

# **IMMERSION LAB**

## **Creative Methods in**

## **Interactive Performance**

### **TRAINING COURSE**

### **BEGINNERS' VERSION**

### **CALL FOR PARTNERS**

**5th-12th of May 2026**  
**Ribes de Fraser (Girona), Spain**

## BACKGROUND

**IMMERSION LAB is an introductory training program for beginners who want to explore how performing arts and participatory tools can be used in educational and creative settings to foster inclusion. The course provides accessible methods for using theatre and movement as tools for social intervention or artistic expression. Aimed at new performers, emerging theatre-makers, artists, youth workers, and educators, IMMERSION LAB offers basic skills to integrate creative practices into their work, empowering individuals and communities through collaborative and engaging performance activities.**

# IMMERSION LAB



## ABOUT INCA

**INCA Catalunya is an organization dedicated to utilizing performing arts to benefit the community through immersive and participatory strategies. It promotes youth development and educational initiatives via a variety of programs, emphasizing international collaboration and community empowerment. By providing access to the arts and opportunities for cultural exchange, skill development, and audience engagement, INCA Catalunya seeks to enhance learning experiences. Its innovative projects aim to foster vibrant, inclusive communities that thrive on creativity and collaboration.**

# IMMERSION LAB

## SHORT DESCRIPTION

This beginner-friendly training helps participants from different backgrounds learn how to use performing arts and participatory methods in their local work. A main goal is to create simple interactive activities and tools that support youth and their communities. The program takes place in an arts space in a small village, away from distractions, to support focused learning. Participants will explore physical theatre, clowning, immersive theatre and interactivity. The project encourages creative movement and shared experiences to build trust, collaboration, and group connection.

## OBJECTIVES

- Participants will develop basic artistic skills in physical theatre, and clowning, with a focus on using space to tell stories. They will learn what “Interactive Theatre” means and how to create simple performances that respond to the space and environment.
- The training includes immersive activities that engage the audience through movement, senses, and innovative theatre techniques. Creativity is encouraged through experimentation and the use of unconventional tools.
- Participants will work together in groups, sharing ideas and learning from different cultures to create a supportive and dynamic environment.
- By the end, they will be prepared to use immersive and interactive methods in their work as beginner artists, educators, or cultural professionals.



# IMMERSION LAB

## PARTICIPANT'S PROFILE

**The training is open to youth workers, educators, trainers, and young artists—including dancers, actors, performers, and creators of theatre or dance.**

**Participants must belong to an organisation with an OID.**

**The course is for beginners in immersive and interactive methods who want to explore new creative approaches**

## Partners' profile

**The training is open to youth workers, educators, trainers, and young artists—including dancers, actors, performers, and creators of theatre or dance. Participants must belong to an organisation with an OID. The course is for beginners in immersive and interactive methods who want to explore new creative approaches**



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the European Union

# ACTIVITY SPACE

**Participants will be hosted at “La Cremallera”: a peaceful, remote artistic center located in Ribes de Freser (Girona). [www.lacremallera.art](http://www.lacremallera.art)**

**The venue offers 6 apartments with bathrooms (you will share rooms and bathrooms), a working room, a common room and a serene, wooded area ideal for outdoor activities and exploration.**

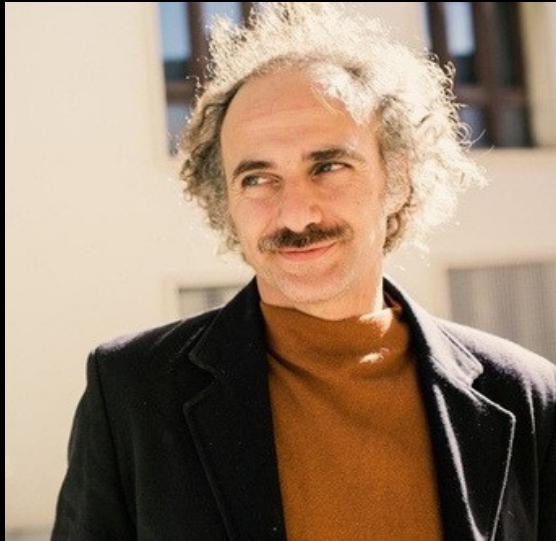
**Food will be provided at the venue from our cook.**

**Food will be Vegetarian. We will ask you for special needs during the selection phase.**

**Surrounded by nature, the location provides an ideal environment for participants to fully immerse themselves in an enriching intercultural experience.**



# IMMERSION LAB



## Stefano D'Argenio

I started learning circus techniques on my own and ventured into street theater in a small town in southern Italy. I complemented circus work with theater training, clowning, art. Now I find myself in Catalonia,

blending various disciplines in both my artistic and educational work. I love the power of the performing arts to question both simple things and big issues. I approach my work like a craftsman: handmade pieces crafted with care, each with its own personality.

[www.teatrodargenio.com](http://www.teatrodargenio.com)

[www.incateatro.com](http://www.incateatro.com)  
[www.cangabarra.org](http://www.cangabarra.org)



## Emanuele Nargi

Emanuele Nargi holds an MA in Performance Making and has dedicated his professional life to the arts and education, with a background in movement and physical theatre. As a trainer, he consistently engages at the intersection of theatre and participation, bringing a unique blend of creativity to his work. Discover more about Emanuele at [emanuelenargi.com](http://emanuelenargi.com)

## FINANCIAL RULES

Travel, board and lodging expenses are covered by the European fund. Regarding the travel, the expenses will be reimbursed within the limits of the ceilings as foreseen by the User's Guide of the program Erasmus+ (distance calculator) and according to the rules of the ERASMUS+. The project dates are 5TH-12th of May 2026 (travel days included). To get reimbursed, you need to send us, at the end of the project, all the documents related to the travel (tickets, invoices, receipts etc.).

**GREEN TRAVEL IS NOT CONSIDERED.**

## Costs and Funding

The course is funded through the Erasmus+ program, thanks to the accreditation of INCA Catalunya. The costs of participation, accommodation, meals, and materials are covered for all selected participants. However, places are limited, and selection will be based on motivation and experience. There is a fee of 60 €.

# HOW TO REACH THE VENUE



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## IMPORTANT

### Option 1

**YOU HAVE TO LAND IN BARCELONA IN THE MORNING (THE LATEST AT 2PM) Otherwise you will miss THE TRAIN CONNECTIONS.**

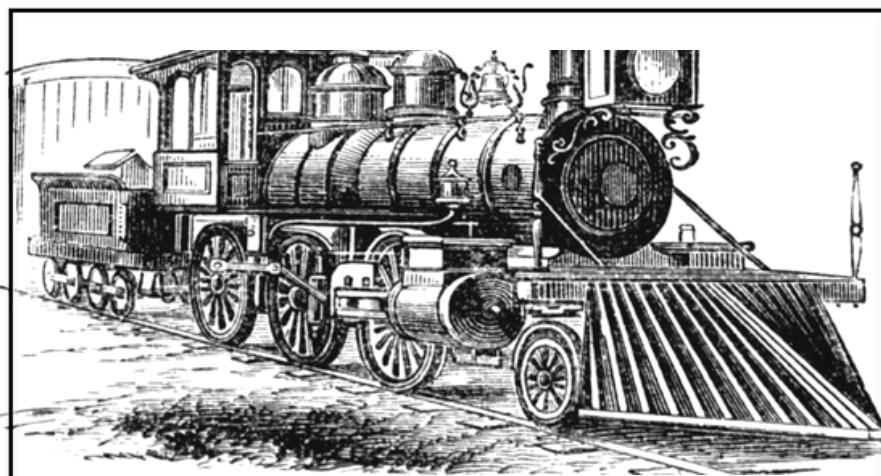
**From the Airport:**

**Take the RENFE train (R2 line) from El Prat airport (direction: Sant Celoni) and get off at Sants station.**

**Here take the train R3 Line and get off at Ribes de Freser. The trip will take approximately 3.30 hours from the airport.**

### Option 2

**Fly to Girona: take the coach L28 to Vic and after the train L3 line and get off at Ribes de Freser. Duration approx. 2.30h.**



## DISCLAIMERS

Bring a **notebook**



Work. Focus on  
the process. Enjoy the  
moment.

Some of the activities involve physical contact in the respect of the participants, specifically during the energisers, team building, physical theatre and dance. If functional physical contact during the activities is not accepted, this project might not be right for you :)

**COMFY CLOTHES:** you'll need comfortable clothes for physical activities (no heels, no skirts, etc.)

Feel free to bring a musical instrument, if you have one ;)

# IMMERSION LAB

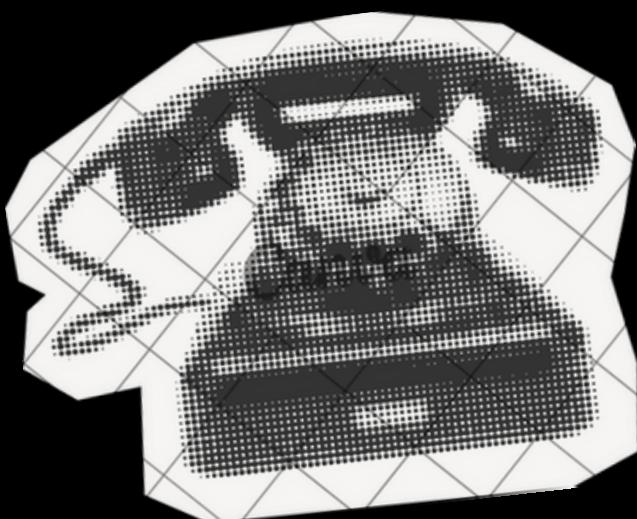
## CONTACTS

**For any question, please,  
don't hesitate to contact  
us:**

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