

Magic Of Improv

Training course "Magic Of Improv" is a training course which topic is discovering theatrical improvisation as a tool to educate and integrate young people, also with disabilities. Improv is an art of creating stories, scenes, performances without script, but it doesn't mean without preparation. An improviser is prepared, knows the rules, knows how the world of stage is spinning around him. Improvising requires a lot of attention, soft skills, imagination, intelligence. If there are two improvisers they have to trust each other, be integrated. That's why improv teaches a lot, teaches how to integrate, cooperate, trust. Helps in development of soft skills, imagination, overcoming barriers. Training course will take 9 days. During 7 days we are going to have workshops with professional trainers, where we are going to learn how to improvise, act and at the same time we will be discovering tools which we can use in work with other people. Training course consists of four ground elements which will be discovered:

- integration and ice-breaking through improv theatre
- improv as a tool of developing interpersonal skills and trust
- improv as a tool of developing creative thinking and self-confidence
- improv as a tool of self-expression, communication, body language.

Project's Trainers



Antoni Machoń, youth trainer, facilitator, improviser, performer. Works very often with the organisation. Co-creator of many artistic, integrative projects.

Jacek Stefanik, polish actor, improviser.

Finished prestige polish school of acting in Łódź. Improviser for 10 years, leader of one of the best known groups in Poland.



Paweł Banaszczyk, actor, improviser, circus arts performer. Leader of few theatrical projects, trainer of stage-movement, circus arts and improv.