

CIRCARE NEWSLETTER #3

FINAL MEETING

Sofia, October 2025

The CIRCARE – Social Circus for Inclusion, Resilience and Empowerment project reaches one of its most significant milestones with the celebration of the third and final transnational meeting in Sofia, Bulgaria. This final moment has not only been an administrative closure of the project, but above all a celebration of collective work, shared learning and the consolidation of a common methodology of social circus created by and for professionals in the sector.

After the previous meetings in Udine and Valencia, this last meeting has made it possible **to give life to everything built over months**, transferring theory to real practice.



Sofia: the place where methodology took shape

The meeting took place in Sofia, headquarters of the **Mini Art Foundation**, the coordinating organization of the project. For several days, the teams of Mini Art Foundation (Bulgaria), Circo all'InCirca (Italy) and Sargantana Circ Inclusiu (Spain) worked together on the implementation of **LTTA – Learning, Teaching and Training Activities**, an intensive training aimed at trainers, educators, circus artists and professionals in the social field.

The main objective of this training was **to put into practice and test the CIRCARE methodology**, evaluating its effectiveness, adaptability and coherence in real contexts of learning with adults. Through practical sessions, body dynamics, social circus exercises and spaces for collective reflection, the participants were able to experience first-hand the tools developed during the project.

A shared learning space

The training was structured in modules that addressed key aspects of the social circus:

- the use of play as a pedagogical tool,
- the creation of safe and inclusive spaces,
- work on trust, cooperation and resilience,
- and individual and collective empowerment through the body and movement.

Each partner organization facilitated sessions based on their experience and context, generating an in-depth exchange of approaches, techniques and perspectives. This process allowed to enrich the common methodology, demonstrating that **cultural and professional diversity is a strength**, and not an obstacle, in the creation of shared educational tools.



Assess, adjust, and consolidate

A central element of the meeting was the **collective evaluation** of the activities implemented. Based on direct observation, feedback from participants and the indicators defined in the Project Management Plan, the partners analysed the strengths of the methodology and detected possible improvements.

This work allowed the final adjustments to be made to the Social Circus Training Toolkit, ensuring that the manual is:

- clear and accessible,
- easily adaptable to different social and cultural contexts,
- and useful both for experienced professionals and for people who are approaching the social circus for the first time.

The Social Circus Training Toolkit: A Resource for the Future

One of the main results of CIRCARE is the creation of an **open pedagogical manual**, which compiles more than 15 practical activities, methodological tools and guidelines for the design of social circus workshops with adults in vulnerable situations.

This resource is published free of charge on the websites of the partner organisations and is available in several languages (English, Spanish, Italian and Bulgarian), with the aim of **facilitating the work of other entities, groups and professionals in the sector**.

The manual not only represents the closure of CIRCARE, but is also conceived as a **point of support for future projects**, contributing to the professionalization of the social circus and favoring the creation of new initiatives based on a shared and contrasted methodology.



CIRCARE: an end that opens new paths

Beyond the tangible results, CIRCARE has demonstrated the value of international cooperation as a driver of social innovation. The joint work between the three organisations has generated a solid network of trust and collaboration, laying the foundations for possible future projects, new training and joint actions at European level.

The project has provided a space where mutual learning, respect for different realities and a shared passion for the social circus have been the real driving force behind the process.

Thank you for joining us

We would like to thank all the people who have been part of this journey: the teams of Mini Art Foundation, Circo all'InCirca and Sargantana Circ Inclusiu, the professionals participating in the training, and all those people who, directly or indirectly, have contributed to making CIRCARE a reality.

CIRCARE is coming to an end, but its impact continues. The social circus continues to grow as a tool for inclusion, resilience and empowerment, and this project is an example of what can be achieved when working together from trust and cooperation.

Thank you for being there. We are still on the track. 🎪 ✨