

### Report of a participant: The 'Safe Internet to End Cyber-violence' training in Vienna

The training 'Safe Internet to End Cyber-violence' took place in Brigittenau, a beautiful and accessible youth hostel not too far from the downtown area, and lasted for five days (6th November - 10th November 2023). It was organised by Grenzenlos, and it brought together about seventeen participants from more than eight countries (including Austria). I am a girl in a wheelchair who has never been too far from Spain, so meeting people from Greece, Germany, Estonia, Turkey, Armenia, Italy, Bulgaria and even more distant countries meant for me to discover a whole new world. I was really interested in the main topic of the training — knowing how to identify types, causes and consequences of cyber-violence in order to be able to find solutions to the problem—, but I also enjoyed very much (for the first time, actually, because I had never been given the chance to do it) the part about exchanging descriptions of some curious cultural facts or regional customs with the people around me.



Being able to listen to other people's opinions was also great, and so it was getting to express my own ones. However, I remember that a few weeks earlier —when I still had to buy the plane tickets to Vienna, one for my care-giver and one for me— I got really scared. I couldn't stop thinking that I know I'm not a good conversationalist; that I haven't really studied much about cyber-violence; that people would find my speech boring... I suddenly realized that flying so far away from home was the kind of decision that my colleagues in the Catalan Association of Friedrich's Ataxia (a Catalan association which aims to find social and financial support for the investigation of Friedrich's Ataxia, the disease I have) would never make. My parents were afraid, too. They have always taken care of me, and I have learned to feel safe within the four walls of our home. But then Grenzenlos came to help me get out of that comfort zone, and I realized that I'm capable of doing more things than those I thought I could do. I ate ice-cream in winter; I visited a shop full of teddy-bears... I even danced to a Bulgarian song with my classmates, forgetting that I'm in a wheelchair!



And what a week! I learned a lot about team-work and about how to act against cyber-violence. We (participants, teachers and assistants) created an actual safe space where we could discuss everything, and I hope that I will be able to contribute creating more of those. Now I know that I am a person who has more or less interesting opinions, and who's able — like everyone else should be— to express them in front of people who might think differently. Although I had never been very far from home, I was able to discuss many topics with people from other countries (I even got into a debate about house prices in Germany!). I returned home with the feeling of having visited more than eight countries in just one week. It was so enriching for me that this, my first Erasmus+, will by no means be my last. I don't think this will be my last visit to Vienna either, because it is a beautiful city with some dreamlike landscapes.



I would definitely recommend people with disabilities to come to one of the trainings organised by Grenzenlos. Despite my high care needs, I didn't miss anything: Everyone (literally everyone, including each one of the participants) went out of their way to make me feel

comfortable. Even when there was an architectonic barrier standing in my way (for example, a bunch of stairs right in front of the door I needed to go through), they helped me to overcome it without problems. I really hope that this report will be useful for people with disabilities who have not yet decided to take the opportunity of participating in an Erasmus+ project. If I were you, I would give it a try. Until I tried it, I didn't know how wonderful it can be!



Anna Muxí Bartrolí, from Spain.