



**CULTURE ON
PRESCRIPTION**



Curriculum workshop

“THEATRE THERAPY” - ROMANIA



Co-funded by
the European Union

PARTNERS AND CONTACTS

The Erasmus+ project Culture on Prescription Europe started in January 2022 and runs until the end of March 2024. The project involves partner organisations in six European countries:

**ISIS Institut für Soziale Infrastruktur
Frankfurt, Germany**

European Coordination

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🌐 www.isis-sozialforschung.de

Dublin City University, Ireland

🌐 www.dcu.ie

**EAEA, European Association for the
Education of Adults, Belgium**

🌐 www.eaea.org

**GEAC, Asociatia Grupul de Educatie si
Actiune pentru Cetatenie, Romania**

🌐 www.geac.ro

Gesundheitsamt Frankfurt am Main, Germany

🌐 <https://frankfurt.de/de-de/service-und-rathaus/verwaltung/aemter-und-institutionen/gesundheitsamt>

**AFEdemy, Academy on age-friendly
environments in Europe BV, The Netherlands**

🌐 www.afedemy.eu

SHINE 2Europe, Lda, Portugal

🌐 www.shine2.eu

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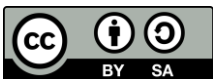


CONTRIBUTORS

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General Guidelines for planning a workshop:

It is recommended to:

- conduct 6 to 10 meetings/sessions for each course
- one additional pre-, as well as one after-meeting, are to be conducted on top of the actual 6-10 sessions per course
 - these are to prepare and wrap up the course without losing precious course time
 - the survey and assessment are to be conducted in these two meetings
- meetings/sessions are recommended to be held every week to every three weeks (with a maximum of four weeks between the meetings/sessions)
- a minimum of 8, as well as a maximum of 10 participants, are recommended
- **The above are recommendations, meaning: the implementation of the course will follow the conditions and requirements of each region and can be adjusted accordingly if needed.**
- “Questionnaire”: used for Warwick-Edinburgh questions asking/measuring the level of isolation (the feeling thereof)
- “Evaluation”: used for the “how-did-you-like-the-course-survey”

Class structure



ABOUT THE INSTRUCTOR

VICTOR ȚĂPEANU is an actor, director and artistic director at Cuibul Artiștilor. He has directed more than 38 shows and has performed more than 1000 times on the stage of Cuib. He learned step by step what he calls today "cultural entrepreneurship" and has transformed Cuibul Artiștilor into a place of encounter, emotion, detachment, revelations and a sense of togetherness. 150,000 spectators have stepped through the doors of the Nest in 1,450 performances since 2015.

DAY 1 - MARCH 13

30 min - Introducing all participants to each other, introducing myself, explaining the project, the expectations, the outcome and the creative process.

60 min - Improvisation exercises with the purpose to connect the participants to the group and play together.

60 min - Creating an opening scene, on a theme chosen with participants.

DAY 2. - MARCH 20

30 min - Warming up the body with exercises of movement inspired from the indian practice of Kalarippayattu.

60 min - Improvisation on camera on a particular theme, chosen by each participant.

60 min - Revisiting the scene we did in "Day 1" and add an extra layer with direction, movement, intention and improvisation.

DAY 3. - MARCH 27

30 min - Warming up the body with exercises of movement inspired from Kalarippayattu tradition in India.

15 min - Breathing exercise.

45 min - Emotions Exercise. Understanding the concept of emotions and how we use them in acting.

60 min - Creating the second scene of the final play. Improvisation on acting and exploring dialogue impersonating Di Gerent characters.

DAY 4. - APRIL 10

30 min - Warming up the body with exercises of movement inspired from Kalarippayattu tradition in India.

30 min - Group singing based on the method learned at Grotowski Institute in Poland

60 min - Dancing & creating a choreography for the third scene of the show.

30 min - Connecting the first three scenes of the show.

DAY 5. - APRIL 17

30 min - Warming up the body with exercises of movement inspired from Kalarippayattu tradition in India.

60 min - Improvisation on camera. Stimulating imagination and dialogue.

60 min - Group singing based on the method learned at Grotowski Institute in Poland. Creating the 4th scene.

DAY 6. - APRIL 24

30 min - Warming up the body with exercises of movement inspired from Odin Theater in Denmark. We are taking famous painting as inspiration and transform them into motion.

120 min - Rehearsal of all 4 scenes. Adding some music & light design. We explore with them the complexity and beauty of the creative process.

DAY 7. - MAY 8

30 min - Warming up the body with exercises of movement inspired from Odin Theater in Denmark

60 min - Dancing & rehearsing the choreography for the third scene of the show.

60 min - Exploring through improvisation the final scene.

DAY 8. - MAY 15

30 min - Warming up the body with exercises of movement inspired from Odin Theater in Denmark.

60 min - Emotions Exercises - Acting improvisation. Trying to grow awareness about how emotions can be seen and managed.

60 min - Group singing based on the method learned at Grotowski Institute in Poland.

DAY 9. - MAY 2

150 min - Final Rehearsals. Working on scenography, costumes, props, light design, set design and have a run through the show.

DAY 10. - MAY 29

30 min - Warming up the body with exercises of movement inspired from Odin Theater in Denmark.

20 min - Showing the performance.

30 min – Discussing about possible improvements.

10 min - Preparing for new run through the show.

20 min - Showing & filming the performance.

40 min - Closing thoughts before the performance day.

DAY 11. - Performance Day





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