InterAct

LEARNING PROGRAMME

Dealing with Conflicts and Discrimination with Theatre of the Oppressed Techniques

10-DAY COURSE

50 learning hours | Course programme

Dealing with Conflicts and Discrimination with Theatre of the Oppressed Techniques – 10-Day Course

Introduction and Description

This comprehensive ten-day training course provides educators with a practice-based exploration of the Theatre of the Oppressed (TO) as a pedagogical and transformative framework for addressing conflicts and discrimination in educational settings. Rooted in the methodologies developed by Augusto Boal, the course combines theoretical understanding with embodied experimentation, allowing participants to analyse oppressive dynamics, deconstruct real-life scenarios, and co-create interventions that empower learners and communities.

Participants engage in a progressive sequence of theatre games, physical warm-ups, image theatre exercises, collaborative improvisation, and guided laboratory sessions to foster self-awareness, empathy, critical reflection and collective problem-solving. A central component of the programme is the development and performance of a Forum Theatre piece based on authentic challenges drawn from school contexts, providing teachers with an experiential understanding of how spect-actor participation can open spaces for dialogue, agency, and social change.

The course emphasises the creation of a safe and supportive learning environment in which sensitive themes—such as discrimination, bias, exclusion, and power relations—can be explored responsibly and reflectively. By the end of the programme, educators will be equipped with practical tools to facilitate Theatre of the Oppressed activities in their classrooms, support students in confronting oppressive situations, and integrate TO techniques into wider school strategies for inclusion, conflict resolution and democratic citizenship education.

Methodology and Assessment

The course employs an experiential, learner-centred methodology grounded in the principles of Theatre of the Oppressed. Participants engage in theatre games, embodied exploration, Image Theatre, improvisation and collaborative creation to analyse conflicts and discrimination through practical experimentation. Learning unfolds within a safe, reflective environment supported by dialogue circles, peer feedback and guided facilitation. Assessment is formative and continuous, based on active participation, reflective journaling, group discussions and the development of a Forum Theatre scene. The final presentation and debriefing serve as evidence of participants' ability to apply TO techniques, critically examine oppressive situations and design transferable strategies for use in their educational contexts.

Learning Objectives

By the end of the course, participants will be able to:

1. Theoretical Knowledge and Conceptual Understanding

- Demonstrate a clear understanding of the origins, principles, and aims of the Theatre of the Oppressed.
- Identify and analyse different forms of oppression, discrimination, and conflict in educational and social contexts.
- Explain the role of embodied learning and creativity in developing critical awareness and social change.

2. Practical Competence in TO Methodologies

- Apply a wide range of Theatre of the Oppressed techniques, including theatre games, Image Theatre, body sculpturing, and Forum Theatre.
- Facilitate theatre-based activities that promote communication, empathy, collaboration, and de-escalation of conflict.
- Design and guide the creation of still images and scenes representing real or hypothetical oppressive situations.

3. Forum Theatre Facilitation Skills

- Develop and structure an original Forum Theatre play addressing a conflict or discriminatory situation relevant to the school environment.
- Perform the role of the Joker effectively, managing interventions, supporting spect-actors, and maintaining constructive dialogue.
- Evaluate audience interventions and integrate them into reflective and transformative practice.

4. Safe Space, Emotional Intelligence, and Group Dynamics

- Create and maintain a psychologically safe and inclusive environment for sensitive artistic exploration.
- Demonstrate skills in supporting diverse participants, including strategies for managing emotional responses and fostering group cohesion.
- Apply reflective tools—journals, dialogue circles, embodied check-ins—to facilitate personal and collective learning.

5. Transferability to Educational Practice

- Adapt Theatre of the Oppressed techniques to various age groups, school environments, and curricular goals.
- Integrate TO activities into broader programmes on inclusion, anti-discrimination, socio-emotional learning, and conflict mediation.
- Plan follow-up actions, classroom applications, and school-wide initiatives that promote democratic participation and equity.

Preparation

After registration participants will receive pre-course questionnaire which will be used by the trainer to learn about participants' teaching backgrounds and to assess their exact needs. Before the beginning of the course a basic reading list will be suggested to participants to prepare for the training. Participants will also be asked to prepare a presentation about themselves, their professional context and their culture. The presentation will be presented on the first day of the course to facilitate networking opportunities. Participants will receive information about the country they are going to visit in order to prepare them for their cultural experience.

Follow up

After the course participants will be asked to share what they have learned with the rest of the staff in their schools. Further books and articles to deepen the topic and contacts with some other practitioners all over Europe and in the world will be suggested by the trainer. The methods shared and explored and the bibliography given will allow the participants to complete and improve their educational path.

Certificate

Certificate complies with the guidelines of the Erasmus+ programme and includes the topic, number of didactic hours, dates and location of the course. We can list the record of learning outcomes on the Europass Mobility Document on request of participants. In case a participant requires a specific format of certificate we can accommodate that if requested at least one week before the start of the course. It is necessary to attend at least 80% of the hours in order to receive the certificate.

Accommodation

We do not directly offer accommodation and subsistence and participants are responsible for organizing it by themselves.

Paperwork

We also provide all the support with paperwork you might need for your Erasmus+ project documentation such as mobility agreement and registration letter.

Fee: 800 €

Cancelation policy

We have a flexible cancellation policy in force at the moment and you can cancel your registration up to 30 days before the course and receive a full refund. In case you don't cancel the registration more than 30 days before you will not receive any refunds, but you will be able to choose to attend any other confirmed course session later (within 6 months) without any additional costs. In case you are not able to travel, your school can send someone else to take instead of you and you can change the details of the participant any time before the start of the course at no additional cost.

TENTATIVE PROGRAMME (50 didactic hours - 5*45min per day) Monday to Friday	
Day 1	Welcome, Group Formation & Orientation to TO (Theatre of the Oppressed)

09.00 - 09.45	Introductions & Icebreakers
09.45 - 10.30	Course Overview & Learning Agreement
10.30 - 11.15	Introduction to Augusto Boal and the origins of Theatre of the Oppressed
11.15 - 11.30	Break
11.30 - 12.15	Discussion: conflicts and discrimination in school environments
12.15 - 13.00	Mapping participant experiences (non-personal, situational)
Day 2	Creating a Safe Laboratory Space & Group Dynamics
09.00 - 09.45	Warm-ups for trust, grounding, and body awareness
09.45 - 10.30	Establishing safe space agreements
10.30 - 11.15	Group dynamics
11.15 - 11.30	Break
11.30 - 12.15	Practical exercises for ensemble work
12.15 - 13.00	Reflection dialogue: what safety means in conflict-themed work
Day 3	Embodied Awareness: Theatre Games for Mind–Body Connection
09.00 - 09.45	Boal's arsenal of theatre games: perception, observation, reaction
09.45 - 10.30	Games for exploring stereotypes and social labels
10.30 - 11.15	Identifying implicit biases through movement
11.15 - 11.30	Break
11.30 - 12.15	Deconstructing situations: From daily micro-conflicts to systemic discrimination
12.15 - 13.00	Techniques for analytical breakdown
Day 4	Image Theatre: Still Images & Body Sculptures
09.00 - 09.45	Introduction to Image Theatre
09.45 - 10.30	Representing feelings, tensions, and power imbalances through still figures
10.30 - 11.15	Experimenting with subtle body shifts to change meaning
11.15 - 11.30	Break
11.30 - 12.15	Dynamising images: exploring options for action and transformation

12.15 - 13.00	Photo documentation of key images & reflection circle
Day 5	Advanced Image Theatre: Analysing Conflicts & Discrimination
09.00 - 09.45	Creating image sequences: before–during–after an oppressive act
09.45 - 10.30	Reading images collectively
10.30 - 11.15	Analytical tools
11.15 - 11.30	Break
11.30 - 12.15	Transforming images into possible interventions
12.15 - 13.00	Reflection & connecting findings to school and classroom realities
Day 6	Introduction to Forum Theatre
09.00 - 09.45	Warm-ups to create readiness for improvisation
09.45 - 10.30	Theory of Forum Theatre: structure, roles, and function
10.30 - 11.15	The Role of the Joker
11.15 - 11.30	Break
11.30 - 12.15	Viewing and analysing a short Forum Theatre example
12.15 - 13.00	Identifying relevant conflict themes from real educational contexts
Day 7	Searching for Knots & Creating the Embryo of the Play
09.00 - 09.45	Warm-up for creativity and improvisation
09.45 - 10.30	Mapping oppression points in selected scenarios
10.30 - 11.15	Developing short scenes
11.15 - 11.30	Break
11.30 - 12.15	Drafting the embryo of the Forum Theatre play
12.15 - 13.00	Sharing embryonic scenes with the whole group
Day 8	Production of Forum Theatre Play
09.00 - 09.45	Brief rehearsal round
09.45 - 10.30	Structuring the script
10.30 - 11.15	Rehearsal in small groups: polishing scenes
11.15 - 11.30	Break
11.30 - 12.15	Joker rehearsal: practicing intervention facilitation

12.15 - 13.00	First internal run-through and feedback
Day 9	Final Rehearsals, Joker Training & Individual Support
09.00 - 09.45	Warm-up, voice & presence exercises
09.45 - 10.30	Group rehearsals with full sequence
10.30 - 11.15	Joker rotation rounds: each participant tries the Joker role
11.15 - 11.30	Break
11.30 - 12.15	Individual support
12.15 - 13.00	Preparation for the final performance
Day 10	Presentation of Outcomes, Evaluation & Closing
09.00 - 09.45	Final presentation of the Forum Theatre play
09.45 - 10.30	Joker-led facilitation
10.30 - 11.15	Spect-actor interventions
11.15 - 11.30	Break
11.30 - 12.15	Evaluation & Reflection
12.15 - 13.00	Validation of learning outcomes and certification

*This is only a tentative timetable. The exact hours or the course might differ and will be announced for each session 2 weeks before the start. However, there will always be a total of 5 didactic hours per day and all will be in line with the Erasmus+ quality standards. The trainer might slightly modify the content in response to the needs of the group.
**Cultural and social programmes will be organized in addition to the academic programme. The exact cultural and social programme depends on the location, season, weather, etc.