



# **TRAINING FOR TRAINERS**

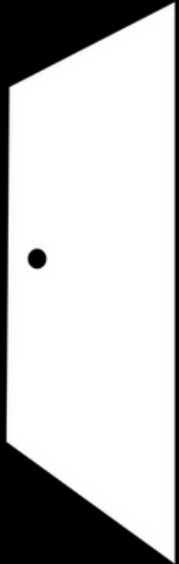
**IMMERSION LAB**

**Creative Methods in Interactive Performance**

**INFOPACK**

**9th-16th of JUNE 2026**

**Ribes de Fraser (Girona), Spain**



# IMMERSION LAB

## BACKGROUND

**IMMERSION LAB is a training-for-trainers program designed to strengthen the capacity of professionals to use performing arts and participatory tools in educational and creative settings to foster inclusion.**

**The course provides effective methods for applying theatre and movement as instruments for social intervention and artistic expression.**

**Aimed at trainers, youth workers, educators, artists, and theatre-makers, IMMERSION LAB equips participants with the skills to design and facilitate creative processes with groups.**

**Through collaborative and engaging performance practices, the program supports professionals in empowering individuals and communities through artistic expression and collective experience.**

# 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.**



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## OBJECTIVES

- 1) Strengthen trainers' ability to design and facilitate creative, participatory activities using theatre, movement, and immersive methods.**
- 2) Develop practical skills in physical theatre, clowning, and interactivity that can be applied in educational, social, and community contexts.**
- 3) Enhance trainers' capacity to use space, environment, and group dynamics to create engaging, meaningful learning experiences.**
- 4) Promote collaboration, trust-building, and group cohesion through shared artistic processes and embodied practices.**
- 5) Equip participants with adaptable tools and methods to support youth engagement, inclusion, and community empowerment through performing arts.**



# 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 OJD.**

**This course is designed for professionals interested in developing their capacity to train others in immersive and interactive theatrical methods, and in integrating creative approaches into educational and community settings.**

## METHODOLOGY

**Through a series of workshops and training sessions, participants will explore creative and interactive facilitation methods using the body, space and movement.**

**The course includes work on interactivity, body expression, improvisation, humor, and rhythm, equipping trainers with tools to guide playful and expressive group processes.**

**A key component is site-specific theatre, focusing on how different environments can shape and enhance storytelling, participation, and group learning.**



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# ACTIVITY SPACE

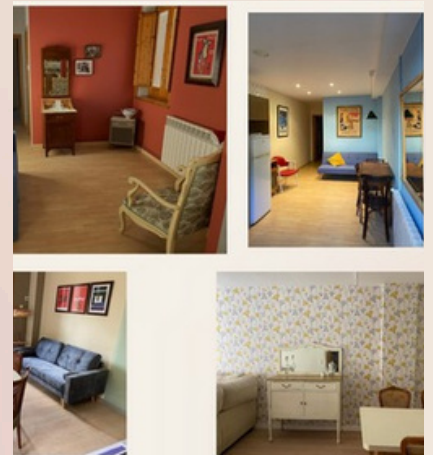
Participants will be hosted at “La Cremallera”: a peaceful, remote artistic center located in Ribes de Freser (Girona).  
[www.lacremallera.art](http://www.lacremallera.art)

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



## RICCARDO BRUNETTI

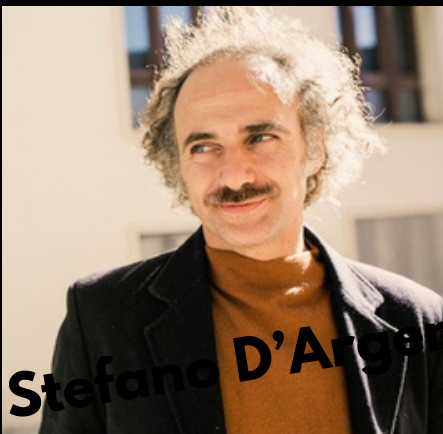
Riccardo Brunetti, PhD (Rome, 1976), is a theatre artist and professor of cognitive and general psychology, active in theatre since 1996. An expert in Pedagogical and Social Theatre, he has led international projects and created over 20 performances in Italy and abroad.

<https://www.uer.it/psicologia/docenti/riccardo-brunetti/>



## 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)



## STEFANO D'ARGENIO

I began by teaching myself circus techniques and performing street theater in southern Italy. I later expanded into theater, clowning, and the arts. Now based in Catalonia, I blend disciplines in my artistic and educational work, using performing arts to question both everyday life and larger issues. I work like a craftsman, creating handmade pieces, each with its own personality. [www.teatrodargenio.com](http://www.teatrodargenio.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 9<sup>TH</sup>-16<sup>th</sup> of June 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

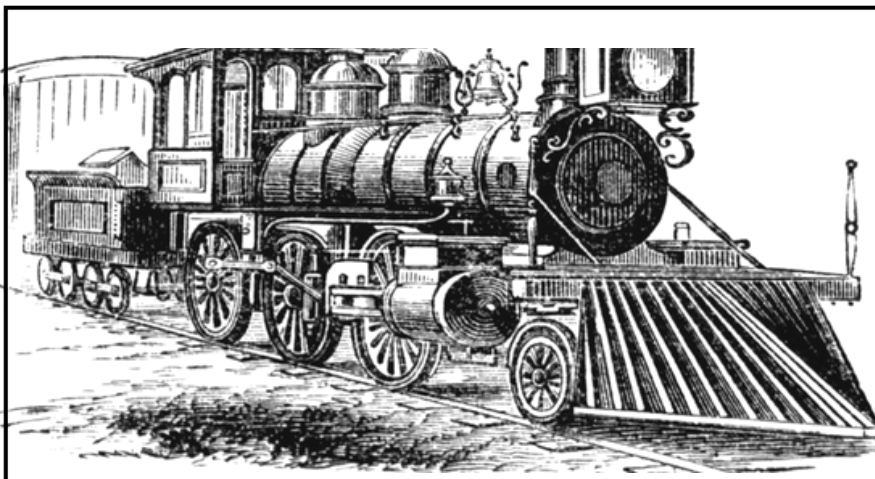
**YOU HAVE TO LAND IN BARCELONA IN THE MORNING (THE LATEST AT 2PM) Otherwise you will miss THE TRAIN CONNECTIONS.**

**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


# IMMERSION LAB

Bring a *notebook*

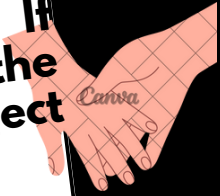


Activities will be done  
without shoes

Opt-out of 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 ;)



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## CONTACTS

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

**Emanuele:**

**+34 602674049**

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