

ENGLISH

tier: Ramp?

SR: Enough!

tier: a 20-minute podcast about..

SR: us first of all because this podcast is brand new and it is titled ramp? enough! it's all about disability and restrictions and social injustices where a ramp just isn't enough. yes and today we will first explain the form of this podcast to you

tier: [interrupts] oh first let's say who we are and bladibla

SR: as you've noticed we have planned how the podcast should work and I have directly broken the form but you did also I can do that too, hehe [SR laughs viciously] So again: the form for today is that we will give you a little introduction to the whole topic but for that you would have to find out who we are.

tier: exactly! I am simo tier and i work on zines and write small texts and do collages and stuff

SR: I am SchwarzRund and I am a visual artist, hold workshops, am a blogger and author and also definitely lots else I can't decide.

tier: that's okay!

SR: yes exactly tell me how do you feel about that topic visible - invisible disabilities?

tier: yes it is a complex topic! I think we both already have explored the topic of invisible disability for a very very long time. and how it is difficult too, and sometimes a privilege, because people don't always have to immediately come out as disabled but mostly it's incredibly necessary to do that because it's everywhere there are barriers. I'm going through quite a transformation now because I've been using a wheelchair for a couple of months which is a very great thing! but some people are horrified when they find out that I use the wheelchair now [SR sarcastic in the background: OMG] and all I can say: Finally! my life is so much better! I am more agile and feel like a human who can participate in society. and not just that, it is easier to move and all this makes it a little easier since I'm now visibly disabled. people react to that very blatantly, both in a good and bad way. It means I don't really have to explain myself because people see my wheelchair and that's it.

SR: the wheelchair needs

tier: although th wheelchair doesn't explain anything at all!

SR: yes, exactly!

tier: for instance: I actually can walk and that creates a fear that I always have when I'm out and I get up from the chair, that people would react negatively, although that hasn't happened fo me yet. I've heard this happening to folx from disabled communities. that they have to listen to crude comments I've been lucky so far, but it is a new fear with this visibility. Do you want to say something about invisibility because that's something you're dealing with a lot right now?

SR: I've had different chronic illnesses and pain especially from the scoliosis, since I can remember. now i pronounced scoliosis weirdly, heh. These were never treated or medicated in any way. So I've been somehow managing and struggling anyway, both in school as well as at university. for me sitting is super super super painful because I have an elongated bone that contribute to the pain in my spine. and at university sitting is a big part of the daily routine and the chairs in universities are not really made for people but for, I don't know, robot-butts or something. It's just the same when I work now, for example, sitting in the theater writing or in cafes. I have to sit constantly and sitting is considered the most relaxed way to exist in public, but it's is super painful for me! I now have a special pillow that I always have to take with me because when I use the pillow, I won't be in incredible pain and have cramps in the evening, but am able to have maybe something like an actual normal evening. and then this thing with the elevator (sarcastic laugh) i am a fat person and people are mad when I use the elevator, you know that from before!

tier: yes

SR: So it's funnily enough never wheelchair users who complain, it is mostly the companions of wheelchair users complaining

tier: yes, I can imagine

SR: always very directly in the sense of: "You (add fat-antagonistic insults here) should take the stairs that would be good for you!" and so on. which is great when you have to use an elevator every day to have to think twice every time about if I prefer to be in pain tonight, but to feel mentally okay or to have no pain but to hurt from the insults and having to process them. either way won't have any relaxing free time at the end of the day. So now I have a suitcase, or rather a backpack on wheels and somehow people are not allowed to choose to use the elevator because it could be someone trying to sneakily use elevator services although being fat!(irony)

tier: laughs

SR: but people who have a backpack on wheels, for them it is an absolutely undisputable human right to use the elevator at any time! (irony) and that's why I always have this wheeled backpack with me because it helps! It becomes visible that I need the elevator, though not for disability-reasons.

tier: you definitely must be an important business-person! (irony)

SR: that's exactly it!

tier: your documents are so important that they absolutely have to use an elevator! (irony)

SR: I carry such important documents that I can't even carry them around digitally, that only works analog I'm actually a secret agent from 1920. (irony) (both laugh)

SR: it is very bizarre and then I'm suddenly, well not visible as a disabled person, but visible as a person who is allowed to use this space. I'm somehow more able to access stuff and then I take the backpack with me to university and suddenly I'm bombarded with bullshit questions like: "are you traveling, blablabla, where are you going today?" or "you are always with this roll backpack do you have so many things that you have to take with you?" or

tier: oh wow

SR: and also the professors say these things. So they're teaching about disability and then they completely lose their shit because I dare to transport my stuff on rolls. and they respect no boundaries, because even if I say it's because of a disability, they ask what disability?

tier: phew, wow

SR: it is debated how I should deal with my disability, i think the funniest thing actually is when people explain that my back pain would get worse when I use the backpack ..

tier: yes, because all back pain is the same .. (irony) SR yes, the back is a very small organ that can only be injured or disabled in one way !(irony) (both laugh)

SR: that's why nobody studies it because it is terribly boring and there is only one worldwide recognized back illness! (irony) Exactly, that's my view on the topic of visible-invisible disabilities. the more visible I am, the more people try to interfere. I'm still being most rewarded by society when I walk around outside with no visible aids and then suffer incredible pain at home, hidden from view. that's a shitty equation!

tier: yes, you shouldn't make others who share spaces or the public with you have any bad feelings or feel uncomfortable when when you're using any tools you need to make stuff more accessible, (irony).

SR: Because nobody sees my disability as long as I don't move, so when I show my pain, people are suddenly all shocked and overwhelmed

tier: we've already experienced this together.

SR: oh yes and I understand it! I'm not sitting there saying "ouch!" but if you witness me having spine cramps, I understand that it has to be upsetting. because I can literally have severe spinal cramps and keep working because I'm so used to my body twitching and crying while doing stuff but i always see in the shock from you or from my dad how violent that must look from the outside. so I understand that people are overwhelmed, but give me a break! and let me use the damn elevator, then nobody has to see my pain!

tier: yes, and then there is that if something like that happens when someone like you have a pain attack that it is incredibly difficult for people when they want to help and then you say: "nothing helps me right now so leave it me you can't do anything "

SR: (laughs) yes!

tier: i think that's for abled people a very hard lesson and again .. I think we know it so well, this inability to act, because living with chronic pain is like that. the pain comes when it wants and then it is that way that sometimes it can be planned sometimes not. and we know how it is like to be unable to control it.

SR: I used to think that abled people are trying to outsmart disabilities or chronic pain I mean trying to be smarter than chronic pain or disability, I don't believe that anymore, I think they actually want to outsmart disabled people, to be smarter than them, because that is something I recognize when it comes to fatness, that people are .. well the absurd idea that thin people must give fat people dieting advice!

tier: (laughs)

SR: although they never had to diet themselves. fatness is anyway mostly genetic predisposition

tier: who made you an expert?

SR: exactly! while yes fat people are actually forced to try out every possible diet, starting in childhood!

tier: exactly!

SR: I can still somehow calculate the amounts of calories of almost every product because it's just in there my brain! and then somehow someone tries to explain it to me, but I think it is this idea of "something like that must be blatantly individualized. actually the world doesn't need any fat people if we only explain to them well enough that they no longer have to be fat and I don't have to deal with my shitty body image, because it is just their personal failure! it would be much easier to deal with that than with the fact that it's systematic discrimination that affects tons of people and not anyone's private issue! maybe that's also the thing with your wheelchair?

tier: what do you mean?

SR: well, before it was like "simo is not doing well. period. "yes and now it's more like "oh, simo wasn't doing well because of society wasn't giving you what you actually need!"

tier: yes yes!

SR: after all, it is also a symbolization thereof.

tier: oh that's right because a lot of people with invisible disabilities know that like what you said before with the pain they have to endure at home in the evening, we take meds, use some kind of heat pads or pillows, or have a special kind of sofa or armchair on which we can sit very comfortably without pain or we spend a lot of money on special shoes to make it easier. quite a few things like that, which are not visible, but they are very important for everyday life and sometimes very expensive and without which we cannot cope or without which we possibly wouldn't survive.

SR: but there are still things that I think people can write off as "lifestyle decisions" because you bought them with your own money. if simo chooses the lifestyle of chronic pain, then simo also needs the lifestyle of the electric blanket (irony)

tier: exactly

SR: while the approved wheelchair, it's almost like a document. It is recognized as real, it makes it visible and also makes it officially visible. Sort of like governmentally approved disabled!

tier: exactly! even more so than with a disability card! [an actual document by the government stating one's severness of disability] because that card has to be presented. I have one, and it was okay, everything was a little bit easier because I didn't have to say anything myself, I just needed to present the card, but yes, the wheelchair is a completely different kind of reaction that one gets, or a non-reaction.

SR: I feel like it doesn't go away completely, but it is being negotiated a little less whether you now really are disabled, yes or no? So of course that continues to happen, we also experience it together, but it doesn't look quite like an individual decision, like that you chose this terribly complicated disability. (irony) which has been always a bit of a dilemma, what my employers do: "we would really like to have SchwarzRund covering disability at our event, but must they be so terribly disabled?" (irony)

tier: yes exactly, all these accessibility- needs! conditions

SR: yes, something like "can I lie down briefly somewhere?" (both laugh)

tier: it definitely makes it very complicated!

SR: "could I have some water?" Diva! (irony) yes, these are things we will be talking about here. we will look at topics a bit more closely and will try to share them with you. and then hopefully later, not in the first season, but definitely in the second season we'll have guests! regarding that we have clear plans, do you want to say something regarding this?

tier: so first of all we have planned to record the first season where only the two of us talk about topics. we have collected a great many topics. I have a feeling that there will be lots of topics to add to that list. the season will be eight episodes long, so that we can start to build a base. and then we want to invite experts! and by experts we mean people who are affected themselves and who've become through their lived experiences in the world the experts of their own lives. and to make this possible we need financial support because we want to pay these people! also we would like to be paid ourselves, but let's put that second, above all, we want to be able to pay the guests and experts who we invite. you can support us by giving us money! on patreon!

SR: yes, exactly, that's [patreon.com/rampereicht](https://www.patreon.com/rampereicht) and there you can give something monthly. we will also add two more payment options below so you can do either or one-time support or also monthly support because everyone has different access to money and for sending money.

tier: yes, that's a way to support us directly, otherwise you can of course also support by sharing! so share our podcast, share our patreon, and we would be happy to hear from you too if you have ideas what we should talk about or if you want to comment or share something.

SR: Exactly, there will be an email-address in the show notes, we'll have to think of one, we're noticing that now, live! but actually do write us an email, because we don't have the time to watch all social media constantly and we will disable the comment section on youtube, because no one needs that, right? no one needs a good video and then having to read the comments there will definitely be a script we will upload that externally. and yes that's actually everything. the podcast will always be 20 minutes.

tier: at the end of each episode we always want to make a recommendation. we like to collect media from various disabled activists and creators and so on and want to recommend, always appropriate to the topic of the episode, a video, podcast or whatever. and this week we recommend: (would you like to say that?)

SR: yes! we're recommending Jessica who we both think is pretty cool! Jessica is a British lesbian, she is white and has various chronic diseases and disabilities and has a great youtube channel with subject like religion and dance videos with her wife..

tier: femmeness !!

SR: make-up, she makes really great videos, really broad thematically but this week we're talking about a very specific video which totally fits the topic of the week: she reports about an online discourse about an activist who's name you can pronounce better than me?

tier: I don't know anymore

SR: it's irrelevant, she's not so cool anyway, so we won't mention her

tier: we're not recommending her

SR: we do not recommend that activist, but we recommend that people are not shitty to her! she basically said that she has an invisible disability and how it affects her life and then the internet reacted like that internet reacts: specifically not with love and applause for her outing, but with people going through her old videos to prove that she can't possibly have that disability at all and Jessica made a great video as an answer where she explains why it is actually irrelevant whether someone is faking or not, you're always harming the community when you question diagnoses and denounce invisible disabilities. watch this video and everything else from Jessica!

tier: Jessica's videos are in English

SR: with subtitles that can be translated!

tier: we highly recommend a very great series of videos that she recently made about mobility aids, very informative and touching!

SR: with a very good ending! we all need good endings right now!

tier: yes, and so we come to the end of the very first episode of Rampe? Reicht!

SR: yes! we are:
tier: sick
SR: crazy
tier: disabled
SR: queer
tier: trans
SR: in love with food
tier: migrated
SR: and this podcast?
tier: is it as well!