

Self-determination & Inclusion by Theatre

The Final Act: SDIT International Seminar



Saturday, 15 November 2025

16:00-17:30

16:00 – 16:05

Introduction of the SDIT
project

By Inovar Autismo

16:05 – 16:40

Implementation of the
Pilot Course

By Teatro da Vila, Autismo
Seville and Associazione
Diversamente

16:40 – 16:55

Evaluation of SDIT
results and impact

By Iscte - Instituto
Universitario de Lisboa

16:55 – 17:20

Screening of the SDIT
Documentary

By Autism-Europe

17:20 – 17:30

Q&A and Conclusion of
event

By Autism-Europe

17:30 – 18:00

Networking with coffee

Comet Meetings, Pl. Stephanie, Brussels

Interpretation in French and English

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Concept Note

Our Story: The Self-determination & Inclusion by Theater (SDIT) project addresses the significant lack of integration and participation of autistic people in regular artistic community contexts. While the UN Convention on the Rights of Persons with Disabilities recognises the right to participate in cultural life (Article 30), pilot experiences that successfully prepare communities for their full inclusion are few in Europe. Traditional approaches often involve segregated artistic practices, which promote stigma and labelling.

The SDIT project aims to be an international reference in innovative methodologies and good practices for inclusion through art. The project designed and implemented an innovative adult education course to train theatre professionals across Portugal, Spain, and Italy, preparing them to integrate autistic youth and adults into their casts on an equal basis with their neurotypical peers. The final International Seminar serves as the culmination of this pioneering methodology's dissemination at the European level.

The purpose of the Final Conference, an International Seminar organised in Brussels by Autism-Europe, is to conclude the project's activities and lay the groundwork for long-term impact and sustainability.

The main objectives are:

1. Presentation of final project results and the outcomes of the pilot course implementation across the three implementing countries (Portugal, Spain, and Italy).
2. Evaluation of the project impacts, assessing the success of the methodology in training theatre professionals and promoting the self-determination of autistic participants.

3. Presentation and discussion of the guideline for the "European Handbook of Inclusion through Theatre", promoting its dissemination and future operationalisation in other European countries.

We invite all those who are passionate about the arts, including:

- Actors and other theatre professionals.
- Representatives responsible for **public policies related to inclusion through the arts** (including politicians and parliamentarians).
- AE's members across Europe.

Central themes:

- Innovative adult education methodology: Reviewing the successful implementation of the pilot course modules, which combined face-to-face teaching, e-learning, and a mandatory practical internship component in regular theatre groups.
- Showcasing good practices: Screening the final video in documentary format, produced for the mass dissemination of project results and inclusive theatre good practices.
- Project impact and social change: Discussing the project's success in increasing the self-determination, inclusion, and employment opportunities for autistic people in the theatre domain.

Outcomes:

- Dissemination reach: Mass dissemination of project results, primarily through the final video and the international network of Autism-Europe, promoting its operationalisation in countries beyond the consortium.
- Policy awareness: Raising awareness among policymakers at various levels regarding the necessity for greater investment in the culture sector and inclusive public policies related to the arts.
- Empowerment: Promotion of the self-determination and inclusion of young autistic people through access to non-segregated artistic activities, fighting stigmatisation.

