

SIRKUS MAGENTA



LOCATION: Helsinki, Finland

TARGET GROUP: Young people with disabilities and on the autism spectrum, aged 16-29 years

Sirkus Magenta is a Finnish social circus non-profit organization that engages disabled people through inclusive and empowering activities. They offer circus workshops tailored to individuals with various disabilities, promoting physical, emotional, and social well-being. They have been organizing circus activities for special groups since 2011. A circus and theatre group for young adults with developmental disabilities and autism is organized annually, and projects have been done with physically disabled and visually impaired people. They closely collaborate with the City of Helsinki, Culture and Leisure Division, Music Centre Resonaari and Kehitysvammatuki 57.



During the year participants practice different circus arts including juggling, acrobatics, hula hoop, aerial acrobatics, balancing, clowning and performing. It's a multi-artistic group which consists of a social circus instructor, a theatre instructor and a music instructor. There is a live band with musicians who are also people with disabilities or on the autism spectrum. They are students and professional musicians. The group is accompanied by peer volunteers and peer assistant. The aim is to foster self-expression, creativity, and confidence while encouraging social interaction and teamwork. Sirkus Magenta's approach is based on the idea that circus arts can be a powerful tool for inclusion and personal development, providing a joyful and supportive environment for all. On the end of the season, they create a circus performance which is shown during a public event in the circus space of Sirkus Magenta. The goal is to offer participants experiential, accessible and communal art activities and to bring the performing arts made by people with developmental disability and young people on the autism spectrum to the cultural arenas. Participation in this program is free of charge and so is the final performance.

Here are some benefits of the project:

- 🎪 **Improved Physical Skills:** Participants develop motor skills, coordination, and balance through adapted circus activities like juggling, acrobatics, and object manipulation. This physical engagement helps enhance their mobility and body awareness.
- 🎪 **Boosted Confidence and Self-Esteem:** The supportive, non-competitive nature of circus arts allows individuals to challenge themselves at their own pace. Achieving new skills, even small ones, fosters a sense of accomplishment and boosts self-confidence.
- 🎪 **Enhanced Social Interaction:** Circus workshops promote teamwork and communication, helping participants build social skills. The inclusive setting encourages interaction with others, creating a sense of community and belonging.
- 🎪 **Increased Creativity and Self-Expression:** Circus arts offer participants a creative outlet to express themselves in new and imaginative ways, which can be particularly empowering for individuals who may face communication challenges in other contexts.
- 🎪 **Emotional Well-Being:** The joy and playfulness of circus arts contribute to participants' emotional health, reducing stress and promoting positive feelings. The experience often provides a sense of freedom and joy that can significantly enhance quality of life.



Find out more on their [website](#).

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