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# PLAYBACK

Training Course  
"PLAY it BACK – Playback theatre  
for the prevention of emotional burnout in youth work"

*Abovyan, Armenia, 22 September - 02 October 2025*

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# WHAT IS PLAYBACK THEATRE?

Playback Theatre is an original form of improvisational theatre, based on emotional expression and play of the personal stories, where the participants can share their emotions and tell their personal stories as well as enact (play back) the emotions and personal stories of others.

Playback Theatre is spontaneous – it is theatre created through a unique collaboration between performers and audience that allows self-disclosure and self-expression in a safe environment, that builds connection, dialogue, and change. Volunteers from the audience tell personal stories from their lives during a performance, guided by the conductor, then choose actors to play the different roles and watch as their story is immediately recreated and given artistic shape and coherence.





# WHAT IS PLAYBACK THEATRE?

While people tell their stories, listen to other's stories and watch the theatre that is created, a "red thread" of common experience begins to weave through the performance, building and strengthening our connections to each other as a community. It enables audience members to see each other in a new, often more compassionate light, especially across differences of background, experience or values. Overall, the Playback practice helps both the "actors" to feel their bodies, feel and express their emotions, deal with their own personal experiences and relive them, develop their emotional intelligence, flexibility and resilience – and the "tellers" to see their emotions, feelings, personal stories and experiences from aside, in this way, relive them safely, get relief from the accumulated emotions, gain insights, find new solutions, form new attitudes and discover new meanings.

Created by Jonathan Fox in 1975, based on improvisational theatre, oral traditional storytelling, Jacob Moreno's psychodrama method and the work of educator Paulo Freire, Playback Theatre is nowadays done in over 70 countries around the world.

# ABOUT THE PROJECT

During the first part of the training, with the help of the Playback method and tools, we are going to work with the prevention of emotional burnout of youth workers.

During the second part of the training, we are going to deliver the method and tools of the Playback to the youth workers in order for them to apply it in their follow up youth work with their target groups and local communities.

During the third part of the training, the youth workers will create and develop their own local projects/ideas/initiatives aimed at work with their local communities with the help of the Playback method and tools.

For 9 days, 24 youth workers will deeply dive into the topic, playing, discovering and assimilating our working methods suitable for small and large groups.

The learning by doing approach ensures many immersive activities, such as short and narrative forms of Playback, role-plays, performances, jams and other theatrical techniques. We will have long debrief sessions on all the elements of each method, ensuring a detailed understanding and feeling for all participants.



# OBJECTIVES

Throughout the training, moving in the direction:  
practice -> debriefing -> awareness -> theoretical  
inputs and support -> skills development, we want:

**1**

to raise emotional self-awareness, self-management, self-expression, broaden emotional spectrum and develop empathy and EQ in general;

**2**

to provide the tools and possibilities to express emotions naturally and ecologically;



**3**

to provide the tools and possibilities to relive the personal stories and experiences (especially traumatic ones) safely, see them from different angle and, therefore, gain insights, find new solutions, form new attitudes and discover new meanings;

**4**

to prevent emotional burnout; to develop mental flexibility, resilience, sustainability and well-being;



# OBJECTIVES



**5**

to supply the participating organizations and youth workers with the innovative practical method and tools for the prevention of emotional burnout of youth workers and youth work with various vulnerable, marginalized and challenging target groups;

**6**

to create new projects' ideas for the development of the local communities in participating countries, based on the Playback Theatre methodology;

**7**

to develop partnership and capacity building.



# OUTCOMES AND IMPACT

The project will significantly increase the quality of youth work of participating organizations, bring innovations to youth work in general, and have a sustainable impact:

- on the participating youth workers: through prevention of their emotional burnout, development of their mental flexibility, resilience and sustainability, support of their mental well-being;
- on the participating organizations and youth work in general: through supplying them with the innovative practical method and tools of the Playback;
- on the local communities in participating countries: through the main practical outcomes of the TC – created new projects' ideas for the development of the local communities, based on the Playback Theatre methodology.



# PARTICIPANTS

## Participant profile.

**DO** apply for our training course, if:

- you're ready for some life changing experience;
- you're ready for self-disclosure, being vulnerable and sincere;
- you're in need of the emotional burnout prevention;
- you're ready to apply the acquired knowledge and experience in your daily personal and professional life;
- you're ready to organize the follow-up activities, based on the acquired knowledge, experience, competences and skills;
- you're able to express yourself in English.

Please, **DON'T** apply for this training course, if:

- you're not ready to step out of your comfort zone;
- you're not interested to learn;
- you're not able to listen;
- you're not ready to speak on the public;
- you're not ready to play on the stage;
- you're not ready to organize any follow-up activities, based on the acquired knowledge, experience, competences and skills.



## 24 participants from 8 countries:

France	.....3 participants	Armenia	.....3 participants
Italy	.....3 participants	Georgia	.....3 participants
Portugal	.....3 participants	Moldova	.....3 participants
Romania	.....3 participants	Ukraine	.....3 participants

Keep in mind that the selection will be done strictly based on applications. The priority in the selection will be given to the participants with a relevant matching profile and constructive detailed application.

**To sign up for this training, please, carefully fill the [application form!](#)**

# PARTICIPATION

## 1

Full attendance and being on time at sessions is mandatory and it is a condition for reimbursing your travel costs.

## 2

Active involvement. We expect to have a contribution-based process, with consistent input from your experience. You are invited to share your relevant knowledge and experience in NFL, Playback Theatre or other theatrical approaches, practical youth work with diverse target groups; to organize a workshop or facilitate a session on a relevant topic; to help us in organization process; etc.

## 3

Financial contribution. You are expected to contribute 30 EUR fee, which will be collected in cash upon your arrival. This fee will be used to organize the day, devoted to exploration of cultural and historical heritage and social community of Armenia. Your financial contribution will ensure the principle of co-financing of Erasmus+ Programme as well as your personal input and involvement into the project implementation.



## 4

The training course consists of three parts. During the first part, with the help of the Playback method and tools, we are going to work with the prevention of the emotional burnout. During the second part, we will explore the method and tools of the Playback Theatre and its applicability to youth work. During the third part, you will create your own local projects, aimed at work with your local communities with the help of the Playback method and tools. We will sum up the learning experience with the final performance, in which everyone of you will take part.



# PARTICIPATION



## 5

Dissemination and follow-up. After the training:

- each youth worker is expected to contribute to the activities on dissemination of the Erasmus+ Programme, training course and learning outcomes, writing and sharing minimum one report/post about it in his social media and/or mass media;
- each participating organization is expected to conduct one local workshop to share approaches, methods and tools, explored during the training, and/or launch the implementation of the created social project, then provide pictures from the activity and report on it.

## 6

After the selection, you will receive the participation agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages. You will have to sign, scan/photo and [upload](#) the [participation agreement](#) before the project.

**Please, carefully consider everything mentioned above before taking a decision [to join](#) us on this adventure!**



# VENUE AND ACCOMMODATION

## Venue



Abovyan.

It is a town and urban municipal community in Armenia within the Kotayk Province.

It is located 16 kilometers northeast of Yerevan and is considered to be a satellite city of the Armenian capital. Therefore, Abovyan is generally known as the "Northern gate of Yerevan".

## Accommodation

During the project we will live in a [Hin Parvana](#) Hotel (check out the [location](#)). The rooms will be shared between 2-4 participants. The rooms have either twin or double beds, individual bathrooms. Bed linen and towels (one towel per person) are provided.

We will be provided with breakfast, lunch, dinner and 2 coffee breaks. The water is drinkable from the tap.





# TRAVELING



**22/09 – the arrival day**

**02/10 – the departure day**

According to the rules of the French National Agency, you can use up to 2 additional traveling days.

Remember that it's your own responsibility to organize your stay in Armenia during additional traveling days!

Participants are not allowed to arrive after or depart before the official dates of the project.

You are expected to arrive/depart to/from Yerevan.

**Please, do not book any tickets until you get them confirmed by us!**

Otherwise, we will not be able to reimburse you!

To confirm your traveling plan, before booking it, please, send your proposal to

**Gabriella Russo • [med13ngo@gmail.com](mailto:med13ngo@gmail.com)**

with the e-mail subject

"PLAYBACK\_Country\_Name Surname"

# TRAVELING

## **When you arrive to Yerevan:**

We recommend not to exchange a lot of money at the airport, as the exchange rate is very low there.

For reaching the venue, you can take a shuttle bus, which goes every hour from the airport to the city center (the price per person is 300 AMD/0.75 EUR).

From the city center you can take a public bus (#259 or #261) to reach the hotel (check out the [location](#)).

The other option is to order a taxi via [GG](#) or [Yandex Go](#) application from the airport or from the city center directly to the venue (we recommend to share the taxi with other participants).

**Please, keep in mind that if you decide to take a taxi, it will not be reimbursed!**



**Check-in time: 22nd September at the venue, after 15:00!**  
**In case you arrive earlier, we cannot guarantee early check-in!**



# FINANCIAL TERMS AND CONDITIONS

## Reimbursement

Please, save all the originals of your travel documents!

Your travel expenses can be reimbursed within the travel grant ONLY upon presentation of ALL ORIGINAL DOCUMENTS, stating your travel data and costs (boarding passes, tickets for plane/bus/train and invoices).

Please, [upload](#) all your DIGITAL BOOKINGS, INVOICES, BOARDING PASSES and/or SCANS (pictures/photos are not accepted!) of the HARD COPIES of your BOOKINGS, INVOICES, BOARDING PASSES to [the Google Drive folder](#) (inside, find the folder of your country, create your personal folder in your country folder, upload everything to your personal folder).

Keep in mind that you will be reimbursed by bank transfer after the project, **once dissemination activities will have been completed.**

## Financial contribution

You are expected to contribute 30 EUR fee, which will be collected in cash upon your arrival. This fee will be used to organize the day, devoted to exploration of cultural and historical heritage and social community of Armenia.

Your financial contribution will ensure the principle of co-financing of Erasmus+ Programme as well as your personal input and involvement into the project implementation.



## Travel grant limits:

The maximum travel grant limit will be calculated individually according to the travel distance between the place of origin (city of departure) and the venue of the activity (Abovyan town, Armenia) by using [the Distance Calculator](#) supported by the European Commission:

0 – 9 km	.....0 EUR
10 – 99 km	.....28 EUR
100 – 499 km	.....211 EUR
500 – 1999 km	.....309 EUR
2000 – 2999 km	.....395 EUR
3000 – 3999 km	.....580 EUR
4000 – 7999 km	.....1188 EUR

# THINGS TO BRING



- Valid passport for travel;
- Travel/health insurance, valid in Armenia for the whole duration of the project (desirable, but not mandatory – it's on your own responsibility);
- All the required travel documents (all the tickets, invoices and boarding passes (preferably, the online check-in));
- Laptop (at least, one per country team - you will be making digital presentations in country teams during the last days);
- Comfortable indoor shoes and clothes for training activities;
- **Black clothes (as you can see in the pictures in this info-pack) for performances we will have;**
- Comfortable outdoor shoes, light clothes and backpacks, warm clothes (it might be warm during the daytime and chilly in the evenings within the period of the project);
- Swimming suit;
- Personal hygiene items;
- The medicine you may need.

# PROGRAM

Day 1  
Tue 23/09

Getting to know each other. Group building.  
Intro to the program.

Day 2  
Wed 24/09

Playback practice – for prevention of  
emotional burnout. Body. Voice.

Day 3  
Thu 25/09

Playback practice – for prevention of  
emotional burnout. Emotions. Interaction.

Day 4  
Fri 26/09

Playback practice and method. Study visit.  
Free time in Yerevan (optionally).

Day 5  
Sat 27/09

Playback method – for youth work. Basic  
techniques. Emotions and short forms.

Day 6  
Sun 28/09

Playback method – for youth work. Personal  
stories, narrative and role-play forms.

Day 7  
Mon 29/09

Playback method – for youth work. Study  
visit. Conducting in Playback.

Day 8  
Tue 30/09

Creation of the outcomes. Development of  
the local projects.

Day 9  
Wed 01/10

Presentation of the created projects.  
Evaluation. Final performance.



# TRAINERS



## **Vladimir Kozachun**

PhD studies in psychology, practical social and medical psychologist, psychological counselor, coach, trainer; Improvisational Theatre and Playback Theatre trainer and actor

**trainer's profile**



## **Sofia Chorna**

PhD studies in psychology, practical social psychologist, psychological counselor, trainer; experience in social/youth work, NFE

**trainer's profile**



## **Anna Zabolotnaia**

Master's degree in psychology, practical psychologist, psychological counselor, trainer; psychodrama therapist; Playback Theatre trainer and actor

**trainer's profile**



## **Oxi Yatsenko**

Trainer, coach; Playback Theatre trainer and actor

**trainer's profile**



# CONTACTS

Project coordinator  
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