TTRUE

Theatre Training for the Re-activation of Unemployed People

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ABOUT US

An Erasmus+ cooperation project implemented in **Italy, Croatia and Ireland**.

TTRUE uses theatre-based and experiential learning to support unemployed adults and NEETs in strengthening confidence, motivation, transversal skills and social participation.

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Why theatre?

Unemployment can affect much more than income.

Theatre offers a safe and creative space where participants can **experiment, communicate, cooperate and take manageable risks**.

The goal is not to train professional actors, but to support learning and personal development.

It may reduce:

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Who is TTRUE for?

The methodology mainly addresses:

Long-term unemployed adults aged 40+

who may have experienced repeated rejection, loss of confidence, professional identity or social isolation.

Young unemployed adults and NEETs aged 18–30

who may face uncertainty, limited professional experience, interrupted education or difficulties entering the labour market.

The categories are flexible: participants may have very different backgrounds, abilities and support needs.

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The TTRUE approach

Participants are not passive learners.
They bring their own experiences, knowledge and competences into the learning process.

The facilitator creates opportunities to learn through experience, interaction and reflection.

The facilitator creates opportunities to learn through

- experience
- interaction
- reflection

TTRUE combines

- experiential learning
- social theatre
- non-formal education
- improvisation
- collaborative creation
- reflection and group work

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Core principles

Activities can be adapted, but these principles should remain unchanged.

The methodology is based on a few essential principles:

01 **Voluntary participation**

02 **Emotional and physical safety**

03 **Learning by doing**

04 **Gradual progression**

05 **Accessibility and inclusion**

06 **Reflection**

07 **Respect for different ways of participating**

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experience	Take part in an exercise, improvisation or collaborative task.
observation	Notice reactions, emotions and group dynamics.
reflection	Discuss what happened and what was challenging.
connection	Link the experience to everyday or professional situations.
application	Try a new strategy in a later activity.

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The aim is not to formally grade participants, but to help them recognise and transfer their competences to real-life situations.

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The pathway moves gradually from building trust to taking responsibility for a shared final project.

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Theatre is not the final goal. It is the tool.

TTRUE uses theatre to help unemployed adults and NEETs communicate, cooperate, regain confidence, recognise their competences and reconnect with personal and professional opportunities.

Read More...

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