

The Stage



Funded by
the European Union

TRAINING COURSE

of Change



FORUM THEATRE TRAINING
FOR YOUTH WORKERS AND EDUCATORS

15-24.06.2026 (ARRIVAL AND
DEPARTURE INCLUDED), ZWARDOŃ,
POLAND

We Add Wings



Introduction

Contemporary societies are shaped by complex social dynamics, where **inequality, exclusion, and power imbalances** continue to affect individuals and communities. **Young people often face situations of oppression—whether subtle or explicit—that they struggle to understand, express, or challenge.** Traditional educational approaches frequently fail to provide safe, participatory spaces where these experiences can be explored and transformed.

At the same time, **there is a growing need for methods that foster active participation, critical thinking, and embodied learning.** Many young people and youth workers lack tools to address conflict, navigate power relations, and engage in meaningful dialogue. This can lead to passivity, lack of agency, and difficulties in responding to social injustice.

Participatory theatre methods, such as those developed by Augusto Boal within the Theatre of the Oppressed, offer an innovative response to these challenges. By transforming spectators into active participants (“spect-actors”), these approaches create a space to rehearse real-life change, test solutions, and collectively reflect on social realities.

In parallel, there is an increasing recognition of **the importance of body awareness and physical expression in learning processes.** Disconnection from the body, stress, and lack of movement negatively impact emotional regulation, confidence, and group cohesion. **Integrating daily body movement sessions supports not only physical well-being but also emotional integration, creativity, and presence.**

The Forum Theatre training course responds to these needs by equipping participants with practical, embodied, and creative tools to explore oppression, develop agency, and facilitate transformative group processes.

Goal and methods

Goal of the Project:

To empower youth workers, educators, and participants with participatory theatre tools to explore social issues, challenge oppression, and facilitate dialogue, while strengthening body awareness, emotional integration, and group connection through daily movement practice.

Methods:

- Interactive theatre workshops
- Physical and body-based exercises
- Daily body movement sessions (grounding, awareness, expression)
- Group work and peer learning
- Improvisation and devised theatre techniques
- Image Theatre and Forum Theatre methods
- Reflective discussions and feedback sessions
- Role-play and simulation (Joker training)
- Creative exercises (voice, rhythm, character work)
- Mindfulness and body awareness practices



Key learnings and objectives

Key Learning Points:

- Understanding oppression and power dynamics in everyday life
- Active participation through the “spect-actor” approach
- Embodied learning and body awareness in group processes
- Development of voice, presence, and self-expression
- Tools for conflict transformation and dialogue facilitation
- Role and ethics of the Joker as a neutral moderator
- Building realistic strategies for social change
- Strengthening creativity, spontaneity, and collaboration
- Integration of physical movement for emotional and psychological balance



Activities

1. Introduction to Forum Theatre

- o Spect-actor concept and interactive performance
- o Structure: exposition, conflict, powerlessness, intervention

2. Image Theatre Exploration

- o Creating body images of oppression and change
- o Transforming images into dynamic scenes

3. Acting and Improvisation Training

- o Voice, rhythm, and presence exercises
- o Character development and intention work

4. Creation of Forum Performance

- o Problem mapping and collective storytelling
- o Building scenes based on real-life situations

5. Performance Development

- o Deepening characters and conflicts
- o Analytical and synthetic rehearsals

6. Joker Training

- o Facilitation through questioning
- o Managing audience interaction and group dynamics

7. Rehearsals and Simulation

- o Full run-through with interventions
- o Testing alternative solutions

8. Final Performance and Evaluation

- o Public Forum Theatre presentation
- o Reflection and feedback

9. Daily Movement Sessions

- o Body awareness and grounding exercises
- o Movement-based trust and connection activities
- o Physical warm-ups and expressive movement
- o Integration of body and emotion

Flow of the day

THE GENERAL WORKING DAY OF THE TRAINING IS THE FOLLOWING BUT WILL BE FLEXIBLE TO THE GROUP DYNAMICS AND WE ARE OPEN TO MAKING SOME CHANGES DURING THE WEEK.

8:30– 9:30 BREAKFAST

10:00 – 13:30 MORNING SESSIONS (WITH ONE BREAK)

13:30 – 15:30 LUNCH BREAK

15:30 – 19:00 AFTERNOON SESSIONS (BREAK AND REFLECTION TIME INCLUDED)

19:00 DINNER

20:30 FREE TIME OR LED ACTIVITIES



Event Venue

We will spend our time in Zwardoń, a small village in southern Poland. The closest towns and cities are Bielsko-Biała approximately 35 km to the north, Katowice about 110 km to the north, and Kraków roughly 120 km to the northeast.

We will be staying at Zwardoń Guest House, a serene accommodation nestled in the Polish mountains, offering cozy rooms, homemade meals, and a welcoming atmosphere. Located in the scenic Beskid region, the center is ideal for relaxation, training events, youth camps, and green school programs. The facility is fully accessible and certified for eco-friendly tourism. By staying here, guests support a meaningful social mission.



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Event Venue

Accommodation includes:

- closeness to the woods and nature,
- outdoor pool and sauna to be used upon agreed arrangement,
- sport field,
- cuisine based on polish traditional cuisine,
- diets available on request only for typical ones - (vegetarian, vegan, other based on medical purposes),
- the pension doesn't provide washing machines and blowdryers.



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HOW TO TRAVEL TO ZWARDOŃ?



IF YOU COME BY **FLIGHT** YOU NEED TO FLY TO **KATOWICE AIRPORT** WHICH IS THE CLOSEST AIRPORT.

FROM THE AIRPORT, THERE IS BUS TRANSFER - AP BUS (DIRECTION KATOWICE SĄDOWA) WHICH WILL TAKE YOU TO **KATOWICE BUS/TRAIN STATION KATOWICE DWORZEC**.

*HERE IS THE TIMETABLE: [HTTPS://RJ.METROPOLIAZTM.PL/ROZKLADY/1-AP/?LANG=EN](https://rj.metropoliaztm.pl/rozklady/1-ap/?lang=en)

YOU CAN BUY THE TICKET AT THE MACHINE OUTSIDE THE AIRPORT, OR AT THE DRIVER'S (ONLY CASH THERE). IT COSTS 6.60 ZŁ (AROUND 1,5 EUROS). IT TAKES MAX. 45 MINUTES TO REACH KATOWICE DWORZEC;

FROM **KATOWICE RAILWAY STATION (KATOWICE DWORZEC)** YOU HAVE A **DIRECT TRAIN TO ZWARDOŃ**. YOU CAN CHECK THE TIMETABLE, PRICES AND BUY THE TICKETS HERE: [HTTPS://KOLEO.PL](https://koleo.pl)

YOU CAN ALSO BUY THE TICKETS AT THE STATION. IN THE TRAIN THE PRICE OF THE TICKETS WILL BE MORE EXPENSIVE, SO MAKE SURE TO BUY BEFORE.

ONCE YOU LET US KNOW ABOUT YOUR ARRIVAL, WE WILL PICK YOU UP FROM THE TRAIN STATION IN ZWARDOŃ.

***ANOTHER NEARBY AIRPORT IS IN KRAKOW**, WHICH AROUND ONE HOUR FROM KATOWICE. YOU NEED TO GO TO KRAKOW GŁÓWNY IN ORDER TO CATCH A TRAIN TO KATOWICE (AROUND 1.5 HOURS) AND FROM THERE TO CONTINUE TO ZWARDOŃ. CHECK THE FOLLOWING WEBSITE:

[HTTPS://WWW.KRAKOWAIRPORT.PL/EN/PASSENGER/TRANSPORT-EN/DIRECTIONS/FROM-TO-KRAKOW-AIRPORT/PUBLIC-BUSES-EN](https://www.krakowairport.pl/en/passenger/transport-en/directions/from-to-krakow-airport/public-buses-en)

DO YOU WANT TO TAKE PART IN THIS LEARNING OPPORTUNITY?

THIS IS WHAT WE ARE LOOKING FOR:

- Members or close collaborators of active Youth Organization (staff or active member, paid or not). The organization should have a valid OID number (we will sign partnership agreements with the sending organization).
- Willingness and motivation to be involved in the partner organization for at least one more year after the project.
- Enthusiastic youth workers who are motivated towards taking a strong lead in designing and/or facilitating meaningful learning experiences for young people on the topic of our training.
- Good command of the English language;
- People older than 18 years and with a legal residence (proven by valid documents) in the country they are currently residing in.



IMPORTANT TO HAVE IN MIND BEFORE DECIDING TO APPLY:

- **If you do not provide an OID number your application will be considered ineligible.**
- **Your organization should be based in the same country as you are currently residing in. If your situation is different you might not be eligible to participate in the course.**
- Double-check the eligible countries from which we can accept participants. Do not apply if you do not currently reside in one of them.
- **To support a positive group atmosphere and effective learning, we ask that participants refrain from consuming alcohol during the project.**



ADDITIONAL INFORMATION

WHAT TO BRING

- REFILL BOTTLE
- CLOTHES FOR POLISH SPRING
- COMFORTABLE CLOTHES & SHOES - for the training activities (as we will do a lot of active exercises and games). Please bring with you appropriate clothes and shoes (for both indoor and outdoor environments ;)
- SOME PRODUCTS FROM YOUR COUNTRY - (snacks, drinks, anything else specific, etc.) for the Cultural evenings
- MEDICINES - If for health reasons you take any specific medicine please bring a sufficient supply for the duration of your stay as it may be impossible to find them on location.
- SWIMMING SUITS
- TOWELS



ADDITIONAL INFORMATION

There is internet available at the location but only wireless- there is no extra computer to be used.

Tap water is drinkable in Poland – therefore no bottled water will be served to you.

The arrival day is on the 15th of June and departure day is on the 24th of June.

Please arrive to Zwardoń NOT Earlier than at 16.00 on June 15th. Departure happens on 24th after breakfast.

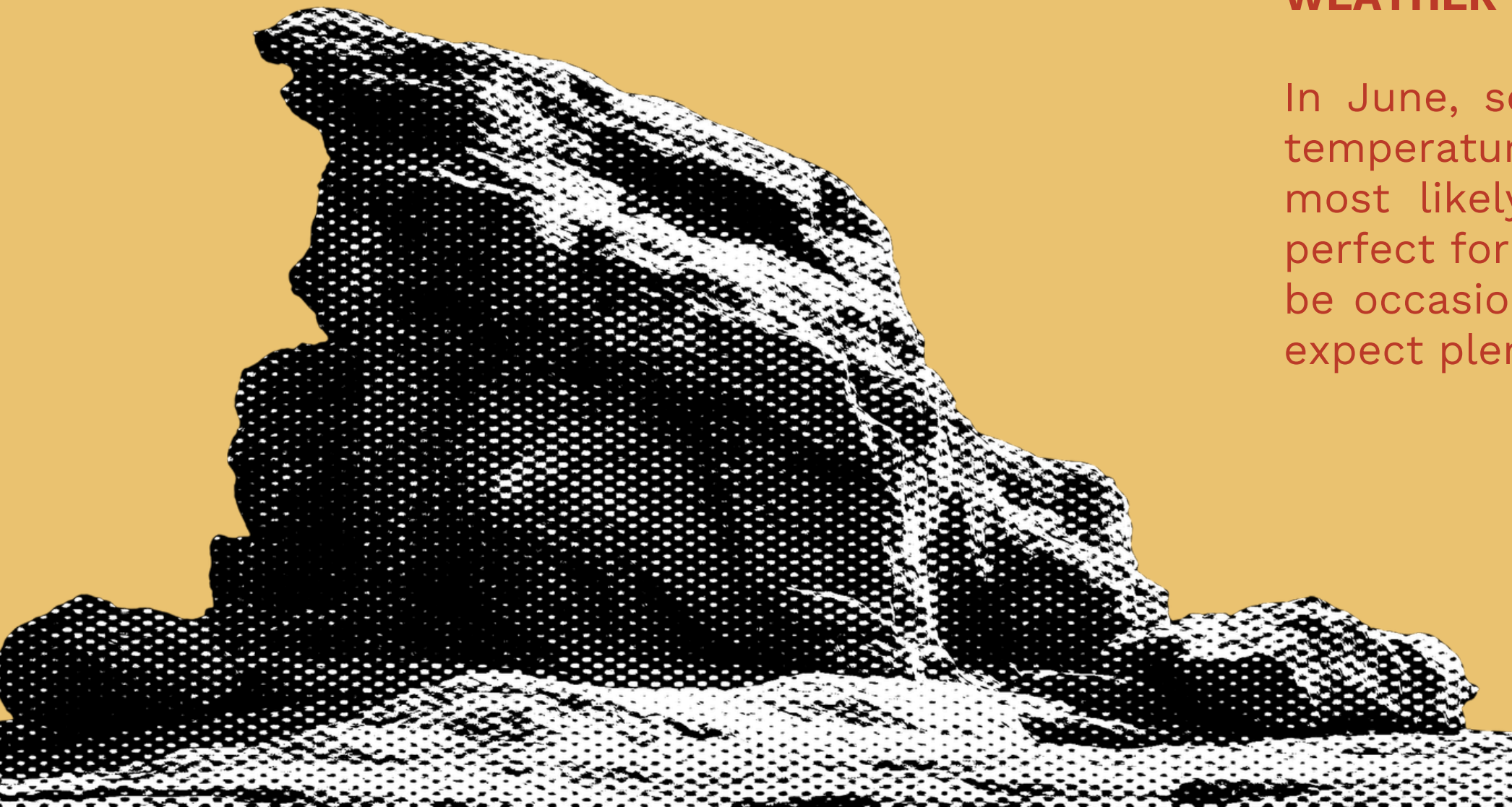
ADDITIONAL INFORMATION

INSURANCE

Please take with you European Health Insurance Card which allows you to use healthcare services in Poland for free in case of emergency. We also recommend to buy additional, private travel and health insurance.

WEATHER IN JUNE

In June, southern Poland is usually quite warm, often with temperatures reaching 25°C or higher during the day. It will most likely be hot, especially in sunny periods, making it perfect for outdoor activities in the mountains. There may still be occasional showers or thunderstorms, but overall you can expect plenty of sunshine and summery weather.



EXPENSES

The board and lodging for the training course are fully covered by the local organizers during the period mentioned in shared rooms and no exceptions will be made (3 to 4 people in one room). Food will be mostly served as a buffet and it will accommodate allergies, medical conditions and committed life-style decisions **BUT NOT personal preferences or things you are flexible with.**

Each participant is free to choose the preferred way of travelling. Due to the organizers' policies, we strongly encourage the use of green travel, especially from the neighbouring countries to Poland. If flights are used for more than 50% of the total travel distance (roundway) the maximum budget allocated available will be from the Non-Green travel category!

Use this website (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) to find out your distance. This is the official (and only) website to be used in order to determine the distance. Write at the START, your location, from where you will start your travel and at the END, Laliki, Poland. You will get a km number as a result which will correspond to financial support which you may get for your travel costs.



THE INDIVIDUAL MAXIMUM BUDGET FOR TRAVEL, PER PERSON, IS THE FOLLOWING:

- For distances between 10–99 km: up to 56 EUR for green travel or 28 EUR for non-green travel.
- For distances between 100–499 km: up to 285 EUR (green) or 211 EUR (non-green).
- For distances between 500–1999 km: up to 417 EUR (green) or 309 EUR (non-green).
- For distances between 2000–2999 km: up to 535 EUR (green) or 395 EUR (non-green).
- For distances between 3000–3999 km: up to 785 EUR (green) or 580 EUR (non-green).
- For distances between 4000–7999 km: up to 1188 EUR, regardless of the travel type.
- For distances of 8000 km or more: up to 1735 EUR, regardless of the travel type.



HOSTING ORGANIZATION

Uskrzydlamy/We add Wings is non-governmental, non-profit organization which was founded in 2007. Since that time we organized a lot of national and international projects on the topics of bridge building, active citizenship, entrepreneurship, inclusion, intercultural dialogue, theater, music, democracy, street campaigning and change making.

Our mission is bringing positive change to the community and especially youth; tolerant, open-minded society, inclusion of vulnerable groups, social activism, gender equality, development of skills and competences of young people and youth workers, development of entrepreneurial education, recognition of non-formal learning, promoting volunteering and intercultural cooperation and solidarity, contribution to the strengthening of youth to become active in their own community, promotion of non-violent culture /culture of peace, sustainability and ecology. Since 2023 we hold Erasmus+ Youth accreditation.



TEAM

Jarosław Rebeliński – art therapist, trainer, theatre scholar, and drama and theatre educator. Graduate of the Theatre Studies Department at the Aleksander Zelwerowicz National Academy of Dramatic Art in Warsaw. Completed specialist training in drama and Forum Theatre, including a course by the Drama Way Foundation, the “More Than Theatre” project at the Jerzy Grotowski Institute, a master workshop with Adrian Jackson, and training in the “Rainbow of Desire” method developed by Augusto Boal. Works as a drama trainer and director of Forum Theatre performances at the YouArt Foundation, Drama Way Foundation, and has carried out projects at the POLIN Museum and the Syrena Theatre. For 10 years, he was the Head of Theatre at the Gdańsk Archipelago of Culture, where he developed original projects in the field of community theatre and Forum Theatre. He is also an academic lecturer and has for many years led creative and art therapy processes with diverse groups.

Tomasz Antonowicz - musician, percussionist, and music therapist. He creates music for films and theater performances, and leads rhythm and music workshops. In his free time, he grazes a flock of sheep in the Kashubian meadows near Kościerzyna.

Julianna Graczyk - a psychologist, sexologist, and psychotherapist currently in training at the Institute of Dance Movement Therapy (DMT) in Warsaw. In her work she combines a scientific approach with empathy and openness, believing that a safe space for dialogue fosters motivation for change and deep reflection on one's life. In the context of group sessions focused on body awareness, she utilizes tools that connect body and emotions. Through movement and expression, participants have the opportunity to gain deeper self-understanding and develop interpersonal skills in an atmosphere of acceptance and understanding.

Agnieszka Zawiślak- vice president of the organisation, project coordinator (Erasmus+ and European Solidarity Corps), trainer, facilitator and coach, author of educational guides and methods, group leader, youth worker.



Application



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**If you want to take part in the project
Apply here:**

https://docs.google.com/forms/d/e/1FAIpQLSdfBWWcZeR_mAT78nqOMp6R8xWWCoVI4zju2L3GxSqkivAA-A/viewform?usp=publish-editor

You can also contact us here:

uskrzydlamyngo@gamil.com
or send a message on WhatsApp: +48667637321

INSTAGRAM

FACEBOOK

We Add Wings 