

Erasmus+ KA2 Strategic Partnership 2017-2019

Connecting Memories. The Power of the Past and the Future of Europe

Project number: 2017-1-DE02-KA204-004260

Exercise Title: **Sociodrama encountering: Good life in a good Europe**

Recommended group size/type: 4-15

Recommended time: 2 hours depending on the group size

Preparation time 10 min.

AIMS and objectives (general, concrete)

- Playful mind-opening towards a topic; participants bring their own ideas and considerations in.
- Stimulating a deeper understanding of community's and society's issues,
- Discovering and experiencing one's own creativity,
- Fostering the capacity to act,
- Group building (in short terms or longer terms), creating a context in which participants experience belonging,

Resources required: Space for group work and a (self-created) scene
Requisites

Introduction:

Sociodrama was established by Jacob Levy Moreno, 1889 – 1974. He was a doctor, psychiatrist, sociologist and the founder of psychodrama, sociodrama, sociometry and group psychotherapy. It takes places when it comes to issues and conflicts of the whole society. For example, social problems like housing and raising rents, the right-wing movements and parties in Europe, the „trouble“ around the Euro, democracy and how to participate, but also bullying, racism against refugees, etc. Participants play a situation and try to 'go in the shoes' of one's other. They experience new perspectives. Acting through Sociodrama gives also the opportunity to discover new possibilities to talk and act.

Find [more information on Moreno and Sociodrama](#) on the project's website.

In a further Sociodrama session, participants came together in small groups. They were invited to go on a 'phantasy trip' in terms of the future of Europe. All ideas were o.k., it was time just to brainstorm what wishes, hopes, ideal situations came in participants' mind when they imagined a 'perfect' Europe in the next 20 years. The groups then choose a 'speaker' who took over a role. He/she presented through the role to the whole group how a „good life in a good Europe“ could be put in practice. In our case it were Pippi Longstocking and Santa Claus who made us laughing a lot...

Trainer activity:

1. Go on a phantasy trip: Invite participants to imagine a „good life in a good Europe“. Wishes, hopes, ideal situations, all ideas are o.k.
2. Build smaller groups. Invite participants to exchange on their imaginations (20 min.).
3. Prepare a scene, e.g. a chair in front of the whole group.
4. Invite participants going to the scene. Tell them that they firstly should stay behind the chair explaining the role which has been taken over. Say that after that participants should sit down on the chair and talk through their role.
5. When all have taken action, make a gesture to pass away the role participants have been played.
6. Stimulate reflection on what has been seen and how it touches own perceptions and considerations.

Preconditions:

Important:

1. All people can be actors. One idea of the Theatre of the Oppres-

Participants activity:

1. Focus on „good life“ and „good Europe“; let ideas and imagination flow. Write them down.
2. Come together in smaller groups of 4-5 participants. Exchange on the hopes, dreams, wishes, ideas...
3. Decide for a role you want to 'go in'. It could be a Finnish muumi, the pope, pippi longstocking, santa claus, a nurse in the next hospital, a professor, a trade unionist ...
4. Go to the scene. Stay behind the chair and introduce your role. Sit down on the chair and play, talk ...
5. At the end of the session, pass your role away and 'get back' to you.
6. Ask questions, provide comments, share opinions and feelings, discuss.



sed is to overcome the distinction between actors and the (passive, consuming) audience.

2. What participants do is based on their free decision. If anyone avoids taking part in an exercise, it is o.k. All is voluntarily.

3. Making mistakes is o.k.! :-)

Challenges that may occur: .