



Young GLOWN

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Project background

The second phase of the project, "**Young Clown,**" took place in Ashford (United Kingdom) from 30 March to -11 April 2023. Thirty-three young representatives from the UK, Greece, Italy, Lithuania, Spain, and the Czech Republic met to explore clowning as an **inclusive expression tool**.

During eleven days of intensive workshops and several impro performances, young clowns learned to use **non-verbal communication** to build a strong bond with the audience. Moreover, participants trusted the process while **improvising and co-creating** solo, in pairs, and in big groups.

Representatives from diverse backgrounds could have united to discover and interact with **an inner child** and experiment with **music, art, and dance** as creative means of production.

Participants interacted highly with local citizens of Ashford, Dover, and Canterbury to build an **intercultural dialogue** and spread the **culture of clowning**.

During the last days of the project, all participants prepared a variety of group works, including short films, video diaries, and a booklet with guidance on **how to become a young clown**.

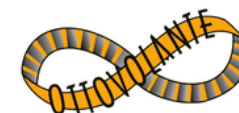
Young Clown Guidebook

LEARN

KEEP EYE CONTACT WITH THE AUDIENCE
COOPERATE WITH THE VIEWERS
CONNECT WITH A PARTNER
BE OPEN TO IMPROVISATION
TRANSFORM OBJECTS AROUND YOU
DISCOVER AN INNER CHILD
FOLLOW IMPULSES ON THE STAGE
BE AUTHENTIC TO YOURSELF
COMPLY WITH SOUNDS AND GESTURES
BE CREATIVE IN A PERFORMANCE
FAIL AND REPEAT AGAIN
BE IN THE PRESENT AND EMBRACE IT
TAKE RISKS
EXPERIMENT WITH YOUR CHARACTER

PRACTICE

SILENTLY OBSERVE EACH MEMBER OF THE AUDIENCE
BRING ONE VIEWER TO THE STAGE TO PLAY WITH YOU
USE BLINDFOLDERS AND TRUST YOURSELF TO YOUR PARTNER
BE FREE TO GO TO THE STAGE WITHOUT PREPARATION
PICK UP ONE RANDOM OBJECT AND USE IT IN THREE WAYS
DO A MEDITATION AND ANALYZE YOUR FEELINGS AFTERWARD
CHOOSE INCIDENTAL MUSIC FOR A PERFORMANCE
SELECT THE STYLE THAT MOST SUITS YOUR PERSONALITY
PERFORM WITHOUT WORDS AND KEEP IT SIMPLE
INTERACT WITH INVISIBLE OBJECTS AS IF THEY ARE REAL
REFLECT ON EVERY PERFORMANCE CONSTRUCTIVELY
TAKE PLEASANT STROLLS IN THE NATURE
BE BRAVE TO REALIZE ANY CRAZY IDEA THAT COMES IN MIND
MAKE UP OR STYLE YOURSELF IN A NEW WAY



MICHAL



Playful

"Laugh is all we have left": I am doing my best to make other people laugh a lot. It is a purrfect feeling!

Thanks to this experience, I have overcome my fear of the audience.

After the program, I would like to use clown tools in stand-up comedy.

KRISTYNKA



Shy

I am trying to be more open to tackling my fears and insecurities.

This project has transformed some of my worries into my **golden armour**.

I would advise, "Don't do to others what you would not like them to do to you."

VINCENZO

Satisfied



"What doesn't kill me makes me stronger."
The project definitely pushed me out of my
comfort zone... And I enjoyed it!

While being a young clown, I have experienced
numerous emotional shades.

My advice for a reader would be to live every day
as if that is the last one and be determined in
your intentions!

ALBERTO



Rebellious

Shoo! My rebellious spirit is completely free now! I like the expression, "Be a rainbow in someone else's cloud."

I gained from the project the power of emotions, especially unfortunate and negative ones, which fuel better than coal.

I will use approaches from the program in my daily life and studies to add the art of clowning to my music therapy. That is for sure!

SKIRMANTÉ



Mysterious

"You can get what you want, or you can just get old".

I opt for trying and exploring the World from unexpected corners. This program was one of such corners.

From now on, I give a clown oath not to be afraid of doing silly stuff and laugh off this life!

DANIELÈ



Overwhelmed

During the project, I have learned that you must find people who are kinder than you, not cooler, not smarter, but kinder.

After returning to my country, I will implement gained knowledge and skills in different workshops and training.

MARILENA



Curious

"Life is a trip, and I am a passenger. But if you are traveling alone, you can not see its beauty."

I am an empathetical advisor with drawing and dancing skills. My advice is not to let any criticism destroy your dreams and passions.

During this project, I became a good listener and discovered what I like, dislike, and need. I will use it in my daily life.

LEFTERIS



Suspicious

"There, and back again."

Heading on a new journey, I return home as a different person.

I am trying new things in life to express my **personality with different faces**. I can be many things, but I will figure it out.

Willing to entertain children in summer camp doing juggling stuff!

DANAI



Confused

"Leave my spirit alone; I want to live free."

One of my strengths is adaptability to different contexts and environments. Via diversity, it is easy to understand own potential better.

I will also use some ideas and tools from this program in future Erasmus programs.

POL



Mad

This project is a friendly space for performing and self-expression.

Judging is not artistic, so we must support each other in this tricky but **glorious artist's path**.

Well, you have already found it out, right?

IRO



Angry

The concept of clowning allows you to **create something from nothing!**

The project has created an environment for cooperation between people with different life stories.

During the program, I developed an empathy ability up to the scale!

KAMILLA



Visionary

May the Force be with you!

Together with other young clowns, we broke a considerable number of taboos and brought magic to life!

Moreover, being a leader in my core nature, I had an open space to lead and be led.

OLLIE/LEAF



Confident

Spread joy and love to the people around you!

This project has helped me to acquire new skills and deepen my facilitating abilities.

I am grateful for the physical presence and interaction among my group partners!

IEVA



Sympathetic

I love the energy fluids that levitate through all of you! How do I feel these vibes?

Well, If you can't see it, but you feel its presence with your heart, know for sure - it's there!

My life motto is "educate - raise - develop," and I hope you follow it too!

ANNA



Sufky

I am a love-creating creature!

I must be in touch with my emotions
and share them generously with the
whole World.

Try **to be more connected and open** –
emotionally and physically.

JULIA



Amused

All good things are wild and free. I stick to this expression in my daily life.

I think life is a play where we interact with other people and we always win no matter what!

This program made my life funnier!

BETTY



Engrossed

When I was clowning on the street, I never thought I would do crazy and silly things. It is intriguing and thrilling!

However, I feel unsure about new skills, and I need time to think about creatively implementing them in my daily life.

For now, I am curious about tomorrow!

ANNA



Frightened

I am Anna with "A" (the short one), whose emotions are bigger than the Atlantic Ocean!

I love to make people laugh and enjoy their existence.

I also have one pleasant weakness: my bestie from this project - Gabriel. Send my love!

ONA

Amorous

Love is in the air!

I feel **a growing love** for the song "Riptide" and kissing lovely people around me.

Also, I have discovered my superpower more clearly: sleeping everywhere, no matter what conditions I am in.



ALICIA



Restless

Constant **inner impulses and boosts of pure inspiration** are endless engines for my artworks.

The power of respecting each artist's work eventually inbreathes for bold experiments!

I am inspired to become a young clown monitor for children to help with their clownish skills.

DANIEL



Mischievous

My spirit character is definitely **Jack of All Trades!**

Thanks to the concept of clowning, I feel like a genuine performing artist.

Afterward, I will continue spreading joy and positivity at my workplace.

NAIARA

Upset



I am a dancer, videographer, and **just a happy little girl!**

I could not imagine feeling so comfortable with people I met only one week ago.

I learned a lot about the art of clowning and will use it during my career path.

GIULIANO



Doubtful

Hi-hat Ho, everyone! I am a street music performer, which means always being flexible and adaptable!

So, be free to discover unexplored sides of your personality.

Moreover, do not fear interacting and expressing your talent and passion.

AFRODITI



Melancholic

I love you, people! My passion is to learn from the beautiful creatures around me.

That is why educating clowns and learning from them is the most significant gain of the project.

Give-spread-receive love and peace around you! Free hugs!

DAVID



Stubborn

"Think happy, be happy!"

Creativity comes with the responsibility to be empathetic towards other people's borders.

I am glad to be a young clown who will make loved ones happy daily!

JULIA



Focused

I am a dancer, singer, actor, and performer. So, I am passionate and willing to create allure.

Although, it is vital to embrace the beauty of the present moment and **allow You to be Yourself!**

ELIŠKA



Shy

While being a sports girl and succeeding in rock climbing, volleyball, and athletics, I am a shy person.

This project helped me maintain **better communication skills**.

I feel more open to expressing my feelings and opinions in front of a big audience.

Table of CREDITS

PHOTOGRAPHER



DESIGNERS



CONTENT WRITERS



EDITORS

