



TEMERARI SI NASCE

«BORN TO BE BRAVE»

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Background

Multiple osteochondromas and Ollier disease are rare skeletal disorders. Their fullest expression happens during childhood and adolescence when deeply changes that involve social, psycho-affective and bodily sphere are realized, generating stress and emotional vulnerability.

Objective

The main goal is to cope social exclusion and low self-esteem, strengthening specific relationship skills, improving behavioural skills and personal self-knowledge.

Participants

- ∨ Patient aged from 8 to 24 years old
- ∨ Members of ACAR onlus
- ∨ IOR and Gaslini healthcare professionals



Setting

- ∨ Brigantine schooner “Nave Italia”
- ∨ Annual ACAR Meeting



Project

Psychoeducational training will be carried out through three phases:

- (i) pre-boarding, consisting of information collection to set up individualized programs for each participant;
- (ii) boarding, scheduling of meetings and activities during 4-days navigation, such as role-playing games or upcycling projects, in order to stimulate the participant's narration of their own journey;
- (i) post-boarding, wrapping up the experience: evaluating what happened during the trip, lesson learned from each participants and their utility during daily life.

Conclusions

The boat environment favours the coexistence of solidarity represents a place where building equal comparison, based on mutual respect, curiosity and eventually finding beyond the differences, what we have in common.

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Theme 2: Our values, our rights, our future:
shifting paradigms towards inclusion