

Düsseldorf, June 14, 2012

Applied Theatre Workshop:

**Social Theatre for the Empowerment of the Elderly at HHU,
Düsseldorf Germany**

Goal

To use popular theatre as tool to, informally, discuss and understand the cultural, and the social philosophies of the elderly and also if the cultural aspects are still applicable in modern and contemporary society.

Objectives

- To use popular theatre as a tool to not only entertain the elderly, but also to thoroughly understand the aging process and the psychological and sociological challenges that go with aging.
- To use non-formal theatre to better understand past and contemporary society and culture
- To use theatre as a non-formal tool of creating awareness in the young, adult and elderly population about social and cultural life of the elderly.
- To actively engage workshop participants in theatrical discussions that highlight major issues about the life of the elderly across the globe and across disciplines.
- Awaken creativity and critical discussions in workshop participants through theatre games

Expected results

- The general population is awakened to the need of appreciating elderly role in the community
- Elderly involvement in the workshop will reduce stress, strengthen, and prolong life
- Workshop could attempt an answer to the following question that will be addressed to the elderly; „What will make you happy?“
- Social theatre will be a contribution to research methods on aging.
- The production of a video documentary on workshop activities

Activities

- What is old age?
- What are the different causes of old age?
- What is the cultural and social role of the elderly in the community?

- How do the elderly embrace and cope with aging in a fast changing society?
- How can society contribute to uplifting the burden of aging?

Theatre activities

How can workshop participants be involved in social theatre?

The circle
 Breaking the ice
 Relaxation exercises
 Theatre games
 Singing, movement, concentration
 Building and development of the play

Public Performances

In the open air of HHU campus
 At a senior centre
 Theatre in Moers

Post performance discussions

Engage audience in discussions and a question and answer session.
 Relationship between the play, society and the elderly
 Lessons learnt from the play

Workshop participants

All the graduate students involved in the project, „The Elderly: Culture Concepts and Practical Realisations“

******All workshop participants are requested to attend workshop sessions in casual wear, preferable sports attire.***

Programme- Wednesdays

23th May 2012

Introduction to the concept of applied theatre
 Relaxation exercises
 Theatre games
 Video documentary on Theatre-for-Development across Africa

30th May 2012

Relaxation exercises
 Theatre games
 Discussion of individual research projects
 What is old age?
 Life of the elderly from two social workers

6th June 2012

Relaxation exercises
 Theatre games
 Visit of an elderly person
 Story telling on social, cultural and political life of the elderly
 Video documentary *Le Cameroun sur la Scene*

27th June 2012

Relaxation exercises
 Theatre games
 A Second visit of an elderly person
 Story creation

4th July 2012

Relaxation exercises
Theatre games
Story improvisation and rehearsals

11th July 2012

Theatre games and relaxation exercises
Video documentary- *Michael B.*
Rehearsals

18th July 2012

Relaxation exercises
Theatre games
Rehearsals
First Performance ULB

1st September 2012

Second Performance at a senior centre
Post performance discussions

5th September 2012

Third Performance
Theatre in Moers
Post performance discussions

12th September 2012

Evaluation meeting with workshop participants
Recommendations and resolutions
Closing of workshop