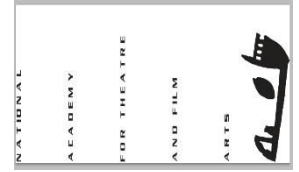




Co-funded by
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EMPACT workshop/seminar: “Empathy, Environment and Sustainable Development: What’s the Role of Arts and Artists?”

21-22-23 April, 2023: 10.00am-1.00pm & 2.30 pm-5.30pm

Premises: National Academy of Theatre and Film Arts “Kr. Sarafov”, Sofia

Location of all morning sessions: NATFIZ, The Meeting Room, “G.S.Rakovski” str, No: 114.

Location of all afternoon workshops: NATFIZ, “St.Karadja” str. No: 20, room B12, second floor, or in the foyer of NATFIZ Drama Theatre Hall (specific location will be given later)

Day 1: 21 April, Friday

Session I: 10.00am – 1.00pm (with 15 min break): Environmental sustainability in arts management: How could creativity help for a cleaner and greener Planet? (Interactive presentation)

Presenter/Moderator: [Prof. Dr. Lidia Varbanova](#)

Topics of the presentation:

- Key terminology: the concept of circular economy, green economy, creative economy, environmental impact.
- What is eco-innovation and who are eco-entrepreneurs in the arts and creative industries?
- What is the role of artists and arts managers in addressing global environmental issues, e.g. plastic pollution, food waste, global warming, the threat to biodiversity, air and water pollution, electronic waste etc.?
- How can we collaborate strategically for improving the relationship between arts and environmental concerns? Examples of collaborative strategies in environment and the arts: networks, strategic alliances, online portals, etc.
- What is next? Opportunities, barriers and trends in environmental and green management in the arts and creative industries.

The presentation combines theoretical discourses with examples and short videos from many countries around the world. There are Q/As, debate sessions and smaller group discussions.



[Prof. Dr. Lidia Varbanova](#) has professional competence and experience as a consultant, educator, researcher and coach in over 60 countries in Europe, North America, Central Asia, the Caucasus, and Africa. Her portfolio focuses on strategy, policy, entrepreneurship, innovations, environmental sustainability and online technologies in the arts, culture and creative industries. Currently, she is a full-time professor and Director of the Master Program on [Management of Performing Arts and Industries](#) at the [National Academy of Theatre and Film Arts “Kr. Sarafov”](#) in Sofia, Bulgaria.

Lunch break: 1.00pm-2.30pm

Session II: 2.30pm-5.30pm: TWO CREATIVE WORKSHOPS (held in parallel: participants can make their choice)

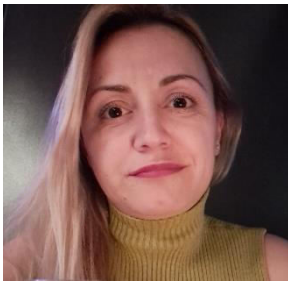
WORKSHOP 1: Green Artmaking – the New Trend

Presenters/moderators: [Dr. Yana Dzharova-Karakoleva](#) and [Dr. Krasimira Ivanova](#)

Topics of the workshop:

- Success stories, good practices; ideas on sustainable ways of working and creating in the arts.
- Generating attractive ideas for a nature-orientated movie or spectacle (working in smaller groups).
- Creating a mock-up of a provocative advertising campaign of the already generated ideas (working in smaller groups in a different setting).

In the eve of The Day of Earth the workshop is focused on new approaches to not only talking but how to (re)act to keep Nature more *natural*.



[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.



[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.

WORKSHOP 2: Lights and objects as an inexhaustible source of theatre

Presenter/Moderator: [Petromil Denev](#)

Key aspects of the workshop:

- Shadow puppet theatre - principles and possibilities.
- The sun as an inexhaustible source of energy/theatre.
- Unlocking the imagination - puppets from improvised objects/materials.

The workshop provides basic knowledge of shadow puppet theatre and object-based puppet theatre. It also implements the important role of imagination and improvisation in environmental sustainability and how they can be improved by using this knowledge.



[Petromil Denev](#) is a puppeteer with a professional portfolio as an actor and director of the state puppet theatres in Sliven and Targovishte, Bulgaria. In 2013 he co-founded the independent [Malle-Malle Puppet Theatre company](#) and has played and directed multiple performances since then. The company has participated in most of the Bulgarian puppet theatre festivals. In 2019 Petromil became the Lead Project Manager of the company and since then Malle-Malle has produced several creative projects which include new puppet theatre plays, art installations, the web interactive production Malle-MalleTV, broadcasting live series "The World of Malle-Malle". Petromil holds BA in Directing for Puppet Theatre, in the class of Ass.Prof. Petar Pashov, and has graduated semesterly from the Master Program [Management of Performing Arts and Industries](#) at the [National Academy for Theatre and Film Arts "Krastyo Sarafov"](#).

Evening program (optional):



Option 1: 7.30 pm: Space of Breath (dance performance)

Address: National Academy of Theatre and Film Arts, ul G.S.Rakovski No: 108, stage 47. Buy tickets here: <https://www.eventim.bg/bg/bileti/natfiz-scena-47-april-2023-teatr-1343219/performance.html>

Blurb: The sculptor is frantically waiting for the moment to touch the Muse, her subtle presence... But a Girl comes to him with her palpable, strong emotion – The Love... He is one breath away from the decision... What would we choose? The sculptor is at a crossroads on his creative path to remain in the world of his own art or to deal with the warmth emanating from a living female presence in his life. Will he be able to find a way to his own emotions and will he succumb to his human frailty...What happens to the creator who has no contact with living people, only with statues...We

are waiting for you at this performance! More information: <https://natfiz.bg/event/dah-razstoyanie-21-04/>



Option 2: 7.30 pm, Performance of Theatre Nox "Guards at the Taj", by Rajiv Joseph. Address: New Theatre, National Culture Palace, Bul. Bulgaria No: 1. Buy tickets here: <https://bilet.bg/bg/events/strajata-na-tadj-mahal/3877>

Two of the guards of the great mausoleum "Tadj Mahal" are on the watch outside one of its gates - a few hours before the opening of the monument, before the unveiling of "the most beautiful thing ever created", as said by its builders. The performance examines the themes of individual freedom, the enslavement of the will, the deprivation of a choice between right and wrong, and above all, the price of beauty and all the sacrifices it requires. Because this mausoleum hides a cruel secret, and the two guardians will have to pay for it against their will. The performance relates to the theme of the workshop through the theme of empathy and the challenges it faces, the psychological obstacles to resisting authoritarian principles that we sometimes have to resist and the ability of man to relate to the natural world around him.

Author: Rajiv Joseph, Director: Stefan Zarev, Composer: Milen Apostolov, Set design: Vasilena Yalamova, Actors: Nikolay Nikolaev and Todor Kirilov
Facebook: <https://www.facebook.com/events/933624094667366>

Trailer: <https://www.youtube.com/watch?v=SBLkVRKb0f8>

Day 2: 22 April, Saturday

Session III: 10.00 am-1.00 pm (with 15 min break): Empathy, psychology, and artists: Personal, social, and emotional dimensions of the artistic profession.

Presenter/moderator: [Dr. Denitza Kaprieva](#)

This interactive presentation will explore the different psychological specifics of the acting profession. A variety of questions related to the personal, emotional, and relational aspects of professional acting and environment will be posed, including:

- What does empathy mean, and how is it related to the acting and artistic professions?
- How can the lack of empathy affect the actors' behavior, relationships, and professional success?
- What are the specifics of the professional actors' environment, and how it influences them?
- What personal and social factors play a role in professional actors' satisfaction with life, proneness for engaging in risky behaviors, and successful professional realization?
- Can acting have therapeutic effects?



[Dr. Denitza Kaprieva](#) received her higher education in Psychology from [Sofia University "St. Kliment Ohridski"](#). Her doctoral dissertation is on the topic "Personality Characteristics and Professional Attitudes among Bulgarian Actors". She has specializations and professional experience in psychotherapy and counseling with children, adolescents, and adults. Currently, Dr. Kaprieva is working as a School Psychologist at the [American College of Sofia](#) and is conducting consultations with adults.

Lunch break: 1.00pm-2.30pm

Session IV: 2.30pm-5.30pm: TWO CREATIVE WORKSHOPS (held in parallel: participants can make their choice)

WORKSHOP 3: Empathy to people, non-human beings and nature - basic for the puppet theater in Bulgaria

Presenter/moderator: [Prof. Dr. Katerina Ilkova](#)

The workshop focuses on the use of sustainable practices in the Bulgarian puppet theatre connected with empathy. During the exercises, the participants watch video clips, discuss their ideas and implement them in short sketches. Structure of the workshop:

- Introduction – directions of empathy in the puppet theater – 45 min.
- The nature and non-human beings as a characters in the puppet theater. The intonation of the voice as a basis for expressing an empathy – practical exercises with puppets – 90 min.
- Summary and presentation of the creating epizodes during the seminar – practical presentation – 45 min.



[Prof. Dr. Katerina Ilkova](#) is an artist, pedagogue and researcher in the field of puppetry, speech and pedagogy. She creates modern techniques for training the characteristic voices (timbre), quick overcoming of diction problems, full use of the melody of the speech for an influence speech. Prof. Ilkova has received recognition and four major awards as an actor and director for her performances in Hungary,

Serbia, Macedonia, France, Russia, Turkey. She is a co-organizer of a Center for Psychological Help for Children and Parents through the puppet theater and participates regularly in international conferences on current issues of speech and puppet theater. Currently, she is a full-time professor and pedagogue on Stage Speech, Legal Speech and Diction at the [National Academy of Theatre and Film Arts "Kr. Sarafov"](#), Sofia, Bulgaria.

WORKSHOP 4: Empathy 101: How to recognize emotions and read the room?

Presenter/moderator: [Maria Panayotova](#)

Key aspects of the workshop:

- Games to improve teamwork skills, bring participants together, build a sense of community and security
- Exercises for emotional intelligence - how do I feel an emotion, what happens to my body and mind, how to recognize emotions in others?
- Atmospheres - building an environment (circumstances, personalities, emotional charge of the environment)
- Conflicts and their resolution (dramaturgical situations with an underlying conflict that must be resolved)

The workshop includes exercises from the systems of Mikhail Chekhov and Stanislavsky, games for improvisation, basic exercises for dramaturgical analysis and character building. Participants are recommended to wear comfortable clothes and shoes.



[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 (a Bulgarian theatre director), they founded the art company [Nox Theater](#), which they manage together. 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 "Krustyo Sarafov"](#) in the class of Prof. Snejina Tankovska and also holds a master's degree in the field of Theater art.

Evening program (optional):



6 pm: Opening of the unique WE ARE THE EARTH project in Sofia

Address: [Oboriste 5 Gallery](#). This event is free of charge for the participants.

WE ARE EARTH is an art ecological project, created by the artist [Radoslava Boor](#) as a reaction to the ecological upheaval on the planet. The main idea is that what we humans do to the Earth comes back to us; therefore, the problems are reflected and painted on portraits of different people. For this purpose, Radoslava used body art and photography together with the photographer Milos Nesis from Belgrade. The project has already been presented with over 20 visions in 7 different countries around the world. For the first time, it will be shown in a complete solo exhibition in Sofia – on Earth Day, as well as in Prague and in Brussels this year.

Day 3: 23 April (Sunday)

Session V: 10.00am-1.00pm (with 15 min. break): Global risks related to sustainability. Impact and consequences. How to manage the change towards the best scenario?

Interactive presentation and discussion: [Assoc. Prof. Marina Stefanova](#)

Topics of the presentation:

- Key terminology: global risks and opportunities, social and environmental context, complexity, theory of change and just transition.
- What are the global environmental, social and economic risks we face in 2023-2030?
- Who are the various stakeholders and shall they do in facing, analyzing and responding to these challenges? Cases and practices.
- What is the role of artists and arts managers in leading society through global change?

The presentation combines interaction with the participants and in-depth analysis of what maybe the global risks implications, impacts and scenarios for overcoming.



***[Dr. Marina Stefanova](#)** is an Associate Professor at the Faculty of Economics and Business Administration at [Sofia University "St. Kliment Ohridski"](#). She is the director of the Master's programme "Responsible and Sustainable Governance" and consultant on the "Business for Results" programme of [UNICEF](#) in Bulgaria. Marina is the Chairman of the [Bulgarian Association of Corporate Social Responsibility Specialists](#) (BAKSOS). Member of the Steering Committee of the [Association of the Investor Relations Directors](#) in Bulgaria and the [Bulgarian Food Bank](#). Marina is the Founder and Director of the multimedia information-educational programme CSR AdviceBox of [Kauzi Foundation](#) and a Member of the Advisory Council on Corporate Social Responsibility at the [Ministry of Labor and Social Policy](#) in Bulgaria.*

Lunch break: 1.00pm-2.30pm

Session VI: 2.30 pm – 5.30 pm: TWO CREATIVE WORKSHOPS (held in parallel: participants can make their choice)

WORKSHOP 5: 2.30 pm-5.30 pm: Trash Art: How can we use plastic waste to make beautiful and creative objects of craft, art and design? Is it possible to reduce the harm of nature by using waste materials from our daily lives?

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

Key aspects of the workshop: the concept of making art and design objects from waste materials especially from plastic.

The workshop will present to participants the concept of making art and design objects from waste materials, especially from plastic. There will be diverse examples of the "implementation" of the concept of ecological design in the fields of architecture, fashion, jewelry, crafts, installations and, last but not least, visual arts. Participants will also have the opportunity to work on the creation of their own art installation of nylon and plastic products, which will be displayed in the building of the National Academy of Theatre and Film Arts after the event.

Materials for the workshop: Participants are invited to bring all kinds of interesting tags/labels, nylon bags the colors they like, including those with pictures and text, scissors, silicone guns and rods, colorful straws, attractive buttons which could be embedded in the creations.



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.

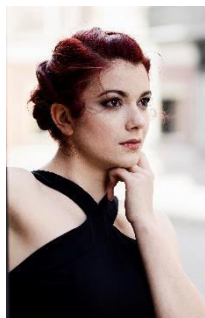
WORKSHOP 6: The art of sustainability through the prism of self-expression, improvement, combining skills and innovations.

Presenter/Moderator: [Kristina Mircheva](#)

Topics of the workshop:

- How to present yourself to people and what are the key elements for a good impression? – in real and virtual (online) spaces.
- What is empathy and teamwork? Why is it so important to be on good terms with the people we work with? How do we achieve this?
- What is the role of combining skills from different areas and how can this help us develop and succeed in several areas at the same time?
- How do changes in the world affect art and how to keep up with new developments and innovations?
- How can sustainable project management also be used in art?

The workshop will include presentation with theoretical discourses, combined with examples, group games and interactive exercises.



Sofia, Bulgaria.

[Kristina Mircheva](#) holds a Bachelor's degree in two fields - Arts (Acting for Drama) and Economics (International Economic Relations). She is professionally involved in theatre, cinema, voice-over, music and currently works as a PR at the [Bulgarian Army Theatre](#). She has taken part in foreign film productions and commercials as actress and stand-in actress and also worked as a casting assistant at [Nu Boyana Film Studios](#) for a Disney movie. In recent years, Kristina expands her skills and talents in an international environment, including online and through digital technologies. She has successfully completed the Master's program in Public Speaking at the [National Academy of Theatre and Film Arts "Kr. Sarafov"](#) in

Evening program (optional)



7.30pm, The Chicken that says KU

Address: New Theatre, National Culture Palace, Bul. Bulgaria No: 1.

This is the first one-man-show of the talented actor Ivan Yurukov, one of the stars of the National Theatre "Iv. Vazov". The script is created on the basis of the collections of short stories "The Little Name of the Days" and Pumpkin" by Alexander Urumov, and the music is by Mikhail Shishkov-father. In a comic way, the text takes us through real human adversities, returns us to the original intention, to humanity, to nature. Through the stories that the

hero tells us, the author makes a peculiar analysis of the curious and searching person - a dissection of modern society. Perceived as a strange loser, Ivan Yurukov's character exposes human weaknesses by painfully exposing his owns. We will have limited number of tickets at disposal in the first day of our seminar – 21 April, at a preferential price of 15lv/ticket, and 25lv for 2 students.

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