

## **1 Roll Picture (Antje Heinemann)**

“Get Going“

Pictures, which are normally flat, are painted on a big cardboard roll – they “get rolling” until they finally become an advertisement pillar, reaching an upright position. Now the pictures are standing in the room so that all participants can run around them. None of the pictures will ever be seen completely, you will always get only a partial view of them.

Each participant will first design and paint their own roll. All these rolls will then be put together by the participants to form a sculpture in space. The big play starts here. Space will be totally transformed by the cardboard roll picture standing in it, changing its appearance as the play moves on. This workshop is meant for participants who enjoy painting, shaping and constructing things.

## **2 Graffiti (Iris Haferkamp + Jakob Bardou)**

Graffiti must be seen as a form of street art, not only as wilful destruction!

Graffiti is a way to express oneself creatively, offering a wealth of opportunities to represent things in different ways.

The artists will use the language of colour and shape to express themselves and to communicate their views, ideas and feelings to the outside world.

The graffiti workshop is designed to introduce participants to these options, but the primary objective is to transmit the fun of “can art”.

In the end, a wall or several canvasses will be created by the participants, possibly in groups of 3 to 5 people; these objects will each focus on a theme, and participants will get assistance from the moderators.

## **3 Improvisation theatre (Sarah Fleischer + Eva Born)**

This workshop will be structured by the motto “A Football Match”.

The main theme is “people meeting people” in connection with football. Who, how, why, where do people meet each other when it comes to football?

A set-up scene will be played out, featuring two people who encounter each other, plus a conversation. This serves as an initial model, triggering creative reshaping. A lot of different scenes will result from this activity, with each one giving a different answer to the questions of who, how, why, and where, and offering different interpretations. The spoken text will remain the same, while everything else is left to the players and their imagination. The scene should be presented in as many different versions as possible.

These scenes are based on a football match played out in advance by all participants and modified afterwards in an unusual way. Participants will then switch from the player’s role to the role of their own scene while the players who are not involved will remain “frozen”.

This workshop plays around the borderline between directing and acting, clearly following the principle of “learning by doing”.

The short scene is read and discussed, the players are stimulated to share and use their own impressions and ideas.

## **4 Acting / Improvisation (Maike Techen)**

Actually everyone who is able to lie well has the talent for acting, because just from imagination (s)he can take convincing expressions. Wolfgang Heinz (actor, director) Starting out from that point we will try to imagine different emotions and check whether they have been portrayed believably. Take for example a welcoming situation: - I’m glad to see my acquaintance. – I’m glad, but I’m deeply in debt to him. - I find the meeting very unpleasant. and others. --- The presentation on Tuesday shows how convincing lies can be. The attendance is limited to 15 participants. We will act or improvise everyday situations under different circumstances: For instance a bus stop: - I’m waiting for the bus, which is late. It starts snowing flakes in the size of a fist. - Someone snatches my bag, in which there is money. - The bus stop behind me is taken down for some reason. The workshop participants have to react in different situations and afterwards try to manipulate these situations. How successful this is done the other participants will decide.

## **5 Rope ladder climbing in a tree (up to 18 m high) Christine Engel + Beate Linnert**

5 - 7 participants are directly involved in this action, with one person climbing up the ladder until they have reached their own height of choice, and four others securing the climber on their own under supervision. Participants will rotate in their roles as viewers, climbers and security providers. Everybody can find out and decide on their own height and will be lowered as soon as they wish. Thanks to a rescue system, it will be possible at any time to take down a participant from the rope ladder and to intervene in the safety system.

The following techniques and responsibilities will be conveyed:

Climbing up the rope ladder and detecting one's own "height of choice".

Learning and using the safety knot and the securing technique for the climbing person in a give-and-take process of continuous securing and letting down.

Putting one's trust in the securing people, cooperating in a team with the communication necessary to achieve this.

Moreover, there will be options to carry out other practical educational actions and plays.

## **6 Wrestling by rules (Nils Feyerabend)**

Violence prevention project

The aim of this workshop is to measure oneself with others in fair duels and group fights. By "fair" we understand fighting according to certain rules that have been agreed before.

In all this, the voluntary character and freedom from bodily harm are of primary importance.

It is less about athletic fitness, but rather about increasing the awareness of one's own strength and its effect; moreover, aggressive potential can be discharged under a set of clear rules and limitations.

There will be a wide variety of such playful fighting, and part of the rules will be set in advance, while others will be worked out by the group itself.

Various rituals from Judo sport will be used in this workshop (falling exercises, throwing, holding techniques). Participants are welcome to feed in techniques from other sports and (martial) arts as well.

## **7 Drumming (Ibrahim Diallo)**

In this workshop, participants will play on the drums together in order to relax body and mind. Awareness of one's body and movement are the main themes here; the aim is to forget about one's everyday routine.

## **8 Oriental dance (Ela Prelicz)**

Oriental dance is one of the oldest forms of expressive dance. Moreover, it strengthens your assertiveness and your body posture as well as the expressiveness and beauty of any woman.

In this workshop we will learn the basic moves of oriental dance. We take a closer look at technique and isolated movements, combining them with simple steps into short dance units.

The aim is to learn a short choreography within the two days of the workshop; the fun of dancing should always remain the main purpose.

Bring your own comfortable clothes, and possibly a hip cloth to emphasize your hip. Bring also socks or gym slippers for your feet.