



ACT (Action Changes Things) Is a training course about Theatre of the Oppressed. That is a collective rehearsal for reality. The main idea of this methodology is to make people experience and understand how a change of an attitude, behaviour or thinking pattern can have a powerful significant effect on their life as well as lives of people around them.

Forum and Image Theatre methods are highly adaptable to the needs of different communities, with a large capacity to cover all kind of the social issues: human rights problems, power abuse and oppression in different ways, lack of activism, discrimination, exclusion, poverty, marginalization, xenophobia, etc. and through a creative approach provides a space for people to reflect, find solutions to these topics and transfer the solutions in their lives.

Theatre of the Oppressed even if is a very efficient methodology for handling social problems is not enough known and applied. This project is an answer to the needs of various youth organizations that need new methods for improving the situation of their target groups.

The main goal of the project is to increase the capacity of youth work sector to raise the participation and involvement of young people in social processes and change.

The structure of the project is like this:

- Selection and preparation participants (April-May)
- **First residential training course** for developing basic competencies in theatre of the oppressed methodology (image and forum theatre) (Norway/Balestrand 30.may-8.june 2016) NB: Program bouth on 30th and 7th in the night. So don't leave before the 8th.
- **Practice phase 1 in each community** ((each team will have to prepare and implement a forum theatre performance on a topic relevant for the local community for least 20 young people) with a support manual and coaching from the trainers team;
- Mid-term evaluation (online)
- **Second residential training course** for advance competencies in theatre of the oppressed methodology (Romania/Busteni, 2-11 September 2016)
- **Second practice phase** (each team will have to prepare and implement an upgraded version of the forum theatre performances or a new one for at least 20 people)
- **Evaluation** (short and long term - online)
- **Follow-up** in each community and international



The training course will be held in:

Balestrand from 30. May - 8. June 2016 and involve participants coming from *12* countries. Balestrand is in the Sogn og Fjordane and has 1350 population. It is situated along the Sognefjorden (the longest and deepest fjord in the world). The village has an important history, since 1880 it is an attractive place for tourists. The emperor of Germany, Wilhelm II, was spending many of his summers in Balestrand with his wars ships until the First World War broke out. Balestrand also has an important place in Norwegian art history.

Most of the project will be in 'Ciderhuset' (www.ciderhuset.no) where the participants will eat, and have most of the activities. The house is in an organic fruit garden where the owners of the houses produce jam, herb tea, honey, cider and brandy. The Ciderhuset is being used for as an arrangement place for weddings, big parties, meetings, projects and workshops. The house has all the equipment's to run a Erasmus+ projects.

The participants will be accommodated in Sjøtun Camping (<http://www.sjotun.com>). The participants do not need to bring sleeping bags the camping will give bed sheets, pillow and blanket. We hired different size of cabins. There will be common shower (girls and boys separated) and free Internet. The Camping is 5 minutes away from the Ciderhouse.

The participants will not need more transportation because the Ciderhouse is just 15 minutes away from the center of Balestrand.

EXPECTATIONS FROM PARTICIPANT:

- **Youth workers (no age limit but preferably over 18)** that have responsibility in running projects/initiatives (paid or voluntary) in their organizations
- Should have some **basic relevant experience** that entitles them to multiply easily a new method;
- **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*);
- **All participants should have an English level of at least medium level** (to be able to participate in discussion and in training activities);
- Motivation and availability for the **entire project duration** (2 training courses and local practice phase as mention before)
- **The participants should be resident of one of following countries:** Bulgaria, Latvia, Estonia, Germany, Spain, Poland, Romania, Norway, Hungary, Portugal, Denmark
- **applications from people residents in other countries** then 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 which are NEW to the field of using theatre as a tool for social change!** 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 people and also that the way methodology is used by our experts might be different then the way they use it. If you are experienced and you are not sure if this program suits you, write to us!

FINANCE: The project is financed by European Commission (Erasmus+). Therefore; food, accommodation, trips during the project, activities will be fully covered. If visa is needed the costs will be reimbursed in the project. We will arrange an international evenings during the project. We want you bring some food or drink from your country for this nights. Every country will have a budget 30 EU for this. Just bring your receipts to us and you will be paid in Norway.

Travel Costs: Every participant will receive the amount, which the European Commission decides for the countries. The travel cost will be reimbursed during the project to the participants bank accounts. Please bring you bank details includes bank address, IBAN and SWIFT/BIC code.

- Bulgaria – Balestrand - 360 EU per participant
- Romania- Balestrand - 360 EU per participant
- Poland – Balestrand - 275 EU per participant
- Spain – Balestrand - 365 EU per participant
- Denmark – Balestrand – 275 EU per participant
- Estonia – Balestrand – 275 EU per participant
- Germany – Balestrand – 275 EU per participant
- Hungary – Balestrand – 275 EU per participant
- Latvia – Balestrand – 275 EU per participant
- Portugal – Balestrand – 530 EU per participant

WHO CAN PARTICIPATE: If you are working in a youth organization or be member, in the age over 18, interested in develop your ability to lead groups and do things in a more interactive way, use the local abilities, learn more about Erasmus+ and public relation and media impact on visibility of future projects, this is a project for you!

PRACTICAL INFORMATION:

- We want to warn you about the temperature in Norway. We hope that we will have a lot of sunny days but probably we will have cold and rainy days also during the project. Please have this into consideration while packing your luggage.
- During the project we will have one afternoon of. During this time you will able to see the Norwegian fjord or go for the a mountain trip. So some walking boots and raincoat and trousers please bring it. AND do not forget some warm clothes. We do not want to scare you but it is nice to be prepared.
- We are recommending all of you to find a flight to Oslo and take the night or day bus from Oslo to Balestrand. It is the easiest way to reach to our village and cheapest 😊
- The night buss is leaving Oslo airport Gardermoen at 22.35. Change the buss in Sogndal arrival 05.05 departure 05.05 (it is a little bus stop where you walk 10 meters between the busses, and the buss is waiting for the other). (www.nettbuss.no). Arrival Balestrand 06.10
- The return is 7 th of June with express boat at 20.20 to Sogndal(www.norled.no). Here you change to buss going 21.30 and is in Oslo Airport Gardermoen at 05.05
- If you come with one cheap flight to Rygge or to Torp, make shore that you reach the buss at 21.40 !from Oslo Buss terminal or 22.35 !from Oslo Airport (if not you have to sleep in the buss terminal or airport.) There is also busses at 09.40 and 14.45.
- There is also possible to go via Bergen. There is one ekspresboat leaving at 16.30 and are in Balestrand at 20.20.

