



Different
Sounds

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MEDIS5.

sensus

Menschsein
stärken **ib**

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My name is Joanna

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Content

1. ‘Different Sounds’ project

2. ‘Different Sound’ stories

- The vase who wanted to sing opera
- Salad – how to mix respect
- Name that respect
- My name is Joanna

3. Interviews

- To work as an artist and to meet the audience
- Respect for diversity
- Alternative communication

4. ‘The vase who wanted to sing opera’ animation

5. ‘Different Sounds’ Orchestra – concerts

6. ‘Different Sounds’ as multimedia e-book

7. ‘Different Sounds’ as e-book

8. Description of the partners organizations

9. Special thanks

1. ‘Different sounds’ project

The ‘Different Sounds’ project includes 3 organizations: Poland (Polish Association for People with intellectual disabilities Gdańsk Branch / PSONI), Sweden (Medis 5) and Germany (IB). They all worked with people with intellectual disabilities.

In the project, we created four results of intellectual work: a printed book, an e-book, a multimedia e-book and an animated film. The stories, texts, photos, images and music used in the products were created by artists with intellectual disabilities.

Thanks to discussions and the process of creative writing authors wrote 4 stories. We present three topics: the right to be an artist for everyone, respect for diversity and alternative communication.

1. 'Different sounds' project

Music, painting and graphic workshops were also part of the project. All partners involved 3 music bands: **Remont Pomp** from Poland, **Sprak Orchestra** from Sweden and **IBees** from Germany. All the bands created one big group named 'Different Sounds' Orchestra.

Musicians played 6 concerts in 3 countries. In Poland, we involved special guest Mikołaj Trzaska on saxophone and in Sweden Mathias Danielsson on a pedal steel guitar.

Concerts in Poland and Sweden were recorded and you can hear them on streaming platforms, Bandcamp and in the form of CD.

1. 'Different sounds' project

Importantly, in the process of creating a book/e-book and animated film, the main role was played by people with intellectual disabilities with appropriate support from therapists. The story, plot, graphics, music, photos – all these products were created by them. Then professionally prepared for publication.

The 'Different Sounds' e-book is translated into 4 languages: Polish, Swedish, German and English. The limited printed 'Different Sounds' book is available in 3 languages: Polish, Swedish and German.

The project was funded by the European Union.

You can find information about the project on this page:
www.differentsoundsproject.com



You can also follow
us at:
[www.facebook.com/
LeadingMyOwnLife](https://www.facebook.com/LeadingMyOwnLife)

2.

‘Different Sound’ stories



**Hello,
I'm the storyteller.
I will guide you through
the book.
What good can happen
when a vase breaks?
And why was it worth it?
Let's see our first story
from Sweden.**

The vase who wanted to sing opera

There once was a vase who wanted to sing opera. For 73 years, she had been standing on a table in the entrance of a grand old hotel in Vienna.

Sometimes, it happened that music was played in the entrance, and sometimes it was opera.

Once, 57 years ago, they played 'Una Voce Poco Fa', from 'The Barber of Seville'.

– I felt it in my chest. In the entire body.

Her body was filled with music. She wanted to cry and laugh at the same time.





She felt happier than ever before.

– Just imagine if I also could sing this beautifully.

One day the janitor came and took the vase. There was a vase missing at the opera scene where they performed ‘The Barber of Seville’!

Someone had seen the beautiful vase at the hotel and thought it would fit perfectly in the scene where they sing ‘Una Voce Poco Fa’.

**The vase was now on a table, in the middle of the stage, at the opera.
The building was filled with people.**

When the woman on stage starts to sing, it is dead silent in the audience. The vase feels how she is filled by a force from the bottom up, slowly rising. She's got it!

She is filled to the brim with the beautiful music and the peculiar power growing within her.

She really wants this, and she can do it!

And so she gives it a try. It vibrates in her chest. The vase uses all her strength. 'I am filled with music', she thought. The whole salon is filled with the most peculiar sound.



She is singing!



The audience is stunned. The woman on stage falls silent. The vase is singing, finally.

The sound causes the vase to vibrate. She starts to rock, back and forth, round and around.

It is the strangest and most beautiful thing anyone had ever witnessed. Some people in the audience are crying. She sees them enjoying themselves when she sings.

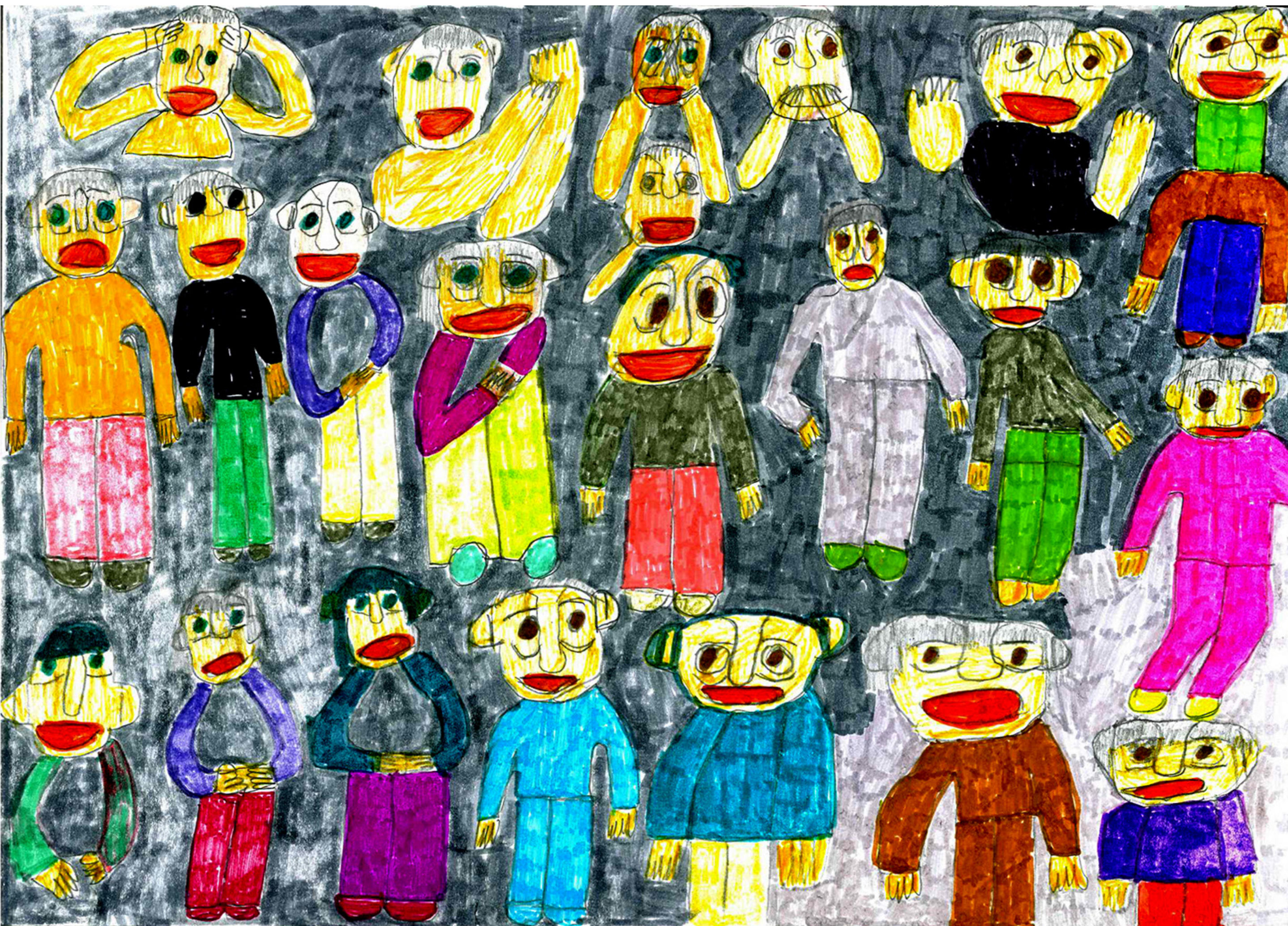
She wants to sing louder!

Louder.

Even louder.

She is filled with joy.

CRASH!



The vase bursts into pieces.

The audience is horrified. Two large shards lie on the table. It becomes completely silent.

The woman on stage begins to applaud. The whole audience starts applauding.

They stand up and shout:

– BRAVO!

When the show is over and the curtain has fallen, the janitor comes and picks up the broken pieces.

When he gets home, he glues the vase together as nicely as he can. The next day he puts the vase back on the table at the hotel.



**Sometimes when they play the blues or jazz
in the entrance, the vase sings along.**

**The hotel guests love to have a drink
and listen to the slightly cracked vase.**



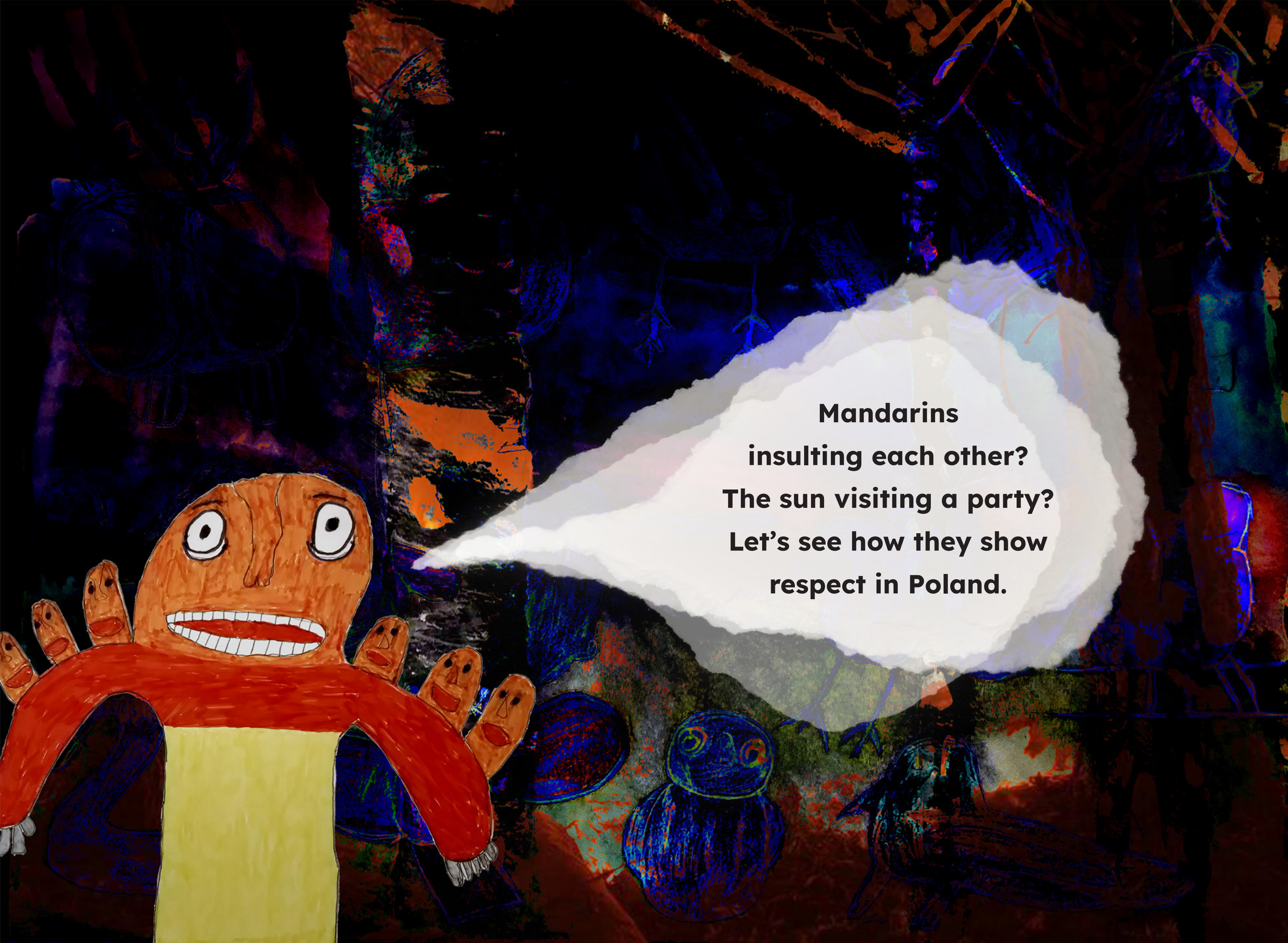
Epilogue

**The vase is satisfied with her new life
as a blues and jazz singer.**

**Her new 'broken' voice matches this
music perfectly.**

She loves Duke Ellington.

'It don't mean a thing'...



**Mandarins
insulting each other?
The sun visiting a party?
Let's see how they show
respect in Poland.**

Salad – how to mix respect



Meet Tangerine – that is the name of our character. She is friendly and most often wears a hoodie with the image of Mickey Mouse. She lives in a rented apartment with Cauliflower, Cucumber and Tomato. They all go to Italy together.

Tangerine and her roommates like to party in Italy. There they accost other people every day and insult them.

Tangerine is not happy – she feels that something in her life has not worked out. She feels lonely, excluded from society and therefore cares about her relationship with Cauliflower, Cucumber and Tomato. That is why she goes with them to Italy, partying and insulting others. But colleagues do not accept Tangerine anyway – they make fun of her.



One day, Orange and Sun appear in the life of Tangerine. She meets them during a party at a disco. They immediately inspire her trust – Tangerine tells them how she feels, how she is treated by Cauliflower, Tomato and Cucumber. Tangerine receives support and comfort from Orange and Sun. It makes her heart warmer.

Tangerine makes friends with Orange and Sun. The basis of their friendship is respect. They also share the same interests – they like listening to music. They are also joined by Banana, which is also a musical fruit. He also supports Tangerine.

‘It’s fine, everything will get better,’ says Banana.





Tangerines life changes. She feels pleased. She begins to enjoy life to the full – she rides a bike, does sports. She has new friends who like her and are interested in her life.

Relations with Cauliflower, Tomato and Cucumber broke up. Tangerine will never go to Italy to party and insult others, she understood that it was a mistake.



**A saxophone,
a glass, a trumpet,
a wah wah tone
and a bottle psychologist?
What kind of a story
is this?**



Name that respect

There was a saxophone. This saxophone played basketball. He was playing basketball alone and suddenly a trumpet appeared.

They play basketball and a glass joined. And the glass moved away from them a little because he wanted to play football. The glass started insulting them: 'You are stupid! I want to play football and you play basketball. You don't do what you need to do.'





They turned away from the glass and a happy drum came into the glass.

Everyone started arguing, they started fighting and the cowbell came.

It was getting out of control. The glass said: 'You have to play football, not basketball. You are sick, you are lying in bed, you have no respect, you have no friendship, you will soon look like boors.'

The cowbell and the bowl came and started calming them down – the bowl calmed them down. ‘Don’t add fuel to the fire – if you exaggerate, you will soon lose friends due to a lack of respect.’

Bowl took the glass for a conversation in a room – it was a handmade paper workshop.

The psychologist also came – a bottle. The bottle was in psychology studies. ‘This dispute can be resolved. It’s worth talking about it so as not to add fuel to the fire. Either glass will go his own way – either he will play football or basketball.’



Glass came up with the idea of starting a music band. They started a band – he talked to other friends – saxophone, happy drum, trumpet, bottle psychologist. They created a band called ‘Pomp Pomp’. They talked, and got along, and friendship and respect returned. They agreed on how to play in rhythm. They played the song ‘Princes Snow White’. Because it’s film music, it goes to the rhythm and the drum also joined the band.

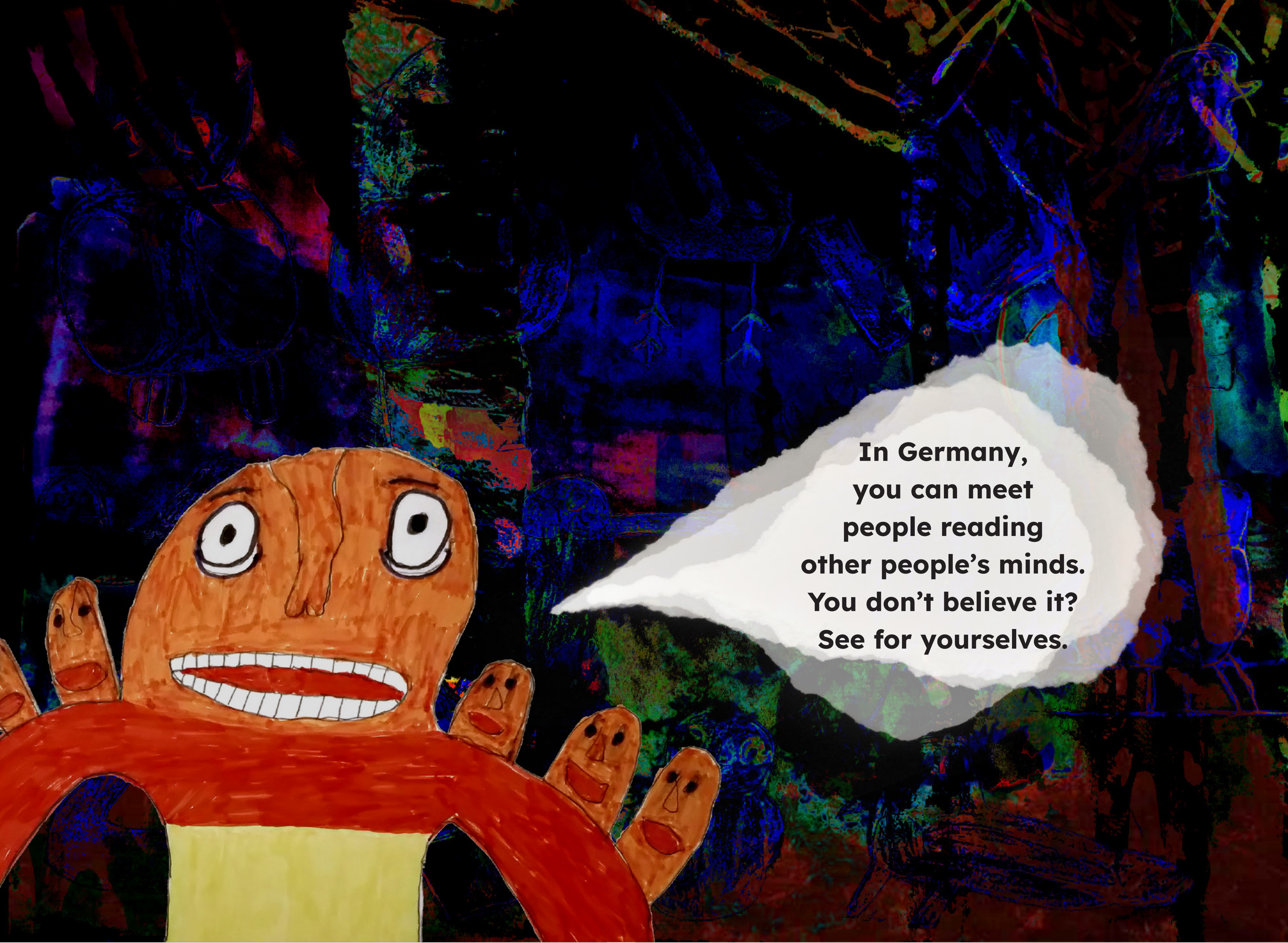


The audience came to the concert because the band already had a lot of songs. They recorded their first album entitled ‘Doll’ and went to Berlin for their first concert. And there they saw a nice conductor. And they started playing together with this lady. And the end is that after the concert they went to a pub. They ordered wine and beer. Saxophone met a cool girl – his name was wah wah tone. And these two got married and had children.

Children were the pan flute and balafon.



Saxophone had his job and worked as a salesman in a pawn shop. Wah wah worked in the association and was a volunteer coordinator. For the final, she came up with the idea of hosting very nice foreign volunteers in association.



**In Germany,
you can meet
people reading
other people's minds.
You don't believe it?
See for yourselves.**

My name is Joanna

Some time ago I was at the doctor's with my mom.

Mom: 'I don't know what to do anymore, doctor. He keeps saying he hears voices. And the strange thing is... he really seems to know what people are thinking.'

I was sitting next to Dr. Smith and could hear his thoughts before he said the words.

Dr. Smith: 'For the life of me, I can't find anything.'

I knew it! It had always been like that: ever since I could think, I've been reading other people's thoughts.

Dr. Smith: 'Maybe a new task will help him clear up his mind.'

In fact, it turned out that the new task made me go into other people's minds.

A few days later, I started my new job, even though I didn't really want to. So that was the 'help' from Doc Smith...

I was to work in a home where people with various disabilities lived. People with autism, with Down's syndrome, in wheelchairs, with visual and hearing impairments and severely disabled people.

**I thought to myself:
'I won't stay here too long'**

I was wrong.

**Miss Carpenter, my supervisor,
introduced me to the residents.
One girl in particular caught my
eye: she was sitting in a corner
and looked at me. Well, actually,
she was looking **THROUGH ME**.
She didn't seem to notice me at all.**

**Miss Carpenter: 'This is ... we call
her Petrovka. No one knows her
name.'**

Miss Carpenter slid her file to me.





Miss Carpenter: ‘She came out of a home for the hard to educate a year ago – a really hard case and to be treated with caution, she lashes out.’

Joanna thought: ‘Stupid thing, my name isn’t PETROVKA, it’s Joanna. And if the others didn’t annoy me so much, there would be less trouble here.’

I looked at her and thought: ‘Maybe you should TELL them?’

**She returned my gaze in astonishment – she had understood me, so she could read minds too!
I sat down next to the girl and opened the file.**

‘You don’t look like a PETROVKA at all. I’m going to call you... Joanna, okay?’

Miss Carpenter: ‘Forget it, Joe, she’s never spoken before.’

Joanna thought: ‘She’s just STUPID.’

Suddenly Joanna jumped up one, straight at Miss Carpenter. And I knew I had to act now, otherwise the situation would escalate. My thoughts delved deeper into Joanna’s body – what a strange feeling! I took control

and managed to get her to sit down. I struggled to get a few words out of her mouth:

Joanna mumbled: ‘My name is... JOANNA!’

I left her body again and everyone in the room was amazed – including Joanna.

Joanna thought: ‘How did you do that?’

Our thoughts were playing ping-pong.

Joanna thought: ‘I felt you, but...’

**I thought: ‘If you don’t tell them,
I’ll try to help you’.**

**There was quiet giggling among
the residents.**

**One resident said: ‘Ha-ha, they’re
about to start snogging...’**

**I got angry and shouted: ‘You
think something’s funny, don’t you?
Imagine everyone picking on you,
just because you couldn’t talk!**

**Or like you, Alex, just because you drool?
Or Jack, because he has a deformed
head – is that cool?**

**And you, Miss Carpenter, how can you
just say PETROVKA is STUPID?**

Have you even tried to contact her once?’

**Suddenly there was silence. Only Joanna
next to me was silently swearing under
her breath.**

**Joanna thought: ‘Show those assholes
so they’ll leave me alone finally.’**

**Miss Carpenter looked at me contritely:
'You're right, Joe. But neither I nor
the others can get through to her –
You do, apparently? Maybe you can
do something with her and teach her
a thing or two.'**

**I sensed how difficult this was for her
and finally turned to Joanna: 'Well,
what do you think? I'd be up for it,
but only if you want it too.'**

**And then it happened. Joanna nodded.
As if that wasn't enough, she smiled
at me. This was to be the beginning
of a deep friendship.**



**I know,
some of these stories
can seem a bit odd,
but don't worry.
We also have
some interviews
with the artists!**



3.

Interviews

To work as an artist and to meet the audience

Interviews with Medis 5 participants

1. To work as an artist and to meet the audience

What requirements can be placed on you as a performer?

Rolf: That you are prepared for what you are supposed to do.

Lena: To deliver what was agreed upon.

Steffi: That you are dedicated to what you are doing.

Rolf: And that it will be ready by a certain time and date.



**Is it an expectation from others
or from oneself?**

Tobias: It's probably both.

Lena: It also means that you have knowledge
of what you are about to show.

Rolf: If you're doing a play or a performance,
everyone assumes that you know what you're
supposed to do, that you have studied, so that
you don't screw up the performance or just stand
there and don't know what to do.

What can you do on a stage? What is OK?

Rolf: Everything!

Steffi: The art scene is quite special, but you may
not vandalize.

Kent: Things are allowed in art that are not OK
otherwise. If you cannot protect art, you have
nothing to defend.

What is art?

Petter: If I paint a painting and exhibit it, then
it becomes art. Then I have put my soul into it
and it gains artistic value.

Rolf: Focus and patience is an art. And stage
presence.

Josefin: I am art. All of us are. It is also what
you see, and then interpret as art.

What is music? What is not music?

Josefin: Music is art! You can have the same
view of what music is as of what art is.

Kent: Sound torture is not music, but of course
that is subjective.

Torbjörn: John Cage wrote a piece of music
that is completely silent.

2. Artistic integrity and different ways of expression

What does integrity mean?

Steffi: It's hard to explain even if you know what it is. You can have integrity.

Kent: Is it that you are independent and know what you want and know what is right and wrong?

Steffi: You can intrude on someone's integrity. An invisible border that says 'this is my space'. You have to respect that.

Torbjörn: Artistic integrity might be to set up some rules or boundaries inside: this is what distinguishes me; what I express in my art.

Anna-Karin: Integrity might be a thought about what you want to do. In what direction you are going with the art you make.

Different ways of expression – what does it mean?

Kent: Well, when it comes to music, the style of music itself is a way of expression.

Steffi: You can express yourself having a certain look on stage.

Torbjörn: It can also be how one chooses to interpret something.

What are 'different sounds'?

Tobias: Alternative sounds, unexpected sounds, which you don't recognize in a certain musical context.

Anna-Karin: A chainsaw in a symphony.

Rolf: Frank Zappa playing on a bicycle. Playing things that are not seen as instruments: pans, cardboard, glass, etc.

Steffi: We have different sounds in our orchestra, don't we?

Different Sounds Orchestra

SWE/POL/GER

Live på
Kulturskolan Södermalm
23 februari – kl.11.00
Årsta Folkets Hus
24 februari – kl.17.00

FRI ENTRÉ

What challenges might exist when using more experimental sounds?

Steffi: What you want to present with the music affects what challenges there will be.

Tobias: It can be harder to get respect, but also the other way around. It depends on what the audience's preference is.

Rolf: The price. Free music may be seen as something not as important, or that you don't value your own art enough. But if it is too expensive, it becomes pretentious.

3. Inclusion, tolerance and respect for differences

Why are these topics worth talking about?

Steffi: Because they are not talked about enough.

Josefin: Yes, they need more attention.

Kent: It is enriching.

Erik: Then society can progress and become better for all.

Torbjörn: Things that are talked about are easier to change!

Are there advantages in being different?

Rolf: When your work stands out. It can get more attention.

Steffi: But it depends on the context as well. It can be unfortunate too. If, for example, you are bullied for something. Because you are too different.

Torbjörn: Not fitting in, yes.

Erik: I think it can be a good thing to be different.

Could it be an advantage to sound different when playing music?

Rolf: Attract more attention? You stand out.

Kent: Some might find it more interesting and exciting. It can lead to personal growth for some.

Torbjörn: Right. People can get new ideas in their heads.

Steffi: New tools to use.

Erik: You can inspire others.

Josefin: You might surprise people.

What kind of attention do we get when we meet our audience? What sets us apart?

Steffi: That we are professional.

Erik: That we make good productions?

Lena: Yes, we have the right tools/skills for the work we do.

Rolf: Sure. We are well prepared. Sometimes we get a lot of praise.

Do you remember any situation where you received lots of respect?

Rolf: Yes, when we are acting in theatre plays. Then we get applause.

Steffi: You can also get respect if you stand up for someone.

Mathias: When performing our shows, representing something important.

Erik: Like when we did our presentation on Agenda 2030 and the audience said they understood the subject so much better. When we played with our Different Sounds Orchestra, we were told by some in the audience that we should go on a big tour with our show. That was a good example of great respect.

Petter: I remember when my parents and my brother came and listened to our concert. They were impressed and really appreciated it. It was good fun.

Do you have any personal experiences with disrespect? Describe the situation.

Rolf: In the past, when we did stage plays, people always asked how we had learned our lines.

Erik: Then we said ‘that is what actor’s do’.

Rolf: There are two kinds of applause. One is like this: ‘how talented you are’. The other is more like ‘wow, what a great show’!

Torbjörn: More like a pat on the head, instead of great appreciation for a job well done.

Steffi: There is a difference.

Rolf: A colleague of ours was told by some man in church that it was God’s punishment that she had Down syndrome.

Torbjörn: That’s even worse.

Erik: Awful.



Torbjörn: In the unlikely event that God was listening, we can only hope that man was punished.

Erik: I came to think of when we did a theatre play and all of a sudden a person from the audience stood up and said: stop, stop, stop! She left. We lost our thread and stopped acting.

Mathias: Something that I have encountered a few times, when playing improvised music, some may question whether it is 'real music'. That is disrespectful.

Torbjörn: Yes, you can come across that.

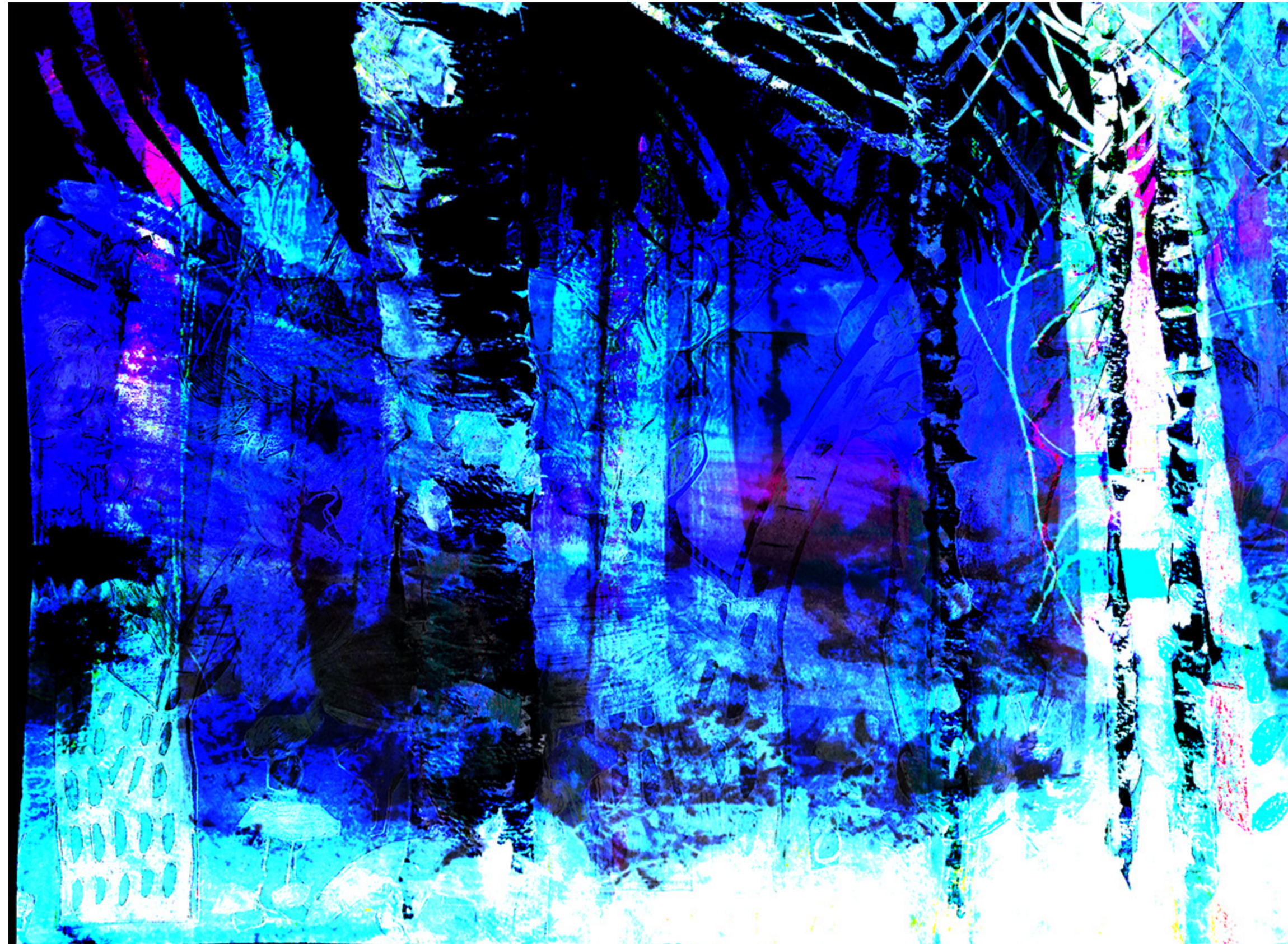
**Why does the problem with disrespect exist?
Do you think the problem lies with the
person or within society?**

Kent: Well, it depends on the context, and we also have different ways of perceiving things.

Mathias: Sometimes art, e.g. music, can be provocative. It can create tension.

Torbjörn: But I think the purpose of art is to attack what you think is wrong with society.

Josefin: Yes, to make a change in the right direction.



How do you think the situation will be in the future? How can we make sure that things progress in the right direction with tolerance, respect and inclusion?

Rolf: Spreading knowledge may have an impact on the future.

Kent: I've heard that the mentality of the population changes about every 10 years. We are making progress in our personal development. Enlightenment is moving forward. Slowly but surely.

Torbjörn: I agree. As I see it, the world – our part of the world, has become more tolerant.

Kent: Yes, there is hope.

In which contexts do you think tolerance is at its lowest?

Rolf: In a dictatorship.

Torbjörn: Yes, tolerance is often difficult there...

Steffi: The wrong people in the wrong place.

Erik: Right.

Torbjörn: Some employers do not follow the rules on working environments. Then there's often no time for tolerance.

Where can you find a high level of tolerance in society today? Or in what situations?

Torbjörn: Perhaps among people who work with culture?

Steffi: Or in places which are adapted for all kinds of people.

What is the best way to show respect to another person? What do you think?

Lena: I would say that if you communicate well and show respect, you will get respect in return.

Rolf: It depends on the culture as well.

Mathias: Yes, it can be a problem if you don't know the culture.

Lena: Giving each other space and considering personal integrity.

Kent: A good way to show respect is to be well informed and prepared before an appointment.

Mathias: Yes, that way you can get more out of the situation. It will increase the understanding.

What is the best way to show respect for art?

Steffi: To create opportunities to perform or exhibit the art.

Mathias: And to pay for it.

Kent: That's easy. By showing respect and not being judgemental whether you appreciate it or not. Maybe you just lack understanding of the art on display. It's about personal development. It's like anything else: learn to respect your fellow humans – and yourself.

Mathias: There is much to learn about oneself when confronted with art.

**Respect
is an important thing in life.
Do you remember
a moment
where you really felt
respected?**



Respect for diversity

Interview with participants of PSONI Gdańsk Branch

Topic number one for you is respect, why did you choose it?

Sebastian: To show that we can also respect other people, other cultures, we can do it – people in Poland.

Kuba: You must respect other disabled people from other countries. We can respect people with different skin, traditions, and people with disabilities.

Janek: To be honest for others and because it should hit those people who are supposed to respect both disabled and non-disabled people so that something changes.



Wojtek: Helping disabled people to decide for themselves, it is important to decide about your life, to be independent. I like to make decisions for myself to be well-groomed so that I can work in various establishments, e.g. a bank; with non-disabled, people to take medications themselves.

Miriam: You have to respect older people, help e.g. with shopping, mothers with strollers. Behaviours such as helping with feeding and exercising are, in my opinion, a sign of respect.

Magda: Respect is important to me to be independent. You have to respect someone to help him be independent.

Oskar: I believe that respect is important even for people with problems. You can't leave people alone. Respect is helping those who are in need.

Kuba: Respect is supporting the other person. Paying attention to someone, common conversation. We respect each other by showing support to each other in difficult moments.

Does everyone deserve respect?

Group: Yes, everyone.

Janek: I don't know. They may not deserve respect if someone does something stupid. E.g.: saying something wrong, insulting someone – this is lack of respect.

Should we respect such people?

Janek: If he improves, you can respect him, but if he does it many times without improvement, you can't.

Sebastian: I believe that everyone should be respected, even if they insult us, we grit our teeth and say nothing.

Oskar: If there is a situation where someone gossip about someone, then no.

Janek: But such people also deserve a second chance and they should be respected.



Jacek: For me, respect means treating another person or animal with dignity, in accordance with God's commandments. Because disrespect is negative.

What does it mean to behave with respect?

Jacek: Being cultured, behaving as a good person should; there is a saying 'conquer evil with good.' So we should show respect to those who do not respect us and behave inappropriately. It's not that if someone does something wrong, you should do the same, just pay attention and talk to them. Someone can also change only before they die, so we should give them a chance.

Do you have personal experience with disrespect? When you didn't feel respected.

Kuba: When I went to school, my classmates told me I was an idiot who couldn't do anything, and I didn't speak to them for an hour, I reported it to the teacher, but they couldn't do anything. After many conversations, they continued to do so. The matter even reached the management, and only then did things change. It was when I was 18 in primary school. Later I managed to reach an agreement with these colleagues.

Oskar: I went to a vocational school and of course with reluctance because we had to write constantly. It was a drama and I was carrying a laptop and everyone was telling me to write. I graduated from this school without a diploma. And it's very hard for me to write. It's easy for me on a laptop. The teachers showed no respect and did not allow me to



write in a way that was more convenient for me. Teachers should have shown empathy.

Wojtek: Sometimes at school they poked me and nudged me with their shoulders. But one was afraid to approach me later because I had talked to him. I don't like it when someone gossips or makes fun of someone. This happened to me several times. I talked to them politely and asked them to change their behaviour, which worked.

Sebastian: There was a lack of respect when they interrupted me. At school and at the foundation, I'm often talking to someone, and someone else interrupts me and doesn't let me finish speaking. In such a situation, I stop the person and say wait a moment, and don't interrupt me mid-sentence.

Miriam: At school, my friends called me names like ‘you, grandpa, be quiet, don’t speak.’

I reported it to the teacher and she didn’t do anything. They didn’t apologize to me. I had enough.

Janek: I often had situations like this at the school I went to, when my friends from older classes insulted me, ostracised me, and threw food at me. I didn’t get any help or rescue from the teachers. They beat me. In my opinion, it is reprehensible behaviour at school that they send us to the margins of society.

Magda: I was once kicked by my school friends at the races in Sopot.

Jacek: I wanted to talk about a situation that still affects me, but I will say something different. Politicians also have no respect because they steal and cheat, which is also a lack of respect for the nation and common work.

Do you remember when you felt respected a lot?

Oskar: when I went to school, I was rewarded for good behaviour and I felt at home there. Everyone was nice, kind and friendly.

Sebastian: On the elections. I was the only person with a disability in the electoral commission of different ages. Everyone there respected me and spoke with respect. I’m glad I could be on this committee. I chose this because not everyone can have this chance.

Wojtek: When I got a promotion in the workshop or when I work independently. When I can spend my own money. I feel respected when I can work, when I can choose what work I will do.

Miriam: When my dad praises me for being able to do things. Then I feel respected. It is a sign of respect that we have Remont Pomp music band, we all like each other here.



Janek: Someone respects me more than once. I got such a kick out of life when I decided to play in a band. Because you, Jarek, are such an honest man and you gave me a second chance to control my anger.

Jacek: My friend from school, despite what I am, sometimes I will say something, but this friend is very patient with me. He has greatly respected me for many years.

You go for many concerts with him, yes?

Jacek: Yes, in Gdańsk and many other cities.

Kuba: I had a situation when the performance was good and people came up to me to congratulate me. I organized a self-advocacy seminar.

Magda: I have a moment when I feel very respected. What I am most respected by are my friends in a 'Friendly Home' Foundation where I can live.

Why does this problem of lack of respect exist?

Oskar: There are quarrels, breakups, various unpleasant situations and it just happens.

Sebastian: When someone disrespects someone in a relationship.

There are also other problems like in schools, because, for example, their parents didn't teach them about respect. They didn't teach them about it.

Janek: But grandparents should also teach them. Children are sometimes unpleasant. And you should accept people as they are.

There was a lack of respect and love for one's child, which is why these children do not show respect to others.

Miriam: Hate in Internet, death threats, when someone self-harms. Young people now spend a lot of time on social media. This should be prohibited.



Sebastian: Children should play in the yard,
not on computers and phones

Janek: They're on Instagram saying it's great,
but it's not there

Kuba: I would take away the children's phones,
we need to go for a walk.

Janek: They may not notice the car. Spending
time on social media makes others disrespectful.

Why the Internet makes people disrespectful

Oskar: It's an addiction.

Janek: Sitting in front of a computer or tablet
is as addictive as drugs. This is a lack of respect
for others and for yourself. When someone tells
us something and we don't listen because we
are doing something with electronics. Internet
addiction.

**If someone doesn't show respect,
it's a problem in me or because that's
the way society and conditions are?**

Janek: I would say it's not about you, it's about
society, how they treat you like dirt, and they
should control themselves and not try to control
others.

Sebastian: I agree that it is in the environment.

Jacek: There is also a truth that you can
behave well yourself, it is a choice, even if
everyone else behaves badly. We can choose
to behave with respect.

Janek: A person should think about what
to do in such moments. This problem is also
in this person, we have to look at ourselves,
how we behave, but also at our surroundings.

Kuba: This problem comes from the outside,
so that every person can recognize it in them-
selves.



Can disrespect be solved?

Kuba: Yes, you can talk.

Oskar: Unrespected person should talk to the person and explain some things and give them a chance.

Janek: I think that competent people such as a psychologist, parents, instructor, leader, teacher should talk. These people should talk to the person who is being disrespectful.

They must explain how to behave.

**This problem still exists in schools.
Some people feel discriminated. How can
we change it?**

Oskar: You can change the management. If the management does not respond, they do not call and do not inform the parents. If teachers do not react, then it is a lack of respect for people.

Janek: I would say that when the director doesn't see that someone has quarrelled with his friend and they start fighting. So we need to do something about it because it will soon become a big problem.

**Sebastian you talked about teachers
and instructors.**

Sebastian: There should be training on respect for such people.

**But you said that you felt very respected
when you were on the electoral commission.**

Sebastian: This is how it should be for such people to be able to develop.

**What do you think should be changed
for people with intellectual disabilities to be
on electoral commissions? Who should
change it?**

Sebastian: Act in the government.

**Should the government change it? There is
no law that prohibits it, but there is no law
that encourages it.**

Janek: And great credit to Sebastian for being on this committee and for making the decision.

Oskar: Great respect.

Do you think there is any place where the problem of disrespect is less? A place where people respect each other more?

Kuba: I will tell you from a different perspective. Janek and I once argued about a Monster drink. It was when I sat down with you and talked like a man that you realized your mistake.

Janek: But you said you were using me. And I didn't like it. But we went to the couch and talked and agreed on everything.

But do you have any places where you feel more respected?

Sebastian: In our house, 'Our friendly home' foundation, downstairs at work, they respect us there.

Oskar: I felt respected when I joined the Remont Pomp music band. Because I don't hide the fact that I played for several years, went to concerts and that remains. I'm also glad that I can be at the rehearsal today.

Kuba: I am respected when I am among my friends. For example, we are doing an interview with Remont Pomp on self-advocacy during trips to Greece. Even in Greece, when Kacper and I were there, I met a friend from Lithuania who shared a common language with him.

Janek: Do you remember where you were in June 2023? Were you at my house for my name day? This is also some respect.



Jacek: I will say that it depends on the person, because there may be a place where there are all good people with respect, and there may also be someone with no respect. But the place where I feel respected is the church. Generally, the church is one of the places where there is little disrespect. For example, my former parish priest stole money from the church and left.

Janek: For example, I have a place where I feel respected. Certainly, here at Remont Pomp music band. Because I have friends here and I am respected. And I also talk to people at Occupational Therapy Workshops and they tell me what to do. This is also respect. I am also respected at home. Dad says we need to clean up – no problem. Dad is also a car mechanic and he talks. ‘Come on, son, help me press the pedal’. I say ‘no problem’ and I also feel respected thanks to my dad.

Miriam: I feel respected in the club. They are cool. I have an assistant who likes me. Because we are talking about different topics. How am I spending the holidays.

Wojtek: Respect from my employers. That I'm at work at the reception. I work very well. And what I'm most happy about is that I've been in the band for 20 years. I expect this to continue for the rest of our adventure.

If you were to give someone advice to change their behaviour. What would you say?

Wojtek: I start with my behaviour. For example, I can help weaker people who can't do anything, I come over and I can help. Seniors or young children, I can bring something, water or something. I was raised to help.



What would you say to a person who doesn't behave like that?

Wojtek: I would change it to be more sporty and more active.

What would you say to make someone change his behaviour?

Oskar: To be polite, to respect others' opinions, to accept other people's opinions.

Janek: I would tell this person, change, change. Don't spend too much time on your phone, be active, be smart and follow a straight path. Look at yourself, don't look at others. You have to respect other people.

Kuba: If I saw a person who was being disrespectful, I would tell them to be respectful towards others. I would turn off the Internet for anyone who lacks respect and uses the computer too much.

Wojtek: Kuba, no, it's too much. Please don't say such things.

Janek: These people must also be respected.

Wojtek: You have to explain, but you can't turn it off in someone's face.

Janek: You could say that he will spend less time on the Internet.

Sebastian: Let him go play football during this time.

How should you behave to show respect to someone?

Wojtek: My mother is in my support circle because I love her. She gave me a chance to work.

Do you think other people should behave like your mother so that people with disabilities can have jobs?

Wojtek: Yes.

Sebastian: As a sign of respect, they should talk, there should be more programs.

Who?

Sebastian: For example, our associations should create such programs.

Jacek: Don't do bad things, don't steal or kill. Address yourself politely, with nice words.

For example, if a person doesn't wash and goes to the doctor dirty, that's also a lack of respect.

Janek: Behave wisely, culturally and politely. Don't do stupid things. We behave normally and show class. It's okay to approach other people to be a normal person and not selfish.

Oskar: You have to show people love, support, camaraderie and simply help people.



**You don't
need to read
someone's mind
to understand people
are communicating
in alternative
ways.**

Alternative communication

Interview with IB participants

Do you still have a bit of Uwe's story in your head? Or can you think of something else that is the main problem there?

Benedikt: They don't understand each other. The director of the residential home thinks Joanna is stupid.

Willi: Because she can't say what she thinks. She can say it, but the others don't understand it.

Benedikt: Or they don't want to understand. I think like this: they have demoted Joanna.'

She can't do anything, so we don't have to deal with her. That's it. It's over.

Uwe: That's a language barrier. Because Joanna actually can't speak the way we do.



Question for Uwe: how did you come to write the story?

Uwe: That's because of a good friend of mine. She is sitting in an electric wheelchair. Can't do anything alone. She actually has her own language because she can't form words. This means that communication is also difficult. Both for her and with her. I communicate with her with body language and that's ultimately how I came up with the story. Because I noticed that a lot was going wrong. It started with her mother, who actually understands very little about her. This applies to all levels.

What motivated you to understand her more?

Uwe: At work I noticed that she was sitting alone with her head down and I thought, maybe I would bring her to the table so that she doesn't sit alone. I tried to contact her. But that was difficult because she has her own language. That was difficult at first, so I initially tried yes-no questions. Over time we got along better and it became more. This friend then came into contact with more people. She even moved from the area for people with severe multiple disabilities to another group. I was the only one who had more intensive contact with her. Over time, the understanding between her and I became better and we were also able to talk about other topics. About what's happening right now and what do I think about it? Because we also gained access to each other.

Benedikt: That was nice.

Uwe: Yes, a new world has opened up for her. Maybe she would still be in the severely disabled area if we hadn't met.

Benedikt: Then you got her out of there.

Uwe: Yes, but not alone. There were others there. But the journey was difficult; not all people can change their image of severely disabled people from one day to the next.

Benedikt: I had a similar experience. Nobody was interested in a school friend of mine either. I was laughed at, too, when I went to him. His parents had a hard time. Kenny couldn't speak at all.

What causes misunderstandings?

Uwe: For example, where you have to pay a lot of attention to body language. But many of us have also forgotten how to speak clear sentences. We only speak half sentences and expect the other person to understand us.



Benedikt: We simply babble about the person and not with him.

Willi: It's also bad when others simply ignore you. This is almost worse than being insulted. It's like no one is interested in you. When someone is nice and talks to me in a friendly way, I feel good. That's the opposite of disrespectful.

What is respectful interaction?

Uwe: That's when I don't have to pretend. If you take me as I am at the moment – in whatever condition and just leave it like that. Disrespect is when you are not taken seriously. If you're told often enough that you can't do anything, you'll eventually believe it yourself.

What's it like when you don't feel taken seriously or are treated disrespectfully?

Christina: You're sad.

Benedikt: Or angry (general agreement that in the story Petrovka was also very angry because she was so often misunderstood.)

Why do you think talking to each other is so important?

Benedikt: I think communication is very important so that you know what the other person thinks of you.

Uwe: Do you need to know that? My experience has been that it is completely unimportant what others think of you. Because it's my life, not their life. The others don't know



my background. It often happens that I have a plan of what I want to do and then someone comes along and says 'you can't do that'. But why can't I if I have the confidence to do that? Then it's just bad when someone says: 'You can't do that.' The person then probably lacks the appropriate input. The input then only comes through communication.

Benedikt: Or the sensitivity is missing.

How can you express yourself?

Benedikt: For example through facial expressions.

Willi: Say what you feel and think. And it also depends on the tone of how you speak.

Benedikt: I communicated with Kenny about 'eye language'. Facial expressions and body language are also important to understand each other better.

Katharina: When you look at each other, you also show respect and interest.

Uwe: There are also cases in which eye contact is not that important. For autistic people this can happen, for example this may be the case. Many people find it uncomfortable to maintain eye contact. It can also be enough to just be physically affectionate. This way you can also show interest. It's difficult to have a conversation with someone when they're totally turned away. Then communication breaks down. For Katrin, for example, communication takes place more through facial expressions. However, she can't hold her head up for that long. I then notice that she is getting tired and switching to a different body language.

What are your best tips for dealing with each other?

Benedikt: Take the time and respond to each other. I don't like it when someone just says 'yes yes yes' and their thoughts are somewhere else entirely. You don't feel valued.





What is important to you when people talk to you?

Willi: That you use body language.

Katharina: That people behave respectfully towards me. And that you show that you are interested in what I say.

Uwe: In short, clear communication. On the one hand, you get to the point and don't go on and on about it. On the other hand, you don't just use empty phrases. Such as to ask how you are and just move on. In such cases, I've gotten into the habit of replying: I'll tell you if you stop.

Benedikt: I've also experienced something like: I have a conversation, but I don't feel like having a conversation at all.

Are there people, places or situations that make you feel better understood?

Uwe: I experience this relatively often when disabled people deal with disabled people and no one,

for example assistants, parents are present. Conversations often happen on a completely different level. I have also experienced how people who are cared for become much more independent as soon as the authority figure is not present.

What can we as assistants do to ensure more mindful and better communication?

Uwe: I think that's a bigger problem. I believe that if the assistant took the time (to respond to the individual), nine out of ten assistants would be able to improve. But if there is no time – for whatever reason – then it becomes difficult and the assistant cannot do it either. That doesn't mean that the assistant is a bad person. However, the disabled person suffers more.

Many conflicts and unwanted behaviour from clients can also be attributed to assistants not knowing enough about what the exact needs of the person being cared for are and how to address them. Even if this is unintentional, it can lead to the person being cared for showing even more unwanted behaviour out of frustration.

Katharina: It's much more pleasant, and it makes a difference whether assistants talk to you at eye level or look down at you as if you were a child.

Benedikt: The chemistry has to be right.

Katharina: There shouldn't be an imbalance of power between us.

Uwe: If you do a job like this, please be aware of the people you are dealing with and where the problems lie.

What can you do to be mindful of one another?

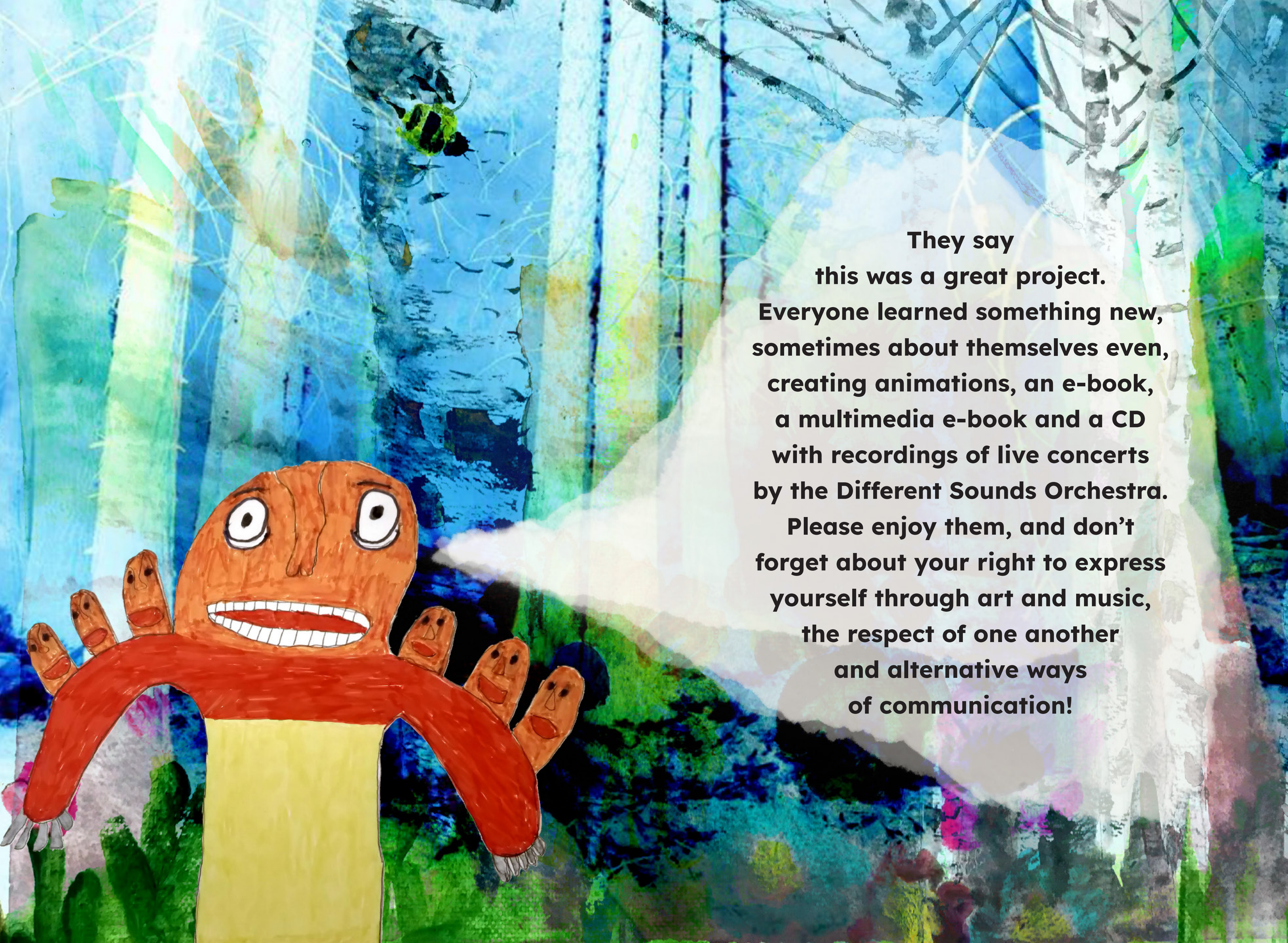
Uwe: First of all, meet each other without judgment.

Katharina: Ask questions to find out what is okay to interact with and what is not. For example, if you communicate on first-name-basis or not. I think it's rude to just use first names without asking permission first.

Willi: Be polite and friendly.

Uwe: From the age of 18 you are an adult, regardless of whether you have a disability or not, and you have the right to do whatever you want. You will then be the first to notice and learn what is good for you and what is not.





**They say
this was a great project.
Everyone learned something new,
sometimes about themselves even,
creating animations, an e-book,
a multimedia e-book and a CD
with recordings of live concerts
by the Different Sounds Orchestra.
Please enjoy them, and don't
forget about your right to express
yourself through art and music,
the respect of one another
and alternative ways
of communication!**

4. 'The vase who wanted to sing opera' animation

The animation 'The Vase who wanted to sing an opera' is another result of the 'Different Sounds' project. The right to be an artist for everyone is a topic of it. Artists from Medis 5 (Sweden) created the story and the graphics. Sprak Orchestra and Remont Pomp recorded the music used in the movie. Animation also has a lector that helps to understand the story. You can find 4 languages versions of the animation: English, Polish, Swedish and German.

Animation with graphics and text provided by participants from Medis 5 was created by Konrad Kulczyński and Grażyna Grigall – Kulczyński Filmlab.



Let's see the Singing Vase on:

www.differentsoundsproject.com/animation

5. 'Different Sound Orchestra' concerts

The 'Different Sounds' orchestra met in Poland, Sweden and Germany to play 6 concerts. All the compositions presented by the orchestra were prepared for those occasions. In Poland, we invited a special guest – Mikołaj Trzaska, a famous free jazz saxophonists from Gdańsk. In Sweden Mathias Danielsson, acclaimed pedal steel player from Stockholm. In Germany we played on first ever Christopher Street Day parade in Bad Homburg.

We recorded concerts in Gdańsk, Warsaw (2023) and Stockholm (2024). Thanks to this you can listen to the album of 'Different Sounds' Orchestra on Bandcamp and all the streaming platforms. We also produced CDs in limited editions.



Link to 'Different Sounds' Orchestra on Bandcamp:
www.differentsoundsorchestra.bandcamp.com

6. ‘Different Sounds’ as multimedia e-book

The ‘Different Sounds’ book is also available as a multimedia e-book.

Stories, interviews, graphics and animation are designed with all aspects of multimedia effects.

This version is dedicated to PC, tablets and phones.



Link to the multimedia e-book:
www.differentsoundsproject.com/multimediae-book

7. 'Different Sounds' as e-book

The 'Different Sounds' book is also available on e-Book readers. You can find there the same stories and graphics designed for Kindle, Nook, inkBOOK and others.



Link to the e-book:

www.differentsoundsproject.com/e-book

8. Description of the partners organizations

PSONI Gdańsk Branch, Poland

The Polish Association for People with Intellectual Disabilities Gdańsk Branch (PSONI) strives toward equal opportunities for persons with intellectual disabilities (PwID), working to create conditions under which their rights are respected, leading them towards active participation in social life and supporting their families.

Our organization is a charitable non-profit association working in the public domain. It was established under Polish law and registered in the National Court Register in February 1992. Our above-mentioned aims are realised through various forms of assistance for families. PSONI leads different centres like: daytime facilities – Early Intervention Centre, System of Special



www.psoni.gda.pl

www.facebook.com/remont.pomp.zespol

8. Description of the partners organizations

Schools, Occupational Therapy Workshop, Daily Activity Centre, BIZON office work for PwID, Supported Living Houses, Assistant Support Centre, European Cultural Education Centre for PwID and Art Education Voluntary Centre.

In those centres, you can find Vita Activa Orchestra or Remont Pomp Music band, and also the Festival 'World Not Known Enough' dedicated to PwID. We also have local and international voluntary movements that have existed for 20 years.

PSONI goal is to support the independent living of PwID in every age with every level of disabilities. Association provide different centres and activities with the idea to support them in all the 'time' of their lives. PSONI also cooperate in many international projects focusing on adult education in Erasmus+.

8. Description of the partners organizations

Medis 5, Stockholm, Sweden

Medis 5 is a daily cultural activity centre where we produce artistic, visual, musical, poetic and educational events.

Musicians, photographers, artists, actors, singers, writers, web designers, animators, and filmmakers work together. We put on stage performances, art exhibitions, and make films. We write texts and compose music, music videos, and much more.

For us, it is important that every participant is responsible for their own part in the output we present. Our staff is educated in the respective areas we work within, supporting the progress of our projects. Above all, we have fun sharing knowledge and working together to achieve a common goal. Our ambition is to create educational, creative and notable productions, reaching a wide audience.



www.medis5.org

8. Description of the partners organizations

Internationaler Bund (IB), Germany

Internationaler Bund (IB) is one of the largest service providers with more than 14.000 employees working in the fields of youth, social and educational work in Germany. It supports children, adolescents, adults and seniors with and without disabilities to lead a self-responsible life – regardless of their origin, religion or world-view. His guiding principle ‘Strengthening Humanity’ is motivation and orientation for the employees.

The International Federation (IB) was founded in 1949. In his youth community organizations it accommodated tens of thousands of parentless, homeless and unemployed young people after second world war, trained them and showed them new perspectives. Today Internationaler Bund is a large and powerful organization



www.internationaler-bund.de

8. Description of the partners organizations

with decades of experience. It supports people in difficult life situations, committed to society as a whole and the in social responsibility. It maintains nearly 900 establishments at 300 locations nationwide, including own schools, academies and universities.

9. Special thanks

We would like to extend our heartfelt gratitude to **Jennifer Nichole ‘Nikki’ Evans**. Your presence in this project was invaluable. Your collaboration with participants, your commitment to storytelling, and your efforts in creating interviews have left a significant mark. Empathy, attention, and full commitment are part of this publication. The IBees team also owes you the opportunity to play and share the enthusiasm that has always been a part of your personality! Thank you for this time and for everything that you did during the international meetings. The story continues.

We would also like to thank our special musical guests. During concerts in Poland (May 19, 2023, in Gdańsk, and May 20, 2023, in Warsaw), we had the honour of performing with saxophonist **Mikołaj Trzaska**. In Sweden (February 23–24, 2024, in Stockholm), we were privileged to play alongside **Mathias Danielsson** on pedal

9. Special thanks

steel guitar. Thanks to them, the Different Sounds Orchestra was able to expand its artistic and social resonance, which is a key priority for us.

On May 20, 2024, the Different Sounds Orchestra concert was part of the 60th-anniversary celebrations of the [Polish Association for Persons with Intellectual Disabilities](#). We are grateful for the invitation and delighted to have been part of such an important event.

Three non-governmental organizations undertook the preparation of materials for publication, but the book, e-book, and multimedia demo version were crafted by the publishing house [‘Wydawnictwo w Podwórku.’](#) We deeply appreciate this productive collaboration.

The book Different Sounds was funded by the [European Union](#). This support not only made content creation possible but also enabled

9. Special thanks

six concerts in three countries. We are thankful for this opportunity and the successful partnership.

Our heartfelt thanks goes to **Jarek**, the initiator of the project.

A highly skilled educator who knows how to get the best out of everyone, creating a new team out of all of us within a very short period of time. We learnt a lot and had a great time being creative together!

Thank you **PSONI team** for music, creative writing, creating the graphics and animations and also for hosting the orchestra in Gdańsk. PSONI involved a lot of participants to create the content but also remarkable work was done by **workers and volunteers of PSONI**. Thank you for this input.

Thank you **Medis 5** for the music, writing, recordings, paintings and the logotype. Also to all the co-workers at Medis 5 for helping out

9. Special thanks

with service, logistics and rigging while in Stockholm! Additionally, we would like to thank **Sensus** for the rehearsal space we used during that week.

Thank you **IB** for the team spirit, the music and stories and the support from staff and participants during the project and especially the week in Oberursel.

Our thanks go to **Oberurseler Werkstätten** who welcomed us on stage in their facilities with an enthusiastic audience for our first concert in Germany – not to forget drinks and ice-cream.

And thanks to the organisation team of the First **Christopher Street Day** in Bad Homburg for inviting us. It was a great honour to perform on stage at this colourful, inclusive and cheerful city party.

9. Special thanks

Finally, we would like to extend our special thanks to **all the authors** of the stories, graphics, and interviews (PSONI, Medis 5 and IB). Different Sounds was created for you. Without the support of numerous staff workers, this project would not have been possible. We are grateful to everyone who participated in the project for their countless hours of work. 'Different Sounds' resonate thanks to all of you.

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