

WHEN THE SHADOW BECOMES THE LIGHT OF EXISTENCE Erasmus + Project Death Education for Palliative Psychology – DE4PP



We are born, we live and set down in this life. Three phases every person goes through in an individual and unique way, but that shouldn't mean that one needs to do this all alone. It may be easy and pleasant to be with a person who is just being born and living her life. But it can be scary to go side by side with a person in whose eyes one



can see the sunset. And yet, this is what humanity

means: to take care of a human being and to accompany its existence. Reaching an advanced age or being burdened by a disease that shatters the being in its essence, can feel as if you are walking through an eternal rain.

What impressed us the most was the humanity and the kindness of the physicians. The way they talk and behave with the patients, with care and compassion. This kind of physicians deserve all the respect in the world. An emotional experience for us was the psychodrama session guided by our professor Man Gabriela.

We learned from ANT specialists, and at the same time from the city of Bologna through the arches that mostly cover the sidewalks, that one can walk in the rain without getting

wet, without feeling cold and stressed. One can enjoy this walk, looking at the people and the beautiful places around us. From this point of view, we associate ANT with the protective arches of Bologna sidewalks, that allow one to enjoy time and space on earth even when the conditions are not easy.

Finally, instead of measuring how much time passes in our lives, we choose to weigh how much life our time contains.

Thank you so much for this unique opportunity

