Depending on the size of the group and the extent to which people know each other, they may be encouraged to say different things about themselves - from basic information to something more personal about themselves.	Group leading skills.	Ball
Game: Which rights do the participants know that are guaranteed by the Bulgarian law?		Everyone writes one right on a piece of paper and reads it aloud. Co-trainers encourage others to react by saying whether they know this right; whether they know they have such a right, whether they agree that this is a right, and so on.	Group leading skills.	
3. Legal regulation of family relationships (with emphasis on violence) Exercise	1, 2	Each participant draws on a sheet of paper his or her family that s/he lives in the present or the family with whom s/he used to live in the past and tells a few words about these people - who they are and in what relationship they are or where they were.	Group leading skills.	
4. Legal regulation of family relationships (focusing on guardianship) Game	1, 2			
5. Using of Communal Services (1)	1, 2	The participants stand in a circle and get hold of their hands. One participant stays out of the circle; his role is to try to get into the circle, the role of the others - not to let him go inside. When he can break through somewhere, one of the two players he has managed to get through has to go outside the circle and, in turn, try to get in.	Group leading skills.	

Exercise		Participants receive a contract with a service provider (telecom, heating, etc.) with deleted personal data that they view and comment on - do they find it profitable, do they find risks in the text, would they sign it, why or why - no.	Group leading skills.	
6. Use of the social assistance system	1, 2			
Warming Up Game		Group participants are arranged in a column and follow the co-trainers' instructions. "Walk in the Mountain" – one of the co-trainers offers crossing various obstacles - crossing a narrow bridge and keeping a balance, moving fallen stones from the path, and finally picking up cherry trees.	Group leading skills.	
7. Use of social services	1, 2			
Game		The participants are divided into pairs, with one of the participants dressed in the eyes and the other participant in the pair is his or her guide. Each pair goes from one end of the room to another, then the roles change.	Group leading skills.	
8. Employment	1, 2			
Warming Up Game		The participants are given leaflets with instruction to write one of their "problems". The leaves are folded and harvested into a urn. On a second sheet the participants are invited to write a solution to the problem and again the folders are folded and placed in another urn. The co-trainer offers the participants to pick up one problem sheet and one with a decision.	Group leading skills.	
Role Game		Interview with a potential employer (one of the co-trainers). What will participants want to learn about contract terms, pay, holidays, etc.?	Group leading skills.	
9. Using of Communal Services (2)	1, 2			
Exercise		Participants discuss a hypothetical situation: neighbours celebrate and make noise, they cannot sleep, it's already two at night. What they do? What is realistic? What consequences do they expect for each solution? Then they change roles: their neighbours ring at the door in the middle of the night and complain that they	Group leading skills.	

		make noise. How do they respond? Did it happen to them?		
11. Ownership and finance	1, 2			
Game		Three volunteers from the group and one of the co-trainers sit in the middle of the round; co-trainers explain the main rules of the Monopoly game, place a board for this table game in the middle of the small group, and the players throw a few dice to make a circle or two. If interested, one of the other participants may sit in the place of a participant who gives up.	Group leading skills.	
12. Right to associate	1, 2			
Exercise		Working in pairs on the question: what would be the activity of your organization?	Group leading skills.	
13. Right to Security	1, 2			
Warming Up Game		"Guess who the boss is". One of the group members goes out, and the others choose one person to show different movements that the group repeats. The goal of the game is for the outgoing participant to guess who sets the task of the group.	Group leading skills.	
Task		The group is shown a picture of a possible situation they can encounter on the street (a fallen tree, etc.); what they do? Are they calling 112 or not?	Group leading skills.	
15. Closing module session and giving / receiving feedback	2			
Game		Each participant writes a question on a sheet that has not received a response within the module. S/he can write more than one. The sheets are then mixed and each one randomly draws a sheet and tries to answer the question on the sheet. If s/he cannot, s/he points out another participant; co-trainers intervene only when no one can answer a question.	Group leading skills.	
Exercise		Everyone, participants and co-trainers say what they liked in the module and what they would change, and what mood they were leaving.	Group leading skills.	

- hand-outs, presentations, links to websites should be referenced here but added as appendices

