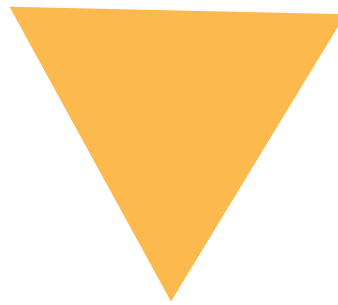
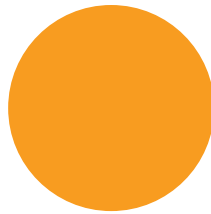


UNATC
2025

Young IDEA Lab

Bucharest, Romania
30 October - 1 November 2025



universitatea națională
de artă teatrală
și cinematografică
„I.L.Caragiale”
București

national university
of theatre and film
„I.L.Caragiale”
Bucharest



MINISTERUL EDUCAȚIEI ȘI CERCETĂRII



CLOWNING AND PHYSICAL THEATRE WORKSHOP



We are young

We have a lot of questions

We are international & worldwide

We are artists, educators & scientists

We want to promote transcultural exchange

We are students, young professionals & lecturers

We want to create a worldwide Young IDEA network



YOUNG
IDEA

ABOUT THE WORKSHOP

As part of the **IDEA Europe Meeting (IEM) 2025** taking place at **UNATC Bucharest**, we are organizing an intensive **clowning and physical theatre workshop** for theatre students and young professionals.

The workshop is an integral part of the IEM 2025 program and is designed for participants **under 30 years old**, exploring the theme "The Participation Effect".

working theme: participation effect

CALL FOR PARTICIPATION:

The Participation Effect represents the way we, as artists, can create authentic connections with the spectator and contribute to a (better) world in an artistic way. This doesn't happen through climbing on barricades and revolutions or by promoting theatre as a utopian universe that contains the truth, but through projects that relate to our daily lives.

WORKSHOP CONCEPT

The body is our first instrument of communication and artistic expression. Through clowning and physical theatre techniques, participants will discover new ways to express their creativity and connect with audiences in an authentic and profound manner.

BODY IN SPACE - PHYSICAL AND COMIC EXPLORATIONS

Participants will explore:

- Physical theatre and expressive movement exercises
- Contemporary clowning techniques
- Improvisation and scenic play
- Exploration of performer-spectator relationship
- Creation of original artistic material

Methodology

Participants will explore:

- **Sensory exploration** - engaging the entire body in the creative process
- **Play and improvisation** - discovery through spontaneity
- **Teamwork** - creating intercultural connections
- **Constructive feedback** - developing critical and observational spirit
- **Final presentation** - building scenic confidence

Participants will work in **groups** to create **original artistic material** with a **maximum duration of 5 minutes** per group, which will be presented to other IEM participants.

WORKSHOP OBJECTIVES

Developing artistic skills:

- Mastering fundamental techniques of physical theatre and clowning
- Improving bodily expressiveness and scenic presence
- Stimulating creativity and developing improvisation capacity

Personal development:

- Building self-confidence and scenic confidence
- Liberation from inhibitions and developing artistic authenticity
- Perfecting non-verbal communication skills

Intercultural exchange:

- Establishing connections with young artists from all over Europe
- Sharing diverse experiences and artistic techniques
- Contributing to creating an international network of artistic collaboration

WHO IS IT FOR?

The workshop is designed for people under 30:

- Theatre students
- Students from other fields connected to theatre education
- Young actors and performers
- Young practitioners in educational fields connected to theatre
- Theatre educators in training
- Interdisciplinary artists interested in physical theatre and clowning

DETAILED PROGRAM

Day 1 - October 30

- **Morning (4 hours): Foundations of basic techniques**
 - Warm-up and group connection exercises
 - Introduction to physical theatre - body awareness in space
 - Introduction to clowning - exploring one's own comic body
 - First combined improvisations
- **Afternoon (4 hours): Developing expressiveness**
 - Physical theatre techniques - expressive movement and rhythm
 - Deepening clowning techniques - emotions and comic timing
 - Team improvisations using both languages
 - Exploring the relationship with spectators

Day 2 - October 31

- **Morning (4 hours): Advanced techniques and scenic space**
 - Physical theatre - working with objects and space transformation
 - Clowning - characterization and character development
 - Combining techniques to create scenic moments
 - Organic integration of both expressive languages
- **Afternoon (4 hours): Creating artistic material**
 - Developing working materials integrating physical theatre and clowning
 - Individual and collaborative work sessions
 - Exploration and structuring of created sequences
 - Preparation for final presentation

Day 3 - November 1

- **Final Presentation: Public presentation of created material**
 - Each group presents their developed artistic material
 - Feedback and discussions with the audience
 - Workshop closure and experience evaluation

FACILITATORS

The workshop will be led by **Ioana Rufu** and **Andrei Atabay**, specialists in physical theatre and clowning, who will guide participants in exploring the concept "The Participation Effect" through practical exercises, improvisations and creative explorations.



VENUE AND CONTEXT

The **National University of Theatre and Film** (UNATC) Bucharest provides the perfect setting for this intensive workshop, in the heart of one of Europe's most dynamic capitals.

Participants will have the opportunity to:

- Work in theatrical spaces adapted for artistic exploration
- Connect with the Romanian theatre community
- Discover Bucharest and Romanian culture
- Be part of an international artistic event

REGISTRATION

Please take into consideration the following:

- **Working language:** English
- **Maximum age:** 30 years
- **Number of places:** 15 participants (12 outside Romania)
- **Costs:** you will pay for your travel costs; accommodation is paid by UNATC in different rooms that will be rented during the days of the IEM 2025; UNATC will offer lunch and dinner during the lab days.
- **To apply:** fill in the [form](#) - providing personal information, including the activity in educational context by uploading your CV or other certificates to show your involvement in different theatre-based activities
- **Deadline:** **05 October 2025**
- **Contact for support:**
logistic - andreea.jicman@unatc.ro, petronela.imbrisca@unatc.ro
artistic - ioana.rufu@unatc.ro, andrei.atabay@unatc.ro

Participate in this artistic training experience and explore the languages of physical theatre and clowning!