



**CULTURE ON  
PRESCRIPTION**



# **Curriculum Workshop**

## **Theatre Course | Germany**



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## 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

**Jana Eckert**

✉ [eckert@isis-sozialforschung.de](mailto:eckert@isis-sozialforschung.de)

🌐 [www.isis-sozialforschung.de](http://www.isis-sozialforschung.de)

**Dublin City University, Ireland**

🌐 [www.dcu.ie](http://www.dcu.ie)

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

🌐 [www.eaea.org](http://www.eaea.org)

**GEAC, Asociația Grupul de Educație și  
Acțiune pentru Cetățenie, Romania**

🌐 [www.geac.ro](http://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](http://www.afedemy.eu)

**SHINE 2Europe, Lda, Portugal**

🌐 [www.shine2.eu](http://www.shine2.eu)

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## Course Outlines for a “Prescription Course “

**Presented by the example of a theatre course, conducted by Gesundheitsamt Frankfurt am Main (Frankfurt Public Health Authority), Germany**

### Theatre Course

Target Group: Lonely people of all ages

Course facilitator: Theatre „t-raum“ based in Offenbach (close to Frankfurt), led by Sarah C. Baumann (actress, director and „Non-medical Practitioner for Psychotherapy“ (Heilpraktikerin für Psychotherapie) and Frank Geisler (actor, director, dramatic advisor, facilitator in adult education and coach)

Time frame: 10 sessions in a small group (weekly or every 2 weeks), each session lasts 2 hours (Wednesdays from 5 pm to 7 pm)

Number of participants: 7

Location: The course took place in a bright room in the building of FPHA

#### **Session 1 (15th of March 2023):**

In the first session, the participants got to know each other and the course facilitators presented the course concept, the idea of COPE and asked the participants to communicate their wishes and needs regarding the course. First acting exercises focused on the topic of body awareness. There was room for exchange, questions and feedback.

#### **Session 2 (22nd of March 2023):**

The participants were introduced to the basics of theatre work: Areas of work at the theatre and the different tasks involved (background). Furthermore, simple movement, loosening and relaxation exercises suitable for everyday use were practised, which also serve as a starting point for stage work. Freeing up, building confidence!

#### **Session 3 (29th of March 2023):**

A visit to a comedy theatre play at „Fritz Rémond Theater“ in Frankfurt. The participants got the task to work with the following questions: What exactly seems funny? What makes me laugh? What makes me think - despite the comedy setting? Meaning and effects of humor. After the performance, the course facilitators and the participants exchanged first impressions.

**Session 4 – 8 (5th & 12th of April; 3rd, 10th & 17th of May 2023):**

Introduction to the creative work in the group: playfully trying out small forms of expressions. The participants played and trained with breathing, voice and speech techniques and further means of expression, such as gestures, facial expressions, tension, as well as the creative use of space and props. Furthermore, they explored and created other characters, interpreted text (ballads, poems, dramas) and learned about dramaturgical forms.

The common thread remains the repeated reflection on "humour and comedy" in its breadth (e.g. we also laugh at the misfortunes of others like the clown, Chaplin-Tramp, Stan & Ollie etc.).

There has always been time for conversations among the participants and getting to know each other better.

**Session 9 (26th of May 2023):**

A visit to a theatre play performed by the course facilitator „t-raum“ in their own theatre in Offenbach. After the theatre play, the group sat together and discussed the play and spent a nice evening together having conversations on other topics as well.

**Session 10 (7th of June 2023):**

The participants finalised their theatre presentation and prepared different theatre scenes that were presented in front of a small audience of about 20 people. Then the course facilitators did a feedback round with the participants, coming back to their needs and wishes discussed in the beginning of the course, comparing them with the outcome. Afterwards the certificates of achievement were handed out to all participants and we celebrated with a food buffet.



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