

## i) Benefits of the circus arts activities

*Replies to question 7.2) of questionnaire 3 : What are the benefits of circus arts activities in your organisation?*

### Benefits for the participants

- The respecting and following of instructions.
- To build up the confidence of the participants (young people, people with special needs, elderly people), to enhance their personal development, to improve their interpersonal and communication skills, to give them recognition, to challenge them.
- To get the young people to meet, exchange, create together, develop common projects and get involved.
- To help the young people become responsible citizens.
- To improve participants' physical literacy and psycho-motricity.
- To favour the social inclusion of the participants.
- To acquire new competences.
- To enhance cooperation between professionals, to educate new circus professionals.
- Out of the box thinking.
- Working together effectively with special groups.
- To open to new art forms.
- To give the opportunity to the participants to be involved in the creation of a collective show.
- To create projects and links with inhabitants.
- To improve participants' physical literacy.
- To challenge, to dare.
- To increase physical awareness.
- Social inclusion.
- Non-competitive and enjoyable activities.
- Well being
- Creativity
- To acquire skills for higher education in circus.
- Cooperation between the participants, bravery.
- Inspiration for the children and students.
- Learn new skills
- A sense of achievement.
- To challenge the participants.
- Bring people together from different ages
- and backgrounds.
- Confidence, self-esteem, empowerment.
- Healthy exercise and not too rigorous.
- Fulfill dreams and aspirations.
- Fantastic quality of life.
- Improve physical and psychological well-being, health.
- A friendly environment for people to socially integrate.
- Community cohesion, create local networks.



## Benefits for the organisations

- To develop the organisation, to increase the number of activities, to have the young people discover new activities.
- To foster the involvement of the young people in the organisation's activities.
- To increase the audience (wide and diverse target groups).
- To broaden the scope of the activities and enrich the content of the performances.
- To acquire new ideas for creating and performing .
- Positive visibility for the organisation.
- To foster cooperation between training programmers and a network.
- To develop the organisation, to increase the number of activities, to sustain jobs.
- To offer work for 20 to 30 people per year.
- To increase the audience, to make culture more popular (democratization).
- To improve teamwork.
- To offer visibility to the organisation's activities.
- Enrich the shows.
- To offer our audience a wider range of performing arts.
- To enhance the visual and dramatical qualities of our shows.
- To develop the competences of our long term staff.
- Rewarding job.
- Great teamwork, team building.

## Other benefits

- A good mix between physical and artistic skills.
- To bring happiness.
- No linguistic limit.
- To have a better world.
- See the joy on people's faces.
- Fun, joy.
- Social skills.
- Intergenerational.

