

Project “THE ARTIST WITHIN – Applied eMotion”

YOUR INNER CLOWN, HUMOUR STRATEGIES AND OTHER COMPETENCES

Sharing best practices - as a cooperation between Theater Vision e.V., Leipzig and Comparative Research Network e.V., Berlin

Dates of the Workshop

03.10.2015 – 11.10.2015 (9 days including travel days)

Working days: 04.10.2015 – 10.10.2015

Venue of the Workshop

Place: Leipzig (Germany)

www.aohostels.com

Language of the Workshop

English

Target group

People in helping professions: social workers, youth workers, nursing staff in retreatment/retirement houses and hospitals, therapists, teachers and professions from similar fields

Expected number of participants

24 (4 from Hungary + 4 from Bulgaria + 4 from Poland + 4 from Italy + 8 from Germany)

Main activities / programme of the Workshop

The activities will be divided into blocks:

- 1) **intercultural stimulation** – making the participants aware of their own “cultural glasses”
- 2) **journey to your own inner clown figure** that can help to discover your own comical sides as well as to discover that you can use your foibles as a strength and as an initial point for a playful being
- 3) **humour strategies** - reflections about the symptom “humour”, about your own humour and how can it be used in difficult situations of everyday life, what materials can help and which techniques can be learned - theoretical and practical parts
- 4) **theatre improvisation** - helpful games and plays as energizers for group works as well as developing your improvisation theatre and clown skills
- 5) **movement and improvisation** exercises followed by open discussions on the methods
- 6) **implementation/embedding** of the tools and methods together that we discovered throughout the week. Our aim is to support the transfer of the shown techniques to the situations you usually face in your work - discussing concrete examples and using role play

Expected outputs (especially in terms of the learning outcomes for the participants)

- increased intercultural competences of the participants in allday situations
- exploring the strenght of humour for difficult situations in daily life, discovering your inner clown, being inspired to use playful methods in your daily work
- to empower participants and give them the tools and confidence to lead/use simple movement and improvisation tasks with their own target groups

Accommodation and meals

Hotel costs and food is covered from EU fundings by the organizer associations.

The accomodation is going to be in the same building as the training itself.

Tavel

The travel fee to the venue is covered from EU fundings by the organizer associations.

We suggest to arrive in Berlin that is served by two airports, Berlin Tegel and Berlin Schönefeld. Alternatively Berlin is served by the Berlin-Warszawa Express, calling at Berlin Hauptbahnhof.

CRN will organise on arrival day two meeting points in Berlin and one in Leipzig.

The first meeting point will be at 14:00 at Berlin Hauptbahnhof, for participants who are interested in making a quick sightseeing tour to the city. The main meeting point will be at 17:00 at Alexanderplatz in order to take "Mein Fernbus" at 17:30 from Alexanderplatz to Leipzig. The third meeting point will be at 20:10 in Leipzig at the Hauptbahnhof, where the Bus from Berlin will be arriving.

Application

You can apply by sending your biography and motivational letter to Bernadett Hamar-Sari per e-mail: saribetti@gmail.com



Erasmus+



COMPARATIVE RESEARCH NETWORK: