



Circus 4 Youth Well-being & Inclusion

Highlights from Our First Year of Implementation

Since the beginning of the project in September 2025, the consortium has been working together to explore the potential of circus-based activities as a powerful tool for youth empowerment, wellbeing, inclusion and personal development. Through research, knowledge exchange, curriculum development and communication activities, partners have laid the foundations for the next phase of the project, where the developed methodology will be tested by youth workers and circus instructors and implemented with young people.

Discovering Inspiring Circus Practices Across Europe

One of the first major steps of the project was the collection and analysis of good practices on the use of circus activities for youth empowerment, wellbeing and social inclusion across Europe.

Partners conducted research in their respective countries and identified inspiring initiatives demonstrating how circus can support young people's confidence, creativity, self-expression, teamwork and social connections. Selected good practices were further explored through interviews with practitioners and organisations working in the field.

The results of this collaborative work have been compiled into the publication:



“Good Practices Collection: Unveiling Youth Empowerment through Circus Activities”



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The publication presents inspiring approaches from across Europe and provides valuable insights into how circus methodologies can be adapted as inclusive educational tools for young people.



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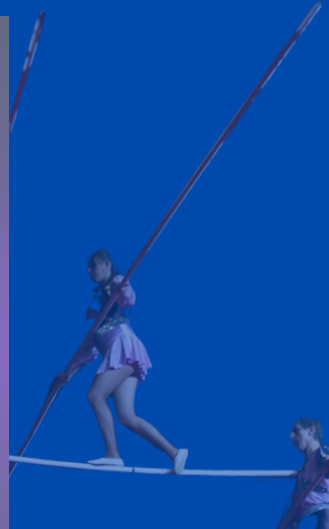
Country: Slovenia

Good practice: Cirkokrog - community circus and inclusion




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Country: Czech Republic

Good practice: Cirqueon - Circus Self-care




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Country: Greece

Good practice: Circus Lesvos




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Country: Spain

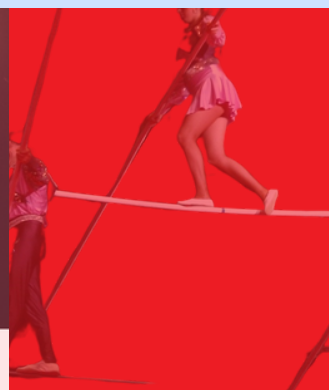
Good practice: Youth Circus Festival - FEECSE




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Country: Poland

Good practice: Cyrkplodzja




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Developing the “Empowering Circus” Curriculum

Building on the knowledge gathered through the good practices research, partners worked together to develop the “Empowering Circus” Curriculum.

The curriculum combines circus techniques with non-formal education methodologies, aiming to support young people’s personal growth, wellbeing and social inclusion. It includes educational modules, practical activities and facilitator resources designed to help trainers and youth workers create safe, participatory and empowering learning environments, while boosting creativity processes.



The curriculum focuses not only on learning circus skills, but also on developing important transversal competences such as communication, creativity, confidence, collaboration and self-expression.

The main content of the curriculum has been developed during the first year of the project and will be tested and further refined during the upcoming International Training of Trainers (ToT).



What Comes Next?

Stay tuned, as the final version of the “Empowering Circus” Curriculum will be published and made freely accessible online in the coming months, incorporating the feedback and lessons learned from the training phase.

The training will provide participants with practical tools, methodologies and skills to facilitate inclusive circus-based activities with young people in their local communities. Through experiential learning, peer exchange and practical sessions, participants will strengthen their competences and prepare for the implementation of the local activities planned in the following phase of the project.

Following the ToT, partners will bring the CirqueVibe methodology closer to young people through a series of local activities, including:

- Thematic local circus workshops, where young people will engage in circus-based learning experiences and explore creativity, teamwork, wellbeing and empowerment through practice.
- Local youth-led circus performances in each partner country, providing young participants with the opportunity to showcase their creativity, build confidence and share their experiences with their communities.
- An international youth mobility in Poland, bringing together young participants from different countries to exchange experiences, strengthen intercultural connections and celebrate the power of circus as a tool for inclusion and youth empowerment.

Stay connected and follow our journey as we continue to empower young people through circus!



Follow CirqueVibe for more updates, stories and activities.

