



Vulnerable Group Skills: A Training Course



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Who we are:

Art Lingual is a theatre & communications company that believes in support for immigrants by immigrants.

Our aim at Art Lingual is to provide support services for immigrants, refugees and those who work with these and other vulnerable groups. Art Lingual uses theatre to help immigrants and refugees develop English language skills and ease cultural transitions, while also providing a practical training course for those who will work with these vulnerable groups in their profession.

Vulnerable groups, as we define it from our research and work, are groups of people that are at risk of exclusion due to threats in their environment or their personal circumstances.

Working for over two years now, we've come across many students in the fields of Diplomacy, Foreign Policy and International Relations, who aren't trained in facilitation, yet are engaging in work that would require this kind of training. It is for this need that we created the Vulnerable Group Skills training course.

In collaboration with the Applied Diplomacy department of the School of Oriental and African Studies (SOAS), University of London, Art Lingual has created a training course that can equip these students with techniques, skills and practical activities that are needed when working with vulnerable groups.



Vulnerable Group Skills: A Training Course

What we offer?

Our Vulnerable Group Skills training course is designed for university students studying in the fields of Foreign, International or Cultural Policy who are following career paths in Diplomacy, Aid work, Human Rights and any Non-governmental organisations. The course focuses on several key aspects that will be vital when working with vulnerable groups. We offer four* workshops in diverse practical methods and techniques that students can use when working with vulnerable groups:

- Introduction: Who are vulnerable groups?
- Theatre for Development & Legislative Theatre
- Safeguarding: Protecting yourself and your participants
- Building communities

*We offer bespoke workshops upon request. Please do get in contact if you would like something more specific to your needs.

With our programme, we offer:

- **Training** → providing tangible and practical skills for students
- **Preparation** → our workshops teach direct techniques that benefit students looking to work within Foreign Policy, Human Rights, Diplomacy, and NGOs
- **Resources** → all resources included in the price to run the workshops, excluding a projector and space
- **Accessibility** → we are flexible and can create bespoke workshops per request; you may choose as few or as many sessions as you like and your choice of how often

Workshop outlines:

Introduction: Who are vulnerable groups?

In this introductory workshop, we delve into different games and activities that are useful to vulnerable groups, discussing how these games could be used and looking at what specific skills each one highlights.

Topics that will be covered:

- Art Lingual methodology
- Activities that illustrate safeguarding and accessibility
- Group bonding through storytelling
- Preparing for potential problems with vulnerable groups
- Creating & scaffolding a workshop to combat those problems

Outcomes of workshop:

- Get to know Art Lingual
- Learn briefly about how to ensure safeguarding and accessibility in workshops
- Direct experience creating a workshop that helps combat potential issues of specific vulnerable groups

Theatre for Development & Legislative Theatre

This workshop is all about how to use different theatre-based activities and techniques to work with a community group that seeks to enact change for development or legislation within their own community.

Topics that will be covered:

- Theatre techniques used to help developing communities
- Theatre techniques used to enact change in local legislature
- How to engage local population with theatre
- How to encourage civic engagement through theatre

Outcomes of workshop:

- Practical techniques on how to use theatre in conjunction with government
- Directly experience forum and legislative theatre, which is used to enact change in local government
- Create a theatre piece about a relevant issue and work through solutions, allowing for firsthand experience and seeing how it can work for others

Safeguarding: Protecting yourself and your participants

In this workshop, we discuss the three main categories within safeguarding and tackle each by running different activities that ask the students to observe, identify safety issues, and intervene successfully.

Topics that will be covered:

- What does safeguarding mean?
- The do's and don'ts of safeguarding procedures
- Tools for managing challenging behaviour
- Risk assessment
- How to manage what is shared when working with vulnerable groups

Outcomes of workshop:

- Understanding of what safeguarding means and how it includes both participants and facilitators
- Learn simple and easy techniques to make work safe for all
- Create and observe risk assessments
- Learn easy theatre techniques to identify and intervene challenging behavior

Building Communities

This session is dedicated to discussing what the benefits and issues are when creating communities, and activities exploring how to quickly and effectively build communities.

Topics that will be covered:

- Why do we need to build communities when working with vulnerable groups?
- How to create group or community contracts; how does this benefit a vulnerable group?
- Practical activities to successfully build a community within any given work
- Simple tips to make everyone feel included
- Benefits of storytelling to build community

Outcomes of workshop:

- Learn the importance of building communities
- Learn how to build communities within work
- Learn activities to build team-work within vulnerable groups
- Academic understanding of the benefits of community building in developmental work

Why us?



The course is run by two trained and experienced theatre facilitators who are graduates of the MA Applied Theatre course at the Royal Central School of Speech and Drama (RCSSD). Olivia received her BFA in Acting from Arcadia University in Philadelphia, Pennsylvania. Olivia has a strong background in directing and performance, with a focus on theatre for young audiences. Working alongside Sierra, Olivia has also had experience facilitating with young people, but has also worked with the elderly and university students. Sierra holds a BA in Theatre Education from Emerson College in Boston, Massachusetts. With an additional certification from TEFL, Sierra has worked extensively with at risk youth & other vulnerable groups during her post-graduate career. Both Olivia and Sierra have run drama and debating programmes with the UCL STAR chapter, working directly with refugees and immigrants, for the past two years.

Testimonials of our work:

We've successfully run this course in London with RCSSD and SOAS University of London, and we are proud to say that these workshops have been received with extremely positive feedback and the following testimonials:

'I found it was exciting, learning how to engage with vulnerable groups' – Participant, SOAS

'... the students have reported back to us that they found the sessions to be excellent.' – Applied Diplomacy Centre Manager, SOAS

'I liked the combination of practical activities with building a session to run for a particular context.' – Participant, SOAS

'The atmosphere was very positive and it felt like a safe environment where being silly/stupid would be ok!' – Young People's Theatre Officer, Blue Elephant Theatre

'Hearing that everyone feels uncomfortable in similar situations was great as usually everyone just pretends to be confident.' – Participant, RCSSD

'The workshop reminds me of working with refugees in the Netherlands, and it was exciting learning new skills' – Writer, RefuTales.eu



Fees and booking:

We want to make sure that this training is accessible to all universities, regardless of funds. Therefore, Art Lingual has varying price options for universities that are interested.

Full Training Course fee: £1,000

One-off workshop fee: £300

Bespoke workshop fee: £360*

Per workshop, you will receive the following:

- 4 hours of planning, preparation and rehearsal from Art Lingual
- 2-hour workshop, plus all supplies needed
- Maximum capacity of 25 students**

If you are interested in our training course, or would like to enquire about our other services, please get in touch and register your interest via our email: artlingualuk@gmail.com



*Please note: Bespoke workshop fee includes all of the above, plus an additional 3 hours of planning, preparation and rehearsal

**Please note: Any extra participants can be included with the cost of £10/student