

LEARNING PROGRAMME

Dealing with Conflicts and Discrimination with Theatre of the Oppressed Techniques

5-DAY COURSE

25 learning hours | Course programme

Dealing with Conflicts and Discrimination with Theatre of the Oppressed Techniques – 5-Day Course

Introduction and Description

This five-day intensive course introduces educators to the theoretical foundations and practical application of Theatre of the Oppressed (TO) techniques as tools for addressing conflicts and discrimination in school settings. Drawing on the transformative pedagogy of Augusto Boal, the programme integrates embodied learning, critical reflection, and collaborative problem-solving to equip participants with effective, creative, and inclusive approaches to managing interpersonal and structural challenges within educational environments.

Through a carefully sequenced blend of theatre games, image theatre work, analytical exercises, and participatory improvisation, participants explore the dynamics of power, oppression, and agency. The course places strong emphasis on practical engagement, enabling teachers to translate complex social issues into symbolic and embodied forms that can be collectively investigated. The development and presentation of a Forum Theatre play serves as the programme's culminating experience, allowing participants to rehearse strategies for intervention, facilitate constructive dialogue through spect-actor involvement, and experiment with multiple pathways toward conflict resolution.

By fostering a supportive and psychologically safe learning space, the course encourages personal insight, empathy, and professional growth. Participants leave the programme with a clear understanding of how Theatre of the Oppressed methodologies can be adapted to different age groups and curricular contexts, and with concrete strategies for integrating TO into inclusive education, socio-emotional learning, civic education, and school-wide anti-discrimination initiatives.

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 and Conceptual Understanding

- Demonstrate knowledge of the origins, principles, and educational relevance of Theatre of the Oppressed.
- Explain key concepts such as oppression, power relations, discrimination, spect-actor participation, and the Joker's role.
- Analyse the nature of conflict and discrimination in school environments using TO frameworks.

2. Practical Competence with TO Techniques

- Apply foundational theatre games and exercises to promote embodied awareness, group cohesion, emotional expression, and creative exploration.
- Create and facilitate Image Theatre activities, including still images and body sculptures, to represent and analyse real or hypothetical scenarios of conflict and discrimination.
- Transform embodied images into short scenes and examine multiple perspectives through improvisational techniques.

3. Forum Theatre Creation and Facilitation

- Develop and structure a concise Forum Theatre scene based on authentic issues relevant to participant school settings.
- Perform key roles within the Forum Theatre process, including characters involved in conflict and the Joker as a facilitator of critical dialogue.
- Guide spect-actor interventions with neutrality, clarity, and sensitivity, ensuring a constructive and inclusive exploration of possible solutions.

4. Safe Learning Environment & Group Dynamics

- Establish and maintain a psychologically safe and supportive learning atmosphere for participants.
- Employ emotional safety strategies, reflective practices, and group management techniques appropriate for theatre-based work on sensitive topics.
- Recognise emotional responses and support constructive engagement within diverse participant groups.

5. Educational Transfer and Implementation

- Adapt Theatre of the Oppressed exercises to various teaching contexts, age levels, and learning objectives.
- Integrate TO methodologies into educational programmes related to inclusion, conflict mediation, citizenship education, and anti-discrimination efforts.
- Develop concrete strategies for implementing TO in their own classrooms or institutions, including planning follow-up activities and student-led projects.

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: 400 €

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 (25 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	Theatre Games, Embodied Awareness & Image Theatre
09.00 - 09.45	Ensemble-building warm-ups and space awareness exercises
09.45 - 10.30	Theatre games from Boal's repertoire: perception, reaction, cooperation
10.30 - 11.15	Creating still images of oppression, conflict, and discrimination
11.15 - 11.30	Break
11.30 - 12.15	Body sculpturing and analysis of images
12.15 - 13.00	Deconstructing situations
Day 3	Advanced Image Work & Introduction to Forum Theatre
09.00 - 09.45	Warm-ups for improvisation and creativity
09.45 - 10.30	Developing image sequences into short scenes
10.30 - 11.15	Introduction to Forum Theatre
11.15 - 11.30	Break
11.30 - 12.15	Analysing sample Forum Theatre scenes and discussing necessary components
12.15 - 13.00	Selecting themes from participants' educational realities & small-group impros
Day 4	Creation & Rehearsal of the Forum Theatre Play
09.00 - 09.45	Warm-ups to activate creativity and concentration
09.45 - 10.30	Developing the script structure
10.30 - 11.15	Rehearsals in small groups
11.15 - 11.30	Break
11.30 - 12.15	The Role of the Joker
12.15 - 13.00	First full run-through of the play

Day 5	Forum Theatre Presentation, Reflection & Transfer to Schools
09.00 - 09.45	Final warm-up, scene polishing, and preparation for presentation
09.45 - 10.30	Presentation of the Forum Theatre play
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.