

Organization: Costa Rica Guide Dog Association.

Country: Costa Rica.

Project name:Vamos (Lets go).

Introduction

People with disabilities in San Isidro de Perez Zeledon do not have social inclusion and access to culture or sports and also feel afraid to go out. The VAMOS project is one option for the people with disabilities to share with others and increase the social integration through sports, music and entertainment activities, The VAMOS project is one of the few alternatives for the People with disabilities in the social field.

Background

In Costa Rica and mainly in Perez Zeledon there are so many people with disabilities, these people has different Situations and problems related with job, money, health and other issues; but the general population doesn't know about these problems and how the disable people lives.

On the streets of San Isidro when the people see a disable person doesn't know what to do and sometimes they feel the disable people as inutile or babies.

The public transportation and and recreation places are not accessible for wheelchair users and there is not accessible information for persons with visual impairment and persons with hearing impairment, then the persons with disabilities only go out to hospital or when it is really necessary. They never to enjoy if they don't have social activities. This situation makes the persons with disabilities depend on the others.

The problem is that the persons with disabilities feel afraid to go out because they think that is so difficult for them to adopt the daily life.

With the help of this project it is possible to involve persons with disabilities to different social activities. It can be sport, cultural or other social entertainment events. During these events people will receive some information about their rights and the ways of problem solutions. They will be more confident and strong. Persons with disabilities with confident to visit public places and use the public transportation.

Persons with disabilities seem themselves as members of the community as same level as the other members of community.

Overall Goal

The overall Goal of this project is to increase the self-confidence and rights awareness of persons with disabilities in order to enhance their quality of life.

Concrete Objectives:

- To visit institutions such as universities, GO, NGO, Private companies which should be interested in our project. That can help to support the project.
- To create a commission which will plan and coordinate the activities related to the project.
- To have a group of volunteer to help the persons with disabilities in their needs when they go out
- To organize entertainment activities in public places involving persons with disabilities.
- To distribute brochures and leaflets with information on human rights, laws on disability issues and the ways of dealing with the daily situations of discrimination and accessibility.
- To share Information with Media (Local TV, Radio, city websites and newspapers) and invite them to the activities to involve in the process of social inclusion of persons with disabilities.

Stakeholders and Beneficiaries

Beneficiaries are persons with disabilities who have low self-esteem because of that they cannot fully participate in the social life. These persons got their disabilities because of accident or any other reason. It is difficult for them to accept their disability and live with it. Another type of people who are overprotected by their families because of that family does not see the family member with disability is not able to do anything. The average of age of beneficiaries is between 20 and 40 years.

Supporters are the local government, universities, private companies, GO and NGOs, for example the Lions Club whose activities are aimed at helping people in different difficult situations, Red Cross, etc.

The project will be run by the commission members which consists of 8 people who are representatives of universities and school teachers, government workers and other people who are interested in disability issues and have enough knowledge and experience to plan the project activities.

Opposition is the overprotecting families who do not believe that their family members with disabilities are able to take decisions by themselves and live in the society. On the other hand, understanding and evaluation of life persons with disabilities based on charity, not social inclusion. It can be against any changes in their lives.

Impact

- The society will have opportunities to see persons with disabilities in those activities and can understand their capacities and needs. This will help them to accept persons with disabilities in their communities.

- The persons with disabilities will be able to exchange experiences and help each other to manage their problems through the project activities.
- The persons with disabilities will increase their self-esteem and will disclose themselves to persons without disabilities.
- The people with disabilities will involve their peers to the social life.

Project implementation plan

1-Resource assessment

In terms of human resources there are persons with disabilities who need help. There are people who will work on this project and one of them is the person who completed from 8 weeks Leadership Development of Persons with Disabilities training in Japan.

In my city there is a cross disability school with a staff of special education teachers, Physical therapist, social worker, physical education teacher and other persons that can design and prepare the activities.

In terms of governmental support, there are some social welfare programs conducted by governmental institutions that can greatly support this project. Moreover the laws of Costa Rica include social activities and entertainment for persons with disabilities.

JICA has a project to improve the situation of persons with disabilities named Kaloie. I am a member of the commission of Kaloie project with representatives of GO and NGOs that can support my project.

2-When I will return to Costa Rica I will visit some institutions such as universities, cooperatives, Municipalities, GO and NGO, Red Cross, Churches, citizen and others to talk about my experiences in Japan. By these sharing sessions I will tell the people about my project and begin to find human and financial resources and sponsors to VAMOS project. In these meetings I can get feedback and make cooperation and agreements.

3- The Vamos Project Commission (VPC) will consist of members who represent the Institutions that are interested and voluntaries from the community.

PC Functions

- To make a schedule of the activities.
- To select the place and check the accessibility.
- To create an agenda to each activity.
- To contact with sponsors and institutions that support the events and the expenditure for the materials.
- To design the material to be distribute and prepare it on accessible formats(Braille, audio, large print).
- To contact with Media in the city to promote the events.

4- The VPC will be responsible of the training of volunteers how to help persons with disabilities in the community in general and in Vamos project activities in particular.

The volunteers group. The commission will make agreements with some volunteer organizations such as Red Cross and undergraduate students in universities on providing support during the project activities. These volunteers will assist transportation and the activities conduction. Since they are persons without disabilities who will support persons with disabilities, they will have interaction and information exchange. The project budget should cover the cost of meals not only for the participants but also the volunteers. The aim of the volunteers involvement is not only to get reasonable services but also to indirectly provide the information on disability issues to persons without disabilities, what will be probably promoted with their families and friends.

5- Description of the activities

The activities which persons with disabilities will participate include sports, music(singing with Karaoke), dance and exhibitions of the institutions involved in the project. Doing all of the mentioned above activities it is possible to support persons with disabilities and increase their self-esteem. Persons without disabilities who will participate in these activities will also benefit from them because they will receive information on how to work with persons with disabilities and pass this information to the others.

6- Schedule

-January 2009

8 visit to institutions and universities to mobilize the members of the commission.

-First week of February

Meeting to begin the work with the members of the commission and suggestions of date and place of the first activity, and give tasks to the members.

-Third week of February

Commission meeting to review the progress of the activities.

-First week March

First Entertainment Activity with persons with disabilities.

-Third week of March

Monitoring and evaluation session.

-First week of April

Meeting of the commission and suggestions of date and place of the second activity, and give tasks to the members.

-Third week of April

Commission meeting to review the progress of the activities.

-First week May

Second Entertainment Activity with persons with disabilities.

-Third week of May

Monitoring and evaluation session.

-First week of June

Meeting of the commission and suggestions of date and place of the third activity, and give tasks to the members.

-Third week of June

Commission meeting to review the progress of the activities.

-First week July

Third Entertainment Activity with persons with disabilities.

-Third week of July

Mid term review meeting will be conducted to assess the impact of the project in the first half of the implementation period.

-First week of August

Meeting of the commission and suggestions of date and place of the fourth activity, and give tasks to the members.

-Third week of August

Commission meeting to review the progress of the activities.

-First week September

Fourth Entertainment Activity with persons with disabilities.

-Third week of September

Monitoring and evaluation session.

-First week of October

Meeting of the commission and suggestions of date and place of the fifth activity, and give tasks to the members.

-Third week of October

Commission meeting to review the progress of the activities.

-First week November

Fifth Entertainment Activity with persons with disabilities.

-Third week of November

Monitoring and evaluation session and prepare the panel discussion.

First week December.

Panel discussion to commemorate the International day of the disabled at the same time people with disabilities will interact with the community.

The general public will through this activity learn more about the impact of the project.

The Panelist will include.

- one of the beneficiaries, one of the volunteers, one of the sponsors, JICA representative, one member of the VPC and the project coordinator.

The Media will be invited in order to provide information to the public to make them fill the significance of such kind of events and this project.

7-Brochures and leaflets

With the help of brochures, leaflets and other handouts it is possible to deliver information to people with and without disabilities without reading long and

boring lectures. The materials will include all the needed information on the disability concept, discrimination and abuse and the ways of its reduction basing on the laws of Costa Rica. The explanation of international laws ratified by our country, the constitution and the specific laws aimed at creating equal opportunities and life conditions to persons with disabilities as well as some bright examples of people with disabilities lives will be displayed. Two types of the materials should be produced: the teaching materials that are mostly based on laws and examples and information materials for the volunteers describing the importance of assistance to the disabled and telling who are those the people they are helping to. Doing so it is possible to establish friendly attitude of both sides to each other.

7- Media involvement

Media is of the most accessible channels of information. Inviting them to our activities it is possible to provide information to the general public and those disabled people who could not participate in our activities. San Isidro is a small town and media will be glad to get as more of interesting and useful information as possible. So the payment is not required to this type of action. On the other hand being one of the most accessible sources of information they will contribute to the knowledge increase on the disability issues for both people with and without disabilities.

Monitoring

The monitoring exercise will be done with the help of reports writing in which every activity will be described. The reports will speak on what kind of people participated, what experiences they could get, how they felt after participating, what is significant to be changed in both people with and without disabilities and so like. The reports will be written after each event and submitted to the donor and media. Another tool for monitoring to be used is the check list, where the number of participants, the amount of food and so like will be reflected. The check list will show the weak and the strong points by summarizing all the items and factors so that it is possible to measure the success of the project.

Evaluation

The evaluation exercise will be done through questionnaires, basing on the results of questionnaire the general comparison will be carried out between the previous situation with the result of the project. Then the weak points will be identified for improvement and the strong points will be enhanced. To measure the results 150 copies of questionnaire will be produced. One third of them will be answered by people without disabilities, the rest by people with disabilities. The following themes will be covered: the description of attitude of the people with and without disabilities in addressing each other and themselves, opinion on how this project could be useful and so like. More attention will be paid to the

feeling of the people with disabilities through comparing them before and after taking part in our activities. Being involved to different types of activities people with disabilities can realize their opportunities and share their feelings with those people who could not participate in the project.

Possible obstacles to Project plan implementation

- The people with disabilities that don't want to change their lives.
- Natural events that change the situation and make us cancel or change the day of the activity. In the winter season in Costa Rica we receive side effects from the storms in the Caribbean that become in strong raining and most of the buildings are used by the emergency institutions and the volunteers have to work in the rescue and security of the people.
- Each year the public institutions have to make an annual budget before October and for support the project they need specific changes to include to project in their own budget.

Budget

The human resources are provided by volunteer work and for the staff of the institutions that support the project.

Vamos project is a inclusion and social program that can be include in the annual work plan of the institutions and insert it in their own annual budget. The Project implementation needs some specific items for adapted sports and social and cultural activities. The information is crucial for the proposes of this project, then we will need to register by video and image the run of the activities to share this with Media and to show the progress to the sponsors and the general population.

	USD	Yens	Colones
Office appliance			
5 printer ink pack	50	4700	28000
200 folders	40	3760	22400
200 pens	80	7520	44800
2 Stationary	40	3760	22400
5 packs of paper	30	2820	16800
Equipment			
Laptop	1000	94000	560000
Printer	150	14100	84000
MM projector	1200	112800	672000
digital camera	200	18800	112000
video camera	500	47000	280000
Adapted sport devices	1000	94000	560000
printing Braille and audio material			
200 brochures	50	4700	28000
150 Audio CDs	300	28200	168000
50 Braille copies	100	9400	56000

300 name cards	30	2820	16800
Travel			
6 bus service rent	480	45120	268800
20 taxi services	200	18800	112000
Petrol	200	18800	112000
Common			
Food	2000	188000	1120000
6 Sound System Rents	320	30080	179200
6 hall rent	450	42300	252000
telephone cost	240	22560	134400
Internet cost	240	22560	134400
Total for all the project	8900	836600	4984000

Impact of this training: how this training contributes to your Project

- I could compare the situation in Japan and other eight countries with the situation of Costa Rica and see the weak and strong areas and take this background to in my project plan.
- I received tolls in management, public relations find found that I include in my project.
- This training course also improve my skills in Leadership and this is very useful to work with people with and without disabilities.
- The visits to Hiroshima and Wakayama shown me the past and the present of Japan and made me understand the power of human beings to recovery and stand up and in my project I want to take out power that the ersons with disabilities have inside.

Conclusion.

Summarizing all it should be said hat though the situation of people with disabilities is not the best in Costa Rica, there are some conditions which can greatly support the changes to be made by the Vamosn project. this project will be supported by many institutions and some of the target group representatives. Through the volunteers involvement it is possible to provide the information to the other social representatives on disability understanding. Moreover the medis will pass this message to those people with and without disabilities who did not patticipate in our activities