



and

CRN

**Comparative  
Research  
Network**

**Project “THE ARTIST WITHIN – Applied eMotion”**

## ***YOUR INNER CLOWN, HUMOUR STRATEGIES AND OTHER COMPETENCES***

***Sharing best practices - Intercultural training as a cooperation between  
Theater Vision e.V., Leipzig and Comparative Research Network e.V., Berlin.  
3th - 11th October***

### **description:**

#### **First part: creative intercultural tools and strategies**

**Outcome:** The specific outcomes of the trainings are:

- increased intercultural competences of the participants in allday situations
- defining strategies on coping with critical situations in trainings, therapy and work
- providing a set of methodological tools and evaluation/wrap up

**Objectives:** We want to empower the participants to work confident, creative and aware in international environment. The methods, which the participants will gain, can be used for both, working with colleagues, international partners and with clients/trainees with other cultural background.

**Method:** We will use easy to use, hands-on methods, which can be easily transferred in other situations. The participants will be provided with all necessary documents in order to use the methods in their work routine.

**Workshop leaders: Martin Barthel and Kamila Kowenzowska**

#### **second part: the inner clown and humour strategies**

People in helping professions are confronted with lots of difficult situations that are not easy to solve. Social workers that have to cope with the moods of difficult teenagers, nursing staff in retreatment houses face the demonstrations of dementia, therapists that have to handle the sadness of their clients...

All these professions are very different, but they have one thing in common: they are working with other people and so they have to guarantee the personal stability to be able to cope with the daily challenges.

Humour can be a help for that, it can be a strategy to handle difficult situations and to remain relaxed about own mistakes. So the objective of this training is to explore the own and other people's humour and its strength.

The second objective is to discover the inner clown and how to use the own personality to create humourful situations. Various exercises will help to find the own clown figure and to develop it aswell as create humourful group situations. We will play lots of games and get to know exercises of theatre improvisation that can be re-used in the own work after.

**a) journey to the inner clown:** Explore your comical sides and discover that you can use your foibles as a strength and as an initial point for a playful being. Remember the child in you and get over the daily restrictions that adults are usually confronted with and used to. We want to free ourself and enjoy a playful week together.

### **b) the meaning and uses of humour**

Discover the meaning of humour and it's use for lots of situations. There will be a theoretical and analytical part, in which we will explore the meaning and the capacity in the use of humour. And there will be lots of games to discover in a practical way how you create humourous situations and what are the techniques that you can use in order to transform a situation. It will also be a help to understand what makes you personal laughing and enjoying - and which kind of humour you might dislike.

At the end of this part we will also get to know different examples of playful materials, books, movies etc that are linked to our subject.

**methods:** energizers, group games, theatre improvisations, reflecting rounds, movement and body work, theoretical input, power point presentation, clown show

**objectives:** dicover the strenght of humour for difficult situations in daily life, discover your inner clown, be inspired to use playful methods in your daily work

**Workshop leaders: Sophie Bouchbouk, Ana Comes, Tine Gollner (to be confirmed)**

[www.mimerie.de](http://www.mimerie.de) , [www.theater-vision.de](http://www.theater-vision.de)

### **third part: improvisation and embodiment strategies**

**Outcome:** one day workshop exploring the ideas of movement and dance as a way of self-expression for trainers, teachers and other professionals that wish to explore more artistic ways of working with their target groups.

**Objectives:** The workshop aims to empower participants and give them the tools and confidence to lead/use simple movement and improvisation tasks with their own target groups. Working with improvisation enables people to be creative with their bodies and express themselves while finding new strengths within. Dance and movement encourages whole body awareness as well as body and mind centering, coordination, confidence and creativity.

**Method:** The group will be lead through a series of movement and improvisation exercises

followed by open discussions on the methods. By experience the exercises themselves and discussing openly how the tasks were approached, the group should be able to gain a greater insight into how to lead similar workshops as well as the physical and mental benefits of such tools.

**Workshop leaders: Wanda Caddick and Bernadett Hamar-Sári**

**fourth part: summarize**

On the last day we will bring all the tools and methods together that we discovered throughout the week. Our aim is to support the transfer of the shown techniques to the situations you usually face in your work - using concrete examples. We will do role games as well and reflect upon our common week.

**target group:** people in helping professions: social workers, youth workers, nursing staff in retreatment houses and hospitals, therapists, teachers and professionals from similar fields

**timetable:**

3rd october, saturday	Arriving day
4h october, sunday	intercultural competences
5th october, monday	journey to your clown figure
6th october, tuesday	journey to your clown figure
7th october, wednesday	the meaning of humour and humour strategies paper chase
8th of october, thursday	improvisation theatre – improvisations – clown show
9th of october, friday	Performance, contact improvisations
10th of october, saturday	role games, use learnt strategies, concluding day, party
11th of october, sunday	Departing day

**Theater Vision e.V.**

We are a theater association from Leipzig, founded in 2008 with the target to realize our own visions of theatre. We - that is a circle of professional theatre people of various fields (theatre pedagogues, dramaturgs, educators, actors, geri-clowns) working independently in Leipzig

What are our visions?

Our visions mean a theatre that is deep going without being detached, funny without being superficial, experimental without being too abstract.

Actors and spectators shall both benefit in the same strength. The research of exciting, not hackneyed ways of performing is on the foreground. In this spirit our productions can be made in a traditional way like recitation theatre but can also be a try to experiment with the diverse

manners of theatre: grotesque theatre, theatre that is focused on music or movement, theatre in unusual places or in unusual circumstances, theatre improvisation, Dogma theatre (that is limited on essential elements)...

A special section in our association is the sociocultural theatre, e.g. projects that are focused on the work with different generations, people with difficult backgrounds, refugees... These projects represent an important part of our work reflecting our conviction that theatre can be an inspiration and enrichment for everybody.

The conception and realization of theatre pedagogical projects like theatre summer camps for young people became a key aspect in our work.

A new focus are theatre activities that support the equality of man and woman, as well as projects of inclusion for people with handicaps.

Under all circumstances we want to enrich the theatre landscape in Leipzig and overcome prejudices about theatre as an antiquated art form.

No, unbending visions and creative professionalism can mean the opposite - about that we are quite sure!!!

## **Comparative Research Network e.V.**

Comparative Research Network is an experienced organiser of "train the trainer" courses. Our training series during the 2011-2014 period consisted of nine Grundtvig In-Training sessions and we are now preparing new sessions within the framework of the Erasmus Plus mobility programme for adult education. We are focused on digital storytelling and fostering intercultural competences. More than 130 trainees have passed our courses which were chosen as an example of good practice by the Polish National Agency.

The course uses Berlin as a stage where intercultural communication and cultural diplomacy can be presented, compared and discussed. We will also engage in skill-building and developing methods of intercultural training and digital storytelling.

Participants will receive a set of methods in order to perform intercultural trainings which will stimulate greater intercultural competence. We will provide access to the network of former participants in order to develop future projects and training methods suited to the needs of your organisation.

We offer:

Training of intercultural competences

Training how to train intercultural skills

Support and digital cookbook on film- and video making for work in intercultural organisations

Access to an expanding network of professionals in Europe

Project Management, Intercultural Training and Digital Storytelling

Trainings on embodiment and expression

For more information please visit our website: [www.comparative-research.net](http://www.comparative-research.net)

**hosting place:** Leipzig

**venue of the training:** A&O Hotel

**Suggested Arrival:** The training is organised in cooperation between Theater Vision e.V. Leipzig and the Comparative Research Network e.V. Berlin.

We suggest to arrive in Berlin. Berlin is served by two airports, Berlin Tegel and Berlin Schönefeld. Alternatively Berlin is served by the Berlin-Warszawa Express, calling at Berlin Hauptbahnhof.

