

Civil association RED NOSE Clowndoctors was **established in 2004**. Back then his founder Gary Edwards accepted the challenge from MUDr Sejnova to bring the thought medical clowns also to Slovakia.

Founder associations - Gary Edwards (1951) for the first time visited the hospital as a clown in 1976. Since then, he teaches and helps in development of projects focused on the clowning in hospitals around the world.

In the association, there are currently **almost 70 professional medical clowns** who regularly visit **almost all their children's hospital departments and the 31 senior facilities throughout Slovakia. We have been visiting also adult patients for a few years.**

RED NOSE Clowndoctors is **included in the international organization RED NOSES International**, which covers 11 organisations of professional medical clowns from different countries.

In December 2017, we were awarded **by the Public Defender of Human Rights for our activities**. President of the association MUDr. Katarína Šimovičová received the Slovak Woman of the Year 2018 award in the **Charity and Absolute Slovak Woman of the Year 2018 categories**. In October 2019, the association received **the Senior Friendly award** for its long-term activities with senior citizens. The artistic director of the association, Pavel Mihalák, was nominated for **the Crystal Wing in the Philanthropy category** in 2019.

11 different programs for children, adults and seniors also include educational programs for the professional public of our partners - staff of social facilities for seniors and medical staff of hospitals, clinics, and other medical facilities.

The professional seminar **HUMOUR AS A COMMUNICATION TOOL** was created more than ten years ago as a professional lecture at educational conferences of chambers of doctors and nurses and midwives. The need and interest on the part of the professional health public gave the basis for the development of a comprehensive seminar, which is developed at the international level based on the study of the given issue, experience, requirements, and scientific research. Today, the seminar is accredited by the Chamber of Nurses and Midwives.

The aim of the seminar is to offer humour as part of communication at work. It is in no way our aim to teach the medical staff the art of clowning. Humour cannot only relax the atmosphere, but it can bring more lightness to communication and, ultimately, it also brings efficiency to work, where communication is important. Either with the patient or with colleagues at the workplace. When communicating with a patient, humour brings a greater sense of trust, dispelling fear and mistrust, trauma from hospitalisation, the treatment process and various treatments associated with treatment.

Lecturers are experienced medical clowns who specialise in the topic of **HUMOUR AS A COMMUNICATION TOOL** lead the seminar in a relaxed atmosphere with humour so that each participant is able to combine theory with practical exercises. At the same time, the participants can realise, based on their own experience and feelings, how they themselves felt, what they can take from the seminar into practice and their lives, what suited whom, etc.

During four hours, lecturers will easily show the group the principles of humour and types of humour. They will also touch on the issue of humour perception in different periods of human development. An important principle that we will offer is the breaking of routines and stereotypes that are used in the work process and communication and how we can use this breaking through the use of humour.

All this in games and exercises, which are logically organised into a whole seminar. Due to the great interest, we will also touch on clown skills (simple magic, juggling) so that everyone can be inspired by new experiences and play, which is always important in our lives.

After several years of experience, the seminar also works very well as personal psycho-hygiene and team building. This is especially so in cases where the seminar participants are also colleagues from the same workplace or chamber.