IMAGE THEATRE

Image Theatre is a method proposed in the "Theatre of the Oppressed" introduced by Augusto Boal. The participants are asked to create with their bodies images that express opinions about a situation or a conflict with ease and safety, while at the same time reflects on the emotions. In this workshop, Image Theatre is proposed to help the participants express their views or experiences on the theme of migration and issues of refugees.

Objectives

To recognise, share and learn about one's own experience as a migrant.
To express and communicate through non-verbal body language.
To help externalise feelings and experiences.

Activities

1. We dance to the rhythm of the music and when it stops we stand like a statue.

2. One by one we go to the centre of the circle and propose an image with our body. The rest have to share ideas about the meaning of each image.

3. One participant enters to the centre proposing a still image of himself/herself. Spontaneously, someone else enters and complements it with his/her own body, based on his/her personal interpretation of what he/she sees. Once the image is composed of two people, the participants again share the meaning of what they see.

4. We repeat the same process this time with 3 volunteers participating one-by-one in a new still image.

5. We ask the participants in small groups to create a still image in order to express their view or experience about the theme of migration and issues of refugees in a way they wish to discuss it. This is the actual image.
There might be combined some extras drama techniques/conventions for the dynamization of the images such as inner monologue, title, flash back, slow motion etc. (See Appendix "Image Theatre").

I
introductory sessions

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Working

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in-depth sessions

6. Then we ask the participants to portray the 'ideal image', that is the way they would like the previous situation (real/actual image) to be.

7. Finally we ask the participants to show a 'transitional image' to show how it would be possible to pass from one reality to the other.

8. The workshop might end with a presentation of each group portraying all images (and any extras needed) with the contribution of background music and appropriate lighting.

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