

# NEATA WORKSHOP DAY

7 ONLINE WORKSHOPS  
relevant for amateurs in theatre

FOR FREE

21.10.23

Recognized by  
**NEATA**  
NORTH-EUROPEAN AMATEUR THEATRE ALLIANCE



## PROGRAM

TIMEZONE IS GMT+2

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10:00 - 10:50 / TORBEN SUNDQVIST (SWE)  
"The plain and the poetic of my place on earth."

50 min

11:00 - 13:00 / EERO OJALA (FIN)  
"About voice training".

120 min

13:10 - 13:40 / TIINA MÖLDER (EST)  
"A moving body and mind"

30 min

13:50 - 14:50 / AIRIDA LEMENTAUSKIENÉ (LITH)  
"The Application of immersive theatre for the promotion of  
communality".

60 min

15:00 - 15:30 / EMIL HUSBY (NO)  
"An introduction to Improvised Theatre".

30 min

15:40 - 16:20 / AMANDA HAAR (DK)  
"Voice & Movement".

40 min

16:30 - 18:00 / EIMANTAS ANTULIS (N.YOUTH)  
"Theater from Home".

90 min

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All workshop are presented in english via Zoom.

Participants are expected to have a working camera +  
microphone available. Some workshops requires physical and  
vocal activity, locate yourself accordingly.



**SWEDEN - MAX. 16 ATT.**

**10:00 / 50 MINUTES**

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The Plain and the Poetic of my place on earth.

We will be turning personal location and sense of identity into fictional characters. The step-by-step process is dependant on the choices we make as we go along, but the probability is high of some interesting encounters between characters and an increased understanding of one another. Playing with language will be important, and as long as we understand each other, we will use both English as best we can, but possibly also our respective native languages, for more poetic impact.

No preparations required, but a neutral background during the zoom meeting is a plus. A few sheets of white paper and a black, broad tip felt pen. Suitable for young adults and upwards who are interested in conversation.

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Torben Sundqvist has been the daily leader of the theatre association Östersunds Teaterverkstad for 40 + years, where process leadership, directing and devising has been his main activities. He is also very interested in handling the theatre space, whether it is in a wholly controlled blackbox or outdoors.



**FINLAND - NO MAX ATT.**

**11:00 / 120 MINUTES**

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## About voice training

In the course we learn some basic elements of human voice: where it's made and where does its resonance take place. Practice and theory come hand in hand on this course. One of the core values is to study where is the locus of effort in voice production. The course offers some great exercises to warm up the (muscles needed to the) voice (production) and some thoughts on how to get more familiar to your own voice and its capacity.



Eero Ojala is an Actor and Art pedagogy living in Kerava, Finland. He graduated from Theatre Academy of Helsinki with an MA degree in 2016. Eero has a huge passion to speech and voice producing and he's been teaching them right after his graduation in various courses and events, especially in the contexts of poetry performance and actor's voice. He's also awarded actor and performer and at the moment he studies to become an Estill Master Trainer.



**ESTONIA - NO MAX ATT.**

**13:10 / 30 MINUTES**

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A movement workshop where participants can focus on their bodies and movements through the audible instructions. The workshop focuses on moving the body through involving the imagination. The exercises help to sense the small movements in your body, to balance it, to warm up the body and mind, and to find your fun in it.

It would be helpful to wear suitable clothes for moving your body and have at least so much space, that you could stretch out your limbs and make a turn around yourself. The exercises are suitable for every age group.

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Tiina Mölder is a mover, choreographer and movement teacher. She is developing/teaching the movement classes for acting students in Tartu University Viljandi Culture Academy. Her interest is to connect movement and imagination, to move the mind physically and physics through the mind + there is of course the exciting body with its mechanics.



**LITHUANIA - NO MAX. ATT.**

**13:50 / 60 MINUTES**

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The Application of immersive theatre for the promotion of communality.

This topic investigates the experience of immersive theater acquired during artistic practice, promoting communality. This topic was born in the context of applied theater studies from a personal need to discover and try new, interactive, theater methods and forms that create a closer relationship between the actor and the audience. With the help of visual material I will present amateur troupe of Mažeikiai Juozas Vaičkus Skrajojamasis teatras work, creating an immersive strategy for experimental immersive performance based on W. Shakespeare's comedy „A Midsummer Night's Dream” and using interactive applied theater methods in rehearsals.

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Airida Lementauskienė have been working and improving in the field of theater for more than twenty years. For the last twelve years she has been managing the amateur theatre of Juozas Vaičkus Skrajojamasis teatras in the Mažeikiai Cultural Center. In June of this year, she obtained a master degree in applied theatre arts.



**NORWAY - MAX. 15 ATT.**

**15:00 / 30 MINUTES**

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## An Introduction to Improvised Theatre

In this talk we will explore how techniques and principles stemming from Improv can aid us in our work with amateur theatre. We will examine the history of improv, its underlying tenets, and important concepts such as acceptance and agreement, building on each other's ideas, playfulness, and spontaneity. This talk will show that improv gives us a wonderful set of tools to use both in traditional theatre and our everyday lives!

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Emil Husby has been improvising for more than 15 years, and has performed both in and outside of Norway. He has been trained by world famous improv coaches such as Patti Stiles, Joe Bill, and Shawn Kinley, as well as the famous improv pioneer Keith Johnstone. He is currently running a small theatre in the cosy city of Trondheim, Norway, where he also regularly performs as an actor and improviser. His greatest wish in the whole world is to adopt a cat.



**DENMARK - MAX. 25 ATT.**

**15:40 / 40 MINUTES**

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## Voice & Movement

The aim of this workshop is to spark curiosity in working with voice and movement. Our voices and ways of moving are our unique expressions, and we may feel vulnerable expressing ourselves in ways we are not used to. At the same time, in the ways we sound and move there is a great potential for expanding our vocabulary of expression. Together we will explore how vocalisation can inspire movement and vice versa. Wear clothes that allow you to move freely, and have some space around you. We will be using our voices, so warn your neighbors if necessary. It could become interesting for you to listen to your own voice by yourself, but you can also bring your friends, since some exercises are great to do together!

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Amanda Haar is a singer and music teacher, educated as a music therapist and classical singer. She trained in physical theatre, and is currently part of the theatre group 'Movement Choir'. Her work centers around the connection between voice, body and movement, which she worked with at the Roy Hart Artistic Centre.





**NEATA YOUTH - MAX. 20 ATT.**

**16:30 / 90 MINUTES**

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## Theater from Home

Two years ago in 2021 during the pandemic together with my theater study course and director Kiril Glušajev, we staged a play called "Young and Sensitive" on the Zoom platform. During the workshop, I will share my experience, the challenges we had to face, the difference in acting, possibilities working with the camera, how to utilize lighting, where we drew ideas from and so on. Later, together with the workshop participants, we will create several short plots together. We will discuss the upcoming challenges and the possibilities of applying this experience to creating plays now and in the future. Currently, the NEATA youth plans to stage an international play. We will start the collaborative work on Zoom from our own homes.

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Eimantas Antulis from Lithuania, has a bachelor's degree in acting and have participated and organized multiple national and international theater festivals/workshops: International youth theater festival "Atžalyno scena", EDERED, NEATA youth, ERASMUS+, etc.

# REGISTER TODAY

Claim a spot at your favorite workshops - click the button below!



Limited spots at workshops are distributed by a “first come, first served” principle.

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# NEATA

The North European Amateur Theatre Alliance (NEATA) is a collaborative network between amateur theatre organizations in the Nordic/Baltic countries. The workshop day is kindly presented by;

Norsk Amatør Teater Forbund (NATF)  
Lietuvos Megeju Teatro Sajunga (LMTS)  
Dansk Amatør Teater & Scenekunst (DATS)  
NEATA Youth  
Finnish AITA/IATA Center  
Amatörteaterns Riksförbund (ATR)  
Eesti Harrastusteatri Liit (EHL)

For more info on NEATA;  
[www.neata.eu](http://www.neata.eu)

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