



Pictures ©HIT Project Partners

SLOVAKIA



## Heroes of Inclusion and Transformation



Partners:



EPALE

# Heroes of Inclusion and Transformation

## PROJECT



### NAME OF THE PROJECT

Heroes of Inclusion and Transformation



### AIM

The main objective of HIT project is to extend and develop educators' competences, and to promote social inclusion and empowerment.



### TARGET GROUP

Professionals (educators, trainers, counsellors, activists), disadvantaged and vulnerable people (homeless, disabled, seniors, prison inmates, LGBTI)



### WEB PAGE

[www.divadlobezdomova.sk](http://www.divadlobezdomova.sk)



### COORDINATOR AND PARTNERS

- **SLOVAKIA:** *Divadlo bez domova / Theatre with no home;*
- **AUSTRIA:** *Abenteuer Leben / Adventure Life;*
- **CZECH REPUBLIC:** *Spolek divadelních ochotníků Alois Jirásek / Theatre of Alois Jirásek Úpice;*
- **ICELAND :** *Reykjavík Akadémían / The Reykjavik Academy;*
- **SERBIA:** *Grupa IZADI / Group COME OUT;*
- **SPAIN:** *Asociación cultural, social, de salud y bienestar ACUNAGUA / Cultural, social, health and well-being association ACUNAGUA.*

Human beings who are not free or not able to express emotions, are manipulable. Our modern rationalist culture places the negative feelings like grief, anger, pain and anxiety under a taboo. Positive feelings like curiousness and joy are desired. Tabooing and sanctioning of negative feelings lead to an emotional jam, which often forms basis for generalisation, prejudice, hatred or violent actionism.

HIT is a project for inclusion and transformation of social relevant shadow themes: the shadow sides within ourselves as well as the shadow (marginalised) people in society. Participants were provided with protected space, in which these negative feelings could be expressed and reintegrated again in a way which makes sense. This enabled participants to experience the topics of their target groups within themselves.

Project partners and participants were reflecting and integrating five steps of *Hero's Journey training* (P. Rebillot), their personal experiences with this process, *cycle of basic feelings* (processed by Helga and Manfred Weule), specific sociocultural conditions, and their own sets of methods they use in work with vulnerable and other interesting people. The main tool used was creativity expressed through art, music, dance, theatre, writing, rituals etc.

The main project outcome - online PDF book *Among Heroes and Demons* - is available in seven language mutations and addressed especially to professionals and activists working with other people.



Pictures ©HIT Project Partners

National Support Services SLOVAKIA  
State Vocational Education Institute  
[www.siov.sk](http://www.siov.sk)

<https://epale.ec.europa.eu>

EPALE



 Erasmus+