

CARATTERISTICHE DEL SETTING



- Full immersion

Operators and team are in contact 24 hours on 24.



- Prolonged over time

The help / training relationship takes place consecutively for several days.



- Itinerant

It involves a slow flowing process through intermediate goals, in view of the final goal.



- Ritual

The experience traces that of "rites of passage":

separation - departure

transformation - concrete walking experience

re-aggregation - return to your own context



CONTACTS

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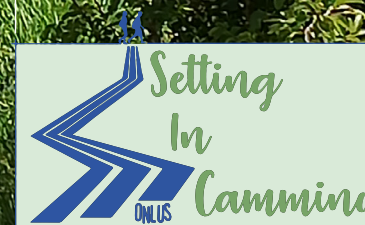
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**SETTING
IN CAMMINO**
onlus *welfare
health
social inclusion*





ABOUT US / OUR MISSION

The "Setting in Cammino" ONLUS is a non-profit organization which **promotes helping and training experiences in "non-traditional contexts"**, along cultural and historical itineraries such as the Via Francigena, with a high symbolic content.

Concretely, it is **a helping relationship that takes place using the Walk Setting methodology**.

The intervention is aimed at people in conditions of social, cultural and economic fragility with the aim of promoting well-being, health, social and educational inclusion, active citizenship and legality, placing the person at the center of the intervention, empowering cooperation, promoting dialogue with a view to mutual recognition, care of relationships and well-being of the group.

The setting is also used for training **for operators in helping relationship** who are interested in developing specific skills in this context.

The experiences are built on the basis of **precise theoretical references according to the Transactional Analysis theory (E. Berne)**, applied to educational, organizational and counselling fields.

Our projects also take place in traditional contexts classroom. **The staff is made up of a multidisciplinary team of professionals** with training in different areas: pedagogy, education, psychology, anthropology, philosophy. The association it also makes use of external consultants and collaborators.

The non-profit organization has an agreement with the "Department of Educational Science" - University of Roma Tre.



THE ORIGINS

The methodology of the Walking Way has been developed in Italy by dr. Luca Ansini, starting from the PhD thesis in Pedagogy (L. Ansini, Il Cammino come itinerario pedagogico. Aspetti formativi e di cura nel viaggio a piedi, Università di Roma Tre, 2007). Opening the doors of the traditional setting, the helping relationship is placed in a new **fluid, full immersion and itinerant setting**. The transformative dimensions of the helping relationship integrates with the transformative processes of travel by walking, so that they give rise to an experience that touches cognitive aspects together with bodily ones.



THE DIMENSIONS OF THE WALKING WAY

Time and space: they are central elements of the helping experience and contribute to the construction of a "walk feeling" with specifics qualitative characterizations.

Experience of the "itinerant" body: self-care, contact with nature, perception of your limits and resources, adaptation to unusual stimuli, global sensory stimulation, adhesion and connection with reality through the body.

The group: fluid conformation, "multiform", stretched (during the walk) and traditional (in circle during the evening process group).

Listening to yourself: contact with your feelings and emotions, also through the experience of silence and connection with your personal walking pace.

Listening to the other: ability to be in relationship with the other, sharing a profound and symbolic experience, which requires tune in to the pace of the other.



THE PROJECTS

In October 2019 the non-profit organization implemented the pilot project:

"The Walking Way. An educational setting for young people in probation projects by the Rome Juvenile Court", with the collaboration of:

- Ministry of Justice (USSM of Rome),
- Rome Juvenile Court,
- Department of Education Sciences (University of Roma Tre),
- Lazio Region.

Two expert operators with higher training accompanied three young offenders in probation projects along the Via Francigena of Lazio region, from Bolsena to Rome (7 days - 140 km).

The pedagogical evaluation of the Walking Way has been entrusted at the Department of Education Sciences (Roma Tre). On 30 October 2019 was held a Study Day with the direct participation of the institutions involved.

The non-profit organization carries out various walking projects. Each one has a different duration which ranging from 3 to 7 days and is built based in accordance with needs of the subjects involved:

- prevention of bullying and deviance in school contexts
- support for families, couples and parenting
- educational experience for people with addiction problems
- support experience for fragile young adults
- paths for associations and organizations oriented towards "relationship care" and the prevention of stressful and burnout situations.

