

MELLAN TVÅ VÄRLDAR

Leisure interests



Jin

Throwing, jumping in sand and running are second nature to Jin. She practises athletics with friends who all have normal hearing. As long as she stands right next to the coaches and they speak loudly and clearly, she has no major problems keeping up. Jin thinks it's fine to be at practice without having sign language interpreters with her. Unfortunately, she badly injures one of her knees and has to accept that she can't continue with athletics. Instead, she chooses a much more sedate sport – chess. There, the players don't need to talk to each other. Jin appreciates that. The instructors use a large wallboard to show how the pieces can be moved. The only sounds during the matches are the pieces clicking against the board and the ticking of the clocks. Eventually, Jin begins competing in chess tournaments. She wins a gold and a silver medal, but often ends up in fourth place, much to her disappointment. Then you only get a small bronze medal.

Leisure interests



According to the Convention on the Rights of the Child, all children have the right to meaningful leisure time.



There are a number of associations working on hearing-related issues that individuals can engage with, such as the Swedish Association of Hard of Hearing Young People and the Swedish Deaf Youth Association.



If you're deaf or hard of hearing, the Swedish Deaf Sports Federation offers opportunities to join dedicated sports clubs.



Fritidsbanken (the Leisure Bank) lends out leisure aids and other equipment for leisure activities.



Tips for good communication

Information channels

- Important information should always be provided in writing.
- If the sound environment is poor, write down questions and answers.
- Try using your phone's speech-to-text features or chat tools to support the conversation.



Environment

- Make sure the location has good lighting and acoustics.
- Minimise background noise by, for example, closing windows and doors.
- Reduce visual impact, for instance by storing materials in covered cabinets and displaying all relevant information on a designated part of the walls.
- Round tables are preferable, where everyone can see everyone else.

Clarity

- When talking, stand close to and turn your face towards the hard of hearing person.
- Please ask what you can do to facilitate the conversation. Different people may have differing wishes and requirements.
- Don't cover your mouth and remember to speak clearly so that your lips can be read.
- If necessary, repeat what was said or use different words if the other person does not understand.
- In a meeting with several people, speak one at a time and preferably at a calm conversational pace.

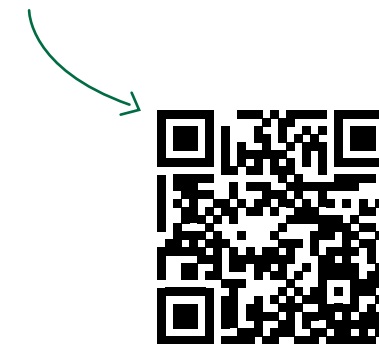


Between Two Worlds tells the story of what it's like to be young and hard of hearing and to feel caught between the hearing world and the sign language community. How it affects people's lives.

The aim is to empower young hard of hearing people and to increase understanding among family members and professionals.

Focus groups comprising young people with hearing loss and other experts have helped gather valuable experience and insights. This has resulted in a book, brochures, lectures, recorded talks and informational videos based on various themes on the subject.

Use the QR code to access all materials:



Between two worlds

**With support from the Swedish Inheritance Fund,
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National DHB Association

The Swedish National Association DHB is a family organisation for families with children and young people who are deaf, hard of hearing, or have a language disorder. We create community, spread knowledge and fight for everyone's right to participation.

To get in touch, email kansliet@dhb.se



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