

W o r k s h o p s

Workshop 1: Stage Fencing

Daniel Ratthei, Actor

In this workshop, we'll learn some of the basics of stage fencing. Working in pairs, we'll choreograph a stage fight using épées. And, of course, a classic stage fight wouldn't be complete without dialogue. At the end, we'll present a short scene combining acting, fun and fencing. En garde!



Workshop 2: (Dis)connected

Charlott Lehmann, Actress



What is the space between us? How do movements, thoughts, stories and emotions become intertwined? We will explore the idea of "in between" and the connections that exist between people. Through body work, improvisation and texts that emerge directly from the group, we will discover spaces of encounter, overlap, tension and connection.

Together we will create small scenes and movement sequences, exploring how individual impulses can grow into something collective.

Workshop 3: Flow and Breath

Sara Matelska, Dancer, Choreographer, Fitness Instructor



During the workshop, I will take you into the world of flow and breath. We will play with movement.

There will also be plenty of intense synchronized movements and primal reflexes.

Workshop 4: Introduction to Creative Screen Acting and Filmmaking

Melika Rezapour, Screen Actress, Filmmaker and Director



In this workshop, participants will explore the fundamentals of screen acting and filmmaking through practical, hands-on exercises. We will focus on presence in front of the camera, listening, improvisation, and truthful reactions on screen. Participants will learn how to build short scenes, understand framing and develop camera awareness, and experience the difference between stage and screen performance. Together, we will create and film short scenes, watch the results immediately, and reflect on acting choices and storytelling on camera. On the final day, we will select and prepare short scenes for a brief presentation.

Workshop 5: Structured Chaos

Howard Castell, Performer, Dancer



"Structured Chaos" is about reconnecting with ourselves through movement, music and play. Together we explore movement patterns, impulses and group energy to transform overstimulation and inner chaos into expression, connection and structure. Instead of fighting ourselves, we learn to move with whatever we feel and let the body and mind explore freely again. No pressure, no perfect movements - just space to discover confidence, individuality and community through movement.

Workshop 6: A laboratory about joy

Luise Unger, Acting Student & Henriette Bayer, studying Theatre, Movie and Media Studies and Comparative Literature



What does joy sound like? How does it taste? Where does joy hide when it's not there? Can joy be bought? Can it be planned? In a time, full of crises, can joy be a place of resistance, a "despite", a space of self-empowerment, or merely an escape from reality? In this laboratory, we will dance, write, and explore the joy of play. Always a little silly and highly topical, but above all, FUN.

Workshop 7: Suitcase Stories

Norah Scharnholz, Communication Student & Jula Zwicker, Special Education Student



Suitcase Stories explores travel, identity, and connection beyond spoken language. Each participant brings a meaningful word from their own language as a starting point for movement, sound, and storytelling. Through games, improvisation, symbolic suitcases, and collective creation, we develop small theatre scenes and choreographies while discovering new ways of connecting, communicating, and sharing experiences.

Workshop 8: Bodies

Maria Schneider, Drama and Movement Educator & Creative Arts Therapist

My body can breathe. My body can feel.
My body can carry. My body can stand. My
body can hold. My body can dance. My
body can tremble. My body can protect.
My body can jump. My body can love. So
stop telling me every day what my body
cannot do. In this workshop, we
explore our bodies in a playful, pleasurable,
and appreciative way; we connect with
other bodies, extend invitations and set
boundaries. All bodies are welcome. Always.



Workshop 9: Shall we play a game?

Stefano Benedetti, Director, Drama Teacher



Unscripted, unplanned, unhinged: improv has always been the most amusing (or the most terrifying) way to perform on stage. However, as fun as it might be, there's much more than meets the eye of the audience. Improvisational theatre can be an extremely powerful tool to teach and learn acting techniques such as the use of space and body, interaction with other actors/actresses, and most of all... comic timing! From the traditional Commedia dell'Arte to the modern clownery, let us turn stage fright into smiles and laughter: let's play!

Workshop 10: Move like never before

Konstantinos Spyrou, Dance Artist

An energetic and playful dive into contemporary dance! Through movement games, improvisation and short choreographic tasks, we explore body awareness, expression and connection together. Let's move, create and have fun!



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