

## ***YOUR INNER CLOWN, HUMOUR STRATEGIES AND OTHER COMPETENCES***

***Sharing best practices - Intercultural training as a cooperation between  
Theater Vision e.V., Leipzig and Comparative Research Network e.V., Berlin.***

**3th - 11th October**

From the 3th to 11th of October 25 European participants, people from helping professions from the countries of our partnership (Bulgaria, Hungary, Poland, Italy and Germany) came to Leipzig and spent 9 days there to learn about intercultural competences and movement expression (on the behalf of CRN) and about the inner clown and humour strategies (Theater Vision e.V.)

Inspired by the title of the workshop, the participants arrived already in a playful and humorous mood and grew together very fast. After one day of exploring our intercultural competences with the highlight of a provocative role game designed by the CRN-trainer Kamila Kowenzowska, we had a four-days journey to the inner clown that ended up with summarizing it into the "humour strategies" and the use for our professional background in helping professions.

In these four days we went through lots of energizers, confusing games, theatre exercises and getting to know the own inner clown, introducing ourselves to a stage presence and try out ourselves on stage. At the conclusion of this journey to our inner clown, we had two climaxes: with 25 new-comer clowns we entered the Leipzig' railway station and we had a marvellous final clown show which showed impressive results of the participants that had met the inner clown just some days before. The journey was delivered by Tine Gollner and Sophie Bouchbouk.

To bring the participants down to earth and settle them well before travelling home was the part of Bernadett Hamar-Sári (CRN) on the 6th day.

The 7th day was the implementation day, in which we prepared the pilot activities of the participants in their home countries and built up the connection how to use and explore the methods at home that the participants had just learned.