

DESIS
NETWORK
Design for
Social Innovation
and Sustainability

Café com Vida.

**Gerações
autónomas.**



ID+ RESEARCH
INSTITUTE FOR
DESIGN, MEDIA
AND CULTURE
PORTUGAL

University of Aveiro
ID+ DESIS Lab
Portugal
Ana Catarina Matos

Promoter(s).
Vila com Vida

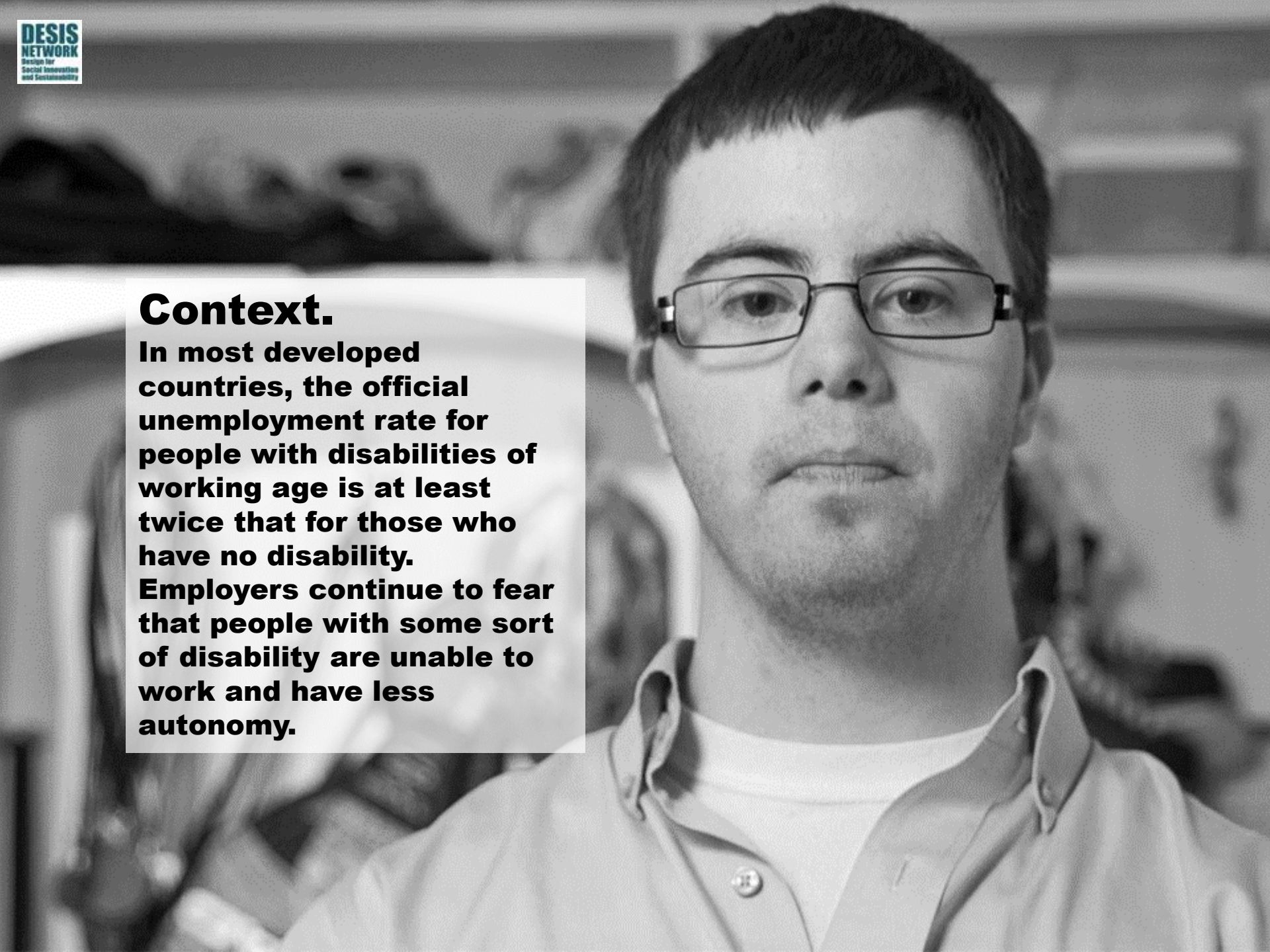
Funder(s).
Lisboa 2020
Portugal 2020
Fundo Social Europeu



Context.

In most developed countries, the official unemployment rate for people with disabilities of working age is at least twice that for those who have no disability.

Employers continue to fear that people with some sort of disability are unable to work and have less autonomy.



The project.

Café com Vida was a pilot project from Lisbon inspired by European projects such as Café Domenica in Brighton and Café Joyeux in Paris. The café's main objective is to integrate people who have cognitive problems in society while giving them experience by working in the restaurant business.



The process.

The project started by hiring six people with cognitive problems and giving them professional training to work in the café: some were trained to cook, and some were trained to serve. By the end of the process, it's expected that the experience they get from working in the café can provide them with a new job.



Governance and Policy Making



social inclusion

investment

The project is financed by the European Social Fund and is part of Portugal Inovação Social, which is a public initiative that aims to promote social innovation and boost the social investment market in Portugal.

Activism and Civic Participation



Café com Vida gives free training to its employees and gives them the opportunity to obtain the experience necessary to continue to work in the café and restaurant business.

Social Interactions and Relations



Isolation lowers self-esteem and creates fear for the future the same way it does for people without disabilities. By working in a group setting, the individuals feel more confident and autonomous.

Production, Distribution and Consumption



cooking food

selling products

The food sold by Café com Vida was also cooked by someone with cognitive disabilities. Cookies com Vida is a product that resulted from this project and is now on sale on local stores and available to order online.

Skill Training and Design Education



The project is very focused on giving skill-based knowledge that can be used on subsequent jobs that the employees might find. The business model that the organization created, inspired by previous projects, has inspired a new project called Craveiral Pizzeria com Vida, where they hired three people with cerebral palsy.

Job Creation



ten employees

gained subsequent jobs

At the end of the project, it was concluded that ten people with cognitive disabilities were employed throughout the year it lasted. Some of the employees were hired by restaurants and grocery stores after the project.

Storytelling and Visualisation



O SÍNDROME DA AUTONOMIA PEGA-SE.

AJUDE COM 0,5% DO SEU IRS A MOSTRAR
A + VALIA NA DIFERENÇA

Doe 0,5% do seu IRS já liquidado, e deixe-se contagiar pela vontade de ajudar jovens com dificuldades cognitivas a serem autónomos e assim se sentirem realizados na sua diferença.



O SÍNDROME DA AUTONOMIA PEGA-SE.

AJUDE COM 0,5% DO SEU IRS A MOSTRAR
A + VALIA NA DIFERENÇA

Doe 0,5% do seu IRS já liquidado, e deixe-se contagiar pela vontade de ajudar jovens com dificuldades cognitivas a serem autónomos e assim se sentirem realizados na sua diferença.



Café com Vida was advertised on social media, having shared mostly photos of the employees working. They also made a campaign called “The Autonomy Syndrome is Contagious” to encourage people to donate their IRS.

DESIS
NETWORK
Design for
Social Innovation
and Sustainability

[https://www.vilacomvida.pt/
cafecomvida/](https://www.vilacomvida.pt/cafecomvida/)

[https://www.facebook.com/
associacaovilacomvida](https://www.facebook.com/associacaovilacomvida)



University of Aveiro
ID+ DESIS Lab
Portugal
Ana Catarina Matos