



Kreisau-Initiative

Programme draft

The power within us. Methods for resource-oriented work with young people

10.05.-14.05.2023

Wednesday, 10.05.2023	
Till 16:00	Arrival of participants
17:00 – 18:30	Opening session
19:00	Dinner
Thursday, 11.05.2023	
08.30 – 09:30	Breakfast
09:30 – 10:00	Morning Round
10:00 – 13:00	Getting to know each other and diving into the topic using methods of automatic writing like Ecriture automatique, Cluster, ABC-Darium
13:00 – 14:30	Lunch break
14:30 – 16.30	Workshop: „Free mind - free voice“ - Exploring techniques using voice and body resonance (Part 1)
16:30 – 17:00	Coffee break
17:00 - 18:30	Introduction into techniques and aims of biographical writing
19:00	Dinner
20:00	Evaluation
Friday, 12.05.2023	
08.30 – 09.30	Breakfast
09:30 – 11:00	Workshop: „Free mind - free voice“ - Exploring techniques using voice and body resonance (Part 2)
11:30 – 13:00	Introduction into the method of Devised theatre as useful tool in education processes
13:00 – 14:30	Lunch break
14:30 –16:00	Continuation workshop Devised theatre as useful tool in education processes



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16:00 – 16:30	Coffee break
16:30 – 18:30	Exploring Somatic voice: voice work and exercises according to Roy Hart
19:00	Dinner
20:00	Evaluation
Saturday, 13.05.2023	
08.30 – 09.30	Breakfast
09:30 – 13:00	Staging methods: Writing in groups, development of a research question (Part 1)
13:00 – 15:00	Lunch break
14.30 – 16:00	Staging methods: Writing in groups, development of a research question (Part 2)
16:00 – 16:30	Coffee break
17:00 – 18:30	Staging methods: Writing in groups, working on performances (Part 3)
19:00	Dinner
20:00	Workshop Performances
21:00	Farewell evening (to be planned with the participants)
Sunday, 14.05.2023	
08.30 – 09.30	Breakfast
09.30 -11:00	Workshop: Voice and nature - Discover the nature of your voice and the voice of your nature
11:30 – 13:00	Evaluation of performances and feedback
13:00	Lunch
14:00	Evaluation of the program
16:00	Departure

