



INCLUSION



OLTRE I LIMITI ETS



2022 - 2024

DOS SIER



OLTRE I LIMITI ETS



WHO ARE WE?

Beyond Limits (Oltre I Limiti ETS) is a Third Sector Organization focused on social inclusion and awareness through new technologies and innovative methods. It was founded on June 8, 2022, and is legally headquartered at Via Carlo Serassi 13 in Bergamo (BG).

The President, Norbert Casali, is visually impaired, a former Paralympic athlete in track and field and paratriathlon, and a sports educator specializing in disability.

The Vice President, Simone Assi, is a student of new technologies in art at the Brera Academy of Fine Arts, a technician for Ariella Vidach Aiop, and specialized in 3D techniques and virtual reality.



2022-2024

TIMELINE

ACTIVITY SCHEDULE FOR THE YEARS 2022-2024

SHAKE YOUR BODY:

From 2022 (started privately in 2017) – ongoing

SCHOOLS:

From September 2022 – ongoing

WARHOL PROJECT:

A total of 10 lessons

6 conducted from April to June 2023

4 conducted from June to September 2023

From September 2022 (beginning of VR programming) – ongoing

TEAMBLINDING:

For a total of 12 companies in the Lombardy region

From September 2022 – ongoing

GO VIRTUAL:

Release of the social VR environment on April 14, 2023, following an internship carried out by 4 students as part of the Videocult project

CHARITY EVENT – LUSH BERGAMO:

Saturday, May 20, and Sunday, May 21, Charity Event at Lush Bergamo. Oltre I Limiti and the Lush staff were committed to selling 3 solid products, with all proceeds entirely donated to our organization.

STEP BY STEP:

The walk conducted: June 11, 2023

Library arrangement for the Italian Union of the Blind: ongoing

DIGITIZATION:

From June 2023 – ongoing



2022-2024

TIMELINE

CALENDAR OF ACTIVITIES CONDUCTED
IN THE YEARS 2022-2024

DIGITAL CITIZENSHIP COURSE

WARHOL PROJECT – MIDDLE SCHOOLS

WARHOL PROJECT – HIGH SCHOOLS

THROUGH ME – ME THROUGH YOU
(BEGINNING)

A11Y – ALLY

VIRTUAL SKIN – A VIRTUAL
EXHIBITION

ACCESSIBLE SYSTEM FOR "AS FAR AS
MY FINGERTIPS TAKE ME"

TIS – SOCIAL INCLUSION
INTERNSHIPS



2022-2024

SHAKE YOUR BODY

The "Shake Your Body" initiative, created by Oltre I Limiti ETS, aims to enhance and encourage the sensory-motor abilities of vulnerable individuals. Thanks to Sports Educators, students of Motor Sciences, and Paralympic technicians, all specialized in inclusive education and sports, we place the individual in optimal conditions, allowing them to explore and refine their motor skills through educational-motor techniques. The initiative is currently active in the Ugrnana area and takes place at the local sports center.



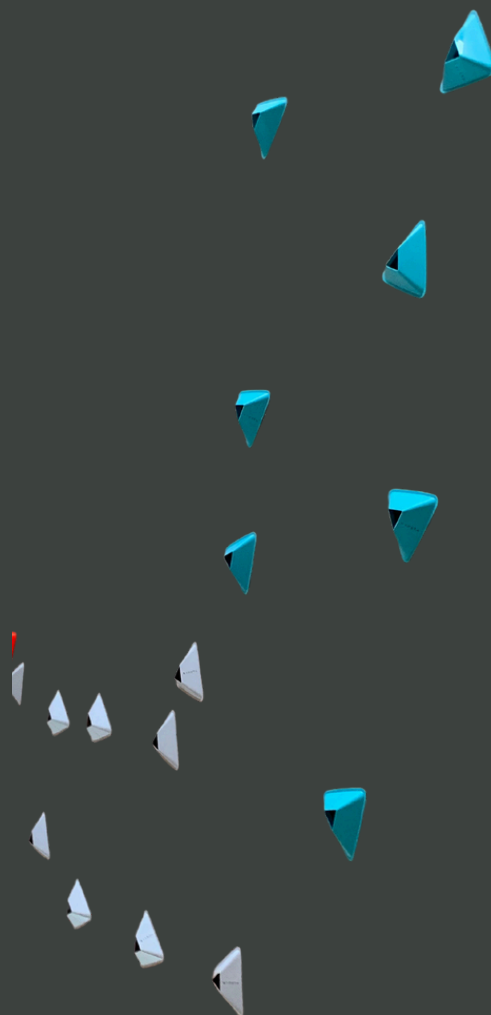


SHAKE YOUR BODY

For us at Oltre I Limiti, educational-motor activities represent something that goes beyond the boundaries of a playing field or a competition. In fact, we believe that motor education is fundamental in people's daily lives.

Furthermore, we consider physical and sports activities indispensable for their educational role, especially for people with intellectual disabilities. For them, it serves as a valuable tool for developing individual potential, increasing abilities and acquiring skills, enhancing personal value, and fostering inclusion in life contexts rich in meaningful relationships.

The practice of educational-motor activities allows individuals to develop greater self-awareness and strengthen confidence in their abilities, thus achieving higher levels of autonomy.



SCHOOLS

The aim of these activities directed towards schools is to raise awareness about disability and diversity, starting with the youngest and offering tailored activities for students of all school levels.

Students will have the opportunity to engage in dynamic and innovative activities that will encourage them to broaden their perspectives.

Our mantra is 'experiencing the daily life of a person with a disability,' because only in this way is it possible to elevate awareness to the next level.

Nowadays, physical activity (and sports in general) is becoming a part of daily life for many people, although, unfortunately, many still do not engage in it.

For this reason, our goal with this project is to encourage the younger generations and their families to participate in both competitive and non-competitive sports as a valuable tool for empowerment and personal growth.



ACTIVITIES



01 Transform the school by embracing inclusion.

02 Dynamic experiences, open minds

03 Be part of the change, promote diversity

During the proposed meetings, we will focus particularly on themes related to disability and diversity, offering participants motor-sensory experiences centered on the importance of valuing diversity and developing personal critical thinking. One of the main objectives of the day will be to provide tools to better understand the needs of those around us. Another topic will be the importance of setting goals, dedicating oneself to them, and working hard. We will also touch on the technology used in a typical day for a person with disabilities and the essential aids for their autonomy in life and sports.

TEAMBLINDING

TeamBlinding is an innovative team-building experience, specially adapted and revisited to align with the mission of OltreILimitiETS: bringing as many people as possible closer to diversity, inclusion, and mutual listening. This unique and exciting event takes place in a completely dark environment, where participants are immersed in a sensory and interactive experience.

During TeamBlinding, participants face a series of challenges, games, and activities, all designed to test their communication, collaboration, and mutual trust skills. But there's one detail that makes this experience even more intriguing: the total absence of light.

Complete darkness plays a crucial role in TeamBlinding, as it removes the possibility of relying solely on sight, pushing participants to develop new strategies and approaches to achieve common goals. In this environment free from visual distractions, people are forced to rely on other senses, such as hearing, touch, and even instinct, to communicate effectively, make collaborative decisions, and overcome obstacles together.



The activities in the dark offered by TeamBlinding provide a unique opportunity for companies to stimulate creativity, enhance team dynamics, and promote an inclusive work environment.

Through intense and engaging sensory experiences, participants learn to understand the importance of active listening and accepting different perspectives. This awareness is crucial for building a corporate environment where diversity is valued and inclusion is a priority.

Participating in TeamBlinding not only fosters the development of stronger bonds between team members but also builds mutual trust, resilience, and adaptability. Companies can benefit from this experience, as a cohesive and collaborative team is better equipped to tackle challenges effectively and achieve outstanding results.

In conclusion, TeamBlinding represents an innovative and exciting way to engage companies in the important journey of promoting diversity, inclusion, and listening.

Thanks to the dark environment and engaging activities, this team-building experience offers a memorable experience that amplifies participants' awareness, developing essential skills for individual and team success.

TEAM BLINDING



WARHOL PROJECT

The "Warhol" project, in its initial version, offered 12 young people the opportunity to use a virtual reality environment accessible via Oculus Quest 2 to collaborate on a final project under the guidance of an art teacher. Each lesson had a theme selected by the art teacher and took place remotely, involving five neighboring municipalities around the Bergamo area. The participants were connected to a control room located at the Oltre i limiti ETS headquarters in the city of Bergamo. The aim of the project is to open the doors of the virtual world to education, using the language of art. It seeks to develop remote collaboration, listening skills, and the adaptability of the group in a completely virtual environment.

Six sessions of digital art and 3D modeling in a virtual environment. 3 hours of VR lessons guided by a sculpture master.



In collaboration with :



FIRST LESSON

The first lesson involves creating a three-dimensional version of a Vincent Van Gogh painting, where the students have the opportunity to imagine the original scene the artist was observing while creating the painting. The students' work is highly fragmented, reflecting the characteristic and original brushstroke of the artist.

SECOND LESSON

The second lesson focuses on exploring the shape of a nest. It involves creating a space around oneself and making it habitable. Starting from the shape of wasp nests and ceramic artists who have worked with these forms, the students, guided by the art teacher, created a series of nests that were eventually nested inside one another. Like a habitable matryoshka doll, they could explore these nests by scaling them.

THIRD LESSON

The third lesson centers on the human body. Using three-dimensional mannequins, students, guided by an art teacher, created a series of personalized mannequins to delve into the concept of costume and form. A common base for everyone was the mannequin, leading to results that were always unique and personal.



WARHOL PROJECT



VIRTUAL REALITY

Through an Oculus Quest 2 headset, the user becomes part of a virtual reconstruction of our headquarters. It's a reimagined environment inhabited by enormous fantasy characters. It's another space for meeting people from around the world, where time stands still.

GO VIRTUAL

Go Virtual is a project developed by the association 'Oltre I Limiti ETS.' The project represents the headquarters of Oltre I Limiti ETS in a new form, that of a digital presence. Virtual reality allows for an environment that opens up to the world, making spaces larger and more accessible.

In collaboration with :

3MENTI
CONSULENZA - FORMAZIONE - COACHING

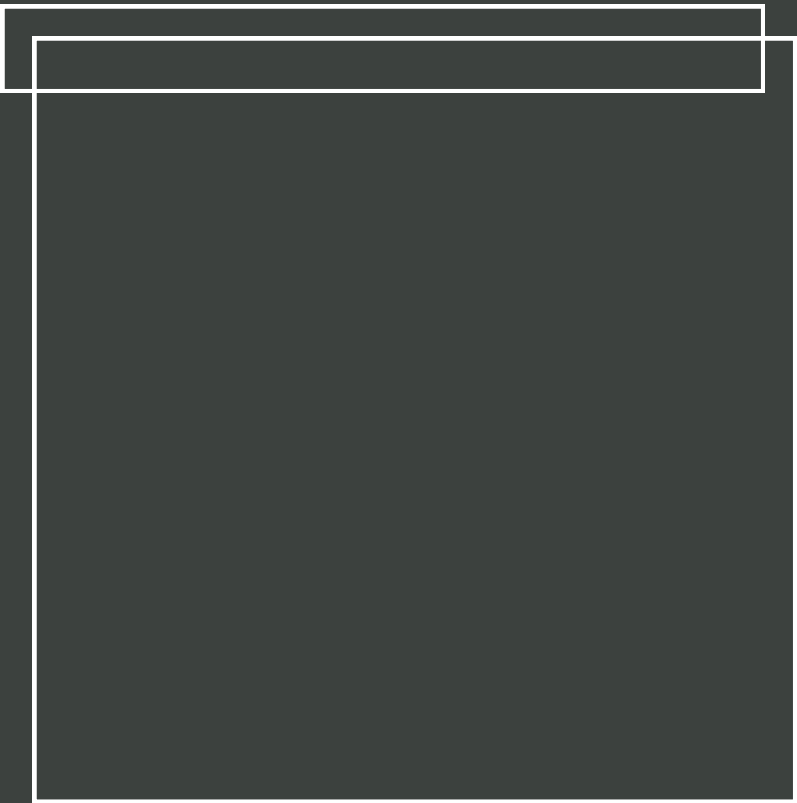


CHARITY POT LUSH

Oltre I Limiti recently spent two special days at the Lush store in Bergamo, located in OrioCenter. During this memorable event, we were welcomed by a phenomenal staff who made the experience even more valuable. Lush won us over not only with the quality of its products but especially with the passion with which they are created and the ethical responsibility they demonstrate. During these exciting days, all the proceeds from the sale of charity products were generously donated to our organization. This financial support will allow us to carry out new projects that we are working on. We express our sincere gratitude to Lush for this opportunity and for their ongoing inspiration.



DIGITIZATION



Our digitalization course is aimed at vulnerable individuals and beginners. Our main goal is to bring as many people as possible closer to using technology, including computers and major digital services.

The course has been specifically designed to meet the needs of people who might feel intimidated or challenged by the digital world. We have created a welcoming and reassuring environment where each participant can learn at their own pace without feeling overwhelmed.

The digitalization activities we offer are designed to provide practical and in-depth training on various topics. We start with the basics, such as turning the computer on and off, and using the mouse and keyboard.

Next, we introduce participants to key online services, such as email, internet browsing, and social networks.

During the course, we pay special attention to learning cybersecurity skills to ensure that each participant can navigate safely and protect their personal data.

In addition to classroom lessons, we also offer individual practical sessions where participants can practice with the help of a dedicated tutor. This personalized approach allows each person to overcome their difficulties and gain confidence in using new technologies.

DIGITAL

In collaboration with :



STEP BY STEP



Oltre I Limiti, in collaboration with Omero and the Unione Italiana Ciechi Bergamo, is organizing an event to support the Biblioteca Italiana Ciechi in the process of renovating the library and archive space on Via Sora in Bergamo.

Our proposal is to transform this space into a cultural and innovative venue open to all UIC – Omero – OIL members and all interested citizens. The goal is to raise awareness about the importance of keeping our cultural heritage accessible, usable, and up-to-date.

To achieve this goal, Oltre I Limiti ETS, in collaboration with Omero and the Unione Italiana Ciechi, has created a fundraising walk event to gather funds and volunteers for the renovation



In collaborazione con :

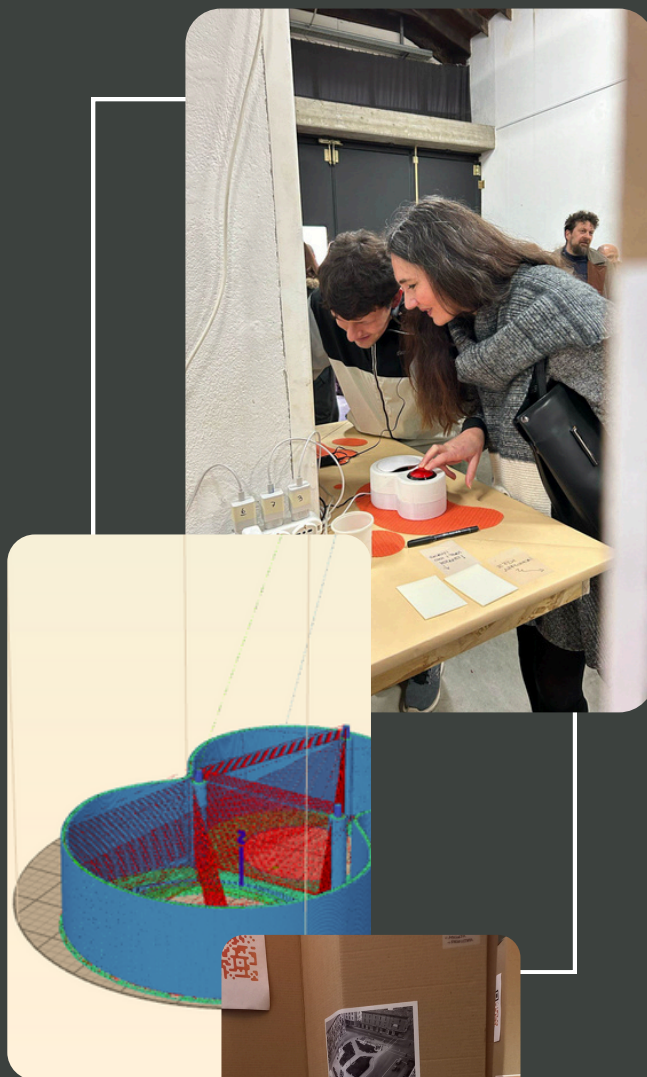


A11Y

THE IDEA BEHIND A11Y (ALLY) IS AN INTERACTIVE CONTAINER TO BE FILLED TOGETHER WITH THE AUDIENCE OF THE EXHIBITION. VISITORS TO AN EXHIBITION CAN RECORD THEIR IMPRESSIONS OF THE ARTWORK NEXT TO WHICH A11Y IS INSTALLED SIMPLY BY HOLDING DOWN THE DEVICE'S BUTTON.

A SINGLE, SIMPLE DESCRIPTION CANNOT CONVEY THE POETRY OF A WORK. INSTEAD OF PROVIDING A SINGLE DESCRIPTION, A11Y CAN RECORD AND PLAY BACK VARIOUS SUGGESTIONS FROM ITS LIBRARY, DIFFERENT DETAILS THAT HAVE IMPRESSED DIFFERENT VIEWERS. PERSONAL AND SITUATED STORIES THAT HELP IMAGINE THE ARTWORK FROM MULTIPLE PERSPECTIVES, 360 DEGREES.

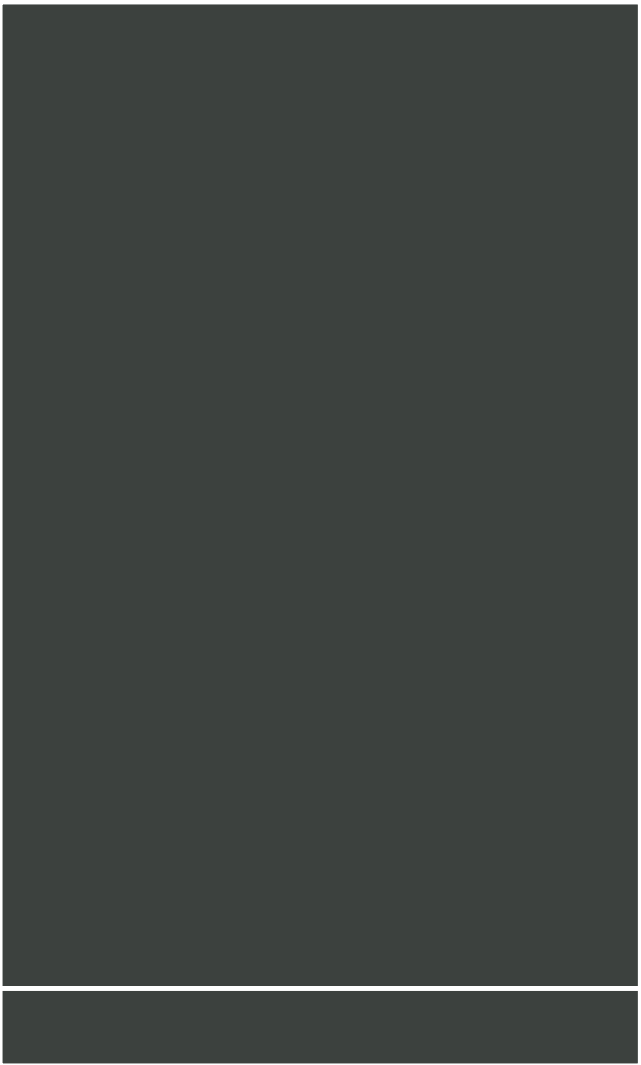
THE ENTIRE AUDIENCE IS CALLED TO PARTICIPATE AND REFLECT ON THE THEME OF ACCESSIBILITY, REJECTING THE IDEA THAT ART IS SOMETHING ELITIST.



THE WORK DEBUTED WITHIN THE EXHIBITION "NARRATIONS OF DISTANCES"



BY: OLTRE I LIMITI ETS E
FRANCESCO LUZZANA



Oltre I Limiti ETS hosts several TIS (Social Integration Internships) at its headquarters. We design customized projects that blend the organization's activities with the individual's personal needs.

These internships, for us at Oltre I Limiti ETS, are genuine inclusion activities where users with disabilities, accompanied by an educator, are guided through a personalized path within our organization.



TIS

SOCIAL
INCLUSION
INTERNSHIPS

IN COLLABORATION WITH :



The project "Through mE – me through you" arises from the need to bring young people closer to reflecting on disability and diversity.

We at Oltre I Limiti believe that change must start with the young, their personal experiences, and their sensitivity.

This inclusive artistic adventure unfolds in several phases, from orientation activities conducted in the art high school classes in Bergamo to hybrid workshops open to external collaboration for those who wish to participate, culminating in two evenings in December that will mark a first experimentation of this new project method.

THE PROJECT IS STILL IN AN EARLY EXPERIMENTATION PHASE AND WILL CONCLUDE THIS FIRST PHASE IN OCTOBER 2024



THROUGH ME — ME THROUGH YOU

IN COLLABORATION WITH SCHOOL-WORK
ALTERNANCE (PCTO)



THE EVENT EVENING

DURING THE EVENT EVENING, THE MUSEUM WAS VISITED BY A MULTI-PLATFORM SYSTEM THAT ALLOWED **130 PEOPLE** TO DISCOVER AND EXPLORE THE ARTWORKS.



"Virtual Skin" is an initiative promoted by the association Oltre I Limiti ETS, which consists of an exhibition of works created in virtual environments by high school art students. The result of two months of intense research and development, this interactive digital exhibition presents works that are true narratives on the theme of inclusion and diversity—core values of the association as seen through the artistic eyes of the students.

In collaboration with :

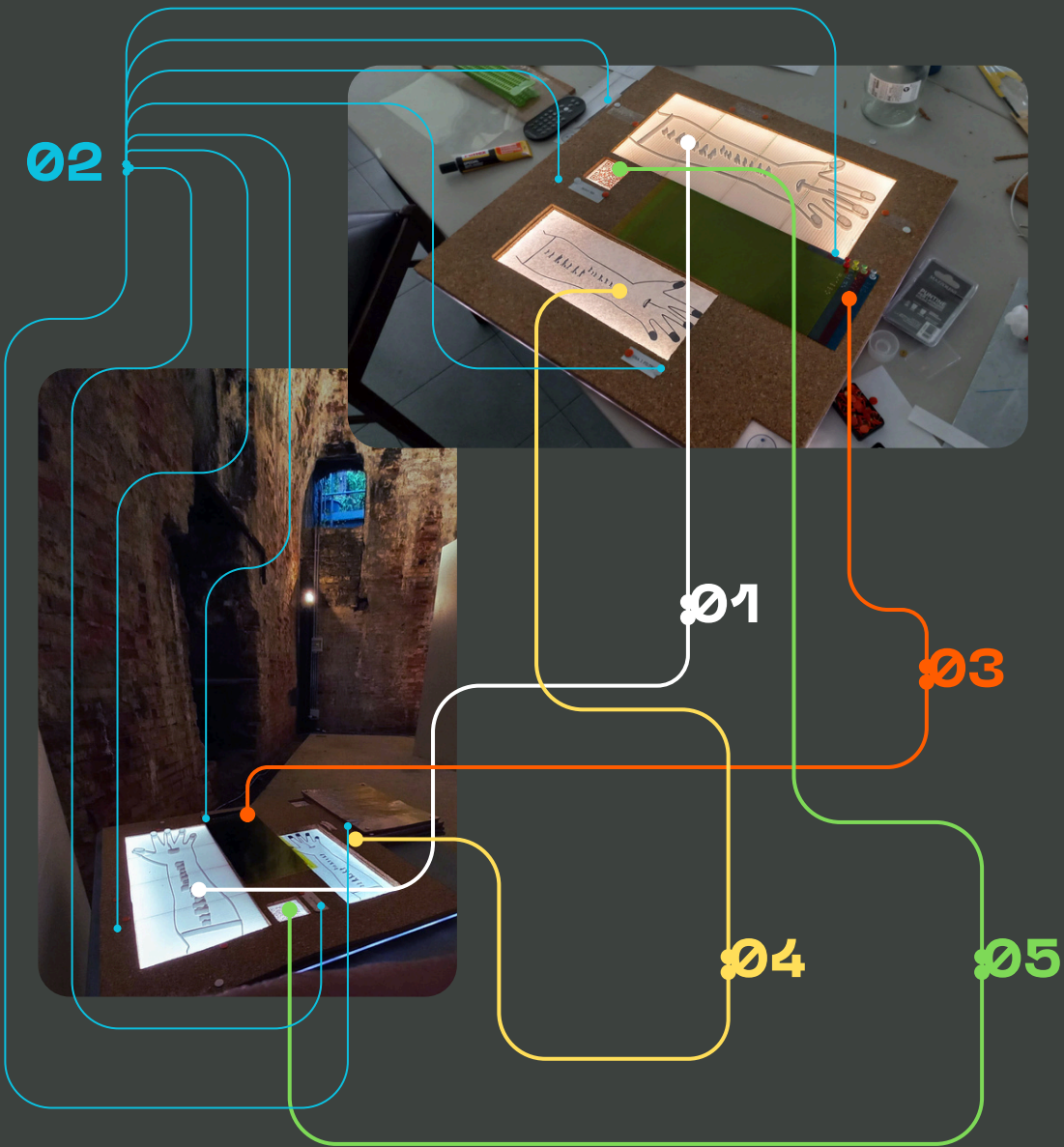


Liceo Artistico Statale
GIACOMO E PIO MANZU'
di Bergamo

VIRTUAL SKIN



ACCESSIBLE SYSTEM



At Oltre I Limiti ETS, we create customized systems to make any cultural event accessible.

We build systems using simple materials such as cork, plexiglass, and acetate. Our goal is to design systems that are mobile and flexible, adaptable to various needs.

These solutions help minimize material waste by leveraging the potential of a flexible and reusable system that not only avoids waste but also remains up-to-date.

The system designed to make Tania El Khoury's performance accessible to blind and visually impaired people consists of a backlit plexiglass and cork board with interactive windows. These windows contain: a QR code with audio and text, a high-contrast print of the work that can be accessed through colored filters, and a 3D print of the work. The entire setup is modular and dismantlable, allowing it to be adapted and modified.

01 – 3d printing

02 – Braille writing

03 – Color filter for visually
impaired

04 – High contrast print

05 – QR Code with
text and audio



ACCESSIBLE SYSTEM

performance of
Tania El Khoury
with Basel Zaraq

FOR AS FAR
MY FINGERTIPS
TAKE ME

during

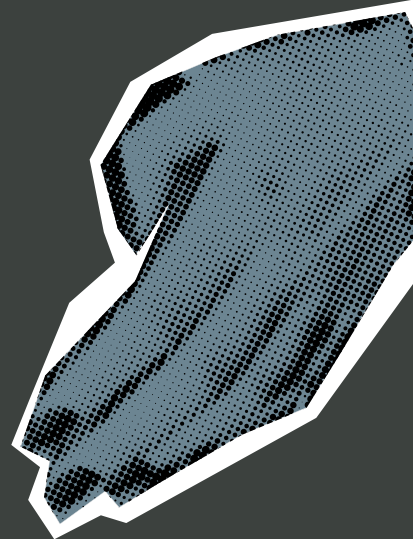
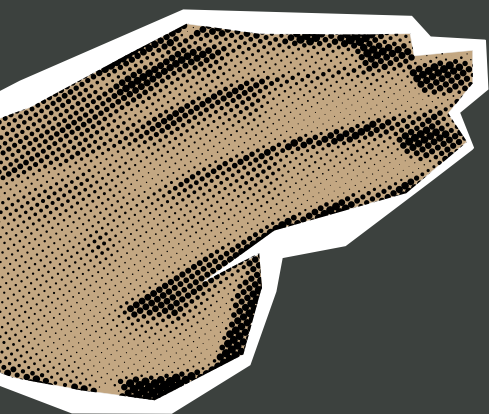
Orlando

festival

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Oltre i Limiti ETS

