TRAINING COURSE

PERSPECTIVES ON POWER

Personal and collective empowerment through facilitation and community theatre methodologies



11 - 20 OCTOBER 2025

Casa al Giogo - Tuscany ITALY

TRA I BINARI
TEATRO E COMUNITÀ

Agenzia Italiana per la Gioventù

Funded by the European Union

ABOUT THE PROJECT

From oppression and domination,
to coexistence of diversities
distribution of power and cooperation



“Perspectives on Power” is a theoretical-practical training for Youth Workers, combining techniques and methodologies of Theater (Physical, Community, Reportage) and Systemic Group Facilitation.

Through a systemic approach and interdisciplinary tools, it addresses the issue of power, with the intention of promoting a cultural change at the personal, relational and social levels, toward a vision and practice of distributed, shared, conscious power.

The project aims to support social-educational workers, and indirectly the young people they work with, in a process of individual and group
growth, enabling them to take a more active role in social and political life, promoting transversal empowerment.

ABOUT COMMUNITY THEATRE

Theatre made by, with and for communities: it promotes active participation, visibilization of marginalized people, human rights and social empowerment



Through a participatory approach, Community Theatre aim to stimulate new relationships and collaborations within communities, creating spaces for expression and sharing. Theatre, performance and artistic creation become a concrete tool in the hands of the communities, to voice their experiences and transform their realities. The collective research starts from neighbourhoods, youth centres, schools, refugee centres, retirement homes, parks, squares.

In particularly Theatre Reportage methodology intertwine journalism research, anthropological and psychological inquiry, physical training, storytelling and dramaturgy, especially in conflict zones.

ABOUT SYSTEMIC FACILITATION

Promotes values such as cooperation, distribution of power, celebration of diversity, collective intelligence, eco-systemic sustainability and social justice



Systemic facilitation provides a set of theoretical and practical tools that support groups in their life processes, enabling personal potential and collective power to emerge. The eco-systemic perspective consider groups as living organisms and approach group dynamics enhancing their complexity. Attention and care is paid to the dimensions of cohesion, non-violent communication, emotional consciousness and transparency, distribution of power and social roles, participatory decision-making, creativity, investigation, celebration of diversity.

PROJECT PHASES

PREPARATION (June - September)

Selection of participants, connecting with your national team, learning goals, planning within national groups.

ACTIVITY (11 - 20 October)

8 days of the training in Tuscany, Italy (+ 2 days of travel)

IMPLEMENTATION & FOLLOW UP (October - November)

Each participant implements their learning on the local level - organises a follow up activity + shares outcomes of it, within 2 months after the training

EVALUATION & CLOSING (December - January 2026)

Online evaluation of impact of the training, 2 months after the training

If you decide to apply for this training, bear in mind that you are committing yourself to all phases of this project.

Program overview

ARRIVAL	Saturday 11th October
PROGRAM DAYS	Sunday 12th - Sunday 19th
DEPARTURE	Monday 20th October

We expect you to participate in the whole program: coming later or leaving earlier is not allowed.

You can arrive or depart max. 2 days before or 2 days after the mobility. In case you decide to use that extra time, keep in mind that it will not be supported with food or accommodation.
If your stay will be longer than extra 2 days in total, we will not reimburse part of your travel costs.

Contest and frame

The “Perspectives on Power” project takes shape starting from the observation of our own work and life context: we find ourselves in a social scenario characterized by multiple levels of crisis – environmental, economical and political, with geopolitical consequences such as migrations on one side, and wars on the other. The future appears unstable and really challenging for the new generations. The sense of political impotence and social solitude can be widespread among young people. Working with the youngsters means dealing not only with the anxiety and uncertainty typical of their coming of age, but also with the sense of helplessness caused by the historical context.

Aims and outcomes

“Perspectives on Power” aims to provide a context for research, learning and growth. It aims to promote professional and personal empowerment of youth workers, and more in general of people working with groups.
The participants will acquire theatre and facilitation techniques that will support them in group management, in order to foster the well being – both of the youthworkers and of the youngsters they work with, – and to prevent possible sense of impotence, depression and burn out, that can affect caregivers, especially in context of marginalization and social conflict. The project moreover aims to promote a cultural change in a non violent and eco-systemic perspective.

METHODOLOGIES

The training is designed with an experiential learning structure and it alternates and intertwines facilitation and theatre methodologies.
It will work on different levels, considering the fractal structure of groups: individual, relational and systemic.

INNERWORK

- bodycentering
- journaling
- self awareness and self connection
- creative writing
- individual research
- regeneration practices

THEATRE

- physical theatre training
- dance theatre physical scores
- improvvisation
- storytelling
- social and community theatre tools
- reportage theatre tools
- research, short playwriting

FACILITATION

- dyads and deep listening
- cooperative games
- Sociometries
- Empathic communication
- Conflict management
- collective debriefing and reflection
- way of council
- theoretical tools and some framework on power

WHAT YOU WILL LEARN

- **Theoretical-practical tools** for a cooperative, transparent and regenerative group management, to be used in life contexts and daily work (i.e. with youngsters)
- **Collaborating** in group and practicing shared leadership
- **Critical and constructive thinking**: recognizing power dynamics, roles, privileges, rank, in different contexts, on local and global scale
- **Fundamentals of empathic communication** and conflict transformation
- **Enfostering collective intelligence**
- **Awareness** of inner diversity and group diversity
- **Body-mind centering** practices
- **Improvising techniques**
- **Involving body and imagination** as important medium in working with groups
- **Intertwining journalistic research and theatre** in an “experience performance”
- **Creating contest for collective experiences** and storytelling
- **Fostering self-determination in choices** in the different dimensions of life – personal, in group, social and political
- **Activating citizenship awareness and participation** through performative contests

The Project is for you if...

Priority is given to participants who are facing conditions that make their participation in commercial trainings difficult or non-affordable (i.e. unemployed, minorities, from isolated areas, students..)



- you are resident in Italy, Belgium, Czech Republic, Germany, Greece, Romania, Poland or Spain
- you are 18+ years old
- you can work and communicate in English
- you work with groups - i.e. as a youth worker, social worker, theatre operator, facilitator, trainer, educator, student, volunteer
- you are interested in deepen your awareness in power dynamics, privileges and marginalization
- you are committed to apply what you learn in your neighborhood, team, organization in the next months after the training

Who we are



Vittoria Belvignati

Project Manager

After a school education in arts and crafts, she started her non-formal training in 2019 by collaborating with theatre, circus and dance companies in organising projects and events. She has also participated in several trainings of theatre, singing, stilts and clowning, developing her training with national artists and companies. She is in charge of organisation, administration and project management for Tra i Binari and Adarte (contemporary dance company of Siena). At the same time, she continues her theatrical training working as a theatre operator in projects with citizens, asylum seekers, children and young people, and with people with cognitive and physical disabilities in dedicated centres.



Marina Capezzone

Trainer

Actress, trainer and theatre operator.
Graduated in Law at the University of Florence. She worked until 2019 in integration projects with asylum seekers. At the same time she has been training in theatre with Tra i Binari APS since 2012. Over the years she has attended trainings and seminars with Italians and internationals groups. Since 2019 she has been practising and studying Kalaripayattu at the Hindustan KalariSangam and is a trainer of this martial art. She creates performances, pieces and theatre and community projects. She works in schools and youth centers as a theatre operator conducting projects and workshops with young people; she conducts theatre projects with marginalized people working in old people's homes, centers for the disabled and migrants.



Giulia Lampignano

Trainer

Group facilitator, social theatre operator, trainer and educator.
Master's degree in Philosophy (University of Milan), in Group Facilitation, and in Social and Community Theatre (SCT Centre and University of Turin), Documentary and Participatory video (Zalab, Rome), and professional qualification as socio-pedagogical educator.
In the last ten years she has worked as a trainer in the field of citizenship education in primary and high schools, as a social theatre operator with socially marginalized groups (disable people, refugees, multicultural suburb kids), and as a facilitator of participatory processes and group support in conflict mediation.
She have met Tra i Binari in 2022.

About the organizer:
Tra i Binari APS

Tra i Binari is a cultural association formed in 2015 by a theatre company, active in theatre practices, community processes and social development. It is based in the municipality of San Miniato (Pisa, Italy), where it works with local communities and creates networks with international non-profit organizations.

Its activities are developed between a continuous artistic-creative research and a constant dialogue with communities, activating all year round theatrical processes with Italian citizenship, migrants, disabilities, prisoners, young people, neet and homeless people. The project is built around the idea of how theatre can serve communities and how they can use theatre to convey their needs.



THEATRE AND COMMUNITY

THEATRICAL ARTISTIC PRODUCTION

INTERNATIONAL NETWORK & ACTIVISM

VENUE & Territory

Casa al Giogo – a home in the nature on the Tosco Romagnolo Apennines

Casa al Giogo is an alpine retreat situated in the Giogo-Casaglia Park, at 882 meter asl. It’s an eco-sustainable venue, located 48km from Florence and 83km from Bologna.
The landscape is characterized by beech woods alternating with pastures, mountains excavated by the action of the streams, which form real canyons like that of the Valley of Hell and Rovigo.

The venue can be reached by public transport.



VENUE & Accomodation

Casa al Giogo – a home in the nature on the Tosco Romagnolo Apennines

Casa al Giogo has rooms and dormitories, there are 9 shared toilets and 6 showers (including 3 bathrooms for disabled), a dining room, a living room and a training room with french windows overlooking the nature around. The building is immersed into nature.

website click here

The refuge is an historical farmhouse now managed by the association “Intersezioni”, that hosts seminars, shows, social residential camps, walks with goats, co-living experiences for adolescents, families or solo travellers. Sustainable, responsible and social turism is practiced and promoted.



FOOD

Vegetarian food, circular economy, sustainability

The cuisine will be vegetarian and will favor the purchase of organic products from sustainable local farms which guarantee also workers' rights.

The venue Casa al Giogo and the eco-systemic perspective of the setting foster circular economy, through the promotion of the three "R": recycle, reuse, riduce (especially the consumption of water and energy).

In order to benefit at the best of the Training and be fully present to the activities, we suggest you to embrace this 8 days immersing in nature with a detoxing attitude.

There is no shop close to the venue, so please make sure you have everything you need with you.
If you have any allergy, please inform us and make sure you have medicines with you.

Partner organisations

COUNTRY	ORGANISATION	CONTACT
Italy	Tra i Binari APS	teatritraibinari@gmail.com
Belgium	Medeber Teatro ASBL	francesco@medeberteatro.org
Czech Republic	Brno Connected z.s.	brnoconnected@gmail.com
Germany	INITIATIVE GRENZEN- LOS! e.V.	info@theater-x.com
Greece	Lyrikos Mikros Planitis	aferathina@gmail.com
Romania	Asociatia Minte Forte	international@minteforte.ro
Spain	Asociación Cultural ImpactArte	impactarte.bcn@gmail.com
Poland	Fundacja ICAD	projekty@icadfoundation.org

There are 3 places per country, in total we will be a group of 24 people.
You will be communicating with the partner organization of your Country on a national level

TRAVEL COST

The project is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.

COUNTRY	MAX AMOUNT REMBOURSED	
Italy	GREEN TRAVEL	56 €
	NON GREEN	28 €
Belgium, Czech Republic, Germany, Greece, Romania, Spain, Poland	GREEN TRAVEL	417 €
	NON GREEN	309 €

The reimbursment amount depends on the country you are travelling from, and the means of transport you choose (green and slow travel OR plane and not green travel).

Conditions of reimboursment

We will reimburse 100% your travel costs only if:

- you got a confirmation from us and we have approved your travel plan
- your real travel costs are lower or same as the amount stated in the previous table
- you have all your travel tickets, boarding passes and invoices (originals). Keep and store them!
- you participate in the whole training, the follow up and the evaluation after the project
- you travel within up 2 days before OR 2 days after the project (if necessary due to the avaiable connection)

The reimbursement is done approx. 2 - 3 months after the project, once you send us the originals of the tickets and took part in all the phases of the project.

BE AWARE that if you travel beyond 2 days before OR after the project or your travel costs are higher, the difference is covered by you.

Travel cost into the maximum amount

Keep travel receipts

Partecipate in the whole training

APPLICATION - SELECTION - CONFIRMATION

If you want to participate fill the on line application form.

We ask you to apply only if you are fully committed and available to participate in the programme.

CLICK HERE TO APPLY

Participant will be selected by sending organization in collaboration with Tra i Binari APS

Selection is done based on the profile and motivation of applicants. We recommend you to fill in the application form carefully. To participate you don´t need to be an active member of the partner organizations. However they have the right to give priority to their members.

The selection is a running process and it will be finalized in order of inscription. Therefore the places can run out before the deadline.

If you are accepted for the project

You will receive a confirmation email with more practical information regarding the accommodation, the exact address of the venue and directions on how to reach it.



Contacts

Tra i Binari APS

Web site

https://www.traibinari.org/

E-mail

teatritraibinari@gmail.com

Project Coordinator & contact person

Vittoria Belvignati

Cell Phone

+39 331 2084857

This project is funded by the Erasmus+ programme of the European Union. If you would like to find out more about the program, please visit http://ec.europa.eu/programmes/erasmusplus/