



Blended Intensive program Erasmus+

PHYSICAL THEATRE

LAB

2nd EDITION



20. - 24. OCTOBER | PHYSICAL PART

9. OCTOBER | VIRTUAL COMPONENT



General Information package

PHYSICAL THEATRE LAB

(Blended Intensive Programme)

1. Organizer's details:

Academy of Arts in Banská Bystrica,
Faculty of Dramatic arts,
Erasmus code: SK BANSKA02,
Address: Horná 95, 974 01 Banská Bystrica, Slovakia

Contact person:

Petra Kovalčíková, Faculty of Dramatic Arts Erasmus+ Coordinator,
petra.kovalcikova@aku.sk, +421 48 4320 305

Responsible person:

PaedDr. Peter Vítko, Institutional Erasmus+ Coordinator,
peter.vitko@aku.sk, +421 48 4320 127

2. Course name: PHYSICAL THEATRE LAB

Outcome: Presentation of the work in progress / open class during the International Festival of Young Art Schools ARTORIUM.

3. Course code: -KH/VPBIPbHE3/25

4. Number of credits: 3

5. Duration of the mobility:

Physical mobility: from **20/10/2025** to **24/10/2025**

Planned period(s) of the virtual mobility: 09/10/2025

6. The overall objective of Blended intensive program:

Physical Theatre Lab is a practical training module focused on developing acting skills through physical theatre. It explores movement as a primary creative tool, treating the actor's body as a source of theatrical language and imagination. The course includes spatial, physical, dance, mime, and improvisation-based exercises aimed at building physical scores, enhancing stage interaction, and cultivating authentic expression.

7. More about the BIP

Physical Theatre LAB – Performing the Contemporary Body
(2nd edition)

An intensive programme exploring contemporary dance techniques and acting methods in physical theatre, with a focus on embodiment, performative presence, and innovative approaches to stage practice. The second edition of the LAB places its emphasis on contemporary dance techniques and current acting methodologies within the field of physical theatre. Compared with the inaugural edition, the programme has been expanded to incorporate new pedagogical perspectives and to reflect recent tendencies in contemporary drama and performative practices.

- Training in contemporary movement techniques and their application in physical theatre.
- Exploring new approaches to body awareness, performative presence, and stage dynamics.
- Deepening expressivity through the integration of dance and acting methods.
- Investigating relationships between body, space, partner, and object within performative contexts.
- Applying improvisation, contemporary movement, and authorial strategies to the creative process.
- Presenting a work-in-progress performance / open class at the Artorium Festival.

An important added value of the programme is the development of analytical skills and a deeper understanding of contemporary theatre practice among emerging artists. Participants will receive accreditation for the Artorium Festival, where they will have the opportunity to attend local and international theatre productions, view documentary films, and engage in post-show discussions.

8. Lecturers

Mgr. BcA. Pavol Seriš, Ph.D. (Czech Republic)

Professional Slovak actor, performer, mime, and assistant professor at the Theatre Without Borders Studio at the Janáček Academy of Performing Arts in Brno, Czech Republic. Dedicated to original theatre, his work blends stand-up comedy, physical theatre, absurd humour, mime, and dance, exploring the possibilities and limits of one-man (solo) performances. Regularly leading physical theatre workshops and developing movement collaborations for dramatic productions, he has partnered with institutions such as the National Theatre in Brno, the Slovak Theatre in Uherské Hradiště, Švandovo Theatre, and F.X. Šalda Theatre.

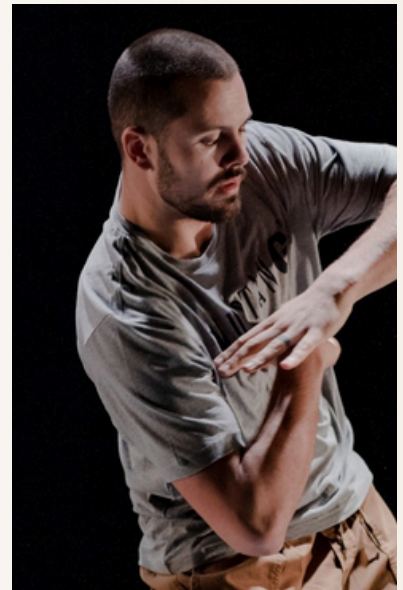


He has received several awards:

- Audience Award for the production "DADA Revue"
37th Annual Festival of Non-Traditional Theatre Kopřiva
2023, Czech Republic
- Audience Award for the play "Did you enjoy your dish, gentlemen?"
MONOMAFFIA Festival
2016, Pärnu, Estonia
- Main Prize for the play "Did you enjoy your dish, gentlemen?"
"European Young Theatre
2015, Spoleto, Italy
- Award for the best male actor in the performance "Ça vous a plu, monsieur?"
FITUA Festival
2015, Agadir, Morocco
- Sofia Amendolea Prize for the play "Did you enjoy your dish, gentlemen?"
Roma Teatro Festival
2014, Rome, Italy

Radoslav Piovarči (Slovakia)

Professional dancer, performer, tutor, choreographer, and stage director, Throughout the time he collaborated with a number of leading names, theatres and ensemble, such as Lenka Vagnerová & Company, Artyci Dance Company, Theatre elledanse, Lucia Holinová, Staatstheatre Kassel, Štúdio tanca dance theatre, Total Brutal Company, VerTeDance, Jana Burkiewicz, Virus Theatre, En Knap Group. His research into current dance and movement principles, which form the core of his artistic interest, is presented through educational activities under the title **Massive Skills**



Workshops. He shares and confronts his findings on various international artistic platforms and within dance-focused seminars. In collaboration with creators from multiple artistic disciplines, he actively contributes to visual installations and site-specific projects, particularly in cooperation with the civic association TRAKT. In 2016, he participated in the multi-genre TEDx conference, where he presented his experiences in the fields of culture and contemporary dance to a wider audience. Among his series of visual-dance projects, one of the most recent was a performance created for the programme commemorating the 100th anniversary of Finland's independence – 100 SUOMI FINLAND (2017).

Lucia Bielík (Slovakia)

Performer and choreographer of contemporary dance productions, as well as a teacher of contemporary and modern dance, she is one of the founding members of the civic association tanC. The association is dedicated to dance and movement-based performances, site-specific projects, productions, movement collaborations, and choreographies in non-traditional spaces. It engages in dialogue with various art forms and artists from other disciplines, while exploring and developing unique and contemporary movement principles and their potential applications.



DAILY SCHEDULE

Participants will be divided into two groups during the virtual meeting. Each group will work simultaneously—one with lecturer Pavol, the other with lecturers Radoslav and Lucia. In the afternoon, the groups will switch.

Changes to the program reserved.

DAY 1

08:30 - 09:00	Arrival and registration of participants	
09:00 - 09:15	Opening of the LAB	
09:15 - 11:15	Group A Warm up. Actor's physicality and improvisation, actor training Led by Pavol	Group B Warm up. Contemporary dance techniques Led by Rado & Lucia
11:15 - 11:30	Reflection, discussion and feedback on the work.	
11:30 - 13:00	Lunch break - welcome refreshments	
13:00 - 15:15	Contemporary dance techniques Led by Rado & Lucia	Actor's physicality and improvisation, actor training Led by Pavol
15:15 - 15:30	Reflection, discussion and feedback on the work.	
19:00 - 22:00	Opening the festival Artorium international festival of young art schools https://divadlo.aku.sk/artorium/program-artorium	

DAY 2

09:00 - 11:30	Group A Warm up. Actor's physicality and improvisation, actor training Led by Pavol	Group B Warm up. Contemporary dance techniques Led by Rado & Lucia
11:30 - 13:00	Lunch break	
13:00 - 15:30	Contemporary dance techniques Led by Rado & Lucia	Actor's physicality and improvisation, actor training Led by Pavol
16:00 - 22:00	festival ARTORIUM - main program, off program	

DAY 3

09:00 - 11:30	Group A Warm up. Actor's physicality and improvisation, actor training Led by Pavol	Group B Warm up. Contemporary dance techniques Led by Rado & Lucia
11:30 - 13:00	Lunch break	
13:00 - 15:30	Contemporary dance techniques Led by Rado & Lucia	Actor's physicality and improvisation, actor training Led by Pavol
16:00 - 22:00	festival ARTOIUM - main program, off program	

DAY 4

09:00 - 11:30	Group A Warm up. Actor's physicality and improvisation, actor training Led by Pavol	Group B Warm up. Contemporary dance techniques Led by Rado & Lucia
11:30 - 13:00	Lunch break	
13:00 - 15:30	Contemporary dance techniques Led by Rado & Lucia	Actor's physicality and improvisation, actor training Led by Pavol
16:00 - 22:00	festival ARTOIUM - main program, off program	

DAY 5

09:00 - 11:30	Group A Warm up. Actor's physicality and improvisation, actor training Led by Pavol	Group B Warm up. Contemporary dance techniques Led by Rado & Lucia
11:30 - 13:00	Lunch break	
13:00 - 15:30	Contemporary dance techniques Led by Rado & Lucia	Actor's physicality and improvisation, actor training Led by Pavol
15:30 - 16:00	Reflection, discussion and feedback on the work.	

Acommodation possibilities in Banska Bystrica (near by the faculty)

- [CENTRAL APARTMENTS](#)
- [Pension-hotel KÚRIA](#)
- [Pension MOYZES](#)
- [Pension GRAND](#)

PHYSICAL THEATRE LAB

- [VIDEO-REPORT \(2024\)](#)

ARTORIUM 2025

International festival of young art schools
15th edition (coming soon)

- [WEBSITE](#)
- [INSTAGRAM](#)
- [FACEBOOK](#)



Faculty of Dramatic Arts
Academy of Arts in Banská Bystrica
SLOVAKIA

Horná 95, 974 01 Banská Bystrica
[MAP](#)