



Handbook

Lime light



Erasmus+
JUGEND IN AKTION

September 2018 - January 2019
The Netherlands & Liechtenstein

Limelight - the experience



Theatre of oppressed

by Alejandro Holgado

Duration

80 min

Group size

8 - 20 people

Group age

18-40 years

Materials

20 chairs

music system

laptop

Topics

Theatre of
oppressed

Image theatre

Integrative
body therapy

Maleutic
pedagogy

Introduction of the group

Participants introduce themselves by saying their name with a movement in the centre of the circle. After each one the others repeat, to create group cohesion and to know the names of others.

Play with rhythm together

Someone propose one rhythm and teach it to the rest of the group. After a while try more complex rhythm. If someone fails trying to make the rhythm, ask the group to propose a movement/sound to celebrate that we can fail in the life. Celebrate that if we can do a rhythm together we can also change a lot of things together.

Walk around the space

Ask the group to walk as they use walk in their daily life taking awareness in how is all the body during the movement. Then start walking in different ways (only heels/toes; closing in shoulders; putting hips ahead etc) How your body changes when you make these changes?

Greeting sculpture

Put volunteers in front of each other taking the hand of the other (ask someone who greeting the other) 1) ask the group to describe objectively, only describing the bodies. 2) ask to describe subjectively. Who are they? Where are they? What are they doing? What kind of relationship is between them?

Self - expression

by Claudia Domínguez Lázaro

Duration

70 min

Group size

45 people

Group age

18-25 years

Materials

music system

laptop

colors

Topics

Self & body
expression

Body

awareness

Instructions

Introducing the concept of safe space. Introducing the concept of monkey laugh, in terms of implying the respect for the journey of each participant. Entering the safe space in silence with drums in the background and finding place on the ground

Water, Wind, Earth, Fire

Exploring emotions connected with each of 4 elements:

“Which of my emotions, feelings, memories are powered by this element. How does it move, explore this element inside of you and see where it leads you” Afterwards choose the one that fits you more, right now, today and here and dance to it.

Colour yourself

Choose the element that represents yourself today and come to the four colors and color your hands and arms.

Contact dance

Go to the group of people that are identifying with the same element and together dance and explore all the different ways to feel fire, wind, water...

Now is time to mixed up, the natural phenomena's and contact dance within all elements.

Closing

Slowly go out of your position, find a way to thank the elements, within yourself and within others.

Private conversation

by Francesca Martini

Duration

120 min

Group size

up to 10 women

Group age

18+

Materials

10 chairs

music system

smirrors,

something to

cover the

mirrors

Topics

Inclusion

Body

awareness

Body power

Positive mind

Intro

Speaking about me, a short description of the rules of the workshop
(Be free, no right or wrong. Each experience is unique and amazing)
Short introduction to start thinking about body - its parts and needs.

ME

Music, stand up, close eyes and breath. Starting to put attention on own body and start to feel it in a deep way. Put attention on each part Start to look for a connection through the motor we choose. Feel the energy in our body and try to see it with a color.. What is the color ???

A group is a body

Music, stand up, open eyes. Energy from the people and energy to the people. What is the color of this energy??? Is still the same???
Share feelings and try to share your energy

My voice spoil me

Exercise to relax our body. Silly face exercise. S exercise. M exercise
Tongue exercise. Feel and listen the vibrations – also on a surface

Mirror me

Music, sit in a circle, on a chair. Look at details of people around you . Who am I? Look your hands...what do they do everyday?? Hands to touch, to make, to do, to write.... Add these answer for each part of the body. Put attention and give more meanings to each part of our body.

Reflection time

Pride of our body! Thinking on the workshop. Sharing with the group

Image Theatre

by Carmen Nappa

Duration

130 min

Group size

8 - 18 people

Group age

18-25 years

Materials

music system

carpets

laptop

chairs

Topics

Sensitive topics

Awareness

Inclusion

Stigma

Intro & 1st phase

Self introduction & why I am here.

Neutral position exercise. The participants walk around and the facilitator says a word to embody.

With a clap they froze as a sculpture embodying the word.

2nd phase

Create an eye contact to choose a partner. In a couple A is an artist and B is a sculpture. Facilitator give them a word to embody and it`s time to create. When all artists have finished they visit the Museum of Sculptures. Switch and repeat.

3rd phase

Forum time:

Talking about sensitive topics, the discussion is led by the facilitator

4th phase

The facilitator offers a food for thought:

How can I get the most out of this Image Theatre?

Regards

Say Goodbye with words or no. Enjoy the final moment of this activity in a personal way.

How to "lie" to be hired

by Francesco Morra

Duration

75 min

Group size

4-10 people

Group age

20+

Materials

Table

Chairs

Papers

Pens

Bell

Random

objects

Topics

Confidence

Self

awareness

Stress

management

Introduction

Make examples some from the real life and some other invented facts, asking which one is real.

Individual preparation

Each participants will select an object exploring different shapes and simulating casual situation alone.

Communication ability

Create couple of people. Each one of them will pick an object and will ask to the other to simulate something with that object exploring the different possibilities.

Core simulation situation

Create new couple of people; One participant will be called "A" and the other one will be called "B"; Each participant have to write 4-5 own potentialities (personal skills or professional skills); Switch papers; For 10 min A will be candidate for a job and B the interviewer; Change roles; The interviewer and the candidate have to improvise their role but they have to respect rules . The candidate can only answer Yes or No.

Reflection

The facilitator ask key questions, try to create a discussion about the experience.(How was this experience? What was the most difficult part as candidate and as interviewer? Will you change something in the reality?

Imaginery Forest

by Andrea Fleissigova

Duration

90 min

Group size

4-18 people

Group age

18+

Materials

Music system

laptop

Topics

Safe space

Relaxation

Focus

Stress release

Personal

development

Body
awareness
pt 1

Body
awareness
pt 2

Anger
release

Gratitude,
Celebration

All of participants are asked to lie on the floor, relaxing music in the background (“Tomorrow will be better, I promise”), a story line which indicates focus on some parts of the body – toes, ankles, knees, hips, chest, fingers, elbows, shoulders, neck and head; every part of the body will be associated with different elements from the nature, i.e. imagine that your hips are the river and so on

Dancing to the 4 songs, every song represents different quality, the invitation is that movements match given qualities in a subjective way; they start to dance from the floor.
Qualities: Water; Earth; Air; Fire

Participants randomly receive the type of an animal on a piece of paper, the story line is that they are in the forest and they could imagine that are the given animal, then they are asked to embody the animal with moves and voices and gradually expand, music in the background “Heart Warriors” by Byron Metcalf

Asking to localise a place in our body where it feels that energy comes from and saying thank you to the body.
Dancing to the song “Celebration” by Kool and the Gang

Expat the Unexpected

by Ilze Ozola

Duration

90 min

Group size
8-16 people

Group age
18+

Materials

Music system

Laptop

Chairs

Different props

2 small bowls

Paper

Topics

Inclusion

Connection

Embodiment

Improvisation

Exploring the possibilities

Welcome & story time

The facilitator is the first one in the room when the participants arrive, greets them, asks some simple questions and invites to find a chair to sit down. A personal story with a twist of comedy and showing some typical assumptions and stereotypes about Dutch people is shared through the principle of Kolb's cycle.

I am...

Participants are asked to make pairs. One is A and the other one is B. A introduces themselves (3 min) without mentioning where they are from, how old they are, what languages they speak, where they work. B actively listens, without asking questions. Switch roles. In the end, they find a way how to thank each other.

Transformation

People in the circle pass one object from the props (f.e. bottle) and imagine that this object is something else and act it out. They pass the bottle to the next person and the next person transforms object to something else

First day in the Netherlands

People divide themselves into groups of 3-4 people. The first group comes and picks without looking from the bowl "WHO" (cats, ABBA) and "WHERE" (Red light district, museum of Van Gogh) The group on the stage then acts out who they are now (example: foreign cat students in the University of Wageningen)

Body Expression part one

by Vojtech Zak

Duration

240 min

Group size

8-20

gender non -
conforming
people

Group age

18-30

Materials

Music system

Laptop

Blindfolds

Sticks

Topics

Body

expression

Team building

Intro & group agreements

Introduction of facilitator and the evening. Introduction of the safe ground and group agreements. Divide in group of 4. Each group comes up with three common agreements and presents them.

Warm - up

Form a circle. Invite people to pick an articulation to start, the rest of the group warms-up with the person. It finishes when all articulations have been stretched.

Transformation

Pick a point to focus and walk straight to it. Change the focus point once they have reach the spot. Start acknowledging the people around. If they find another person in their path, maintain visual contact for few sec and keep going. The narrative asks them to create a criminal group that dissolved few years ago, when they find someone that they think was part of this group, wink to them without others noticing. One has a diamond, which they need to pass discreetly. Check if they know where the diamond is.

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Body Expression part two

by Vojtech Zak

Duration

240 min

Group size

8-20

gender non -
conforming
people

Group age

18-30

Materials

Music system

Laptop

Blindfolds

Sticks

Topics

Body

expression

Team building

Connection

Driving movement

Elements healing dance

BUTOH FALL: They have 7 min to slowly go down in the ground. 1st time they do it alone, next time they need to find a balance in the group to do it more or less in the same speed. **MIRRORING:** create pairs and separate them in A and B. First A makes a movement and B needs to follow it. Switch. **HAND FOLLOWING:** new pairs, separate them in A and B. A is going to lead B. B needs to focus in the palm of A's hand and with it, A is going to gently lead B. **STICKS:** new pairs. Both of them take one stick and create a connection with putting the stick at the end of their fingers. **IMPULSE:** find a person that they trust. When A puts the blindfold, B is going to touch one part of A's body to start a movement. Switch.

The movement starts with different motors - parts of the body (head, chest, hips) and the rest of the body follows it. For the next song they round they can choose 2 motors for they movement and explore them.

Find themselves a space in the room where they have space to move. Stress on the individuality of each person in the creation of the dance (no person will move the same) Elements: air, water, ground, fire. 5th element is not defined, so everyone can explore whatever they want as part of the group. 20 min of reflection on the afternoon

Bringing together

by Liam Ibor Walsh

Duration

180 min

Group size

12

Group age

16+

Materials

Music system

Laptop

Blindfolds

Welcoming
& greeting
& Intro

Body
movement

Topics

Inclusion

Acceptance

Connection

Relaxation

Outdoor:
moving &
theatre
games

Sharing names, hobbies and energy they have in the moment. Letting know that people are free to do whatever they feel, no yes or no's, no rules no restrictions (safe space to leave, express, propose anything, cry, hug or share) Embracing our differences. Letting out whatever is there, creating a safe space where people can feel comfortable and secure, to prepare to fail and rise up even higher, to prepare to share whatever we feel and accept or differences. We are all unique!

Gently stretching, gently feeling and moving at different speeds to the rhythm of the music and the group! Creating a space where we move from an individual movement to a group alliance and creating 1) Butohh movement and guided and blindfolded . Individual and then as group. Eye contact dancing. 2) Blindfolded in couples, one guides the other one to build some trust, and after we create movements from the impulse the other person gives. 3) Cat movements and robot movements, combine both in different movements. 4) Movement with starting with a motor (Head, hand, hips)

Join in a circle, have a moment to reflect, answer the questions - how was it for you? What did you feel? Walking and realising our surroundings, listening and observing. Theatre energizers in a circle, (we send each other energy by looking and screaming sounds). Blindfolded exercise where a couple is leading around the space and finding your tree. Reflection and sharing in a circle.

Experiences night

by Laura Šterna

Duration

60-90 min

Group size

6-20

Group age

16-25

Materials

Music system

Laptop

Snacks

Topics

Body

expression

Body

awareness

Community

building

Welcoming ,& greeting & Intro

Welcoming, inviting people to meet/greet others and have snacks. Introduction of the space (where we are), invitations (any feelings are welcomed, be it happiness, fear, sadness etc.), do try to avoid “monkey laughter” (laughter which comes when one wants to cover being uncomfortable or feeling awkward), focus on yourself unless asked differently, after the session, respect the privacy of others - if sharing about the event, share specifically about your experiences. Introduce the workshop: “We will be working with the method of experimental learning guided by me. We will focus on our body, on different parts of it, while moving. By listening to your body, you can choose the intensity of the movement. Your experience is unique, there is no right or wrong way. I invite you to use this tool to get to know your body, to let go of thoughts, to focus and be relaxed.”

Workshop

Body awareness - body scan. Start with with laying down in a star position. Few deep breaths in/out. Focus on your breathing. Start with moving your toes, what range of movement can they do? Stop movement with toes. [Repeat the following for - feet, knees, hips, chest, shoulders, neck, elbows, palms, fingers]. And now combine by adding one by one - start with fingers, going to toes (upper part of the body to lower part). Stop, relax, take few deep breaths in/out.

Reflection

Join in a circle, have a moment to reflect, answer the questions - how was it for you? What did you feel?

Sculpture museum

by Patricia Garcia Collada

Duration

90 min

Group size

8-14

Group age

55+

Materials

Music system

Laptop

Chairs

Topics

Self awareness

Group cohesion

Introspection

Intro of the
group

Sharing with
voice and
body and
moment.

Sculptures
image
theatre
museum

The session starts with participants making a circle. We introduce ourselves and explain how this workshop going to work: non written experience: we will build it as a group, so the final experience that we are going to have depends on what the group wants.

The group starts moving and pays attention to the request of the facilitator. (Look the space. Look the other. Stop in front of someone and stare at their eyes. Stop and notice something, say it out loud. Stop in front of someone and say how so you feel in the moment) We are going to have 3 meetings with 3 people and we are going to have 6 mins with each one. Each moment we will ask different questions that they have to talk about.

Participants make a circle standing in front of each other, taking the hand of other (as someone who greets the other). 1st ask the group to describe objectively (Only describing the bodies) Describe subjectively. Who are they? Where are they? What are they doing? What kind of relationship is between them? Ask another volunteer to propose new sculpture in relation with this one. Has anything changed? Who are they now? Where are they? Take care of the sculptures. If they need to stop and shake a bit they can do it. If there is conflict interesting for the group, try to analyse. (gender conflict between sculptures) who are they? Why this happen? Connect the sculptures to daily life. Close the dynamic remembering the conflicts that they talk about.

Connecting in a fresh way

by Luana Zenovia

Duration

90 min

Group size

10-18

Group age

18-31

Materials

Music system

Laptop

Droplets

Snacks

Topics

Connection

Fun

Intro
& getting to
know each
other.

Embodying
animals &
slow-mo hug

Slow - mo
theatre

When the participants come in, I will ask them to take a seat in the circle. Welcoming and short introduction of myself and the workshop. Speed dating with embodying animals. Each person will get smth to impersonate while they are sharing their answer to the question.

Each person will get a paper slip with an animal written on it and they can not show it to anyone. They will have to embody the animal using body language and noises to find their partner. First they will not look at other people, I will tell them to move around as the animal, get familiar with their new body and the way it can move. They go for a meal, go to sleep, wake up and start looking for their mate by going next to them and through communicating with body language trying to reach a common agreement if they both feel they are the same animal. They stand in comfortable distance from each other, one of the partner will go in slow motion, as slow as possible to hug the other one while the other one is super slowly escaping.

I will introduce an imaginary setting (bar in wild-wild west) and the group will say what kind of characters could be found there. Then I'll ask for 4-5 volunteers. Their task will be to choose a character to embody in the setting and freeze. When I put on the music they will start moving and embodying their character is slow motion. In the end I will ask them all to choose again a character and position and do one slowmo theatre session as one big group. Closing and reflecting.

Forum theatre

by Dariusz Wilczek

Duration

220 min

Group size

8-12

Group age

16-18

Materials

Music system

Laptop

Artefacts

Stationery

Cutlery

Topics

Bulling as an immanent element of every teenager life

Intro

done in one group, clear in few points the major steps and the rules, time for first questions and doubts, help the participants to divide into groups (done by change, random groups)

Brainstorming

done in the groups, discussion about general ideas, points of view, the problems and possible solutions, preparing general overview of the play, possible roles in the play, basics of screenplay

Roles & preparation

assign roles in the play to participants, choosing the joker in each team. teams prepare their performance, discuss about concrete solutions, try first scenes, do rehearsals, memorize their roles, check out their abilities. Jokers receive instructions during the separate meeting.

Presenting

performance of forum theatre - each group, one by one present one's play, the whole performance is held by jokers, the audience has the opportunity to participate actively in acting and discussing.

Discussion

broader discussion within the whole group of participants, outcomes of the process, conclusions, proposals.

Closing

thanking for participation, closing the discussion and calm down any disputes or controversy.

Behaviour

by Ilze Pelne - Berzina

Duration

90 min

Group size

4-16

Group age

11-14

Materials

Music system

Laptop

Chairs

Projectors

Topics

Behaviour

Reflection

Forum theatre

Finding
common
problems in
the group

Discussing theme of fighting, even abusing others in classrooms or on the street, commenting others behaviour, talking or discussing different points of view rather than physical fighting. Looking for common 3 - 5 problems in their lives. In the group discussing the most common problems, coming to consensus for the most important one

Reflecting on
the common
problems

Discussing the most important problems in their lives, by example, by experiential learning giving the teenagers the opportunity to experience the power of reflecting in a group setting in silence.

Representing
the show/
the play

To symbolize/ represent the problem through theatre. Creating 3 - 5 scenes of a play for the Forum theatre. Rehearsing. Dress rehearsal. Discussion in the company of actors. Showing / playing it to the public / the other half of group doing the same. Discussing the problems, feelings. Me as a mediator, as a joker facilitating the discussion of the group / audience.

Debate about
the problems
seen

To get an insight me as a mediator / joker discussing with the public, encouraging them to be more active to reduce the emotionally hurting situations for others

Movement exploration

by Ann-Katherine Kranz

Duration

90 min

Group size

10

Group age

12-20

Materials

Music system

Laptop

Sticks

Topics

Community
building

Feeling safe

Introduction round & rules

Circle: name, pronouns, why here. No laughing when feeling weird, safe word

Free dance

Song is playing, just dance, with people or alone.

Discover body

Go through the bodyparts each on its own, but building up and move them to the music

Distance walk

Line A and line B: A stops at the distance they think B is comfortable having them, B adjusts, other way round, walk towards each other keeping eye contact.

Stick balance dance

New couple, music is playing, balance two sticks and move together

Cat robot dance

New couple, music, A claps for change between cat and robot dance.

Explore movement

Go through with suggestions of leading body motors (head, chest, left foot) then give them time for 3 more individual choices to explore.

Eyes closed

Listen to song, move if you want. Notice where most energy is, thank your body!!

Body as an art figure

by Jānis Stūris

Duration

120 min

Group size

4-16

Group age

16-25

Materials

Music system

Laptop

Blindfolds

Props

Topics

Personal
development

Inclusion

New ideas

Empowerment

Body
expression

Intro

Description of a workshop, what we're going to do, and give motivational speech: What is body expression? What is body empowerment? Why this workshop matters? Warm up their body awareness.

Unite

To create a safe place for them to fail and feel more comfortable. It's okay to fail. Firstly gather target group in hall where everyone gets blindfolded and gets to move their bodies, knowing that no-one sees them. Later on only half of them is blindfolded and in pairs, moving blindfolded ones with trust and care (driver).

Create art

Everyone's body is an art, and we'll make an art from our partners body. It begins with moving a blindfolded person as a dancing art figure (sending impulses to engage movement), later on switching to creating a sculpture from blindfolded partner. Finally coming to a scene, representing a scenario in target group's town.

Reflect

Discuss how we performed and what we gained from this. After having a good laugh about the last part we make a circle, or a triangle, or a square and reflect what we learned, what we learned from this experience.

Improv evening

by Elena Fortunata Mazzitelli

Duration

100 min

Group size

20

Group age

19-25

Materials

Music system

Laptop

2 eggs

1 cup of flour

milk

ketchup

wig

rope

Topics

Creativity

Safe space

Improvisation

Welcome & Intro

Playing a song - ALL STAR, dancing freely in the room. Afterwards the participants are sitting in a semi circle, sitting on the floor. The participants introduce themselves, saying their name and a short description of what they are studying. the facilitator sits in the middle of the half circle and starts speaking, explaining the aims of the workshop.

Energisers

We will warm up the atmosphere and reconnect with the body. In a circle, standing, we play the invisible ball game.

Improv-try!

The facilitator gives some examples and starts playing with some of the participants to show them a first glance of the improv thing.

Improv!

One by one they are kicked out of their comfort zone and sent to the stage.

Reflection

We will gain consciousness about how we react when we are in a new situation "After having a good laugh about the last part we make a circle, or a triangle, or a square and reflect what we learned, what we gained from this experience" (cit.)

Where the hidden dreams go

by Erica Bertolacci

Duration

60 min

Group size

2-20

Group age

18-60

Materials

Music system

Phone

Bell/carillon

Objects

Paper

Color pens

Topics

Self

awareness

Expression

through

embodied arts

Intro

Welcome the participants in a circle. Briefly introduce the process that we will discover in the upcoming sessions

Breathe in and out

Find a comfortable position in the space. With a calm voice ask them to come here and now, realize how do they feel in the moment with the help of body. Breath, heartbeat, how are they in contact with the ground. Release the tension. Gently awake the body, raise the energy

Embody a word

Choose 3 words connected to the topic of the workshop: **creativity, dream, imagination**. Invite participants to embody each word when they hear a soft sound (bell, carillon, sound linked to the atmosphere to support the process)

Far mirroring

Continuing the process, half of the group embody a word, the other half mirrors it. Then the opposite. 2 new words: **inner child, fairytale**

Crystal ball

The facilitator puts some objects on the ground. Invite participants to put the feeling in object and take it as if it is a fragile, beautiful and important crystal ball. Invite to move with the crystal ball and connect it with a person, supporting the ball of each other. Slowly connect with others to arrive at the final group. In the end group supports each one, holding the chains of the crystal balls in a shape.



"Limelight" was 3-phase training program with the aim to provide Social Theatre and Body Expression tools and facilitation skills to youth workers directly working with young people in the LGBTQIA+ spectrum, encouraging them to diversify methodologies and strategies in the search for their target group's empowerment and in the boost of real social inclusion.

This training course has been co-funded by the Erasmus+ Program.

If you would like to find out more about the program, please visit

http://eacea.ec.europa.eu/erasmus-plus_en

