

A young boy is performing a high-wire act in a city square. He is suspended horizontally in the air, holding onto a blue rope with both hands. He is wearing a light-colored patterned shirt and dark blue pants. The background features a mix of modern and classical architecture, including a large, ornate building with columns on the right and several modern buildings on the left. The sky is blue with scattered white clouds. In the foreground, there are white tents with red and white logos, and a sign that reads "El Circo Dell'Fuego".

ELL CIRCO D'ELL FUEGO

Filmpje ECDF

<https://youtu.be/HT6xaUUfvN4>





**ABOUT
ELL CIRCO D'ELL FUEGO**

El Circo D'ell Fuego is a
harbor for circus in Antwerp.

We bring children, teenagers and adults into
contact with circus.

In doing so, we maximize
discovery, development and entrepreneurship.

With special attention to the diverse society in which we
find ourselves.



ECDF IN NUMBERS

- + 1000 participants
- + 50 weekly classes
- 5 locations in Antwerp
- For anyone from 4yo to 60s



OBJECTIVES

1. DISCOVER CIRCUS, WHOEVER YOU ARE

Introducing a broad group of people to circus: seeing circus, doing circus, experiencing circus - with a special focus on diversity in society.

2. DEVELOP, CIRCUS AS A TOOL

El Circo D'ell Fuego wants to use circus as a tool for the personal development.

3. ENTREPRENEURSHIP

We encourage and support young artists in the realization of their dreams. Furthermore, we want to be a stable home for our trainers. A house in which sustainability and continued learning are central.



A group of children are sitting in a circle on a green carpet. Their hands are flat on the floor, palms facing down, arranged in a ring. The children are wearing various clothing, including a white long-sleeved shirt, a dark blue patterned long-sleeved shirt, a grey long-sleeved shirt, a maroon long-sleeved shirt, and a pink long-sleeved shirt. A silver watch is visible on the wrist of one child on the right. The text "TARMAK" is written in large, light blue, sans-serif capital letters, and "Flying with Hope" is written in a smaller, light blue, sans-serif font below it.

TARMAK

Flying with Hope

Flying with Hope



TARMAK



TARMAK

Flying with Hope

1. Why TaRMaK?
2. What does TaRMaK do?
3. TaRMaK So Far



1. WHY TARMAK?

WHY TARMAK?

- Break the circle

The corona crisis impacted children and young people in complex home situations unusually hard. Reports of domestic violence rose sharply. Children who are exposed to violence are more prone to use violence later on, or become victims again. There is a lot of evidence that early intervention has a strong effect.

- We believe in COOPERATION

Together we can achieve more. Someone once said: 'Start small, dream big'

- We believe in the POWER of circus

We are convinced that circus can have a strong influence on the development process of children and young people. We believe in successfully merging different theories from the social field with circus.



LET'S PRACTICE !



- Stand up
- Close your eyes
- Breath deeply into your belly
- Now: stand on one leg
- ... and now try this on your other leg as well

IN CIRCUS NO ONE CAN
DO EVERYTHING, BUT
EVERYONE CAN DO
SOMETHING.

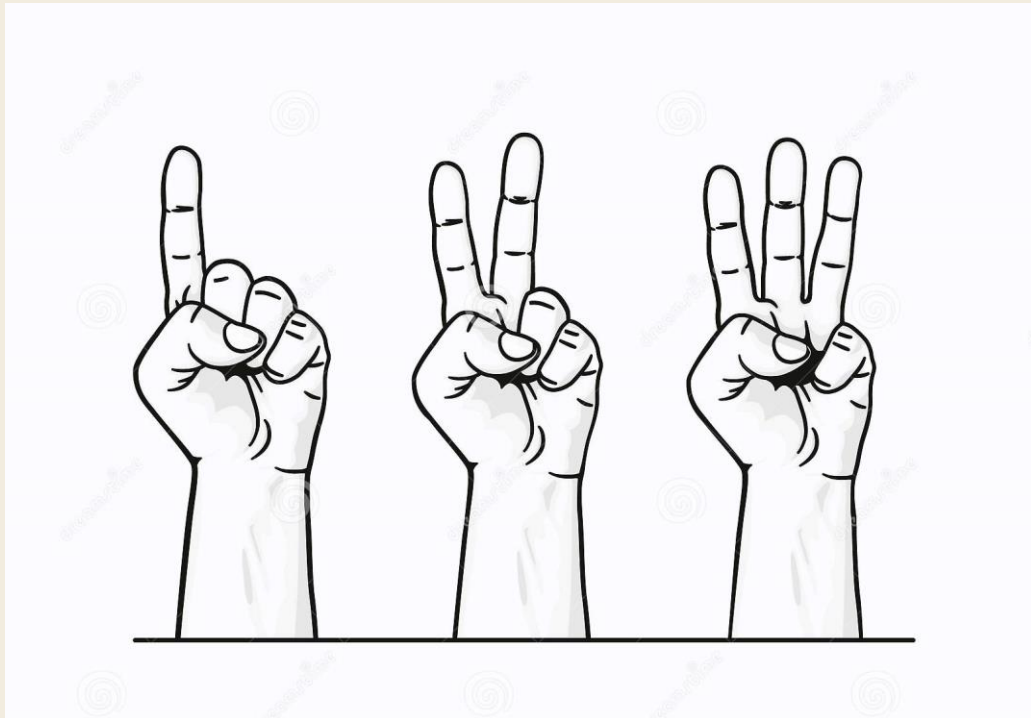


2. WHAT DOES TARMAK DO?

5 PILLARS

1. Why circus works: Reg Bolton
2. The Hope theory
3. Experiential learning
4. Train-the-trainer
5. A guiding attitude

LET'S PRACTICE, AGAIN !



- Look at your neighbour
- Take turns counting 1 – 2 – 3
- Now concentrate 😊 and replace '1' by 'a clap'
- Now: Replace '2' by sound you can invent yourself
- Smile and thank your companion

1. WHY CIRCUS WORKS: REG BOLTON

The Circus Hand was created by **Reg Bolton** who was a circus performer and clown who travelled the world teaching circus to young people.



1. CIRCUS: THE HAND OF BOLTON

- Palm: FUN

- Humour
- Laughter
- Happiness

- Thumb: WORK

- Persistence
- Resilience
- Process

- Index finger: SELF-DESIGN

- Individuality
- Identity
- Self-image

- Middle finger: RISK

- Adventure
- Courage
- Defiance

- Ring finger: TRUST

- Cooperation
- Touch
- Sharing

- Pink: DREAMS

- Aspirations
- Imagination
- Symbolism





HOPE IS THE BELIEF THAT THE
FUTURE WILL BE BETTER THAN
THE PRESENT, ALONG WITH THE
BELIEF IN THE ABILITY TO MAKE IT
SO.



3. EXPERIENTIAL LEARNING

According to **Kolb**, experiential learning can be defined as a learning process where knowledge results from the combination of grasping and transforming an experience. Kolb suggested that learning requires the acquisition of abstract concepts that can then be applied flexibly in a wide range of situations.





4. TRAIN-THE-TRAINER

= training our committed TaRMaK trainers on a regular basis with knowledge from our partner organisations

= passing on our own expertise to other partners, schools and interested parties.



4. TRAIN-THE-TRAINER

Topics:

- Hope Theory (FJC)
- Trauma-sensitive approach (psychologist)
- How to respond to sexually abusive behaviour (Sensoa)
- How to deal with aggression
- Extra supervision



5. A GUIDING ATTITUDE

During TaRMaK we are not merely circus-trainers, we are also coaches, facilitators, supporters ...

- We try to pay extra attention to children's **vulnerabilities** as well as their **talents**, to what can **trigger** them but also to **reassure** them.
- We consciously work in **small groups** so that we can work on trust and have more **space for individual trajectories**.





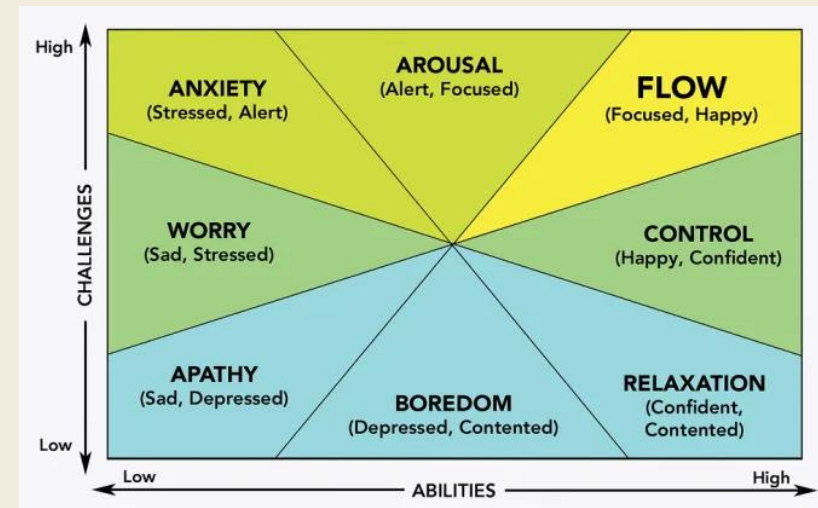
5. A GUIDING ATTITUDE

- Professional involvement
 - As close as needed, as far as possible
 - A search for balance
- Growth mindset
 - Failure is an opportunity to grow
 - Failure is the limit of my abilities
 - “I can’t do this, YET”



5. A GUIDING ATTITUDE

- **Comfort - Stretch – Panic**
 - This refers to the phenomenon of feeling at ease in a comfortable routine...
 - ...while (simultaneously) experiencing anxiety or panic when faced with change or the possibility of disruption.
- **The flow model**
 - The search for an activity where the challenges and skills are perfectly balanced.



4. TARMAK SO FAR?

TARMAK SO FAR

9 TaRMaK
Camps

2 annual
trajectories

+ 70
participants

> 1500 ind.
traininghours

23 trainers
involved!
(from 4 circus
schools!)

6 different
neighbour-
hoods

BECAUSE WE BELIEVE IN COOPERATION: TARMAK IS A COLLABORATION

Partners:

- FJC Veilig Thuis Antwerpen
- De Circusplaneet Gent
- Stad Antwerpen
- SoMeTHin'K, KU Leuven



ANY QUESTIONS?





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