

## BEST PRACTICES on cultural diversity in the domain of BODY



The following Best practices are shortened,  
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Interactive [ONLINE TOOLS](#) visually showing  
the Best practices in the domain of Body



### ❖ FORUM THEATRE FOR COMMUNITY BUILDING

**As a part of a Community Building Project for Local Communities of Poor and Disadvantaged People in Small Hungarian Villages. Hungary**

In these villages, people are not organized into communities, they are highly isolated, and even neighbours are not connected in their daily life. A lack of communication, of dialogue, and of community needs increases the disadvantaged situation of those places and creates a barrier to development. As a part of a larger community building project, "Forum Theatre":

- Assists residents in the village to build a community;
- Gives an opportunity for common problem solving and conflict resolution;

Gives the opportunity for those people to disconnect from their usual daily communication and helps them to find new self-expression methods.



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**References:** [www.artemisszio.hu](http://www.artemisszio.hu)



### ❖ EMOTIONAL DEVELOPMENT ACROSS EUROPE

*Birmingham, England*

The aim of the workshop funded by the sectorial programme Grundtvig (LLP) is to gather participants from all over Europe to support them in the development of their emotional intelligence. The workshop foster awareness of how culture can impact upon people's emotional development. Starting from the point that conflict between people often comes from a lack of understanding or poor communication skills, the workshop developed several techniques to support the cultural competences of the participants and overcome emotional situations.



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**References :** [www.mirrordt.co.uk](http://www.mirrordt.co.uk)

❖ QUÊTEURS DE GESTES / PASSEURS DE CORPS

Quimper, France

The project is based on the method of “writing in movement”, which results from a 20 years research led by the contemporary dance Company “Patrick Le Doaré”. This project implies a work on body involvement and its possibilities of “personal writing”. The workshop consisted in a collection of bodies memory, gestures, attitudes, movements brought by each participant in his country.

Then, finding the sense, the meaning of each gesture, understanding the involvement, the repercussion, the intention, in order to transform it, giving it a specificity, a singularity. The everyday life movement becomes an artistic one. The body becomes a form of singular language, carried by an individualized writing.

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**References :** [www.le-teem.fr/](http://www.le-teem.fr/)



❖ BODY AWARENESS

Denmark

The participants, who have an undeveloped body awareness and restricted linguistic competences, achieve a heightened body awareness and an intrinsic motivation for adequate actions through training based mainly on non-verbal exercises.

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❖ SPEAK WITH YOUR BODY: FASHION SHOW FOR MIGRANT WOMEN

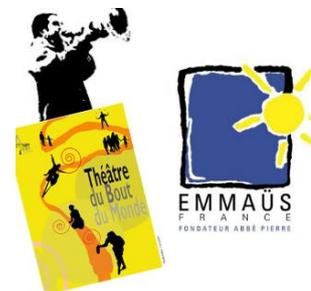
France

“Speak with Your Body” is a fashion show for migrant women living in an Emmaüs shelter. The show is organized by the director of the *Au bout du monde* theater, who leads an annual theater course at the shelter. Realizing



that a number of the women had trouble expressing themselves through their bodies and that some even took efforts to hide their

bodies, the director created the show as a way for the women to liberate their emotions and celebrate their bodies.



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**Reference:** [http://theatreduboutdumonde.fr/association\\_tbm.html](http://theatreduboutdumonde.fr/association_tbm.html)

## ❖ FAIRY TALES AS A FRAME FOR DANCE

*France*

This workshop takes place over two days in a dance studio. It is open to any participant who wants to get involved in body exploration through storytelling/words and doesn't require any particular dance level or technique. It deals specifically with the symbols and archetypes living within us all. Fairy tales are used to inspire the participants to express themselves, allowing them to improve self-confidence and have a more positive perception of their bodies through physical expression. Through dance, the participants explore the characters and universal themes relating to mankind, human relationships and different existential questions that exist in all cultures.

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