



ELÄMÄÄ JA TEATTERIA

YOUTH PROJECT 2022

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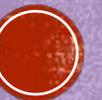
Elämää ja teatteria is a project that, using the tools of art and creativity, helps young people to find their own way to be in the world and society. How art can help us to improve our self-esteem, to work in a group, to express our feelings.

WHAT?

A woman in a red and white striped sweater is shown floating in a space filled with vibrant, multi-colored paint splatters. The splatters are in shades of blue, green, yellow, red, and purple, creating a dynamic and artistic background. The woman has her eyes closed and a serene expression, with her arms extended as if she is part of the colorful environment.

FOR WHO?

Projected for young people aged 18 - 29 in Tampere, who are not working or studying. Participants may be unemployed, on sick leave or on disability pension.





We will work in different channels of Self-expression, as theater, dance, music, singing, photography, writing and painting as a way for youngsters to learn something new about themselves and how to express it in this society.

HOW?

With that experiences we will project different creative presentations in public spaces as... exhibitions, performances, videos, etc.

The theater of Life
Learning basic theatre skills

THE
DANCE
OF
IDEALS

Healing Dance
Workshop

Who am I
supposed to be?
Self-Knowledge
Workshop

THE SOUNDS OF SOUL
Music and Singing with
Intention

DOING FOR COMMON GOOD

Bringing creativity
to some communities.

Write it out!
Creative writing
workshop

WICH LENSES
ARE WE
LOOKING AT
LIFE
THROUGH?
Photography
workshop

Let's perform!
creating a
performance to
present in public
spaces

OPENING DOORS
TO THE WORD.
Visit to a place of interest

WORKSHOPS





You are able to produce a wide variety of different solutions to situations.

You have the courage to express yourself and try new ideas going out of your comfort zone.

You like meeting new people and trying new things.

You know how to develop new things or ways of working.

You will improve your studying and working skills.

Using this improvement to help others, will help you in your life.

THE BENEFITS OF THE PROJECT

Creativity is an important part of people's survival and a key life skill. For example, creativity has been found to increase our sense of security, act as a buffer against adversity, and help us realize our potential.

WHEN

AND WHERE



The periods are two months long.

The small group meets twice a week for three hours.

You can register by calling or email us.

Legioonateatteri, Mäntyhaantie 5-7, 33800 Tampere.

Spring periods: 02.02.-31.03.

06.04.-27.05.

01.06.-14.07.



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