

EMOTIONAL THEATRE IN ERASMUS +



Tammispea, Estonia
02.09/10.09 - 2026

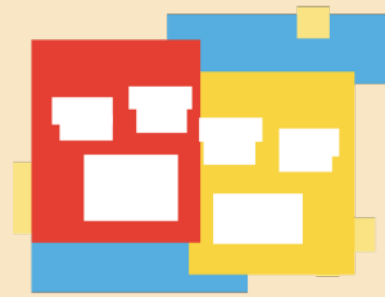


Erasmus+



Co-funded by
the European Union

Lorem ipsum dolor sit amet,
consectetur adipiscing elit, sed
do eiusmod tempor incididunt ut
labore et dolore magna aliqua.



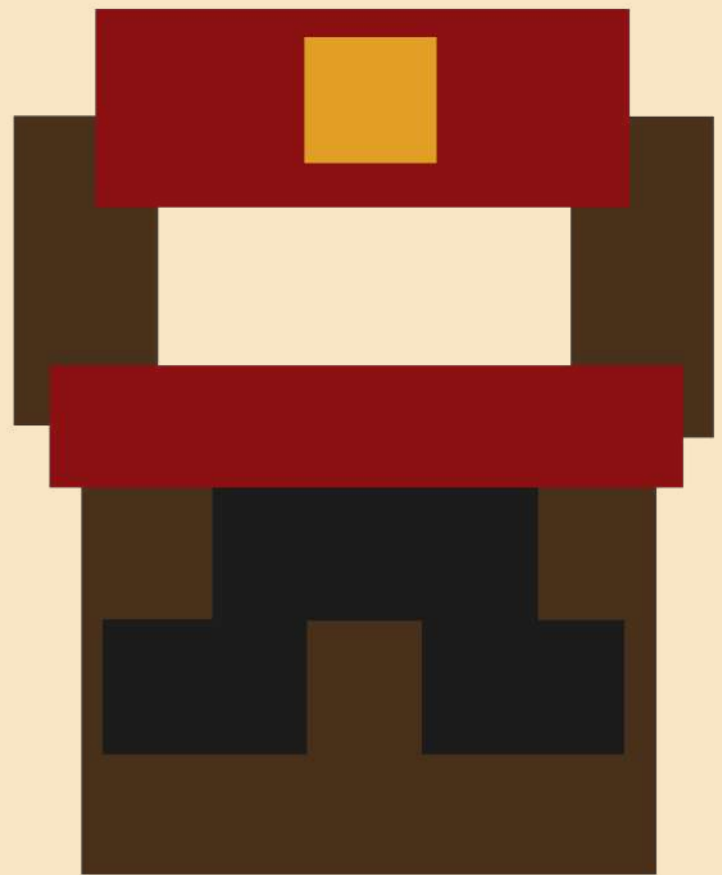
PROJECT DESCRIPTION

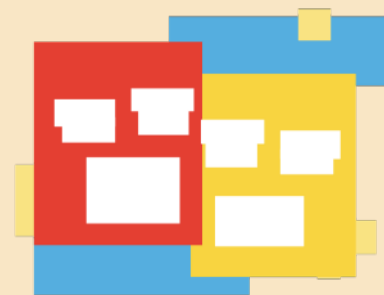
This project aims to provide young people with a variety of tools to help them express themselves because schools often do offer this kind of education; however, we believe it is essential for a well-rounded life experience.

Using different **theatre methods**, we invite them to discover new forms of self-expression while also having the opportunity to **explore different roles** and step into someone completely different.

They will have a **safe space** here to be themselves and to explore ways of expressing their feelings and emotions through their bodies.

Theatre offers a unique opportunity to **connect with people** even when we do not speak the same language or when words are not needed at all; after all, **non-verbal communication** is often all we need to truly understand one another.





Promote **non-formal education** through theatre methodologies

Create a safe environment where participants can **experiment with theatrical expression**

Strengthen key competences for lifelong learning, particularly **personal and social competences**

OBJECTIVES

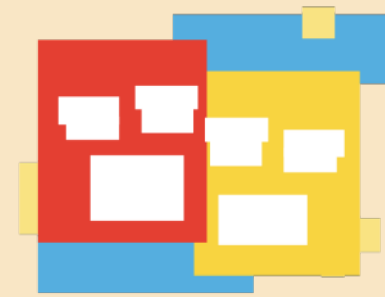
Support **intercultural dialogue** and mutual understanding by using theatre as a tool

Develop **non-verbal communication skills** using physical theatre, body language work and movement-based activities.

Equip participants with **transferable theatre-based methodologies**

EMOTIONAL THEATRE IN ERASMUS +

Tammispea, Estonia
02.09/10.09 - 2026



THEATRE WORKSHOPS

IMPROVISATION EXERCISES

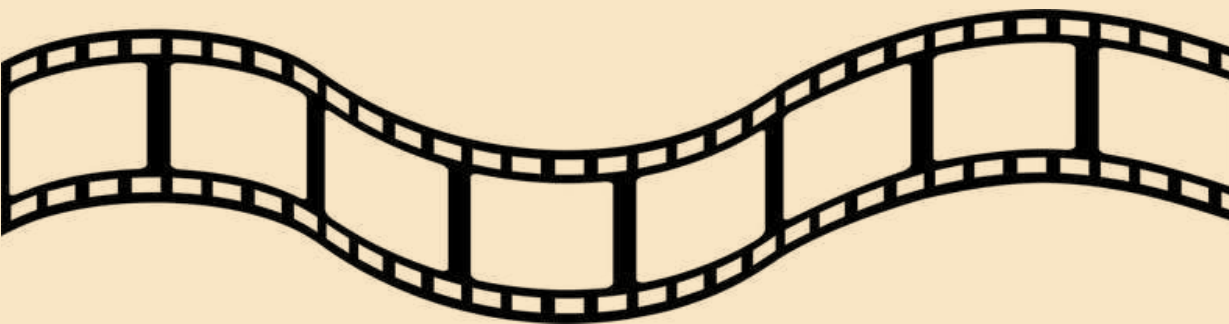
FORUM THEATRE

IMMERSIVE THEATRE

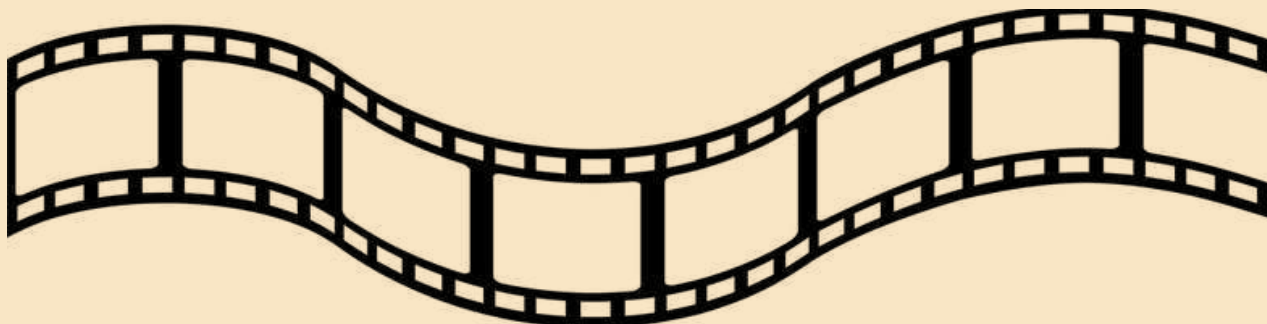


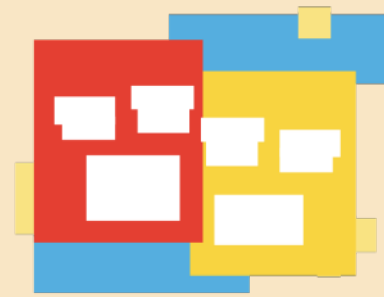
NON-VERBAL WORKSHOPS

MIMIC & MOVEMENT



**WORKING
METHOD**





PARTICIPANT PROFILE

This project is designed for young people **aged 15–17** from diverse cultural and socio-economic backgrounds, prioritizing individuals with fewer opportunities.

Youth Participants are **open-minded, don't need prior theatre experience**, but must be **motivated to explore self-expression, identity, and** personal growth in a hands-on environment.

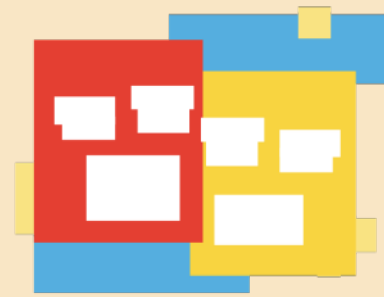
Group Leaders (**+18**) are motivated professionals who work directly with youth and want to master non-formal, **theatre-based methods to support their local communities**.

Selection strictly ensures gender balance, equal representation, and high personal **motivation over technical skills**

TIMETABLE DRAFT



Time	02.09	03.09	04.09	05.09	06.09	07.09	08.09	09.09	10.09
	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursay
9:00 - 10:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
10:00 - 11:30		Presentation/Rules	Theatre games	Improvisation theatre	Sharing is caring	Sharing is caring	Presentation final product	Go to Tallinn	
11:30 - 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12:00 - 13:30		Ice-Breaking	Team building	Improvisation theatre	Sharing is caring	Sharing is caring	Preparation	Rehersal	
13:30 - 15:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30 - 17:00		Erasmus +	Walking theatre	Improvisation theatre	Sharing is caring	Hiking/Free time	Preparation	Performance	
17:00 - 17:30		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
17:30 - 19:00		Team building game	Couple theatre	Improvisation theatre	Sharing is caring	Hiking/Free time	Final reflection	Walk in Tallinn	
19:00 - 19:30		Reflection	Reflection	Reflection	Reflection	Reflection			
19:30 - 20:30		Dinner	Dinner	Dinner	Dinner	Dinner			
21:00 - 23:00	ARRIVAL DAY	Fireplace together	Intercultural evening	Intercultural evening	Intercultural evening	Inmersive theatre	Representation	YouthPass Ceremony, Dinner...	DEPARTURE DAY



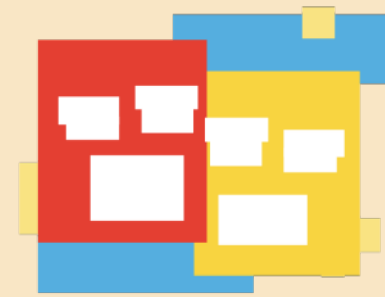
ACCOMMODATION

We will stay in
Tammispea
Puhkeküla, a
summer camp base
located in the
Lahemaa National
Park and natural
protected area. This
is the wonderful
place which **located**
next to the Baltic
sea (100m)



We will be
accommodated in
cottages with a capacity
of 4-6 persons.
The **toilets are in**
separate rooms.
Bed linen is provided,
please **bring a towel** with
you
Wi-Fi is available.
There are **no shops**
nearby.

EMOTIONAL THEATRE IN ERASMUS +

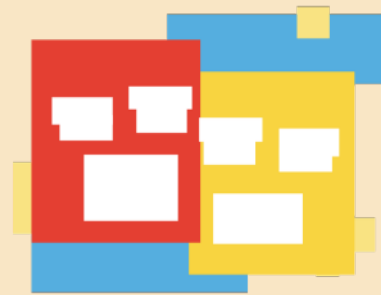


Tammispea, Estonia
02.09/10.09 - 2026

ACCOMMODATION PHOTOS

You may find more

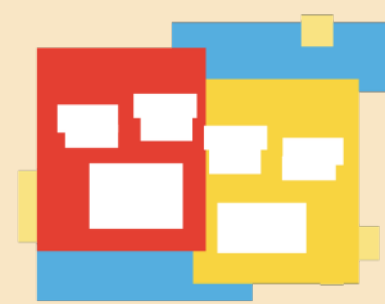




WHAT TO BRING



- **Casual-sporty clothes** for every kind of weather, rain included. The venue is located in the countryside, in the Lahemaa National Park – a forest place, we advise you to take with you comfortable sports clothes. Check the weather here: <http://www.weather.ee/>.
- **Indoor shoes:** In Estonia, we don't wear shoes inside houses; we take them off and use flip-flops or indoor shoes. If you don't bring them, you will have to wear only your socks inside.
- **Medications** you may need, if you are on any medication, please take your own pills.
- **Swimsuit** if wanted.
- **Personal care products:** shampoos, shower gel, and any other toiletry. We have a hairdryer
- A **reusable bottle** of water.
- A non-formal presentation about your country or region for the “**Intercultural evening**” and some food and snacks from your country to share!
- A **towel**
- If you want to buy snacks and drink you have to buy them in Tallinn before the bus departure. There **no shop near Tammispea**.
- **Sessions** you are responsible for (will discuss it in APV)



**Arriva 1 day is 02.09.2026 -
Departure day is 10.09.2026**

You can reach **Tallinn** by **plane, bus** or **ferry**. If you can't find any flights to Tallinn, you can also look for Riga or Helsinki and then come to Tallinn by bus (4 hours from Riga) or ferry (2 hours from Helsinki)

From Tallinn, we will need to take a **private bus** or transfer to go to the venue, which is **30€** per participant (round trip) that will be taken from the travel budget and

not reimbursed. We will take the bus all together, so you should arrive in Tallinn before 17:00 on the 2nd of September.

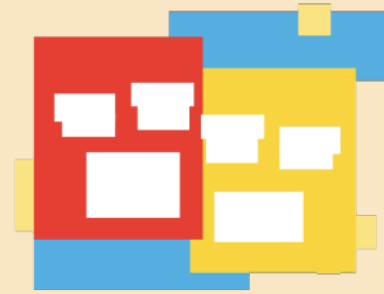
Travel budget per country:

- Lithuania (green travel): 387 eur
- Spain: 550 eur
- Austria: 279eur
- Greece: 365 eur

Food and accommodation are **fully covered**. We will have breakfast, lunch, dinner and two coffee/tea breaks.



TRAVEL

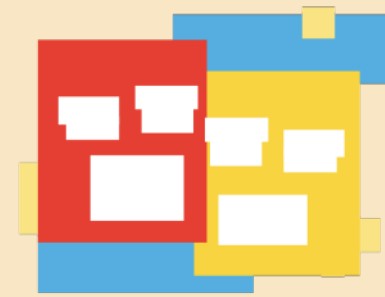


REIMBURSEMENT

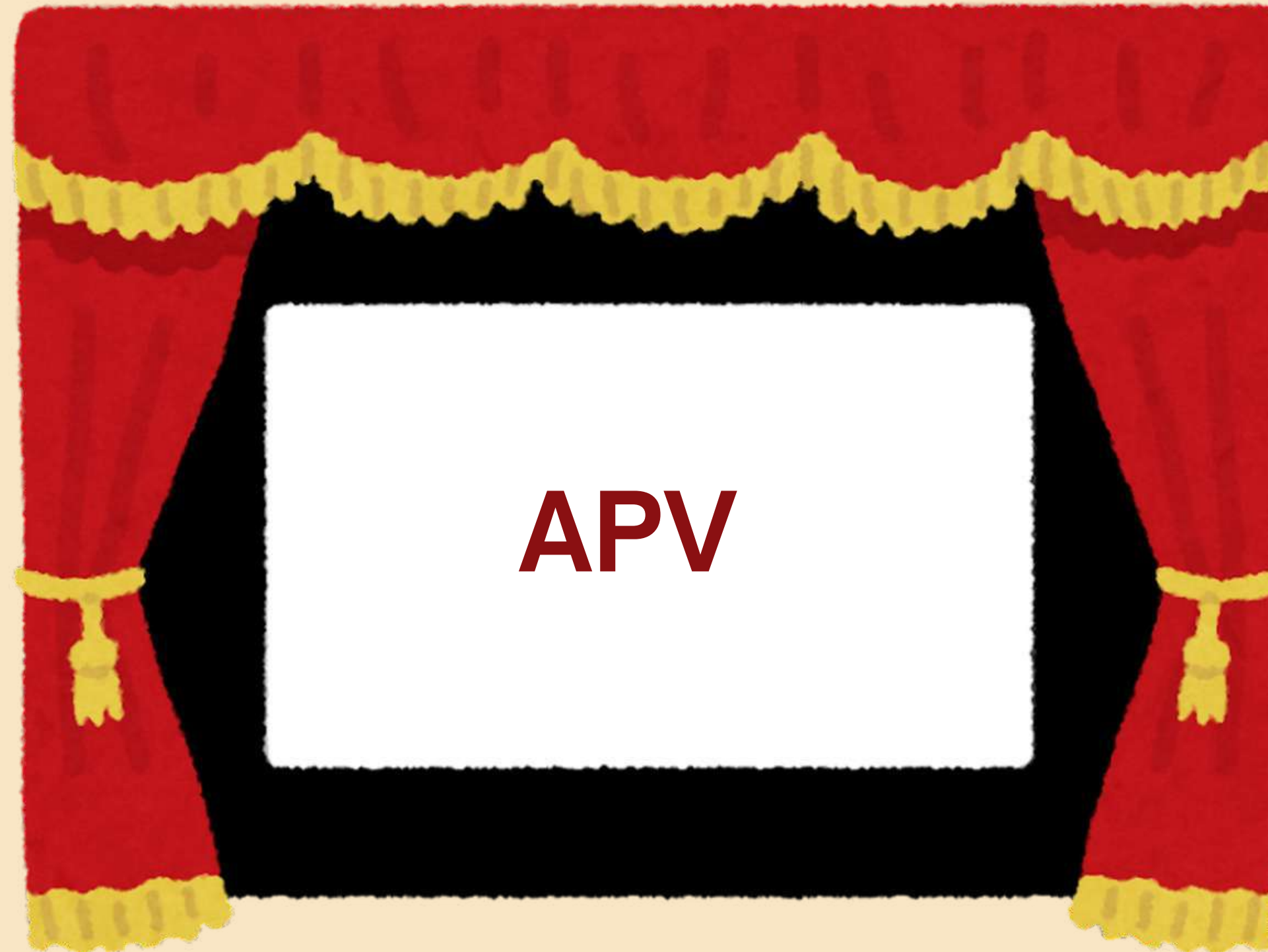
Keep all flight tickets (boarding passes), checks and invoices from travel cost, we will need to show them to our national agency. If you would like to get your money back, **don't lose them.**

The money will be returned after aprox. **4 months** after the end of the project.

NB! To receive the **reimbursement**, all the teams will have to make a **dissemination event** in their own countries, and all the leaders have to fill in the feedback questionnaire from the Erasmus+ program. Organisations will have to do a **post on their media** about the project.



We will have the **APV** on the 3rd week of July, date to be confirmed.
We will **divide responsibilities**, answer questions, and talk a bit more about the **travel venue**, the possibilities of the reimbursement.



One representative from the organisation and one **team leader** per country are in requested to join online thid meeting

Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>





Contact with us!

Project coordinator in Lithuania

Austeja Amankaviciute

austejai@tavo-europa.eu

