



## **The artist within – Applied eMOTION**

**Dance and art expression in formal and non-formal education for developing entrepreneur skills – best practice sharing between sectors and methods**

**Hungarian Association for Expressive Arts and Dance Therapy**

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**Partners: IKTE – ARM-BG – CRN Berlin – EURO-NET – SAN – Theater Vision**

**Agreement number: 14/KA2AE/SZ/2263**

### **Final Evaluation – 10.10.2015**

**The inner clown and humour strategies, Leipzig, Germany**

<b>Identification of the training</b>	
Identification of the project	<b>The artist within – Applied eMOTION</b> Dance and art expression in formal and non-formal education for developing entrepreneur skills – best practice sharing between sectors and methods
Agreement number	<b>14/KA2AE/SZ/2263</b>
Title of the training	<b>The inner clown and humour strategies, Leipzig, Germany</b>
Host institution	<b>Theater Vision e.V. Leipzig</b>
Partners	<b>IKTE, Hungary – ARM-BG, Bulgaria – CRN Berlin, Germany – EURO-NET, Italy – SAN, Poland – Theater Vision, Germany</b>
Dates of the Training	<b>03.10.2015 – 11.10.2015</b>



## Identification of the participant

<b>Occupation (if applicable).</b> If unemployed/student: what was your former job/what are you studying?	<ul style="list-style-type: none"><li>- psychologist</li><li>- assistance for disabled persons</li><li>- artist and art-therapist</li><li>- Peer Consultant, recovery (A Campaignant)</li><li>- therapist and psychologist</li><li>- intercultural coach/trainer</li><li>- trainer, expression and movement therapist</li><li>- undergraded phd-student of ethnography and ARM-BG - volunteer.</li><li>- Project manager and volunteer</li><li>- mediator and trainer</li><li>- assistance for disabled person, integration</li><li>- artist, arm-bg volunteer, art therapist working with youngster</li><li>- university professor and ARM-BG executive director</li><li>- project leader at national volunteer center</li><li>- assistant in the NGO</li><li>- nurse</li><li>- social worker</li><li>- social worker, dance therapist</li><li>- psychologist</li><li>- student teacher</li><li>- trainer</li><li>- before I was teacher</li><li>- yoga teacher, studio manager, coach for adults</li></ul>

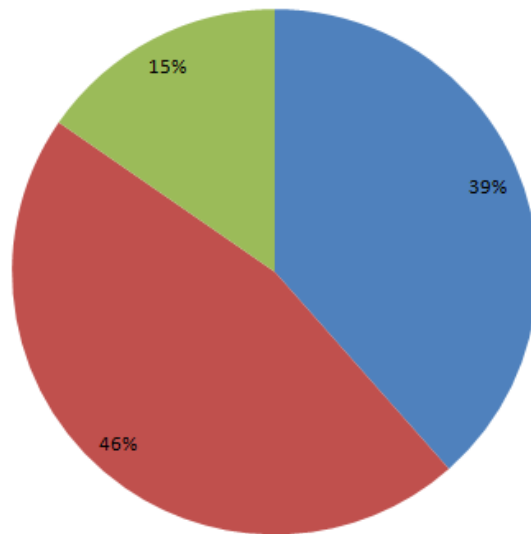


When appropriate, please rate the following questions on a Scale 1-5: 1 = not at all, 5 = very much

## Information and motivation

How did you hear about the training?

■ Training organiser ■ Erasmus+ project partner ■ Other



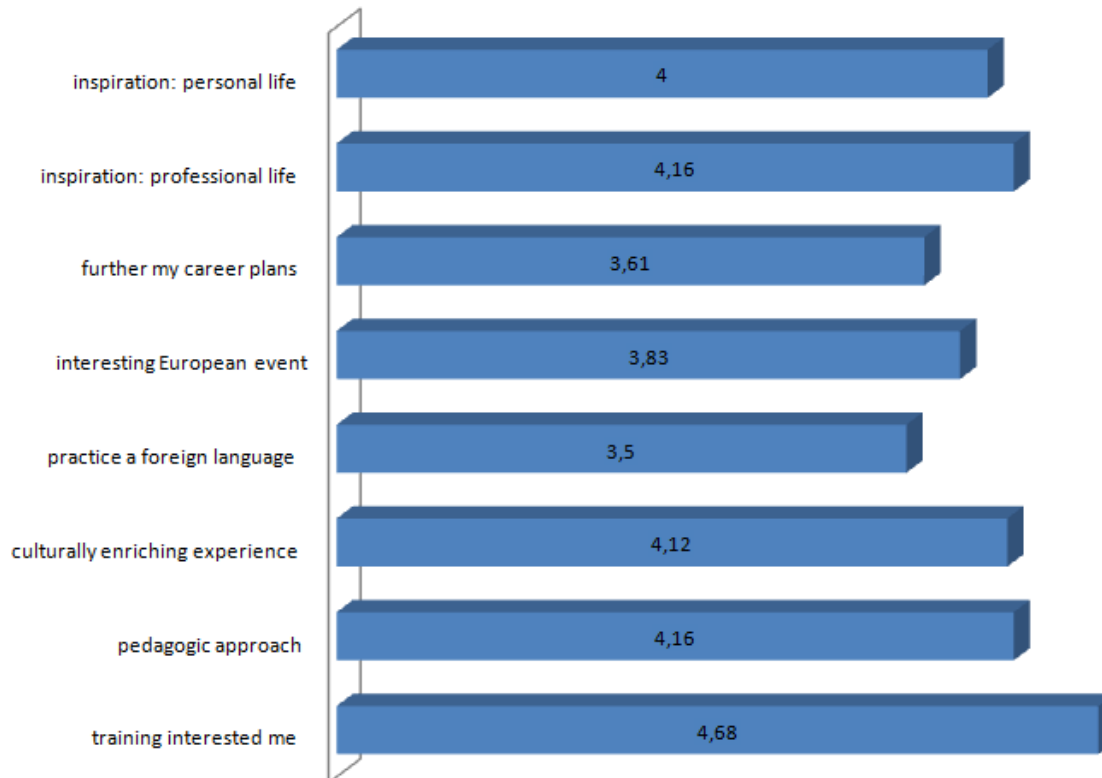
### Other:

- someone (my boss) from my work proposed me to take part in this training
- someone from my work told me about my training
- “Dr. Clown”
- friend send me the information



Which were the factors which motivated you to participate? (Please circle your answer)

1: worst – 3: middle – 5: best



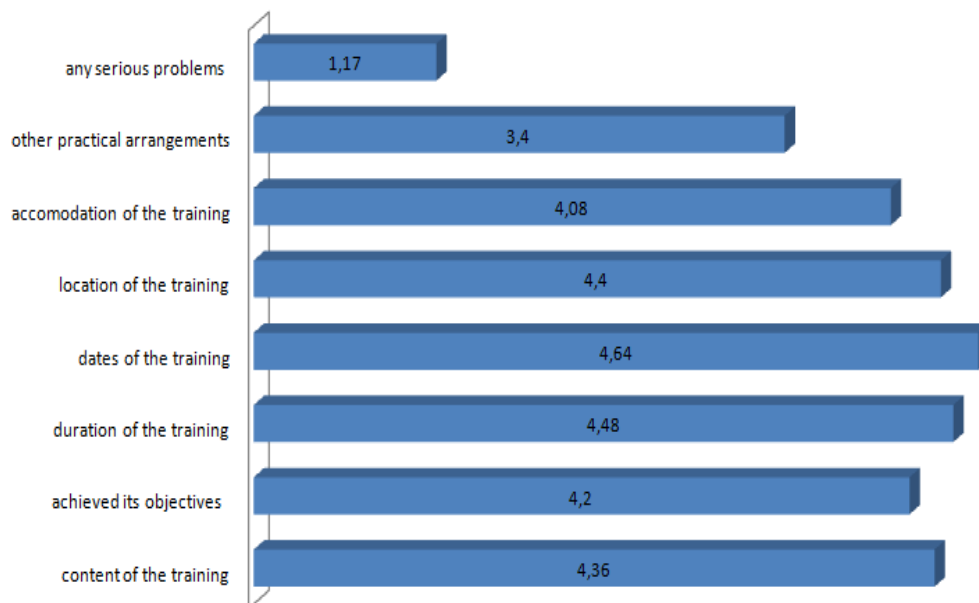
**Other (please specify):** As a member of the coordinator organisation I took part in all trainings to enable and ensure the process of integrating the different methodologies into one.



## Personal experience

1: worst – 3: middle – 5: best

### How satisfied are you with the...



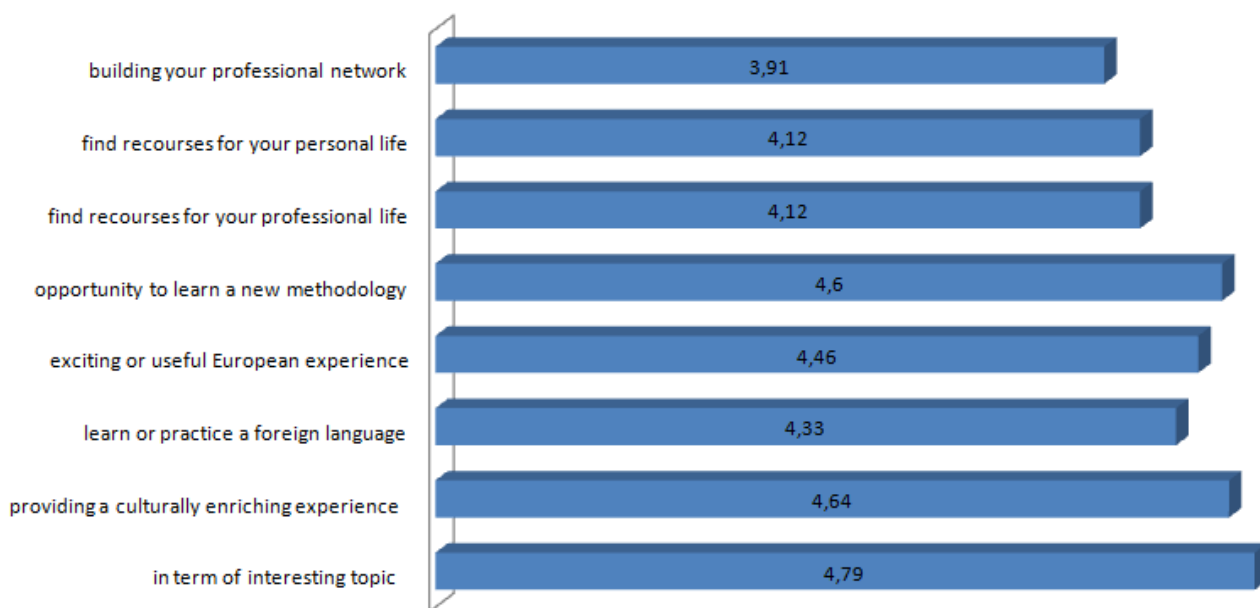
### Problems: If yes, please specify:

- I would have organized more common activities for participants after the training.
- Sometimes my double-role was hard, but I was able to handle it!



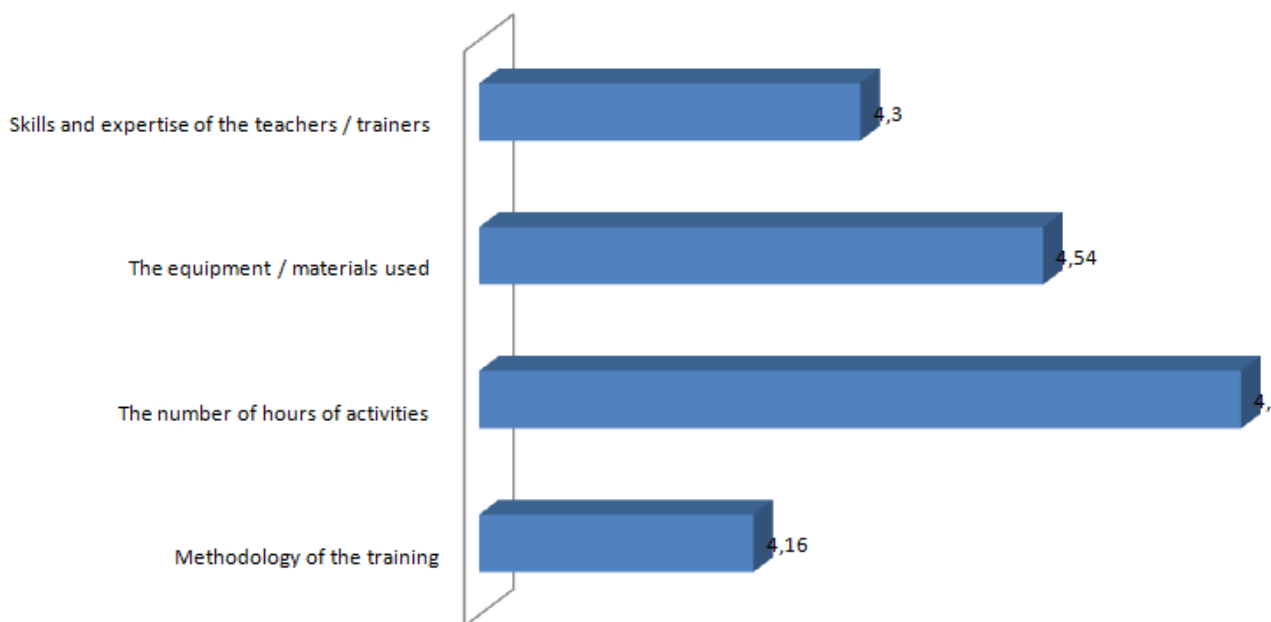
## Learning outcomes

Did the training meet your expectations, in terms of...





### How satisfied are you with the training activities and the following aspects?





### What was the exercise / theme that you liked the most?

- lead and follow and watch public without emotions
  - the afternoon when we went out as a group of clowns to discover the station and ordinary people's reaction: great experience!!!), dancing without music while being observed by someone and get a feedback, talk about difficult situations in each other's everyday work and find solutions how to deal with them (in humorous way), talking/feedback circle in which EVERYBODY had the opportunity to share his or her mood/experiences while there is the attention that is needed
- the exercises like getting to know each other; breaking barriers; breathing exercises; integration; looking for the common thing, intercultural things (f.e. From childhood, common games, differences, cultural differences)/the person in focus, three levels of feelings, choosing the options serious-sex-curious etc./games like ZipZap, Whiskeymixer, etc/looking for the personal inner clown – getting to know myself; clownshow)
- exercises we made self- and group-experiences
- the exercises which I liked most were the exercises with emotions. I had the opportunity to look afresh at my weakness
- energizers with massage, authentic movement with observer/the walking observers/shower
- the activity when we went on stage one by one as clowns and we stayed there until we started to react/had an idea what to do – based on the connection to the audience plus in general building up my clown based on what I find inside me and what are the circumstances/situations
- I liked the most the game “oh james”, because it's all foolish non-sense, and it's funny and it's breaking the limits of feeling here and now, it gives me power to develop more my sensation to be on stage acting.
- Using humour practices for intercultural communication and overcoming psychosocial boundaries was a theme in a broader sense that really interested me/clowning techniques in particular were the most exciting and new to me that I will try to implement in my work with volunteers and refugees (target groups).
- Exercise with body, move; ice-breakers like “Oh James”, the way of presentation people, opportunity to prepare short story like clowns and films
- I liked a lot the part of discover the own clown and the humour strategies. As an intercultural nice experience I remember especially the city game. It was like playing reality actually, really interesting to know my limits and the limits of the other participants.
- The intercultural game in the first day, the performance on the train station
- I liked the whole process of exercising. Everyday gave me new, very experiences and knowledge.
- Energizers, the ones where I had to force and overcome my borders, limits and prejudices
- I liked most the clownshow and almost all clown-related activities
- authentic movement
- I liked all the exercises of improvisation and each exercise about the emotion of the clown.
- I liked the opportunities that helped me laughing about myself, making scenes with other, the humour suitcase and the clowning at the railway station was really enriching, I was pushed out of my comfort zone and I can learn the most about my innermost hidden resources.
- It is not one exercise, I would like to mention. The process of finding the inner clown, “my clown figure” was exciting for me.
- It was a great experience and a lot of fun. And I met lots of people, how were very interesting. Exercise was interesting.
- I liked the most the exercise when we had to go to a public space as clowns. We could overcome shyness and experience our limits.
- To build a city and the integrating process.





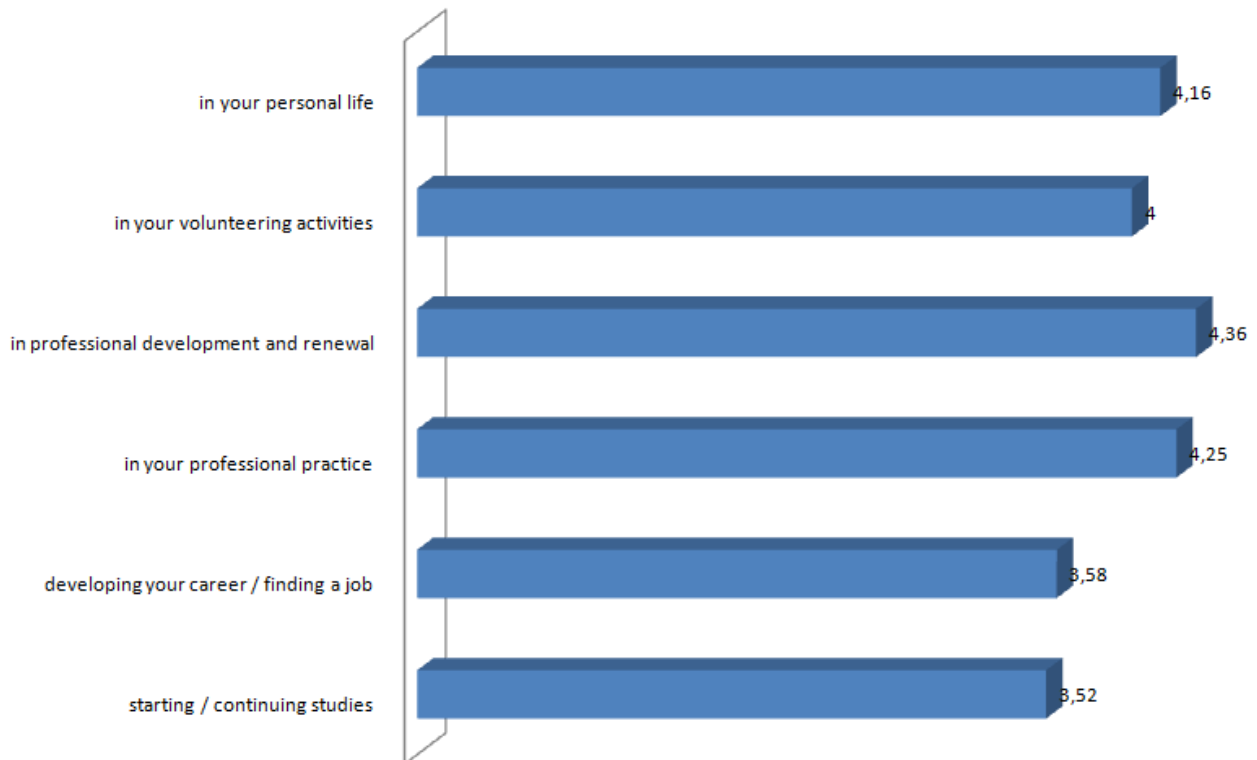
- I loved the clown theme, how it was build up from practically nothing to a night of comical performances. It gave me an opportunity to overcome personal limits, experience myself from another point of view.
  - Helper and supporter
- Two clowns – one chair (share, hihhi ☺ )

### **What did you like the least? Is there something that you would have changed in the programme?**

- three people walk and catwalk
- I would have liked to have the room to deeper emotion exercises, to really go deeper into sadness/anger/love, because there must be time to open doors to parts that are quite hidden. Experience it more.
- enemy and friend game
- the least I liked exercises with speaking, because I have communicate barriers. But I think this exercise was very needed to me.
- The way how the first day was done did not fit the rest of the programme for me. Beeing culturally aware of humour and so on might be important/but then I would prefer different focus and activities. Actually what we did the last day would fit more to first day – professions/challenges/humour?
- There is nothing I would change in the programme. I like thee least that we didn't whatch more videos or clips with performances of clowns or other instruments of humour strategies.
- The programme was well structured and I find all activities very useful and enjoyable, so I would not have changed anything
- I had the feeling we were always running. It is a pity to do the programme with such a pressure. There are lots of games and activities we could not make because this time pressure.
- The programme was very well designed.
- That we never started in the agreed time
- give more time to the clown activities and I would prefer doing the friday intercultural activity on the first day. I think that the clown-show must be the perfect closure of the training.
- -
- I liked all the exercises, but I would have spent more time on the clown activities than with the other collective activities, just for a matter of time.
- I have founded more supportive if the exercises were longer.
- I thought at certain points that the group process and the individuals in the group process are not enough attention paid to. But at the end I feel, the group became strong and was able to hold the participants that were more at the peripherie.
- The days with exercise were too long for me and after I was really tired.
- The morning-hours seemed a little bit too long. Working a lot on emotions can be very exhausting. Also it would be helpful to set the goals clearly in the beginning of the training.
- -
- It was disturbing that the training was divided into two parts and it was not integrated – with regards to trainers and methodology. I would have liked more real-life related humour strategies – meaning besides the clown figure.
- -
- The city game: it showed the problems we have in real life, but it gave no other perspectives – so did not learn anything from it.



**Do you think participation in the training will help you in:**



**Other (please specify):**

- It will help develop new project ideas, participation was for me an incentive to bring my activities in Europe.



## Follow-up

### **How do you plan to communicate or publish about your experience (with your personal and professional relationships)? Please specify.**

- I will talk about this experience through my application in daily life and also showing photos or some exercise
- personal: within my relationships (friends, community living, strangers and foreigners) I can use any kind of intercultural methods, group building exercises.../ professional: for assistance, humour for distance (not taking things to personal), for connecting./with refugees: showing differences/common things in humouristic/non verbal ways, role plays (same theme in different interpretation for example how is woman's position).
- I will have a meeting with volunteers on the 28<sup>th</sup> of october and I will start my worksho with them (workshops with art-therapy-elements including some techniques and tools from this training and my own art-therapy-techniques)
- workshops for colleagues, friends who have the same professions and interests./building new forms of work within humour strategies and the clown
- I plan to communicate about my experience with my participants and my colleagues from my work
- workshop for my assotiate partners
- I already started by using my personal/professional media platforms, online tools. Next to this also during professional meetings, project planning, interpersonal talks I did. In my professional network there are organisations and professionals interested to pin/do something in life/life/like (?)
- I will try to give more information about all this here to all I know. Sharing pictures in facebook, communicating with people of art and therapy sector organisations.
- In personal plan I will share my Leipzig experience with friends and relatives (also in social media – facebook, twitter) and I will try to use humour more in everyday life./in professional plan, I will hold a meeting with colleagues to share my experience and I will also write a piece for publishing in my organisation bulletin.
- I have my own website and I plan to communicate about my experience on my own website
- in my personal life I just plan to explain what I was doing in these days and sure to use what I have learned. About my professional relationships... I think I will also tell what I was doing and sure it will be recognized
- in one to one communication
- through publications and pilot activities
- in my family, in my circle of friends as well as the group of munchs (? , muncs?) in the church. Write an article about it on the IKTE side, put pics on my facebook.
- I will communicate/talk (?) it during my personal life about it and for the professional please read the follow questions
- I use the verbal communication and the social networks
- I will bring this experience in my work and in my activities of clown and of trainer
- post my reflections on facebook (personal and on artistwithin-side), post pictures and reflections on CRN-homepage, talk about it with colleagues and friends in the helping profession.
- I will tell about it to my colleagues at my working place. I plan to tell about it to the members of my organisation. I might write a letter to the association group mail.
- I want to do it with my people from my organisation “Dr. Clown” in Poland and show this exercise to other people.
- I will write my impressions about the training and share within my organization.
- With my friends, in my family, I would like to share it with my coach colleagues



- Sharing the personal experiences with my friends with videos, pictures and conversations. Using some exercises with my coaching colleagues and discussing the methodology / my coaching supervisor.
- Online (websites), write articles, publish photos, in verbal / personal communication  
Talking, showing pictures

### **How do you plan to test out, incorporate this methodology into your work?**

- I will try to use humour with children in the hospital when I won't be able to communicate in other way.
- I would like to use intercultural skills and known tools or techniques in my workshops which I will conduct with the volunteers of evs-erasmus-plus-programmes/ it will be group of volunteers of different countries and different organizations in Lodz/some exercises I would like to use in my daily work with people with disability
- I want to cooperate with therapists
- I work with people with disabilities and I hope that I will use this method in my work. I plan that after come back I use exercises in my work
- workshop for my associate partners
- I will facilitate an international meeting of non-formal educations in the NL about possibilities in non verbal methodologies. I will share there in presentation and run a demo-workshop. I plan to develop a hemproject for long-term training of non-formal educators using non-verbal methods.
- Explaining some of the exercises to my colleagues to give them the possibility to relax and to feel more comfortable all the day at work.
- I plan to incorporate more and various humour practices (especially clowning techniques) in my training sessions with volunteers who work with refugees/so they know how to use humour for overcoming cultural differences.
- I don't know yet. I should receive an invitation from the college. I plan to organize unpaid workshops for students from the college.
- I used to tell jokes to break the ice in compromised or difficult situations, now I have more skills/weapons to defeat my problems. The mirror e.g. is great and really useful for me.
- In manners filled with tension (?), the red nose can always inspire (empower?)
- in a couple of different pilot activities
- prepare experiments with friends on streets, work with volunteers, find open minded people, give an open training, find a theatre group to experiment with humour, humour club
- I will try to use some methodologies to solve some conflict situations.
- Probably not with the red nose in first instance, but I hope to use some interesting exercises with my patience and with my colleagues.
- 
- Through my trainings and my clowns action in the social contest
- first I try some things in my personal life and in pilot workshops.
- I work in the hospital with movement therapy which can be enriched by the impulses I got here. I will do a workshop about humour.



- I want this exercise test out with teacher. And try do it with children in hospital with my organization.
- I will use some of the exercises I have learnt here in my training work. This methodology made me more aware of the emotional aspects of problems I can encounter among training participants
- In hospital with children, to ease the tension before the operation. To ease the tension before concerts → so with artist. Humour club.
- I find it hard to use the methodology in my private coaching clients, however I plan some group coaching activities for next year where I can use some of the activities.
- Develop some exercises, improve other trainings
- Use more humour to ease tension in class

**Do you have a specific idea for a small pilot activity? If so, please describe.**

- I will show to my tutor and my colleagues the importance of humor in a place like hospital. Sometimes it can improve empathy
- the exercises like “getting to know each other” for intercultural integration in workshops for evs-volunteers/”ice-breaker”: breathing exercises; person in focus, looking for the common things/games from childhood; “show me how you feel”/non verbal communication; exercise with mover and observator/getting to know someone's strenghtes; exercise- whiskeymixer – game for people with disability
- I want to be a clown co-therapeut in a group therapy with a friend of mine who is leading the group
- my idea is to teach people with disabilities to be able to be creative and more open to frou/froud (?) people. I want to that people can cooperation, for example exercise: one thing and two person
- see above
- see above/small demoworkshop on humour and clown as a tool for educators to develop/work with sensitivity/empathy and vulnerablity
- to go to a state institution (orphanage or refugee centre and to try to make them feel in better mood, interacting like clowns or some other humour dancing under a camera).
- I plan to organize a clowning training for volunteers working with refugees/and on a later note implementing the training skills in activities (clownperformance) with/for refugees in camps.
- I suppose that I will use some if these tools (exercises) during my workshop of essertiveness.
- I am definitely going to use my knowledge in the project where I am living. We had sometimes communication problems (as everybody) and contact exercises and humour strategies could be really great. In our next assembly I will suggest to do some of them.
- Making one day training with youngsters and creating a clown performance with them
- yes, with a couple of problematic and vulnerable groups, with the Internat boys from Rovitovo (?) and with the residence of the Sofia/BG- refugee-centers
- prepare a teambuilding activity for senior volunteers. Give them training on how to use humour to involve other seniors into volunteering
- I will transfer some of what I learned to my colleagues in a specified meeting.
- I am going to move to Birmingham next week and I go to live with five colleagues that I don't know, but I hope to be able to organize a little session of pills of clown at home.
- I will organize one or more training of clown therapy.
- I could do a pilot workshop in the company where I work to lead them a few exercises wich the other social workers can also use with their clients, plus talk to them about meta-level.



- Intro Workshop in Budapest at the 23<sup>rd</sup> of October.
- I would like to incorporate some exercises and approaches in another CRN-project for example in “Digital Native” we could make exercises using clowning and show difficult situations and record them.
- Prepare a team-building activity for senior volunteers, give them a training.
- This year I will do a yoga retreat and try laughing yoga.
- Event for ergo-therapists
- Training for other teachers to get more chilled

**How do you plan to communicate the gained information, experiences with the colleagues and/or members of the sending institution / partner?**

- showing them some activities done after the course
- I will organize a meeting with presentation, with screenplay for my colleagues when I come back to Poland (in October). I prepare some report from my training in Leipzig.
- I want to give/create workshops/meetings and show what I have learned from the workshop and first experiences I made in professional work with colleagues and patients
- sending email, meeting
- social media
- me and my colleagues will do presentations on our organisation open days for outside audience and run demoworkshops for colleagues
- we will make a meeting, exchange all the information and after that make a plan of an activity, using the experience and the new propositions of all the participants. Discussing about the actions first :-)
- meeting with discussions on how to incorporate humour in our work./ sharing photos/videos on the organisations'website, facebook and twitter accounts. /sharing info and publishing it in the organisation's weekly bulletin.
- ?
- we can just share our experiences, because they all know each other it would be funny to tell them about my experience here.
- Event as a small training to show what I have learned
- through briefings and involving them with the follow up activities
- create working situations together, give workshops together to different target groups, create a humour club
- organizing the meetings to share what I learned.
- Talking with them and sharing the pilot activity relation.
- With one specific project.
- I will tell them about it and also show them the exercises and invite them to the pilot activity
- I will write reports. And I refer to the enserers (?) I wrote about.
- I will meet my colleagues personally and speak with them about that training. Beside I would like to share with them the scerpurios (?) of the exercises. And fotos and videomaterials we have produced during the week here.
- Create a humour club, make a humour evening combined with IKTE-method.
- With pictures and via personal encounter / e-mail.
- Verbal communication
- Talking, sharing pictures



**Please provide any comment you feel can be useful for the implementation of Erasmus+ training or regarding your experience**

- may be it would be useful to allow that all participants assimilate what we did at this course day by day. Give time participants more time to do this process.
- It would be nice if there were other following possibilities to go ahead with this topic in this setting and if the participants could be able to be “official” trainers using the network of Erasmus Plus. That Erasmus Plus “takes care” of the participants, providing them further development and meetings, as well as workshops. I want to say: “...to be continued in some way...”
- trainers and organizers should have top-level-english-skills
- cooperation of organisations/methodologies: I think it's great that TV and CRN went for this combination, still I see more or different ways would be needed for the build up of the programme. Improvement could be made to reach building on each other's work (rather than putting next to each other)./- Trainers and organizers work: in general it would be advised to keep and run practicalities by different people than working with the participants. In my point of view these were too much work for some people/and as for not too much precious experience (I suppose), made the programme hectic. For the improvement of facilitators' work 1) setting and meeting frames (time, safe space), 2) attention and care for participants (who is not there, see if the person is doing something already on stage), 3) keep the focus and flow of the exercises, 4) allow enough time for activities and be able to let go ideas. I see all as great in their fields, with excellent knowledge and tools and nice people. To be able to work with diverse big groups it needs other/more skills – that is why I wrote above. Very nice base, I am looking forward to continue the work together.
- It all was very useful for me – thank you all!!!
- the whole experience was extremely useful, all skills and knowledge are invaluable and showed me a whole new field of opportunities to explore in my work. Thank you!
- More introduction about intercultural aspects, more description about the goals of our workshop.
- I would like to continue working with Theater Vision e.V.; I very much hope we will create possibilities for further cooperations, projects.
- I would need more time and exercises focused on individual cases of implementation possibilities of humour strategies, maybe working out a detailed concrete strategy for my own profession. Would be really useful to get information about the implementations of other participants.
- Probably we had to do these two last days as the first two days.
- I believe that is very important to spread more information about the possibilities to participate to these type of European trainings and experiences.
- My experience is very good, this training was really great experience for me. It can be useful when I will be in hospital and play with children and their family. And in my job.
- I would say one more time that setting the goals clearly is always very useful, also provide more information in the meta-level during the training. Thank you very much! ☺
- I would like to get the description of games and the exercises we did with methodology and aims and background (or effects).
- 1) clearer description of the training-methodology and target group 2) good command of English – for trainers and participants 3) the clown topic was super and enjoyable – however I did not get the tools to implement it in my professional life. 4) thank you for the wonderful trainers and the organization! And unforgettable experience!
- Wonderful! ☺