



INTERNATIONAL **WEEK**  
**IMPRO** \_\_\_\_\_



25.09-02.10.2023 | Cracow-Dobczyce | Poland



# International Impro Week

International IMPRO WEEK is an event for Improvisation theatre enthusiasts, where people could join to develop their improv, mime and physical theatre competencies in diverse advance level

The event will take place in Cracow-Dobczyce (Poland), between 25th of September and 2nd of October 2023. There would be two international groups of 16 people (beginners and intermediate group). The workshops will be held in English.



# Impro Week for Intermediate

Take your improvisational, mime and physical theatre skills to the next level with our Intermediate IMPRO WEEK. Designed for individuals with some prior experience or knowledge in improvisation.

The training will take place in Cracow-Dobczyce (Poland),  
between 25th of September and 2nd of October 2023.



# SkillCraft.me

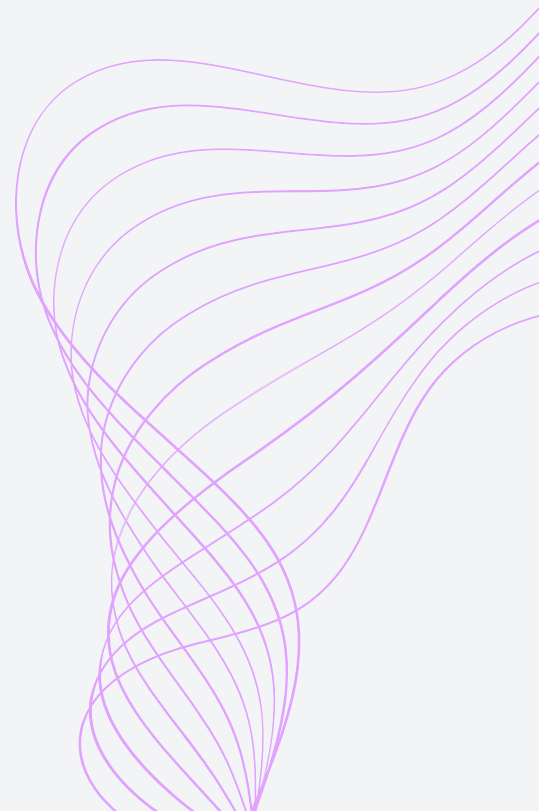


Our vision at SkillCraft.me is to create a space where participants can develop their competencies and skills both in a business and individual context. We strive for SkillCraft.me to be a source of inspiration and practical knowledge, where people can uncover their potential, enhance their skills, and achieve success in their careers and personal lives.

Our mission at SkillCraft.me is to deliver high-quality training programs and development initiatives tailored to the individual needs of our participants. Through interactive sessions, mentoring, coaching, and practical exercises, we assist our clients in discovering and developing their skills, building self-confidence, and achieving success in various aspects of life.

Please find more: [www.skillcraft.me](http://www.skillcraft.me)

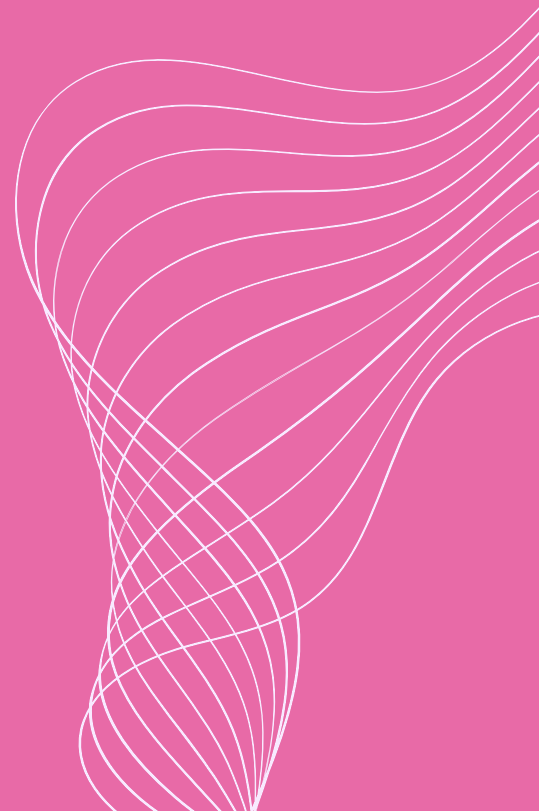
**skillcraft.me**



# About

Join us for an immersive and transformative experience as we delve into the intricacies of improvisation, mime, and physical theatre. Expand your artistic horizons, refine your techniques, and discover new dimensions of expression. Enroll now to embark on a journey of artistic growth, collaboration, and artistic exploration.

The Intermediate Improvisation, mime, and Physical Theatre project is a dynamic and enriching training program crafted for individuals who already possess a foundation in these expressive performance styles. Led by experienced instructors, this project provides a comprehensive curriculum that explores advanced principles, improvisational structures, intricate physicality, and nuanced storytelling techniques.



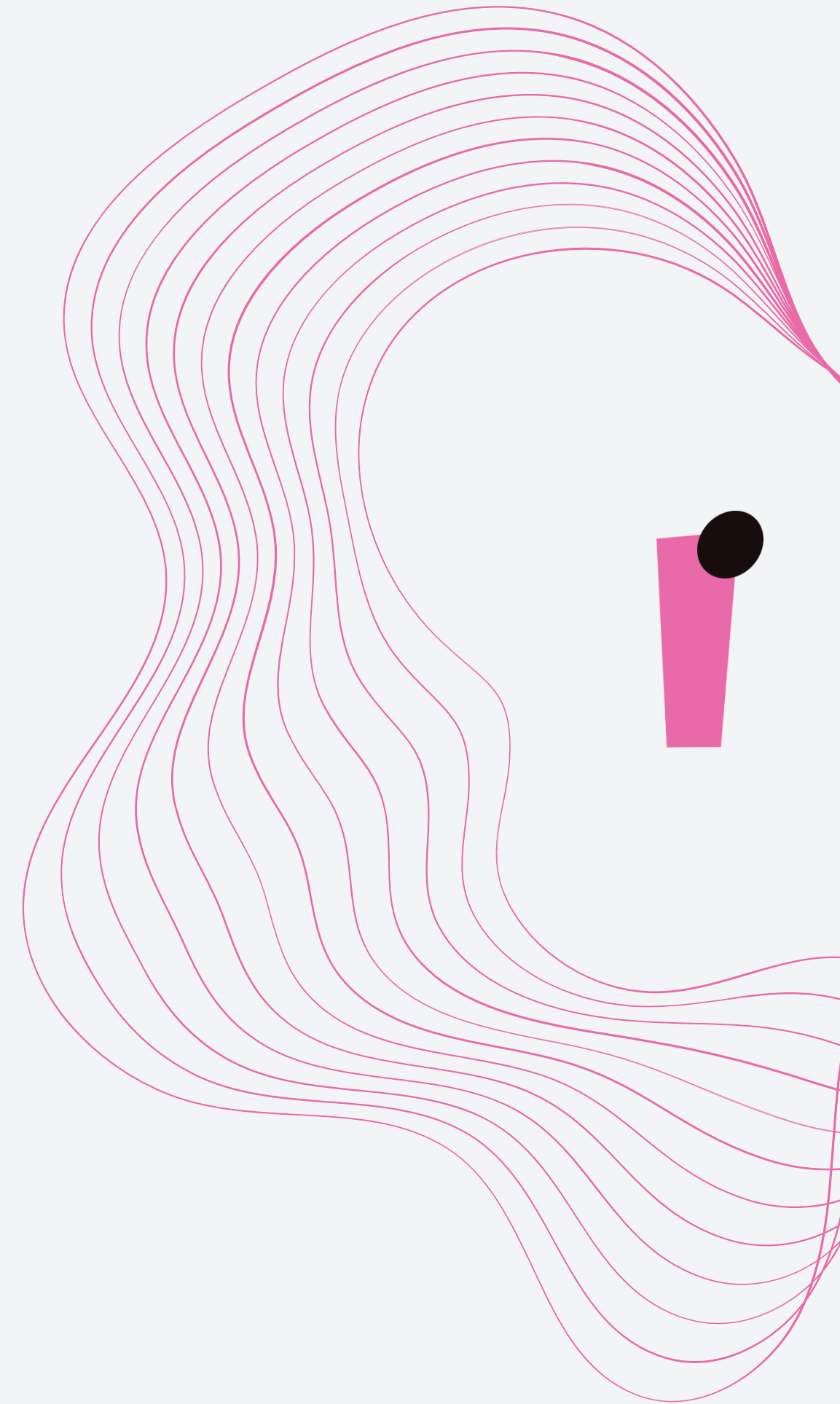
# Main Activities

## Advanced Improvisation Techniques

Build upon your existing improvisational skills and delve into more complex structures and formats. Through a series of challenging exercises and scenework, you will develop greater confidence in making bold choices, heightening scenes, and navigating group dynamics. Expand your repertoire of improvisational tools, including character development, narrative arcs, and emotional depth. Refine your ability to create compelling scenes that captivate audiences and leave a lasting impact.

## Refining Pantomime Mastery

Deepen your understanding of pantomime as an art form and enhance your expressive abilities. Explore more intricate techniques, such as object manipulation, illusion, and the fine art of subtlety. Develop the precision and control required to convey intricate narratives, emotions, and interactions solely through physicality. Refine your understanding of timing, rhythm, and comedic timing to create captivating and nuanced pantomime performances.



# Main Activities

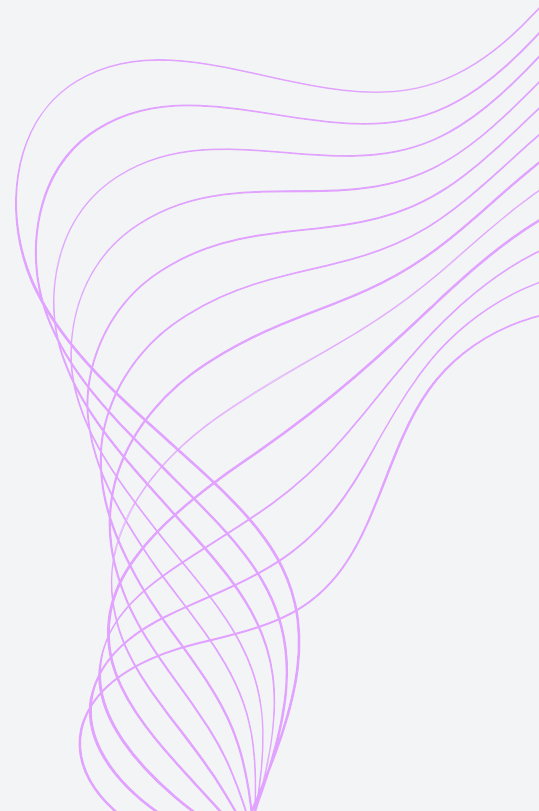


## Physicality and Presence

Expand your physical vocabulary and explore the depths of physical storytelling. Through advanced movement exercises, you will refine your technique, enhance your body awareness, and develop a heightened sense of presence on stage. Dive into the exploration of space, weight, and dynamics to create powerful physical narratives. Discover how the subtle nuances of your physicality can evoke emotions, convey subtext, and engage your audience on a profound level.

## Ensemble Collaboration and Scene Work

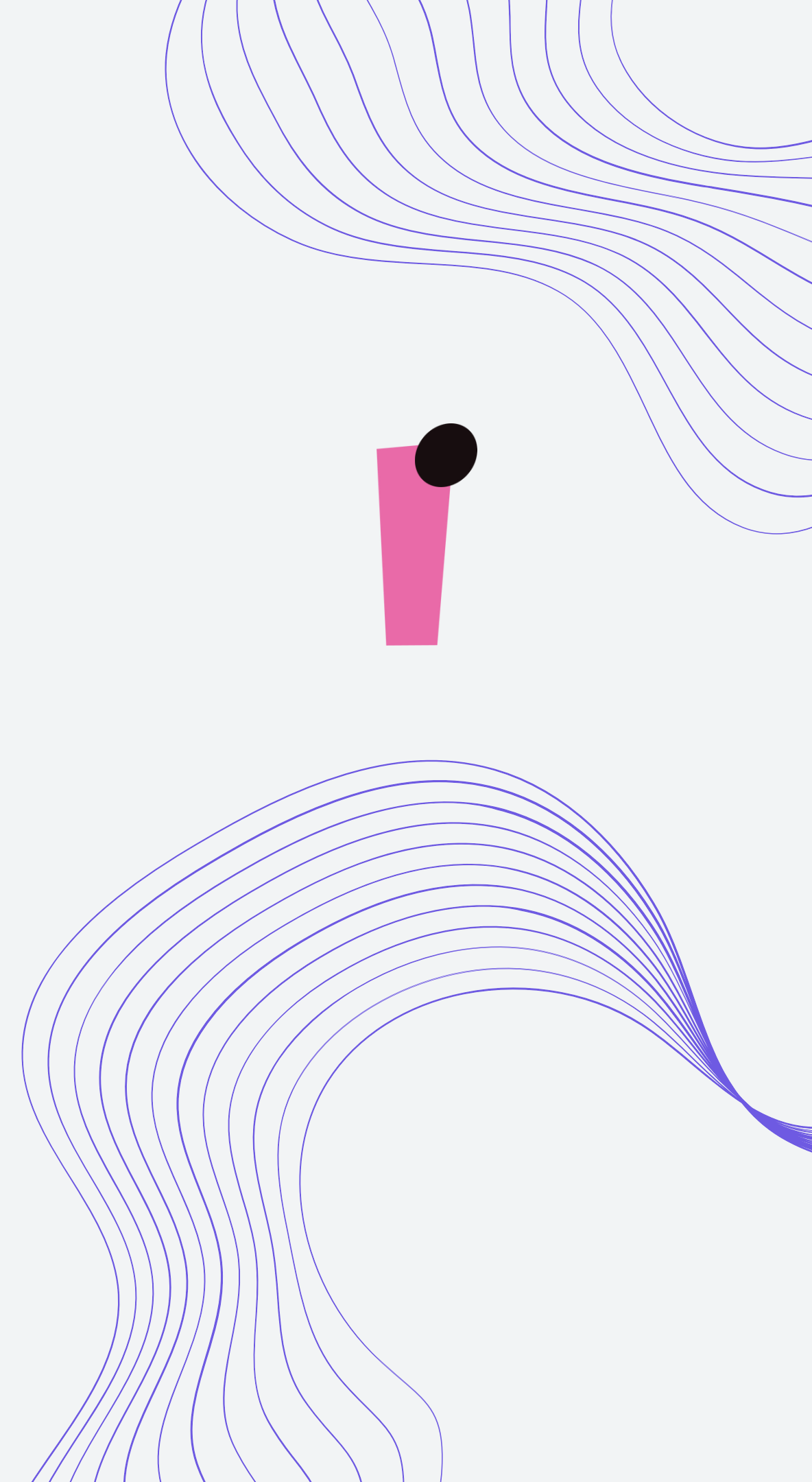
Engage in ensemble-based improvisational and physical theatre exercises that emphasize the power of collaboration. Hone your skills in active listening, supporting your scene partners, and building upon each other's ideas. Explore the art of collective creation, where you will co-create scenes, stories, and performances as a cohesive ensemble. Embrace the magic of shared trust and the unique energy that emerges from a collaborative creative process.



# Main Activities

## Showcasing Artistry

Conclude the project with a showcase event that provides a platform to display your refined skills and artistic growth. Showcase your ability to navigate intricate improvisational structures, perform captivating pantomime pieces, and create visually stunning physical theatre performances. Share the stage with fellow participants and celebrate the collective journey of artistic exploration and development.



# Participants profile

This project is specifically designed for individuals with prior experience or knowledge in improvisation, pantomime, and physical theatre. It is ideal for enthusiasts who are looking to deepen their understanding, refine their skills, and expand their artistic capabilities. Participants should have a basic familiarity with the foundational concepts of improvisation.

The training will be held in English, that's why it's important that your English level is at least on B1 level. The training is dedicated to people over 18 years old.

# Activities

All of the workshops are based on experiential learning and learning by doing, so you will learn through your actions and involvement in the activities. You will work with the group through acting, performing, improvising, role-playing.

Daily there would be workshops in the morning and in the evening (3 hours each). In the evenings there would be Impro Jams, Open Spaces and Chill & Relax zones. In the end of the training there would be Impro Show where all participants will create Impro Show. One afternoon will be free (there will be shuttle bus which will take you to Cracow city center).

In total there would be in total 33 hours of workshops with the trainers and you will have also time in the evening to master your competences at Jam sessions.

## Meet the trainers

# Ewelina Grzechnik

An actress and director of mime and physical theatre, trainer of using theatre methods in formal and non-formal education. She has improved her skills during the Intensive Summer Schools of Modern Mime in Warsaw and workshops around Europe (physical theatre, mask theatre, visual theatre and improv theatre). She has worked with Warsaw Mime Center, Warsaw Chamber Opera, Visual Stage of the Catholic University of Lublin, The National Philharmonic in Warsaw, Sztuka Ciała Theatre.

She leads workshops on physical theatre mixing visual elements and improvised texts. As an actress, she has been a guest at various physical theatre festivals in Europe (Spain, Germany, the Czech Republic, Sweden, Slovakia, Russia and Portugal).

She loves dancing, hammocking anywhere and 10.000+ pieces jigsaw puzzles.



## Meet the trainers

# Maciej Jan Kraśniewski

An actor at the Royal Opera of Poland; previously worked with Warsaw Mime Center; cooperated with the National Philharmonic in Warsaw, Komuna/Warszawa, Strefa WolnoSłowa and The Visual Stage of the Catholic University of Lublin. Performed at Resort Komedii with comedy songs, long and short improv forms. Author of physical theatre workshops designed for improv actors.

Formerly an educational consultant supporting youth and adults in their career path choices. A translator and interpreter. A big fan of bread baking based on centuries-old recipes. Studying at the Ultimate Academy of Fatherhood and learning from my daughter everyday. Hammocking, juggling, bird-watching, playing the drums in free time.



# Venue

The training course will take place in Dobczyce, a small town close to Krakow. Hotel Dobczyce is located less than 20 km south of Krakow's borders. Due to its charming location on Góra Jałowcowa with a panoramic view of the Dobczycki Lagoon and a vast area of more than 6.5 ha of trees and parks. Participants will stay in 2-3 people rooms with private bathrooms. All activities will take place in the workshop room in the next building. In the venue there is a canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks with the traditional Polish cuisine.

For more visit: <https://hoteldobczyce.pl/>

[Click](https://hoteldobczyce.pl/)

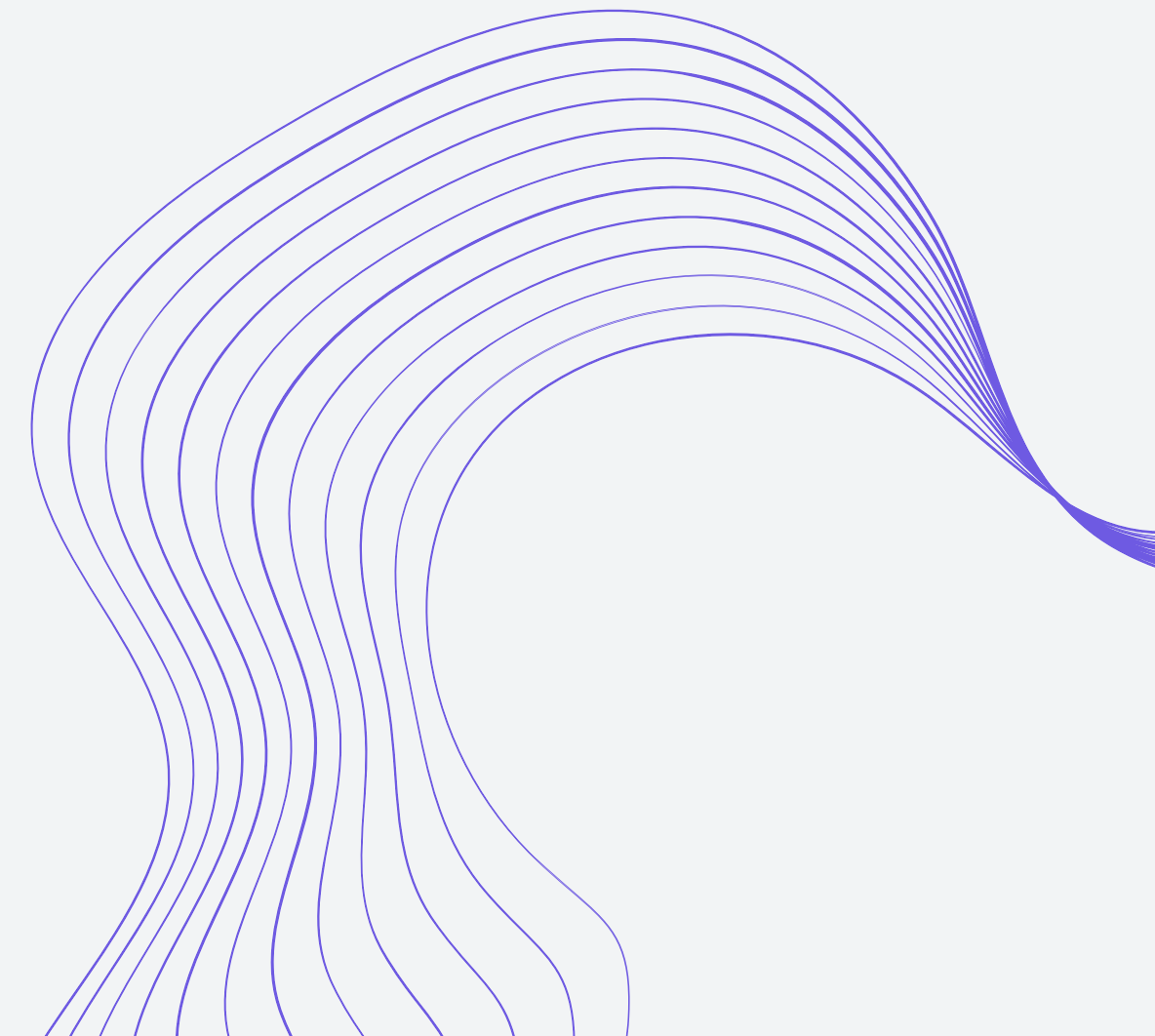
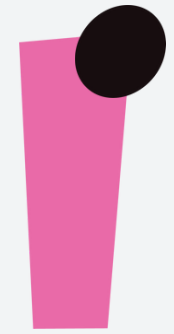


# Living conditions

All together we will take care of our space where we will live, work and learn, therefore we need to keep the place clean and useful for our activities. During the theatrical activities we will walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).

# What to bring

- Positive attitude
- Clear mind without stress of doing some work/home task during the training
- Comfortable clothes and shoes for the workshops which will take place mainly indoor,
- Swimming suit
- Warm socks for the workshop room
- Medicine
- Insurance



# Travel

On the 25th of September we will organise the shuttle bus which can take you from Kraków main train station to the venue at 15:00 o'clock.

Plan your travel to be on the 25th of September before 15:00 in Krakow. On the 2nd of October we will leave our venue after breakfast around 10:00 in the morning..

The closest airports to Kraków are in Kraków - Balice, Katowice - Pyrzowice, Warszawa - Okęcie.  
From those cities you can take the train to Kraków (check out the schedule at: [rozklad-pkp.pl/en](https://rozklad-pkp.pl/en))



# Costs

Early Birds price : 649,00 euro (registration and prepayment until 31th of July 2023)

Regular price : 699,00 euro

Friend's discount for inviting your friend both of you can receive 40 euros discount.

(each participant can receive only one "friend's discount")

The Price includes

- Accommodation in 2-3 person rooms with private bathroom,
- Full board (3 meals per day: breakfast, lunch, dinner, 2 coffee breaks),
- Workshop lead by professional trainers



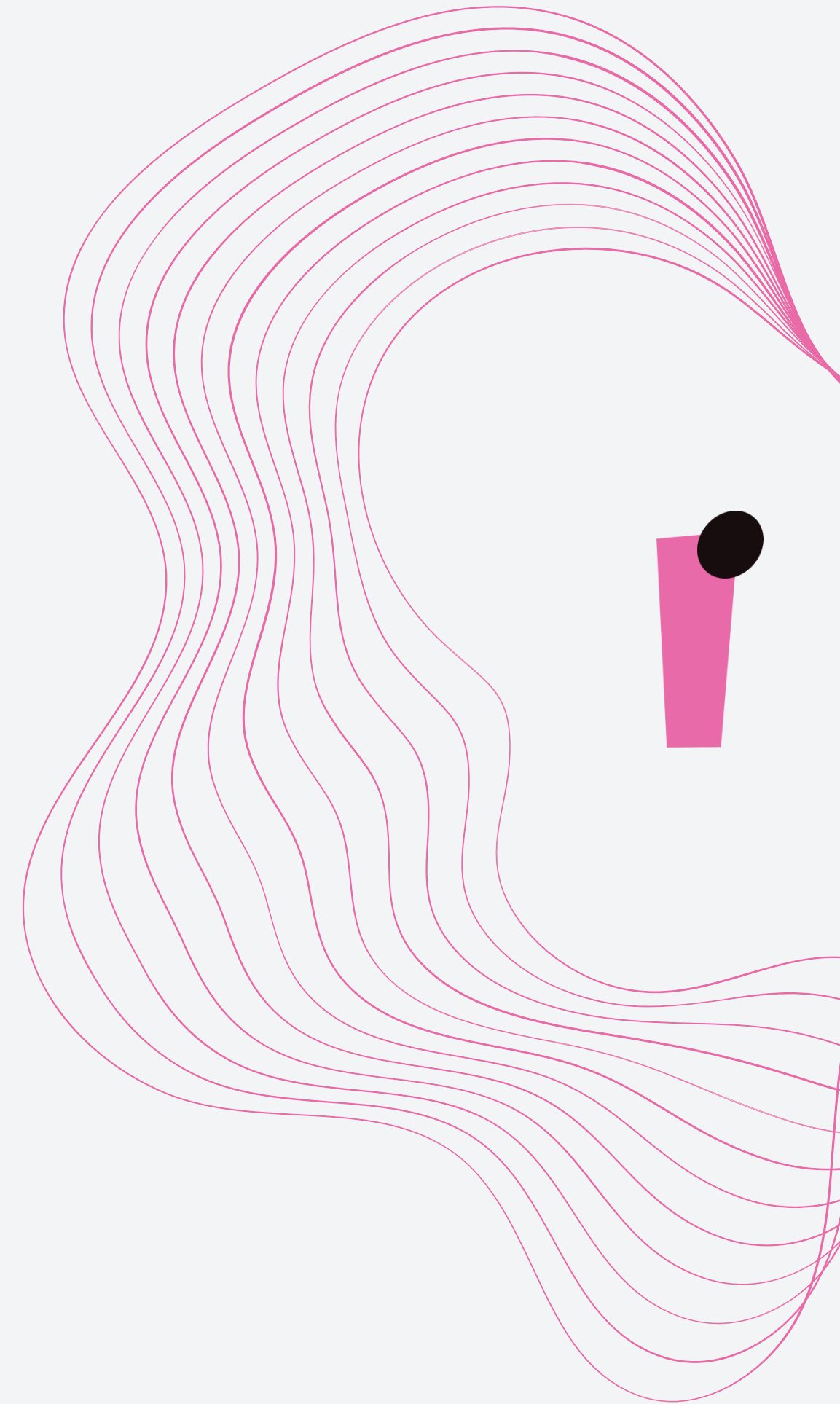
# Registration

To join our event, please fill in the registration form.  
After registration you will receive an email with confirmation, you will have 5 days to pay the prepayment (250 euros), to book your spot.  
You will be asked to pay second (and last) payment till the 11th of September.

In case of big interest, the participants who earlier paid the full participation fee will have priority to join the training.  
The prepayment (250 euros) is not refundable.  
The second payment is refundable:  
in 100% of second payment if you cancel your participation, but not later than 28 days before the training  
in 75% of second payment if you cancel your participation, but no later 7 days before the training

Registration form:  
<https://forms.gle/jhyq5ata8CQm2113A>

[Click](https://forms.gle/jhyq5ata8CQm2113A)



# Regulations

By the applying to the training you accept the regulation of the International IMPRO WEEK, which you can find at our website:

[www.skillcraft.me/regulations](http://www.skillcraft.me/regulations)

[Click](http://www.skillcraft.me/regulations)



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