

ACTING OUT FOR CHANGE

Theatre of the Oppressed Training

TRAINING COURSE

10 - 17 MARCH 2025

Pradoluengo (Burgos), Spain





THE PROJECT

The Training Course “Acting Out for Change: Theatre of the Oppressed Training” focuses on **eco-social themes** and utilizes the **methods of Theatre of the Oppressed** to address pressing societal challenges.

This methodology offers a collective rehearsal for reality, encouraging participants to experience and understand how shifts in attitudes, behaviors, and thought patterns can have a profound impact on both individual and collective lives.

The core techniques, including *Forum Theatre*, *Image Theatre*, and *Newspaper Theatre*, are highly adaptable and can address a wide range of social and ecological issues, including environmental sustainability, social justice, human rights, power abuse, exclusion, discrimination, poverty, marginalization, and more.

Through creative and participatory methods, these techniques provide a space for individuals to **reflect, engage, and explore solutions, empowering them to act and make a positive impact in their communities.**

This project uses the Theatre of the Oppressed to provide alternative methodologies that **empower youth organizations and drive social change, particularly around eco-social issues.** Its main goal is to enhance youth workers' capacity to engage young people in local and global social processes.





MAIN OBJECTIVES

- **Enhance Youth Leadership Skills:** Equip youth leaders with the tools to guide and facilitate peer-to-peer learning, using Theatre of the Oppressed to inspire reflection and social change;
- **Empowerment through Non-Formal Education:** Empower youth leaders to lead meaningful non-formal education experiences, driving transformative learning initiatives;
- **Optimize Group Leader Involvement:** Optimize group leader involvement, especially in the preparatory phases, to maximize the impact of non-formal education and peer-to-peer learning;
- **Inclusive Practices:** Focus on inclusive methods to ensure all participants, particularly those with fewer opportunities, feel valued and contribute to a richer learning experience.
- **Foster Best Practices:** Promote the exchange of best practices in youth work, with a specific focus on eco-social change;
- **Promote Peer-to-Peer Learning:** Foster an environment that encourages and promotes peer-to-peer learning, recognizing its importance in creating dynamic and participatory youth mobilities;
- **Community Building and Networking:** Foster community building and collaboration among organizations and youth leaders to strengthen their collective impact in the youth field;
- **Alignment with Erasmus Plus Accreditation Goals:** Ensure alignment with the strategic plan developed for Erasmus plus accreditation in the youth field by Association Brújula Intercultural, contributing to the overarching goals of the Erasmus Plus programme;
- **Capacity Building for Future Exchanges:** Build the capacity of youth leaders to actively contribute to the planning and execution of future youth exchanges, enabling them to take on leadership roles within their organizations;
- **Long-Term Impact:** Develop skills and knowledge to boost youth leaders' long-term growth and impact in their field;
- **Promote Media Awareness:** empower youth leaders to think critically about the news, with a focus on eco-social issues, fostering informed and responsible engagement;
- **Promote the Erasmus plus programme** in the rural areas of Burgos' province.





LOCATION & ACCOMMODATION

Participants will stay at Casa Barría in Pradoluengo, a village in the province of Burgos surrounded by the stunning Sierra de la Demanda.

Casa Barría is the result of a project by two rural entrepreneurs who are passionate about sustainability, caring for the environment, and creating a welcoming space for guests. The house reflects Irene and Ester's love for rural communities, their people, and their culture, making Pradoluengo the ideal location to turn their vision into reality.

Participants will be accommodated in shared rooms for 2 to 4 people, each with a private bathroom. Bed linens, towels, and toiletries will be provided.





MEALS

The three daily meals and coffee breaks will be prepared and served within the accommodation. The project menu will be **VEGETARIAN** and will take into account any food allergies and/or intolerances.

For a long time now, we have been organising projects only with a vegetarian menu prepared on-site and with local and seasonal products to allow participants to reflect on their own food consumption and the sustainability of the experience.



PARTICIPANTS

Each organisation involved will take part in the project with **TWO or THREE participants**.

The person must be someone:

- over 18;
- with good command of the English language to ensure effective communication and collaboration throughout the training;
- with a strong connection with partner organisations, demonstrating a commitment to contributing to the objectives of the training and to next joint projects;
- with previous experiences in youth projects, intercultural experiences and mobilities;
- who aspire to take on the role of a group leader in upcoming youth mobilities;
- with interest in guiding, facilitating, and actively contributing to the success of youth programmes;
- with commitment to take part in all the activities with an active role;
- willing to actively contribute to community building (networking, sharing experiences, and collaborating);
- with interested in eco-social topics and the use of Theatre of the Oppressed methods;
- with interest in inclusive practices, with a focus on engaging and empowering all participants.

Organisations that will also be partners in the following youth exchange are expected to involve one of the training participants as a group leader in the subsequent mobility.





WHAT TO BRING

- Warm and comfortable clothes (the province of Burgos can be quite cold);
- Trekking shoes and suitable clothing in case you wish to explore the surroundings on a hike;
- Personal and refillable drinking bottle;
- Adapter for Spanish mains socket - Voltage: 230 V // Frequency: 50 Hz // Plugs: Type F;
- Whatever you feel you would need for any time spent away from home (cigarettes, medicines, etc.). Consider though that you will stay in a village, so you will be able to purchase things you need locally.
- You are welcome to bring your own tablet or computer if you think you might need it.
- Take your **ID documents and keep your travel documents** like tickets, boarding pass etc. Take really care about travel documents, without them, it will NOT be possible to get the reimbursement of travel costs;
- Please note that to participate in the project you must have a **European Health Card or equivalent insurance**.



WHAT TO PREPARE

- **Intercultural Aperitif**

Each participant should bring food, snacks and drinks to present his/her/their country and culture during an intercultural aperitif.

- **Open Space for Exchange of Good Practices**

During the training, two sessions will be dedicated to sharing good practices among participants. **Each national group is asked to prepare and facilitate a 20-minute activity to present to the other participants.** The activity should align with the course themes focusing on eco-social challenges, using participatory methods inspired by the Theatre of the Oppressed or other creative non-formal education approaches. The activity should be more than a simple energizer or warm-up, offering a **meaningful exercise that reflects the core ideas of the training**, such as environmental sustainability, social justice, or addressing societal challenges. National groups should plan the activity together in advance and bring any necessary resources or materials to ensure its effective delivery.





TRAVEL

GROUND RULE: send the most suitable travel option to the Brújula Intercultural Association and wait for confirmation before purchasing tickets. Brújula Intercultural is not responsible for tickets purchased without prior approval.

TRAVEL DATES

Participants are expected to arrive on the **10th of March 2025 before 7 pm** at Pradoluengo or Belorado bus station. We will organise pick up from the stations to the accommodation.

Departure day is the 17th of March 2025. Checking travel options for the way back, please consider the time needed to reach other cities and airports. We advise you to don't book a return flight before 2 pm.

GREEN TRAVEL

Brújula Intercultural, in agreement with the European Commission, encourages participants to travel avoiding flights, when possible, for environmental reasons. Meaning using means of transportation such as trains, busses, ferries, or car sharing. Using green travel, you are allowed to:

- have a higher travel budget: for example, 285€ instead of 211€. Check the table in the next pages for more detailed information;
- have two travelling days for the outbound and two travelling days for the return.



TRAVEL REIMBURSEMENT

The travel costs will be covered up to the amount based on distance calculator by the European Commission. It is fundamental that you **keep all your original travel documents: bus and train tickets, invoices, and boarding passes, etc.** **The reimbursement cannot be done without these documents.**

Consider that taxis and first-class tickets cannot be reimbursed.

When you buy your tickets make sure you don't exceed the following amount, or you will pay the difference yourself. Buying tickets in advance will help you avoid that scenario.

Participants will be reimbursed after the end of the project, once they provide all the original travel documents (including plane, train, bus and shuttle tickets for the return trip, which have to be sent by post if they are not digital) and answer the report. Further and detailed instructions will be given during the project.

Travel Distance	Non-Green Travel	Green Travel
10 - 99 km	28 EUR	56 EUR
100 - 499 km	211 EUR	285 EUR
500 - 1999 km	309 EUR	417 EUR
2000 - 2999 km	395 EUR	535 EUR
3000 - 3999 km	580 EUR	785 EUR
4000 - 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

ADDITIONAL TRAVEL DAYS

Arrival and departure dates are flexible if participants want to visit Spain before or after the official dates. If this is the case please read carefully: **participants can travel up to 2 days extra from the official dates** of the project and still get the travel reimbursement.

For example, participants could arrive in Spain on the 8th of March and leave on the 17th, or arrive on the 10th of March and leave on the 19th.

For the extra days, Brújula Intercultural does not provide food nor accommodation.

Keep in mind that if the travel itinerary does not respect these rules, there will be no reimbursement.



TRANSPORT - FIRST, GET TO BURGOS!

If you are traveling by plane, you will first need to reach Burgos and then take a bus to either Pradoluengo or Belorado.

Participants are expected to **arrive on the 10th of March before 7 pm.**

The nearest international **airports** to the city of Burgos are:

- **MADRID** (230 km)

There are more than 10 direct daily buses connecting Madrid airport with the city of Burgos. At Madrid Airport, in Terminal 4, simply follow the signs for the Bus Terminal and in a couple of minutes you will reach the airport bus station.

A bigger number of buses leave, daily, from Madrid city bus stations to Burgos.

- **VITORIA** (120 km)

From Vitoria you can easily reach Burgos by train or by bus.

- **BILBAO** (170 km)

From Bilbao you can easily reach Burgos by train or by bus.

- **SANTANDER** (180 km)

From Santander you can easily reach Burgos by bus.

Please note that the Burgos train station is quite far from the bus station. You will need to calculate around an 1 hour to get from the train station to the bus station, using the city bus LINE 2.

The official website for **train transportation**: <https://www.renfe.com/es/en>

The official website for **bus transportation**: <https://www.alsa.com/en/web/bus/home>





TRANSPORT - THEN... REACH PRADOLUENGO!

ARRIVAL POINT: Bus Station of Pradoluengo or Belorado (Burgos, Castilla y León, Spain)

Upon arrival in Burgos, you will need to take a **bus from the Burgos Bus Station to either Pradoluengo or Belorado.**

Once in Pradoluengo or Belorado bus station, staff members will come and pick you up at a fixed time and get you to the accommodation. We will plan two or three pick-up times during the day, depending on the arrivals.

Please note that there is only one bus to Pradoluengo departing at 14:45 and arriving at 16:19, operated by the bus company [ALSA](#).

If you miss this bus, you can take a bus from Burgos to Belorado, which is only 15 minutes by car from Pradoluengo. A staff member will come to pick you up at a fixed time.

There are several buses to Belorado from Burgos. You can check the timetable of bus company Jimenez [here](#).