



Project Goals & Beneficiaries

The main aims of the project:

- 1) 12 days of workshops delivered, beginning at 4pm till 10pm on weekdays (10 x 6 = 60 hours) and from 10am till 7pm on weekends (3 x 9 = 18 hours) totalling 78 hours of contact time.
- 2) A 45 minute devised performance held in the Capella space, touching on responses to immigration and space as a theme. Participants designed and co-created the piece using the techniques from the workshops.
- 3) 3 forum pieces were held after the show on issues around responses to immigration, which lasted for another 1.5 hours.
- 4) Approximately 40 individuals attended the workshop over the two weeks, with an average attendance of around 15-20 people in each workshop. Several participants had autism, one was blind, and another was over 60. The gender balance was roughly equal.
- 5) Around 17 people participated in the final performance, with an estimated audience of around 40 people.

Future Impact:

“The process of these workshops is a metaphor for the life change process and for many participants is an actual personal shift. This process is designed to bring up internal(personal) and external(world) issues and effect a process of discussion whether it be as a group or in private as participants needs. The process of doing this workshop is discussing and identifying situations in need of change that bring up discomfort and fear and the process of doing a showing of work to the public represents and is; an action step to confirm a shift based on ones discoveries. Just like in real life our training sets us up for real life action, we identify our needs, work out how to solve them and take the action that is needed.

It is a microcosm of any participants real life and once again has been an exceptional experience for all involved to the final curtain.

Big thank you to all those who made it happen, Reboot the Roots, Nem Privat Sinhaz, Scrap Laboratory and all who attended, not a piece of this could have worked without things being exactly as they occurred.”

- Kurt Murray, facilitator

- 1) Nem Privat Szinhaz is continuing to run trainings in Joker facilitation with international facilitators in December.
- 2) Plans were discussed for participants from the Barcelona training to visit Budapest in January and February to assist in co-creating more performances around this theme.
- 3) George Wielgus also offered to return in 2016 to facilitate a weekend training on the Rainbow of Desire techniques.

4) Nem Privat Szinhaz organisers reported a high degree of satisfaction with the training and techniques they received from the RtR facilitators.

NOTES ON CONTENT OF COURSE

“Whether you are a writer or an actor or a bank manager or anything else, you are trying to express the complications of life through a shared enterprise. Physicality performance, emotional exercises, punctuality and so much more...That's what theatre was, always. We sweat, cried, danced and laughed together and shared that through a live performance with an audience; it wasn't easy. Sometimes, you just have to clear your head and get out from there to see other things. But the work will never stop, as theatre represents a Rehearsal for Life and the most immediate way in which a human being can share with another the sense of what it is to be a human being.

The beautiful people, the Alternative Workshops Series 2015, Capella and Budapest just transformed everything into... home. THANK YOU AND WORDS ARE NOT ENOUGH TO EXPRESS OUR LOVE! SEE YOU SOON!”

- Iulia Benze, facilitator

Identity Deconstruction

Synopsis of Workshop

Logistics:

Over the first two days of workshops Iulia and Kurt encountered issues of people management in regards to space. The space to hold the workshops was in an empty cabaret bar and nightclub that had been donated to Nem Privat Szinhaz for the purpose of Alternative Workshops, The space itself was amazing but did present a problem in regards to space if numbers breached 20 people. The organizer Andras had projected 10 to 15 maximum but on the first two days the numbers were at 25-30 persons. The initial two days were a struggle for Iulia and Kurt with people turning up late and leaving early with the high numbers that had an effect on participants who had previously attended workshops with Iulia that year and new participants who were trying to commit but finding in the in and out groups disruptive. Regardless these initial 2 workshops were a success but to accommodate the large numbers and to maintain an open door for people rather than a closed group, certain accommodations needed to be made. In the days that followed up until George's arrival the group was split in two with committed and advanced participants being taken to two separate smaller spaces to work with Iulia whilst Kurt trained beginners and warmed up late comers with Identity Deconstruction foundation training. The Beginner group were slowly amalgamated into the committed group by the following day's workshop without causing disruption to their progression. The beginner group who consisted of people who were only able to make it only once due to commitments, or just wanted to give it a go and see if they liked it a chance to get maximum attention. It also included late comers who needed to warm up before attempting more difficult physical challenges without causing injury. As a result of this process and with George's universal workshop practice that is entirely inclusive this series of the Alternative Workshops was able to facilitate the learning of over 60 participants in total with a core group of 15 who followed the process through to the showing of work at the end.

Upon George coming and taking over the main workshop process in the second week, Kurt and Iulia created an additional two hour slot prior his workshops for one on one coaching with individual participants who wanted to develop their individual pieces. The individual pieces were self-written poems, combined with a set self-created movements in a self-chosen space within then

venue that were performed in the showing of work.

The workshop schedule upon completion happened as follows:

Monday 2nd

6pm Identity Deconstruction

8pm 15min Break

10pm Finish

Tuesday 3rd

6pm Identity Deconstruction

8pm 15min Break

10pm Finish

Wednesday 4th

6pm Identity Deconstruction

7pm ID Beginners with Kurt

7pm ID Advance with Iulia

8pm 15min Break

9pm Group re-joins as whole for final hour

10pm Finish

Thursday 5th

6pm Identity Deconstruction

7pm ID Beginners with Kurt

7pm ID Advance with Iulia

8pm 15min Break

9pm Group re-joins as whole for final hour

10pm Finish

Friday 6th

6pm Identity Deconstruction

7pm ID Beginners with Kurt

7pm ID Advance with Iulia

8pm 15min Break

9pm Group re-joins as whole for final hour

10pm Finish

Saturday 7th

10am Identity Deconstruction

11am ID Beginners with Kurt

11am ID Advanced with Iulia

12pm 15 min Break

2pm 1 hour Lunch Break

3pm Group re-joins as whole for remainder of the workshop

5pm 15 min Break

7pm Finish

Sunday 8th

10am Identity Deconstruction

11am ID Beginners with Kurt

11am ID Advanced with Iulia
12pm 15 min Break
2pm 1 hour Lunch Break
3pm Group re-joins as whole for remainder of the workshop
5pm 15 min Break
7pm Finish

Monday 9th

4pm One on One work with Iulia and Kurt (half an hour slots booked per participant)
6pm Theatre of the Oppressed with George
8pm 15 min break
10pm Finish

Tuesday 10th

4pm One on One work with Iulia and Kurt (half an hour slots booked per participant)
6pm Theatre of the Oppressed with George
8pm 15 min break
10pm Finish

Wednesday 11th

4pm One on One work with Iulia and Kurt (half an hour slots booked per participant)
6pm Theatre of the Oppressed with George
8pm 15 min break
10pm Finish

Thursday 12th

4pm One on One work with Iulia and Kurt (half an hour slots booked per participant)
6pm Theatre of the Oppressed with George
8pm 15 min break
9pm Showing of work construction George, Iulia and Kurt

Friday 13th

4pm One on One work with Iulia and Kurt (half an hour slots booked per participant)
6pm Identity Deconstruction Warmup with Kurt and Iulia
7pm Showing of work rehearsal with George, Iulia and Kurt
8pm 15 min break
8:15 Theatre of the Oppressed Warmup with George
9pm Showing of work rehearsal with George, Iulia and Kurt
10pm Finish

Saturday 14th

10am Identity Deconstruction Warmup with Kurt and Iulia
11am Showing of work rehearsal with George, Iulia and Kurt
12am 15 min Break
12:15am Showing of work run through
2pm 1 hour Lunch Break
3pm Theatre of the Oppressed Warmup with George
4pm Showing of work rehearsal with George, Iulia and Kurt
5pm 15 min Break
5:15pm Showing of work rehearsal with George, Iulia and Kurt
6pm Showing of work run through
7pm Finish

Sunday 15th

10am Cleaning the space

10:30am Identity Deconstruction with Kurt and Iulia

11am Showing of work technical run

11:15am 15 min Break

12:30am Dress Rehearsal to public

1:30pm 1 hour lunch break

2:30pm Individual practice, prop set up

3 pm Warmup with Kurt, George and Iulia

4pm Showing of Work: Responses to immigration to public

5pm Responses to Immigration Forum Theatre in English and Hungarian Joked by George and translated by participant/organisers Domino and Andras

6pm Debrief with participants

7pm End of workshop drinks

Showing of Work

The concept behind doing a showing of work makes the participants accountable for what they learn as they go along. It gives people an additional pressure to put they're learning into practice. For those who went through the entire process the results and self-belief were incredible. There was a self-achievement feeling of empowerment that is clear from the response quotes below. For two participants it was the first time performing on stage at all one of those people Geza was in his late 60's.

The topic of immigration rocked a few participants who were not convinced that they wish to tackle such a heavy subject. By the end all were convinced of the power of theatre as a tool for discussing difficult subjects and bringing them forward into public light. The main stimulation of this discourse was George's forum theatre presentation that followed up the showing of work. It allowed participants and spect-actors alike to have a hand in tackling the topic. It gave a level of inspiration to creating work that extends past and still includes the individual desires and needs of participants.

Nem Privat Shzinhaz Contiuing Development

The core organizer Andras has amalgamated many of the participants in the workshop into his own theatre group. Inspired by the work many of the people involved want to continue utilizing the techniques they have learned. Two participants Szablocs and Andras M are now teaching Barba Sticks and other energises from Identity Deconstruction and Andras (The Organizer) is facilitating the further development of Responses to Immigration for presentation in the future.

Theatre of the Oppressed Training

Covered elements of TotO from image theatre, forum theatre and some rainbow of desire, with a focus on generating elements that could then be applied to a performance, as well as preparing actors for participating in the forum element of the showing of work. Several participants also expressed an interest in observing the joker technique in order to enhance their own knowledge and experience. Several participants expressed surprise and delight at how 'brave' the facilitation was – quickly taking people to places they had not been and experiences that normally they might have been shy to participate in. The organisers were pleased that it was demonstrated how rapidly a group could be developed and pushed to generate work and performances, as well as valuing the therapeutic elements of working with personal/social oppressions and exploring them through the exercises. In particular, the Machine series to explore emotional mechanisation and the movement

series where people experienced 'flying' were very popular.

The Performance

A 45-minute promenade performance through the Capella venue.

<https://www.youtube.com/watch?v=VgipcHdICHU&feature=youtu.be>

The Forum Pieces

1) *The Bus Station*

An OLD MAN and a WOMAN with a baby are waiting at the bus station. An OFFICIAL announces that the bus to Vienna is about to leave, and that they should board it if they want to go. The WOMAN does not believe him, and argues with the OLD MAN that the bus is going to a refugee camp, not to Vienna, (as actually happened in Hungary). The OLD MAN pleads with her, threatens her, loses his temper, whilst the OFFICIAL and the BUS DRIVER are too busy to acknowledge them. Eventually, the bus leaves without them.

- a) The OFFICIAL puts more pressure on the couple to get on the bus, almost physically dragging them to the machine.*
- b) The OFFICIAL takes the time to talk to them, suggesting that if they don't get this bus, there will be another one in two hours. He offers some milk and some blankets for the baby, and gets the couple talking to him. They seem much calmer.*
- c) The OFFICIAL is from a refugee representation organisation, and discusses with the couple at length their various options and futures.*

The audience raised questions about trust, official representation, and where actually were the buses going.

2) *The Ticket Machine*

A WOMAN in a headscarf is in the metro and trying to use the automated ticket machine, which is not working properly. She asks a BUSY MAN to help, but he pushes in front of her and gets his own ticket, rushing all the time. She asks a SHY MAN to help, but he does not speak English and quickly dismisses her. Finally, she asks an ANGRY MAN for assistance, and he verbally abuses her for being 'foreign', 'other', 'dirty', amongst other things, all related to the fact that she is not from Hungary. The ANGRY MAN eventually forces her to leave the station, without her ticket.

- a) The BUSY MAN takes the time to discuss with the woman how to use the machine, helping her get a ticket. The ANGRY MAN approaches, beginning to abuse the WOMAN. The BUSY MAN translates what the ANGRY MAN is saying, and tries to dissuade him from abusing her.*
- b) The BUSY MAN physically removes the WOMAN from the scene, and enters into an argument with the ANGRY MAN in Hungarian, debating what his problem is.*
- c) The BUSY MAN tells the ANGRY MAN to fuck off. (Basically).*

3) *Crossing The Border*

A PREGNANT WOMAN and a FRIEND are approaching a pair of people holding sticks – THE

BORDER. With great difficulty, they attempt to cross, during which the PREGNANT WOMAN has a miscarriage and falls down to the ground. The FRIEND makes it through, and is cold and upset on the other side. An OFFICIAL approaches her, insisting that she sign some piece of paper. The FRIEND begs for help. The OFFICIAL only wants his paper signed. She gives him a signature, and he leaves. A HELPER arrives with clothes and begins to pile them on top of the FRIEND. A HOMELESS PERSON approaches, and the FRIEND tries to give her some of the clothes. The OFFICIAL shouts at the HELPER, saying they are for the refugees, not the homeless. The HELPER takes the clothes back. Enraged, the FRIEND throws the clothes on the ground and exits.

a) The BORDER becomes much more lenient, allowing the couple to pass through. The audience debated whether this was magic.

b) The BORDER became more challenging, explaining that the PREGNANT WOMAN could go through as she needed urgent medical care, whilst the FRIEND had to remain on the other side.

c) The OFFICIAL became a MEDICAL OFFICIAL, and took the time and energy to assist the PREGNANT WOMAN and to help her get what she needed. Promises were made to look into what had happened to her FRIEND.

After the show, criticisms arose from the audience on the following:

a) That instead of looking for 'solutions', the Joker should facilitate a discussion around 'options' for the characters.

b) That the connection between the personal and political needs to be highlighted.

c) That at certain points the audience did not feel 'respected', or 'safe'. It should be noted that this is from one participant, who did not choose to intervene, ignoring the countless others who felt perfectly able to intervene and safe doing so. In this regard, the facilitator notes that it is more important sometimes to make people feel uncomfortable in order to enact change rather than safe in doing nothing.

Participant Quotes

(Keep in mind English is a second language for participants and these quotes have not been altered except in spelling mistakes)

‘Thank you so much for your attention and hard work! I got so much from you.’ Domino
‘I am so grateful!’ Domino

‘It really helped me pull myself together and a lot more- I experienced the power of creation and connection and so, so, so much more. Thank you for mentally bringing me back to Hungary.’ Aniko
‘Grateful for one of the most interesting experiences of my life.’ Aniko
‘Thank you for helping find how strong and weak I am at the same time and for losing my stage virginity.’ Aniko

‘Thank you for your kind word and your smile and your impressive personality.’ Edina (To George)
‘Suddenly my eyes speak and you was heard me’ Edina (to George)
‘You are very good teachers and people!’ Edina
‘You are confident person and from this character motivated me. You speak big and you can do it. I respect you!’ Edina (to Kurt)
‘You inspiration me, and very thank you, that I see your true face. I’m lucky that I meet you. You show me, that not bad if the people have a problem and lived something very bad.’ Edina (To Iulia)

‘I am truly grateful for this workshop.’ Daniel

‘We are all walking; we are migrants, thank you for the journey!’ Francesco

‘Thank you for reminding me I like to change the world!’ Szabolcs
‘Thank you for remembering me the emotions are the most strong thing I can have!’ Szabolcs
‘Thank you for showing me that I have to search for my weaknesses, because through that can I find myself!’ Szabolcs

‘I had a short, but essential experience with you guys. Amazing to see what people bring in themselves. Wish we could live in our lives just as powerful and honest as this workshop was.’ Oni

‘Thanks for these experiences, were useful in my life.’ Patti
‘I loved this workshop.’ Patti

‘An enormous thanks for helping me release those stuck energies.’ Juli

‘This whole workshop was amazing, I haven’t experienced anything compared...’ Emanuel
‘You changed me and I really grateful for that.’ Emanuel
‘Thank you for making me stronger. I learnt so much from you!’ Emanuel

‘Thank you for giving me space and opportunity for challenging myself and to experience that how important are the feelings in life. My journey was going deep and release many emotional blocks from past. I can live more free!
Thank you Kurt for your sharp and helpful instructions during workshop on poems.
Thank you Iulia for the emotional presence and challenges.
Thank you George for your great exercises. I never thought that a human machine exercise could go so deep.’ Andras M