

ACT IT OUT

Exploring Theatre of the Oppressed: tools for participation and social change

What I learned during an Erasmus+ Training Course



HELLAS
FOR US



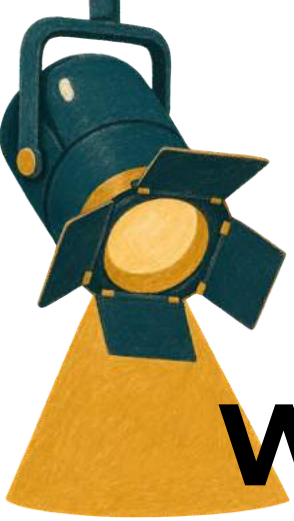
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What is

Theatre of the Oppressed?

**Theatre to explore reality
and rehearse ways of changing it.**

During *Act It Out*, we explored *Theatre of the Oppressed* as a participatory approach to working with situations of oppression, power and social inequalities.

Among the different techniques and approaches we explored were:

*Image Theatre · Forum Theatre · Newspaper Theatre ·
Invisible Theatre · Legislative Theatre · Rainbow of Desire*



Image Theatre

What if we could represent a situation without using words?

In Image Theatre, participants use their bodies to create images or “statues” representing a situation.

This allows us to observe:

- relationships between people
- positions of power
- situations of oppression
- possible ways of changing the scene

The body becomes a way of thinking, communicating and exploring reality.



Forum Theatre



What if we could stop the scene and try something different?

Forum Theatre starts with a situation of oppression that does not reach a satisfactory resolution.

Then the audience becomes part of the action.

Participants can:

INTERVENE → REPLACE A CHARACTER → TRY ANOTHER ACTION

The scene is played again
and different alternatives can be explored.

Instead of asking “What would you do?”
we can actually try it.



Creating a FT piece



From a real situation to collective action

A PROBLEM

Identify a situation connected to oppression or conflict.



REAL STORIES

Share experiences and situations from everyday life.



SELECTION

Choose a situation that the group considers relevant.



CREATION

Develop the characters, scenes and story.



PERFORMANCE

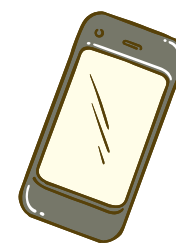
Present the unresolved situation.



FORUM

*The audience intervenes and experiments with alternatives.
This process turns a personal experience into a shared space for
reflection and action.*

Newspaper Theatre



What can theatre do with the news?

Newspaper Theatre uses news and media content as raw material for performance. During the training, we explored different ways of transforming a piece of news:

decontextualising · adding information · removing information ·
exaggerating · contradicting · changing the focus
· introducing parallel actions

The point is not simply to reproduce the news, but to question how information is constructed and how we perceive reality through it.



Experiential learning

The activity doesn't end when the exercise ends

A key part of the training was reflecting on what we experienced.

EXPERIENCE



REFLECTION

What happened? What did we think or feel?



GENERALISATION

What can we learn from this experience?



TRANSFER

How can we apply it to other contexts?

The daily reflection sessions were an important part of this process.



Questions as a tool



Sometimes the right question can change the whole conversation

We also explored different ways of asking questions to facilitate reflection:

OPEN QUESTIONS

→ *open up the discussion*

SPECIFIC QUESTIONS

→ *focus on a particular aspect*

ZOOM-IN QUESTIONS

→ *explore something in greater depth*

BROADENING QUESTIONS

→ *connect the experience with a wider context*

And finally:

How can we take this experience beyond the room?

So, what do I take with me?

Not just a collection of theatre techniques.

I take away new ways of:

exploring social issues · creating participation ·
questioning perspectives · facilitating reflection ·
experimenting with alternatives

I hope to bring some of these tools into my own professional contexts, particularly social communication, education and youth work.



But I'm not just taking away a training experience that will benefit my professional career; I've also met a wonderfully diverse and energetic group of young people with whom I truly connected. More than that, I'm leaving with lifelong memories and a broader perspective on how art and self-expression can bridge cultural boundaries and bring people together. Thanks a bunch!

