

# "REHEARSAL FOR LIFE"

**LONG TERM TRAINING COURSE IN THEATRE OF THE OPPRESSED**

- **7-16TH JUNE 2022 (BALESTRAND, NORWAY)  
- FIRST TRAINING**
- AND**
- **10-19TH NOVEMBER 2022 (BALESTRAND,  
NORWAY) - SECOND TRAINING**

## CALL FOR PARTICIPANTS

**Important** - This is a call for a long term project! Participation in 2 international trainings and local activities is required from all participants. We invite all the interested people to read thoroughly the information included in this call. Read carefully and decide to apply responsibly. Please contact us before you apply so we can clarify any questions!

# 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 life and/or the lives of people around them.

Theatre of the Oppressed methods are highly adaptable to the needs of different oppressed groups, with a large capacity to cover all kinds of social issues such as human rights violations, discrimination, gender-based violence, sexism, exclusion, marginalization, bullying, mobbing, micro-aggressions, etc. 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 to get empowered to transfer them in their lives.

## **This project focuses on 3 Theatre of the Oppressed methods:**

### **Forum Theatre**

- It is one of the most popular types of the Theatre of the Oppressed methods. In a Forum Theatre performance, we often see depicted a real-life case (which reflects a concrete situation of oppression), in which the audience is invited to actively participate by coming on the stage to propose solutions to the examples of oppression presented. Based on the proposals, ideas, interventions of the audience, a discussion (forum) with the audience takes place;
- In the long term, it aims at the audience to apply the proposed solutions in their real life (if the depicted topic is relevant for them, which should be the case);
- The process is facilitated, moderated by a Joker, who makes the connection between the stage (actors) and the audience;



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## Image Theatre

- The main characteristic of this method is that it works with body statues/postures (images) to depict aspects related to oppression in certain forms. This technique can be used as a supporting exercise in the process of development of the other methods (Forum, Legislative, Newspaper Theatre, etc.) or as a separate method in interaction with the audience.
- Working with images also leads to a variety of approaches, as it is very easy and leaves a lot of space for creativity and imagination.

## Newspaper Theatre

- The same as Image Theatre, it can be used as a technique (exercise) for the process of development of the other methods, or as an independent method.
- The main characteristics are that core sources of information (which are later used in its process) are newspapers or media materials (articles, advertisements, etc.). These can be used as inspiration or provide the main material for the artistic outcome.
- Among its aims is the stimulation of critical thinking and critical consumption of media content, in order to push engagement and interest towards issues raised through the performance (linked with oppression).



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# THE PROJECT

**The main goal of the project** is to enhance equity, respect for human rights, social cohesion and active citizenship through building the capacity of youth organizations to use Theatre of the Oppressed methodology.

## **The structure of the project is as follows:**

1. Selection and preparation of the participants (April-May 2022)
2. **First residential training course**, which aims to develop basic working competencies with Theatre of the Oppressed methodology. The course will focus on Image and Forum Theatre Methods as well as Jokering in these methods. (Balestrand/Norway 7-16th June 2022)
3. **Local activities** in each community. Each national team or participant has to implement a forum theatre performance on a topic relevant to the local community. The performance(s) has to reach at least 50 young people (per country). The educational team will provide a support manual (June-November 2022)
4. **Second residential training course**, which aims to advance competencies in Theatre of the Oppressed methodology. It will include space for exchanging lessons from the local activities, session for developing facilitation skills in the context of Theatre of the Oppressed, learning how to work with the Newspaper Theatre method and developing Jokering skills for this method (Balestrand/Norway 10-19th November 2022)
5. **Local activities**. Each team or participants has to prepare and implement a new round of performances, this time using Newspaper Theatre for at least 30 young people - November 2022 - March 2023
6. **Evaluation** of the process and impact of the project-online (March-April 2023)

***\*Selected participants have to take part in both training courses and local activities!***

## DO YOU WANT TO BE ONE OF THE LEARNERS ON THIS EXCITING JOURNEY?

This is what we are looking for:

- Youth workers, coordinators, facilitators and/or trainers from civil society organizations (formal or informal) currently active in the area of human rights and empowerment of young people;
- Existence of past relevant experience that supports them to work and apply easier a method from Theatre of the Oppressed methodology;
- Significant interest in social theatre/ Theatre of the Oppressed or theatre as a tool for social change (it doesn't mean previous experience - please read the notes below);
- Motivation to put into practice the methods learned in the process;
- Good command of the English language;
- Availability to be involved in all the project activities (mentioned above) for the whole duration of the project (until April 2023);
- Age over 18;
- People resident of one of the following countries: Iceland, Italy, Lithuania, North Macedonia, Norway, Romania, Serbia, Slovenia and Turkey!



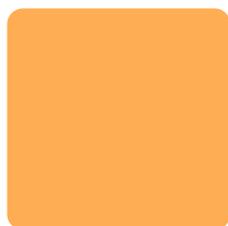
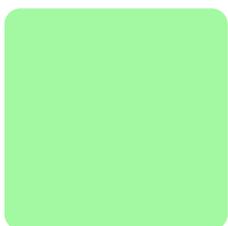
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## IMPORTANT NOTES! READ THEM BEFORE DECIDING TO APPLY!



- Applications from people living in other countries than the one mentioned before (regardless if they are nationals of the countries mentioned before) will not be accepted!
- This training program is designed for youth workers NEW to the Theatre of the Oppressed field! People with previous experience in Theatre of the Oppressed field are welcomed, BUT, they need to be aware that this training is not for advanced practitioners and should lower their expectations. At the same time, our experts' team might have a different working approach with this methodology than the way they are familiar with. If you are experienced and you are not sure if this program suits your learning needs, write to us!
- **This learning journey is not a therapeutic process!!!** It doesn't have any therapeutic purpose or aim, and it is not designed to give you emotional support for different challenges you may be facing at the moment. Working with Theatre of the Oppressed methods often gets personal, it touches on personal stories and is empowering BUT it is not a therapeutical process meant to guide individuals to overcome traumas or unprocessed past experiences. The expert team is there to provide a safe space for you to learn how to use Theatre of the Oppressed methods in order to address various types of oppression taking place in your communities: in schools, streets, working places, families, etc. and how to engage in difficult conversations in your community. Take a responsible decision, before you decide to apply and have realistic expectations.





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# EXPENSES

This project is funded by Erasmus + (KA1) of the European Commission.

According to its financial rules, some costs are fully covered some are not, like the following:

- 100% costs of board and lodging will be fully covered (for both trainings in Norway);
- Travel and visa costs will be fully covered (from the country of residence - which has to be on the list mentioned before-no exceptions allowed) up to certain limits, based on the distance band and the equivalent in financial support (more details will be included in the info pack) upon the receipt of all original tickets and invoices.
- The transport and visa cost will be reimbursed either at the end of each training course through bank transfer after receiving the required documents

*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.*

*For more information please send us an email but make sure you have read all the information presented in the call before addressing a question!!!*

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