



Info Letter



ALTER NETWORK



# COMEDY THEATRE



# WHAT?

## **Session 1: Find the emotions.**

" I can read your emotion on your face" Have you ever heard this sentence? Skeptic? Well, it's actually ... TRUE! During this session we will explore our emotions and find that the relationship between emotions and our body is both individual and universal.

## **Session 2. Improvisation**

Improvisation is a two side job and always in collaboration with the other. You are going to practice active listening and be aware of your environment. That will be accompanied by the idea of creating something from scratch that will surprise you and the others.

## **Session 3. Community theatre**

Community theatre aims to create something together, starting from the gathering of a group of individuals. So, let's come with us and we will experience the power of the group's creativity.



# WHAT?

## **Session 4. Clowning.**

We all have an inner child - let's explore it and have fun with it! You are going to go back to explore curiosity, to be amazed by everything happening to you, and by not leaving any opportunity to try try try, fail, and try try try again!

## **Session 5. Stand up comedy.**

You don't know how to start a monologue? Are you afraid of the blank paper effect? We start from our personal experience and we build stories that can be true or fantasy, you will discover that any topic can fit. Be ready to let your mouth free to speak about any issue you are really committed to.

## **Session 6. Wrap up.**

What did you enjoy the most? What is your comedy theater specialty? What do you want to experience again? Today is the day where you can choose, where you can experiment a little bit more, where you can have a blast enjoying your favorite part of the course.





**PLACE: ZOOM,  
ONLINE**



**TUESDAYS  
15, 22 FEBRUARY  
1, 8, 15, 22 MARCH**



**TIME  
18:30 CET**

**AFTER YOU FILL THE APPLICATION FORM,  
YOU WILL RECEIVE AN EMAIL WITH  
PRACTICAL INFORMATION (BANK ACCOUNT  
FOR TRANSFER, ZOOM LINK, WHATSAPP  
GROUP)**

# Participation fee

**60 EUR  
FOR 6 SESSIONS**

**APPLY  
HERE**



# THE TRAINER

GEMMA ARAGONES

Gemma is a social worker, trainer, and clown with experience in working with youth, people with disabilities and within the prison system. She works with groups at risk of social exclusion using non-formal education and performing arts to foster self-learning, reflection, and empowerment.

Co-founder of Alter Network and working as a circus trainer and clown at the moment.





**ALTER NETWORK**

**We are**



ALTER Network is a Bulgarian non-governmental organization that provides educational opportunities for young people from all over Europe. Our mission is to promote free expression and personal development by using theatre-based methodologies and embodied learning. We deeply believe that each person has the right to express their creative force and to exist in the world as they are. We work on topics like sex education, soft skills, communication and equality. Our team is from Bulgaria, Italy and Spain and our dream is to reach people from different parts of EU.





SUSTAINABILITY

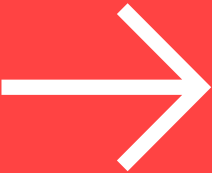
CREATIVITY

FREEDOM OF EXPRESSION AND  
CRITICAL THINKING FOR A  
PEACEFUL AND CREATIVE  
WORLD!

# Our core values

KNOWLEDGE

LEARNING OPPORTUNITIES FOR YOUNG  
PEOPLE BY THEATRE-BASED  
METHODOLOGIES FOR NON-FORMAL  
EDUCATION!





**ALTER NETWORK**

**Thank you!**

For more information:

[alternetworkoffice@gmail.com](mailto:alternetworkoffice@gmail.com)

