

ASSOCIAZIONE CIRCO ALL'INCIRCA



LOCATION: Udine, Italy

TARGET GROUP: Young people on the autism spectrum

The "Circo all'inCirca" is an artistic collective founded in 2010 that combines circus arts, non-verbal communication, and sports activities to offer inclusive and engaging experiences. This collective value contemporary circus as a means of artistic expression and personal growth, supporting the creative, physical, and social development of participants, from children to adults. The aim is to create a safe space where everyone can explore their abilities and relationships in a positive and enjoyable way.

 Circo @ Progettoautismo.

Since 2015, Circo all'inCirca has collaborated with a day centre for young people on the autism spectrum, using innovative tools like the "juggling board" created by juggler Craig Quat. This tool facilitates access to circus techniques even for those with motor and cognitive difficulties. The project has become a stable part of the centre's educational program and has enabled 10 young people, aged 15 to 30, to develop greater autonomy and confidence in handling juggling and balancing equipment. Through weekly activities, participants build skills useful in everyday life, fostering self-esteem and well-being. More about it on [this website](#).



 Progetto P.Hub.Li.C.



This project is funded by Sport e Salute and the Department of Youth Policies as part of the Civic Spaces – Play District call for proposals and is aimed at young people in fragile situations or with disabilities. Circus activities, such as juggling and acrobatics, foster inclusion and self-confidence, creating a welcoming environment where each participant can develop physical and social skills, breaking down the barriers of marginalization. Participation is supported by qualified

educators who adapt exercises based on each young person's abilities, encouraging personal and collective growth. More in [this video](#).

Circo all'inCirca's team consists of approximately 20 people with diverse skills, including professional circus artists graduated from prestigious circus schools and educators trained in educational sciences and related fields. Activities are coordinated by Irene Giacomello and Valentina Bomben, both qualified in educational and sports sciences with specializations in social circus. This structure allows for the management of both the artistic and educational aspects of circus activities, adapting them to various groups. Circo all'inCirca Direction: Davide Perissutti

Since 2010, Circo all'inCirca has been dedicated to "social circus," using circus as a tool for social inclusion and well-being promotion for people with vulnerabilities or disabilities. The association collaborates on various social projects in Italy and abroad, including social circus festivals, workshops in prisons, activities for unaccompanied minors, and interventions in earthquake-affected areas. Each project is tailored to the needs of the participants, using the universal language of circus to foster connections, autonomy, and self-esteem.



Circo all'inCirca weekly engages around 600 people, 10% of whom have special educational needs such as ADHD, autism, and Down syndrome. The circus environment promotes the development of motor and social skills in a welcoming and non-judgmental context. Participants can develop physical and social abilities, learning juggling and balancing techniques, always under the guidance of experienced educators and artists.



Circus exercises are broken down into stages that facilitate the learning of psycho-physical skills. Techniques such as juggling and balancing, often practiced using the "juggling board," help participants overcome initial frustration and achieve quick results. This method, invented by American juggler Craig Quat and patented as functional juggling, encourages motivation and allows participants to acquire psychomotor skills useful beyond the circus context.

Circo all'inCirca's team has completed training programs in prestigious institutions such as the Ecole de Cirque de Bruxelles and the University Course in Applied Circus Arts at the University of Rome Tor Vergata. The team's training is also enriched by social circus seminars with organizations like "Art'n Anywhere" which operates at the Turkey-Syria border, "Mini Art

Foundation" in Bulgaria, "Palestinian Circus School" in Palestine, and "Circus Tvaers" in Denmark. This diverse training equips the operators to meet the educational and relational needs of participants, promoting a positive and inclusive experience.



For more information visit [their website](#)

CONTACT: contact@circoallincirca.it