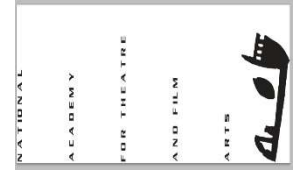




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EMPACT-NATFA workshop/seminar: “Circular Economy, Green Technologies and Empathy in Artistic Practices”: Full Program

9-10-11 June, 2023

Premises: National Academy of Theatre and Film Arts “Kr. Sarafov”, Sofia
Location of all sessions: NATFIZ, Conference Room, “G.S.Rakovski” str, No: 114

Day 1: 9 June, Friday

Session I: 10.00 am – 1.00 pm (with 15 min break): Actor’s empathy and psychological well-being in the “life-stage-life” cycle: Difficulties or opportunities to grow

Presenter/Moderator: [Diana Dobрева-Hristova](#)

Topics of the presentation:

- **Challenges to the psychological well-being of the actors in the "Life-stage-life" cycle.** Looking at the risks of immersion in stage characters, we will talk about the manifestations of "Post-dramatic" stress.
- **Ecology of emotions: "Emotional security" of the person - an actor when working with their emotion.** Some applied "Tools" to work with emotions on the stage and behind. We will discuss the question: Why de-roling and psycho-educational practices for well-being should be incorporated into all actors' training?
- **The Existential abilities for a meaningful "Life design".** Through the prism of the existential-analytic approach, we will consider those abilities that allow individuals to connect to the givens of the Being, understand themselves in the broad life horizon and live with an understanding of the context.
- **What does psychological research show?** The final part of our meeting is dedicated to the results and conclusions of a scientific study conducted among professional actors in Bulgaria, which explores the connections between existential competences, resilience and acting-related stress. The aim of that study is evidence-based development and application in the practice of creative sensitive counseling and support approaches.

The presentation combines theoretical discourses with examples and applied research. There are Q/As, debate sessions and smaller group discussions.



[Diana Dobрева-Hristova](#) is an existential-analytic psychologist and Assistant Professor at the [Institute for Population and Human Research](#) at the [Bulgarian Academy of Sciences](#). Her portfolio focuses on scientific research and psychological practice in the field of creative sensitive counseling, psycho-educational practices for the development of resilience and emotional self-regulation skills in performing artists, and promoting the psychological and emotional well-being of performers and other creative individuals. Her dissertation study is on the topic: "Exploring Existential Fulfillment and Full Human Functioning among Actors for the Purposes of the Psychological Counseling".

Lunch break: 1.00 pm-2.30 pm

Session II: 2.30pm-5.30pm (with 15 min break): The Institute for Circular Economy: See circular! Feel circular! Act circular!

Presenters/Moderators: Radko Kovachev and Asen Nenov

Key aspects of the session:

- What is a Circular economy?
- What is a non-circular economy/world?
- Challenges to the transition to a Circular economic model
- What are the biggest risks facing our society?
- Circular models and solutions
- The role of art and creativity in Circularity
- Discussion on the role of art and creativity in Circularity



[Radko Kovachev](#) is a Board Member of the Institute for Circular Economy (ICE). He comes from an accounting and auditing background, but he has always had a prominent interest in the areas of sustainability and circular economy. In his current role as a consultant, he is supporting his corporate clients with the introduction of sustainability reporting. Radko's work in ICE is focused on researching the dependencies between the economy and nature and modeling new relationships between them with the goal of achieving long-term well-being for the society.



[Asen Nenov](#) is an ecologist who graduated in biotechnology. He has worked in computational biology and bioinformatics at the [Institute of Biophysics and Biomedical Engineering](#) (IBBI) at the Bulgarian Academy of Sciences. Asen has worked in the field of consumer protection at the Active Consumers Association. He writes about critical consumption and the large-scale ecological catastrophe and was among the initiators of the first degrowth group in Bulgaria. He has created training programs on sustainable development for [Ecocentric Foundation](#), [Ecosystem Europe Association](#) and Junior Achievement. He is a co-founder of the [Institute for Circular Economy](#) (ICE); a member of the Climate Anonymous group, Friends of the Earth and Sofia Hrancoop Cooperative.

Day 2: 10 June, Saturday

Session III: 10.00am-1.00pm (with 15 min break): World Wide Fund Bulgaria: Protecting nature through the art

Presenters/moderators: Marina Mihaylova and Niya Nedelcheva

Key aspects of the session:

- Interactive start with general environmental protection topics.
- Narrative presentation about nature protection through art - interesting examples and initiatives from WWF work and initiatives around the world and in Bulgaria.
- How through the arts we could convey the message that we are dependent on nature and its protection and in what way the WWF work could contribute to the quality of life?
- Presentation of youth entrepreneurship and green innovation initiatives and projects.
- Questions and discussion.



[Marina Mihailova](#) is responsible for the business partnerships at [WWF Bulgaria](#). An environmentalist by conviction, long-term volunteer in various initiatives and causes. Skilled in Digital Strategy, Copywriting, Advertising, Marketing Strategy, and Event Management. Her love for nature and the opportunity to contribute to its protection brought her to WWF Bulgaria. Marketing specialist with 15 years of experience, 7 of which she was responsible for the branding, communications and storytelling for [Harmonica Biofoods](#). Mountaineer, rock climbing instructor, and a mother of two.



[Nia Nedelcheva](#) is the CEO of KafEco - the team that won in 2020 the first hackathon - The Future of Food, organized by WWF under the Panda Labs program. She has participated in various competitions over the years. Nia is a first-year student studying Business Economics. She is Ambitious, creative, responsible young lady.

Lunch break: 1.00pm-2.15pm

Session IV: 2.15pm-5.45pm: TWO CREATIVE WORKSHOPS:

WORKSHOP 1: 2.15pm-3.45pm: Acting for inner and outer balance

Presenter/moderator: Stefan Zarev and Maria Panayotova

Connecting with nature:

- Nature Elements (water, fire, air, earth) - from minus to plus (how the elements help us to achieve inner peace and happiness and how they can be a threat if we disturb the balance).
- The Animal in Us – fish, birds, mammals and the DNA we share. Fun exercise for acting out different types of animals.

Dealing with problems:

- "The gods must be crazy" – how to continue using "non-functional" objects in a creative way. Acting exercise inspired by the movie.
- Conversation with the President (improvisational theater).

Consequences of disturbed balance:

- Apocalypse now – acting out different scenarios for the end of the world: what happens to humanity, how the crisis affects empathy and communication; followed by a time machine that restores balance.
- Staged images of key problems in ecology - acting out situations through the method of storytelling.



[Stefan Zarev](#) is a Bulgarian director, chairman of the board of [Theatre Nox](#), translator and acting coach for professional and non-professional actors. He has a bachelor's degree in Drama Theatre Directing at the [National Academy for Theatre and Film Arts "Krastyo Sarafov"](#). Stefan focuses on stage productions of modern plays and working with young actors. Together with Maria Panayotova, he founded and manages Theatre Nox Foundation – an art company providing work for new professional artists.



[Maria Panayotova](#) is an actress and manager of cultural projects. She has held a position as an actress in two state theatres in Bulgaria and since 2019 she is actively involved in independent theater productions. In 2018 Together with Stefan Zarev she founded and manages the art company [Nox Theater](#). The organization has produced five independent theater projects with young theatre professionals. Maria also teaches acting for non-professionals since 2016. She graduated in Acting for Drama Theater at the [National Academy for Theatre and Film Arts "Krastyo Sarafov"](#) in the class of Prof. Snejina Tankovska and also holds a master's degree in the field of Theater art.

Break: 3.45pm – 4.00pm

WORKSHOP 2: 4.00pm – 5.45pm: I see, I move, I feel through nature!

Presenter/moderator: Paolina Popova

This creative workshop will consist of exercises related to motor/ physical speech and movement as a way to communicate, through creativity. The creative pair games and interactive exercises include:

- Describing natural pictures or famous landscapes through physical movements and imagination.
- Elaboration of a person's most difficult moment in his/her life and its meaning towards nature.
- The "drama of feelings": presenting a short sketch through movements with facial expressions and emotional recreation of a story, related to nature and environment, focusing on non-verbal expression.



*Paolina Popova is an art manager, actress, and founder of Theatre FORMA. She obtains a Master's Degree in [Management of Performing Arts and Industries](#) and a Bachelor's degree in Theatre of Movement-Pantomime from [NATFIZ "Kr. Sarafov"](#). Her first significant performance was in Paris in 2016 where she presented an ice theatre show "The Princess with a Frozen Heart", followed by two graduation performances "1001 Passions" and "Bulgarian Mystery" (2018-2020), as well as a children's clowning in the form of the play "Clown Tips for Healthy Children" which was performed also in children's hospitals. Paolina was also part of the creative team of the Variety Theater in Sofia as an actress, with her first professional premiere in the show *Web Burlesque*'. Her daily motivation comes from the words: "The most beautiful views come after the most difficult climbs!" In her free time, Paolina enjoys traveling, long walks in nature, painting, books and sports for health.*

Day 3: 11 June (Sunday)

Session V: 10.00am-1.15pm TWO CREATIVE WORKSHOPS

WORKSHOP 3: 10.00am – 11.30am: Eco-art: How can we use plastic waste to make sculptures and spatial art installations? Is it possible to reduce harm to nature by reusing waste materials from our daily life?

Presenter/Moderator: [Dr. Mila Stoeva](#)

The workshop focuses on the concept of making art installation from waste materials especially from plastic.

Key aspects of the workshop: During the workshop examples of the "implementation" of the concept of ecological design in the fields of architecture, fashion, jewelry and, last but not least, the visual arts will be presented. Participants will also have the opportunity to work on the creation of an art installation of nylon and plastic products, which will be displayed in the building of the National Academy of Theatre Arts after the event.



Dr. Mila Stoeva has a professional portfolio as an artist and educator. Her artistic practice and research are closely related to the creation of objects of art and design from natural and eco materials such as wool, paper and pet flakes. Currently, she is a full-time art teacher at [134 Secondary School "Dimcho Debelyanov"](#), Sofia and a guest lecturer in the [Master Program on Management of Performing Arts and Industries](#) at the [National Academy of Theatre and Film Arts "Kr. Sarafov"](#) in Sofia, Bulgaria.

WORKSHOP 4: 11.45am – 1.15pm: Plastic "bloom"

Presenter/Moderator: [Dr. Yana Dzharova-Karakoleva](#)

Related to the idea of nature and spring and the blossoming ideas, this workshop will focus on how waste plastic materials can interact with nature.

- In what ways the waste plastic materials can interact with nature - trees and flowers blooming with multi-colored nylon flowers.
- How used plastic water bottles can extend their life as bird feeders and drinkers.
- How multi-colored buttons and pins can be a useful and attractive material for making paintings on theme „Plastic "bloom"”.



Dr. [Yana Dzharova-Karakoleva](#) is a lecturer at the [National Academy for Theatre and Film Arts "Kr. Sarafov"](#), Sofia, Bulgaria in the Screen and Stage Arts Faculties. Her current disciplines are: Reality Shows, History and Theory of TV and Cultural Policies. Yana holds a doctoral degree in the field of Cinema Studies, Cinema Art and Television. She manages diverse international projects at NATFIZ.

Lunch break: 1.15pm-2.15pm

Session VI: 2.15pm – 5.45pm: TWO CREATIVE WORKSHOPS:

WORKSHOP 5: 2.1 pm-3.45pm: Animation in support of our shared future

Presenter/moderator: Marina Nikolova & Dr. Krasimira Ivanova

Key aspects of the workshop:

- What is stop motion animation?
- How to make short stop-motion films yourself?
- How to create a suitable plot and develop it effectively?
- Notable examples of similar films and plots
- Make your own film according to set parameters related to nature and sustainable development



[Krasimira Ivanova](#) has held the position of assistant professor at the Screen Arts Faculty of the [National Academy for Theatre and Film Arts "Kr. Sarafov"](#), teaching the disciplines Screenwriting and Dramaturgy for Musical Theatre. She holds a doctoral degree in the field of Theatre Studies and Theatre Art and has professional competence and experience in theatre directing, documentary and animation screenwriting and as an acting teacher. She manages diverse international projects at NATFIZ.



[Marina Nikolova](#) has graduated with a degree in Film and Television Directing at [NATFA "Kr. Sarafov"](#). She has 20 years of experience in the Bulgarian media – mainly in the television as an author and presenter of a children's show, screenwriter, director, and rapporteur in Nova Television, BTV, TV7, BNT, etc., as well as in the production of advertising videos. She is a founder and teacher at "[NIM Animations](#)" - a film and television school for children. "NIM Animations" is the organizer of the Children's Kinomania Film Festival for short films created by children.

Break: 3.45pm – 4.00pm

WORKSHOP 2: 4.00pm – 5.45pm: The power of creativity for environmental protection (vibration, sound, thoughts, words, inspiration, empathy, awareness)

Presenter/moderator: [Ass. Prof. Dr. Ralitsa Kovacheva-Bejan](#)

Topics of the workshop:

- Motivation, a summary of "Duende – the Mother Earth": videos, pictures, interviews, opinions.
- The role of the artist in impacting society in relation to environmental protection.
- The power of creativity and the impact of art and more specifically of music and speech as inspiration and vibration on people, nature, and the planet.
- Tuning the audience to a different level of concentration, listening, and using the voice-speech apparatus by applying adapted exercises from Rudolf Steiner's "Anthroposophical therapy through singing".
- Practical exercises – the creation of a harmonious sound vibrational environment - "Circle of music", where the personal vibration rises.

No special vocal or rhythmic skills are required to participate in the workshop.



[Ass. Prof. Dr. Ralitsa Kovacheva-Bejan](#) is a lecturer on speech, proper speech, verbal action at [NATFIZ "Krastyo Sarafov"](#), an actress and a musician-vocalist. Dr. Kovacheva-Bejan has a rich creative practice in the field of theater and music in Bulgaria and abroad. She hosts and participates in various creative workshops, e.g. the Speech technique at the theater school "Ars Ventuno Centro delle Arti" in Italy on the topics "Suspended time", "Animal music of the speech" and many others. She is the winner of several awards, the latest one is the National Award "Favorite 13 – The Other Face of the Actor" named after the outstanding Bulgarian actor [Apostol Karamitev](#).

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