

**"RAINBOW OF DESIRES:
EXPLORING INNER LIBERATION
THROUGH THEATRE"**

**22-31 MAY 2024-
BALESTRAND, NORWAY**



**CALL FOR PARTICIPANTS:
TRAINING ON THEATRE OF THE OPPRESSED**

**"WE MUST ALL DO
THEATRE - TO FIND
OUT WHO WE ARE,
AND TO DISCOVER
WHO WE COULD
BECOME."
- AUGUSTO BOAL**





THEATRE OF THE OPPRESSED



Theatre of the Oppressed is a collective rehearsal for reality. The main idea of this methodology is to create a space for people to experience how a change in a decision, attitude, and behaviour or thinking pattern can have a **powerful and significant impact on their lives** and/or the lives of people around them.

Through an **interactive and thought-provoking approach**, it provides a space for people to reflect, identify solutions to the problems they face in their own lives and get empowered to transfer them into their lives.

These methods are currently **used in more than 100 countries**. They are present in the **youth field**, with many youth workers using them in various communities, **addressing different types of oppression**. They are very generous in approaching holistically problems in our societies, from a very **personal awareness and empowerment** to a more **structural and systemic intervention**. Many practitioners are specialised predominantly in one type of intervention or only some of the methods under this umbrella and this training program can complete their work approaches.

THE MAIN GOAL

is to develop life skills and emotional resilience among youth by building the capacity of youth workers to use the Theatre of the Oppressed methodology, specifically Rainbow of Desires.



PARTICIPANTS CAN EXPECT TO GAIN:

- A solid understanding of the principles and values that define Theatre of the Oppressed methodology.
- Increased awareness of how Theatre of the Oppressed methods are being used in various countries and what impact they have on young people.
- Fundamentals of the application and enactment of a variety of Image Theatre techniques
- Specific Exercises from Rainbow of Desires techniques for externalizing internalized conflicts, oppression and struggles and for addressing various forms of external manifestation such as apathy, passivity, low confidence, insecurity, etc.
- A good understanding of the application of the introspective techniques and the games and exercises that underpin them
- Experience of mindfulness-based and reflective approaches to support self-awareness and increase emotional resilience
- Methods of opening up and holding spaces for exploring the emotional dimensions of youth work experience – including dealing with strong and difficult emotions
- Techniques for observation and understanding of the systems we live in
- Tools which integrate embodied approaches to personal and group change.



METHODOLOGY OF THE TRAINING COURSE

The learning process will be very practical, and hands-on, infused with specific games, exercises, and activities from the Theatre of the Oppressed methodology (*from the books published by Augusto Boal, as well as other experienced practitioners in the field in the last decades*). It is based on the total involvement of participants who will be active protagonists of their learning and live an educational experience centered on their own experiences.



To best understand the real-life power of these methods, the content of most of the theatre exercises will come directly from participants' personal and collective life experiences.

**THE LEARNING PROCESS
WILL BE GUIDED AND
FACILITATED BY AN
EXPERIENCED TEAM:**



- **Andreea-Loredana Tudorache** has been working with Theatre of the Oppressed since 2005, trained numerous practitioners around the world and authored several manuals on these methods. (<http://trainers.salto-youth.net/AndreeaLoredanaTudorache>)
- **Tuba Ardic** is the Director of Creative Connection, a Trainer at the National Agency of Norway and an active mentor, trainer, facilitator and social researcher since 2010. She is also trained in Psychodrama and has worked with Theatre of the Oppressed Methods since 2016
- **Elena Stevkovska** has been a youth worker and theatre of the oppressed facilitator and trainer since 2021 (<https://www.salto-youth.net/tools/toy/elena-stevkovska.6009/>)

DO YOU RESONATE WITH THIS COURSE AND WANT TO BE PART OF IT? THIS IS WHO WE ARE LOOKING FOR:

- **Members or close collaborators of active Youth Organization** (staff or active member, paid or not). **The organization should have a valid OID number.**
- **Previous experience as a practitioner in the Theatre of the Oppressed** field (facilitated processes with youth/for youth based on any of the following methods: Forum, Legislative, Newspaper, Invisible)
- **Enthusiastic youth workers who are motivated** to use Theatre of the Oppressed techniques to increase the emotional resilience of youth and youth workers
- **Willingness to be open and share your personal current or past experiences of oppression**
- Good command of the **English language;**
- **People older than 18 years** and with a **legal residence** (proven by documents) in the country they are currently residing in.

IMPORTANT NOTES! READ THEM BEFORE DECIDING TO APPLY!

This training program is designed for youth workers who are experienced in the Theatre of the Oppressed field!

This means people who have used and applied in their communities and with young people Forum, Newspaper, Legislative or Invisible Theatre. It is important to make the distinction of you being a participant in another learning process where any of these methods have been used and you actually using these methods in your community. If you have some experience and you are not sure if this program suits your learning needs, write to us!



IMPORTANT NOTES! READ THEM BEFORE DECIDING TO APPLY!

This learning journey is not a psychotherapy process even though it may have personal development outcomes!

This is a training course which aims to give you an intensive learning experience in which you will experience the power and impact of Theatre of the Oppressed methods on yourself and get empowered so you can later on apply them with the groups you are working it. It doesn't have a therapeutic aim, and it is not designed to give you emotional or professional support for different challenges you may be facing at the moment, for which you may need to engage in a specific professional therapy process in your context.



IMPORTANT NOTES! READ THEM BEFORE DECIDING TO APPLY!

Rainbow of Desires methods can be deep, powerful, emotional and challenging and it is based on personal stories and life experiences of the participants.

The expert team is there to provide a safe space for you to learn how to use Theatre of the Oppressed methods in your community. You need to assess if you feel ready to engage in such an intensive journey, and if you have the emotional availability and strength to immerse in such a process.

Take a responsible decision, before you decide to apply and have realistic expectations.





EXPENSES

Board and lodging for the training course are **fully covered** by the local organizers during the period mentioned in shared rooms (**3-4 people in one room**).

Each participant is free to choose the preferred way of travelling. We strongly encourage the use of green travel. If flights are used for more than 50% of the travel distance the maximum budget allocated available will be from standard travel!

Use this [website](https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator) (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) to find out your distance. Write at the START, your location, from where you will start your travel and at the END, Balestrand, Norway. You will get a *km* number as a result which will correspond to financial support which you may get for your travel costs.

The individual maximum budget allowance for travel, per person, is the following:

10 – 99 km	23 EUR (Standard Travel) / No Green Travel Available
100 – 499 km	180 EUR (Standard Travel) / 210 EUR (Green Travel)
500 – 1999 km	275 EUR (Standard Travel) / 320 EUR (Green Travel)
2000 – 2999 km	360 EUR (Standard Travel) / 410 EUR (Green Travel)
3000 – 3999 km	530 EUR (Standard Travel) / 610 EUR (Green Travel)
4000 – 7999 km	820 EUR (Standard Travel) / No Green Travel Available



HOW TO APPLY?

We are taking the application process very seriously and we believe in the importance of personal input and honesty in the answers in the application form.

Therefore, we want to strongly discourage of using AI-generated content in your applications. This can lead to your disqualification or at least negatively influence the evaluation of your application.

If you decide to apply, we would appreciate if you approach the application process with honesty, integrity and dedication. We are curious about your unique perspectives, experiences and motivations to be part of the training course, and it is of high importance to us.

Feel free to ask any additional questions to the contact person (mentioned next) if you are not sure if this training is suitable for your learning and professional needs before deciding to apply.

Elena Stevkovska
stevkovska.elena@yahoo.com



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