















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



Death is a taboo subject in every culture, but unfortunately, it's the only certain thing in a person's life. The social lack of a common language to talk about death and its censorship are difficult topics that we all face. Prevention is very important to somewhat mitigate the impact of death and terminal illness in people's lives.

A wonderful thing is that ANT offers help at social, physical, and psychological level, not only for the patients but also for their family and caregivers.

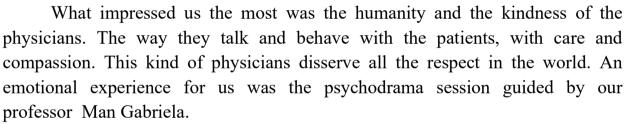
We are born, we

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.



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



