# http://inclusion-europe.eu/wp-content/uploads/2017/06/ETR-150x150.jpg**Click on a word which is in bold to read what it means.**

**What can you do  
for the European elections?**There are many things you can do   
for the [**European elections**](https://inclusion-europe.eu/easy-to-read-term/#EUelections).

**Talk to the candidates**

The people who want to become elected  
are called candidates.

Find out more about the candidates  
in your country or region.

Write to them.

Call them and ask for a meeting.

When you talk to them:

* Tell them about [**easy-to-read**](https://inclusion-europe.eu/easy-to-read-term/#ETR) and why it is important.
* Ask them to give easy-to-read information  
  about what they would like to do  
  if they are elected.
* Tell the candidates to meet with   
  people with [**intellectual disabilities**](https://inclusion-europe.eu/easy-to-read-term/#IntellectualDisability) and their families.
* Tell them about the things that are important to you.  
  The candidates should keep these things in mind  
  if they get elected.

You can also tell the candidates   
how you can help them.  
  
For example, you can tell other people   
about candidates who care   
about what you have to say.

**Organise and work with others**

Meet with other people  
to talk about the elections.

You can help them understand:

* why the elections are important   
  for people with intellectual disabilities  
  and their families.
* how [**MEPs**](https://inclusion-europe.eu/easy-to-read-term/#MEPs) can influence their lives.
* why they should vote in the European elections.

**Go and vote**

The European elections will be    
between 23 - 26 May 2019. 

Every country can choose   
on which of these days  
 it will hold the elections.

Put the date of the elections in your calendar  
so you remember.

Go and vote.

Your vote matters.