

TRENTO ITEMS

At the Comptoir Des Colibris, the participants of the learning experience at TRENTO which took place at the beginning of July 2022, Lucienne, Nicolas and Mila met again at the beginning of November 2022, 4 months later, to make a retrospective assessment of the experience.

The benefits of a learning week in a European country

This week of learning in Trento has been very rich in many ways. The trip to Italy was an opportunity for us to discover a new culture, to take a break from our daily lives to discover a new environment, to marvel at the new and to feel the urge to go out into the unknown to get to know the surroundings, the people and the codes. We came back with a fresh perspective on our own culture and practices. Through the cultural mix and the diversity of languages spoken, we improved our language skills in English and Spanish, gained confidence in our ability to communicate orally, gained autonomy in understanding and discovered the communication potential of body language. It required us to step out of our comfort zone and reach out to others and realise that our barriers were shared by all participants, regardless of their country of origin. In addition, the forum theatre allowed us to put into perspective the approaches of national groups in each country to given situations. This allowed us to see with fresh eyes the professional or societal situations we are confronted with on a daily basis. Beyond the social dimension, the activities proposed were a source of reflection on our own lives, our concerns, the possibilities to progress and to envisage solutions. In Trento, we met participants facing similar problems and were able to draw inspiration from their experience. Through the mirror of the other, this week of NVC and forum theatre in Italy was an opportunity for us to discover ourselves, to get to know each other in depth and to gain resilience. We gained a different perspective on life - and an international and long-lasting network of people with whom we made strong connections all over Europe! For all this, thank you!





The learning experience: activities, what we got out of it etc.

Nicolas: "At the beginning, it's difficult to express yourself freely. You're shy, you don't dare. As the sessions go on, confidence is built up and you reveal yourself more and more. This was the case for many of the participants who were not at ease at the beginning either, but then a common energy was created which carried the group. As everyone is different and has different stories, it was different aspects/activities during the week that touched everyone.

The networking activities allow people to get to know each other, to be less isolated. It comforts and creates a first link. It breaks down barriers. When you are a teenager, you discover your identity by joining a group. These activities help to promote integration.

I am extremely shy and reserved. As an adult I have become more comfortable with others. Communication has allowed me to be more myself, no matter what the person thinks. These exercises allowed me to dive back into my teenage self and move towards my current self as I progressed. I felt better and expressed more easily what I was feeling. In everyday life, I yo-yo between my two months, depending on the situation.

The course was a breath of fresh air. During the course, a lot of emotions came out, and then at the moment of departure, when the bonds created were brutally interrupted. After the course, you keep a lot of energy with you, and that helps you to face the obstacles. We would

always like to keep this energy of the group to be able to reactivate it when we are not doing well.

Mila: "We broke the barrier that was there at the beginning between the participants who had to face a new situation. I thought it was a game at the beginning and then I discovered the impact of the activities that allowed me to reflect on situations in my personal life. Sometimes I felt strange. The activities that I perceived as playful gradually allowed me to reflect on my positioning in relation to my objectives. Everyone saw their limits.

For me, the warm-up activities at the beginning were shocking, because you don't touch a stranger right away. You have to discover yourself little by little because we are programmed not to trust the other person. But this was a learning process to develop new reactions. So new rules were established that were necessary for the rest of the activities. For me, it was difficult because trusting is not natural. But afterwards I got fully involved and let myself go. It felt good to talk because as a child I didn't have this right. I kept all my negative feelings to myself. But you have to express them so that they don't explode. Now I always want to get it out so that I don't keep all the energy I've kept since childhood.

The course made me want to do theatre, to perform. I like to be a chameleon. The artistic side (the joy of living) and the preparation of the characters are also very interesting.

What we went through in our group bonded our team and we stayed close. Everyone tried to give their best and that really helped our group. When is the next trip?

Lucienne: "The course was a great moment of reconnection with myself through the activities proposed and a wonderful tool for connecting with the group. In addition to the powerful introspective impact of the tools used, I was able to enrich my teaching practice inspired by the games and sharing proposed by the facilitators. Forum theatre was new to me, the scope of what I learned from this course is immense as it opened my horizon to new approaches that I will be able to use on a professional and personal level. With our group and all the participants, intense exchanges took place which contributed to the effectiveness of the activities proposed. The cultural barrier was in no way a hindrance but an enrichment, everyone drew on their own resources to create an extremely positive cohesion. This course was a wonderful discovery and I am deeply grateful to have been able to experience it with such rich and engaging personalities as those who made up our group. We laughed and cried together... to discover the beauty of each of our journeys... A great learning experience. Thank you 😊

