

“Pomôž mi a dokážem to sám “ (Help me and I can do it by myself)

The beginning of December 2011 was special for young leaders because they organized the four-day project - activities for mentally disabled students from Practical school in Martin called **“Pomôž mi a dokážem to sám “** (Help me and I can do it by myself) . Due to the fact that they are young people with different mental disability, the main objective was to try to at least partially remove barriers between healthy population and people with disabilities. The most difficult thing was the organization itself because we did not know what we could do or prepare. Although it was difficult to prepare program, it required much time and effort. I have to say that this experience was absolutely worth it. We were scared if we ever had a chance to handle it, but I think it gave us a lot. The entire four-day project was connected with the spirit of Christmas, which was coming. We baked ginger bread cookies in our small school kitchen, which we all liked so much. Other activities included making traditional Christmas cards and Christmas decorations, Christmas drawings on the theme: "How you see Christmas", singing Christmas carols accompanied by piano, visiting school library, computer lab and also we cannot forget sports activities we did for example exercise on fit balls instructed by our PE teacher. As the activities were also held on the 6th December, we could not forget about St.Nicholas Day. Three of us changed into costumes of St. Nicholas, an angel and a devil, and prepared a short scene. The last day we felt a little bit nostalgic that the event was coming to its end. We realized that we would miss this happy time we spent together.

Finally, I would like to add that this project and these four days gave us a lot - a lot of smiles, joy, fun, but also many lessons and new knowledge that will certainly be beneficial for our future lives.



