



SOCIAL THEATRE AND SOCIAL MEDIA

MOBILITY OF YOUTH WORKERS
KA2 ERASMUS + PROJECT

17/04/2026 to 25/04/2026

Torres Novas. Portugal



Funded by
the European Union



ABOUT THE PROJECT

This Erasmus + cooperation partnership project (KA2), organized by

- **Association La Villa** (France)
- **Lupa Grupo de Teatro** (Portugal)
- **Društvo CIK** (Slovenia)

aims to give youth workers fresh tools to connect with young people through creativity and digital media.

By combining storytelling, social theatre and video creation, we want to help them share powerful messages, raise awareness about social issues, and inspire positive change. The main goals are to:

- **make youth work more engaging,**
- to **promote values** like **inclusion, equality** and **active participation,**
- and **to strengthen cooperation between organisations across Europe.**

In the end, the project supports youth workers to create meaningful content that speaks to today's young people, both offline and online.

ABOUT THE "SOCIAL THEATRE AND SOCIAL MEDIA" TRAINING COURSE

This Training Course is the **second part of an Erasmus+** mobility project for youth workers. It is called "**Social Theatre and Social Media**" because we believe that the social aspects of youth work and social work must adapt to the times we live in — including the tools of mass communication, especially social media.

AIMS OF THE TRAINING

-  To empower youth workers to use theatre and performance as tools for social change.
-  To connect creative expression with modern communication platforms, especially social media.
-  To strengthen participants' ability to raise awareness, advocate for causes, and engage communities.
-  To build a supportive international network of youth workers using artistic methods in their practice.

OBJECTIVES

- Introduce participants to Theatre of the Oppressed techniques as tools for reflection, dialogue, and action.
- Develop participants' skills in storytelling, storyboarding, and crafting meaningful narratives.
- Strengthen teamwork, trust, and collaboration through team-building activities and group exercises.
- Explore clowning and improvisation theatre as creative methods for communication and emotional expression.
- Teach participants how to translate performance-based messages into effective social media content.
- Support participants in designing and presenting performances that highlight social issues and personal causes.



WHAT PARTICIPANTS WILL LEARN



Teamwork & Community Building

- Understanding how social media can amplify social causes.
- Practical tips for creating short videos, photos, and posts that reflect the performance work.



Theatre & Performance Skills

- How to use Theatre of the Oppressed to explore social issues.
- Techniques for improvisation, spontaneity, and creative problem-solving.
- How to create short performances, scenes, and interventions for public spaces or online platforms.



Storytelling & Narrative Creation

- How to build strong, meaningful stories based on real social challenges.
- How to create a storyboard to plan visual and performative messages.
- How to transform personal or community experiences into artistic expression.



Social Media Communication

- How to adapt theatre-based messages into engaging digital content.
- Understanding how social media can amplify social causes.



Personal & Professional Growth

- Increased confidence in public speaking and performing.
- Greater awareness of social issues and how to address them creatively.
- New tools to use in youth work, social work, and community engagement.



TRAINING COURSE

“SOCIAL THEATRE AND SOCIAL MEDIA”

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
	18 April	19 April	20 April	21 April	22 April	23 April	24 April	25 April
	Breakfast							
10:00	Welcome!	VideoPres	Storyboarding	Improv Theatre	Theatre of the Oppressed	Social Theatre & Social Media Project	Future Projects	Departure
11:30	Coffee-Break							
12:00	YouthPass & Expectations & Agreements	Storytelling	Storyboarding	Improv Theatre	Theatre of the Oppressed	Social Theatre & Social Media Project	NGO Fair and Multiplier	Departure
13:30	Lunch							
15:30	Team Building	Storytelling	Clowning	Free	Theatre of the Oppressed	Social Theatre & Social Media Project	Memes for Dissemination	Departure
16:00	Coffee-Break							
17:30	Sociometry	Storytelling	Clowning	Free	TO Presentations	Presentations	Evaluations	
19:00	Reflection Time							
19:30	Dinner							
21:00	Free Night	Intercultural Night	Sharing is Caring	Rest	To discuss	To discuss	Farewell Party	



THE TRAINERS

Hey!



Jose Branco

Informal since my teeth began to grow, I tried to divert my destiny, dedicating years of my life to Engineering that a handful of years later, I dropped like a soap bubble. Today an educator, facilitator, actor and narrator, I walk my path through non-formal education, arm in arm with young people and adults, believing that the art of education and education through art are after all twin sisters.

Jose Pedro Alfaiate

José Pedro began as a teacher, but soon followed the path of multimedia and non-formal education. Between music, film and theatre, he has produced albums, soundtracks and short films, and since 2014 he brings stories to life with LUPA in Lisbon, using art as a tool for social change.





PROFILE OF PARTICIPANTS

The training course will take place in **Torres Novas, Portugal, from 17/04/2026 to 25/04/2026** and it will bring together **a group of 18 participants from 3 partner countries**. The project is targeting youth workers, trainers, coordinators and facilitators from all fields of non-formal education who are working in the scope of Erasmus+ and want to improve the quality of their programs and are motivated to learn new creative tools to support youngsters.

We are looking for youth workers/youth leaders who are **over the age of 18 with a good level of English**, who will be willing and committed to participate actively in **ALL** sessions (about 8 hours a day):

- All participants **HAVE TO BE OVER 18 YEARS OLD and HAVE RESIDENCY IN THE SENDING COUNTRY**.
- The sending organization should take care for gender diversity.
- All participants should **speak and understand English**.
- Participants should already be involved in youth work.
- Participants should be willing to share their knowledge with their colleagues and youngsters once they return home. **Each participant will be requested to lead a workshop** for their local community using the methods learned during our training course.
- **Participants should be interested in making follow up** international projects and promote Erasmus + program.

PARTICIPATING COUNTRIES

COUNTRY	NUMBER OF PARTICIPANTS
Slovenia	6
France	6
Portugal	4 + 2 trainers



You have the power.

WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Program, we offer the following conditions:

- Food and accommodation during the training course will be provided.
- Travel costs will be reimbursed after the end of the training course, up to an agreed limit depending on the sending country:

SLOVENIA	FRANCE	PORTUGAL
320 EUR	320 EUR	180 EUR

TRAVEL

Travel costs will be reimbursed to you **AFTER** the project, and it might take some time. Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Torres Novas. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

IMPORTANT:

- In order to reimburse you, we need all original invoices, tickets and boarding passes you will use during your trip. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU**. On all travel documents has to be written your name and surname, date of travel, from where to where was the journey, and the price.
- In order to reimburse you, we will also need you **to fill in the survey from E+** and **do the FOLLOW UP ACTIVITIES**. Follow up activities will consist of workshop which you will lead in your local community after the project and social media posts on your profile or your organizations profile.

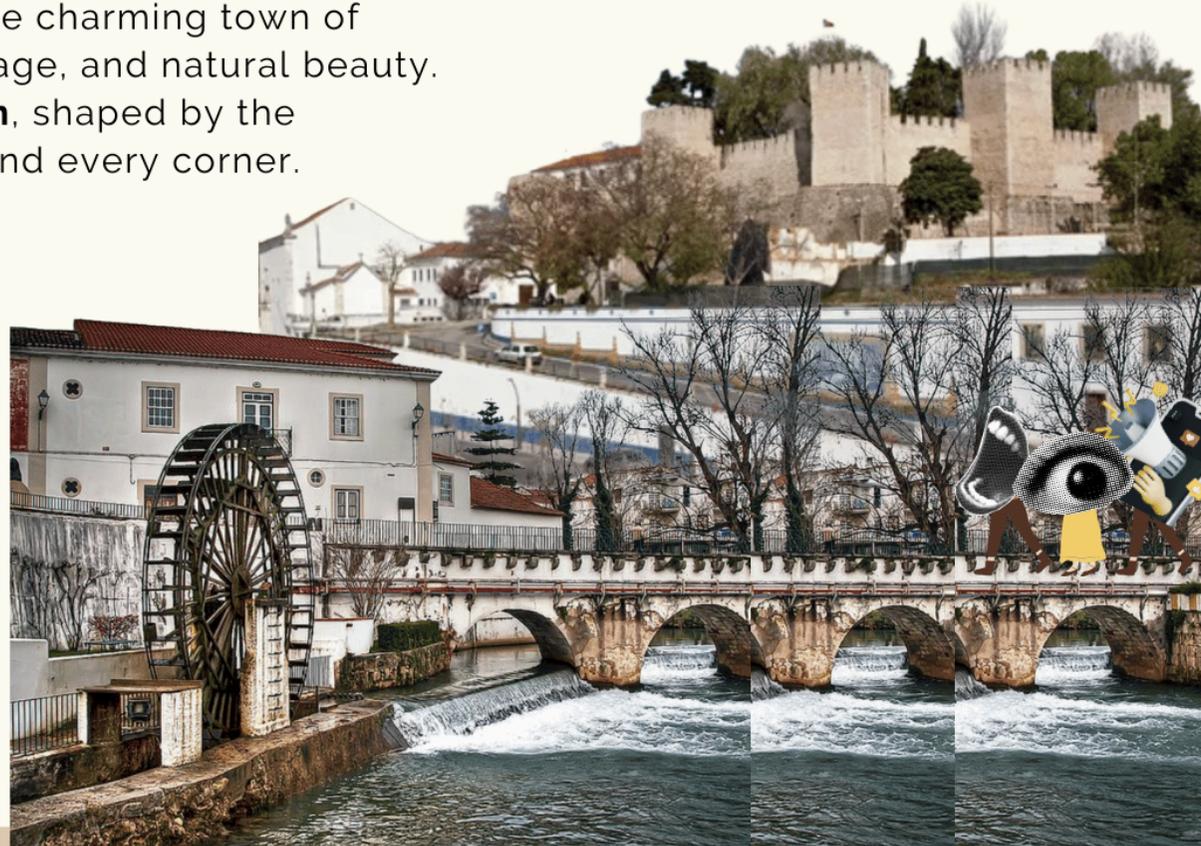
Once you book your trip, LATEST TILL 14.03.2025 please send your arrival and departure time to socialtheatresocialmediakaz@gmail.com

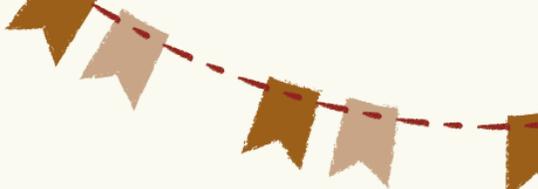


THE VENUE: TORRES NOVAS (PORTUGAL)

Get ready to learn in the **heart of Portugal**, in the charming town of **Torres Novas** — a place filled with stories, heritage, and natural beauty. Wander through its **ancient castle and old town**, shaped by the Almonda River, and feel history come alive around every corner. Surrounded by stunning landscapes, protected parks, and nature reserves, Torres Novas offers the perfect balance of culture and tranquility. And just 16 km away, in the Serra D'Aire, you can even step back in time and see real dinosaur footprints from the Middle Jurassic.

A training course here **isn't just learning** — **it's an experience.**





LIVING

Our venue, **CASA DE S. JOSÉ DE CLUNY** the **Center of Spirituality and Culture**, is located in the city of Torres novas. Spiritual center within a wide green space with an excellent and well-kept outdoor space is **10 min walk from supper market, 20 walk from city center**. Participants will be accommodated in dorm style rooms of 4 to 6-beds. Rooms are simple and without any luxury. Bathrooms are in each room. Water from the tap is drinkable. Bed linen and towel will be provided! The accommodation is a non-smoking environment, so you have to go outdoors to smoke.

Unfortunately, it is not possible to wash your clothes in the center, but 10 min walking you can use public laundry.

You can check the website of the venue in the following link: **<https://casacluny.clunyportugal.com>**

EATING

We will have meals at the center starting with dinner on the 17 of April. On the 25th of April, breakfast is included as well.

During breakfast you can choose what you want to eat from a buffet. Lunch and dinner will be a common, hot dish according to everyone's dietary needs.

You can make our tea/coffee breaks more interesting! Bring a food item from your village, city, family, community, region or country to share with the others.



ARRIVAL AND DEPARTURE

The **arrival** day is **17 of April** and the **departure** day **25th of April**. **All participants have to arrive on the arrival day to the venue and stay till the departure day, if you will arrive later or depart sooner, we won't be able to accept you on the project.**

If you plan to come a bit before (1, 2 days) or leave a bit after the project (1, 2 days), **contact us before booking your tickets**. In this case, you have to cover the accommodation and food for the days outside of the project **yourself**.

If you have questions, please contact: socialtheatresocialmediaka2@gmail.com



HOW TO GET THERE #1



1 STEP - PLANE

The easiest way it is to fly to **Lisbon airport**. Check Ryanair, Easyjet, TAP companies.

You can also check flight options in websites like Momondo or Skyscanner.



2 STEP - METRO

From the airport you need to go to **Jardim Zoológico metro station** where you will find the **Sete Rios bus main station**.

From airport take the red line until S.Sebastião metro station. Change to blue line (direction Reboleira) and leave in **Jardim Zoológico** metro station.

Useful links:

Lisbon metro: <https://www.metrolisboa.pt>



HOW TO GET THERE #2

The address of the venue is: **Casa de S. José de Cluny, Rua de S. José n.º 12, 2350-525 TORRES NOVAS.**



3 STEP - TAKE BUS

After metro when you arrive to **Sete Rios Lisbon bus station** the best way to continue is to take a direct FlixBus or Rede Express bus to Torres Novas, with tickets costing 4€-15€ and taking approximately 1h 30m.

Here are some useful links:

Bus tickets: <https://rede-expressos.pt>

Bus tickets: <https://www.flixbus.pt>



4 STEP - COME TO THE PLACE

From the bus station of Torres Novas (Terminal Rodoviário de Torres Novas) you can

- **Walk 20 min to the place**
- Call local taxi 915 587 602 (not refunded)
- Or you can agree with me (Roberta) in advance to be picked up.





TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on economy class tickets (**1st class tickets are not reimbursed**) and plan the cheapest route possible to the project venue and back home.
- If possible, **travel together with participant from your country** (come with the same plane, bus, train which will make our and your organization much easier).
- **Taxi rides can only be refunded in special situations and have to be discussed in advance with us.**
- Please note that car travel is not refundable.
- If you have any doubt about your travelling plans, please contact the coordinator before booking tickets.

Failure to participating in a minimum of 90% of the sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.



Waiting for you!



PRACTICALITIES

HEALTH INSURANCE

It is mandatory to have a valid travel and medical insurance (**European Health Insurance Card**) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) **is their own responsibility. We strongly recommend it. Please ask your sending coordinator if you have any doubt.**

INTERCULTURAL SNACKS

We'll have the opportunity to **discover food one another's cultures and national delicacies** during multicultural coffee breaks. For this, you can **bring some typical snacks or drinks from your country.**



WHAT TO BRING?

- ✓ Food items for coffee breaks and intercultural night
- ✓ Toiletries
- ✓ Earplugs (if you are sensitive to snoring)
- ✓ Insurance card, passport
- ✓ Games to play in the evening, musical instruments if you like

Don't forget yourself

HOW TO APPLY?

Deadline for applications is 28th of February 2026.

Once you are selected your sending organization will give you the link to our information form.

Deadline for buying the tickets to the project is 14th of March 2026!

For any questions related to the application, please contact socialtheatresocialmediaka2@gmail.com

