

# Psychodrama, playback theatre & lifelong learning in action research

*Supporting potential development: the Grundtvig Programme*

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The European Union is often perceived by its citizens as a supranational entity that imposes taxes, laws and restrictions on partner countries. The television news and newspapers link Europe to economic decisions taken to save member states, austere regulations and international meetings between international leaders to design a political and economic future for the Union.

The Europe of the NGO's is something much more significant. It means meeting new people, professionals and colleagues from other countries, it means exchanging ideas and best practices, developing networks; it means creating a more inclusive society, strengthening the role that women play and supporting creativity and innovation. Participation in these European projects makes one realize the essential meaning of Europe: Europe is us. The European Commission, the Council of Europe and the Parliament dictate the guidelines, identify priorities, and select targets, but it's the organizations (NGO's) that carry out the work stipulated and fill the void with their ideas and projects.

One of the priorities of the European Union is to promote smart growth, which means to encourage individuals to learn, to study, to upgrade skills, to develop new products and services in order to stimulate growth and employment and to meet the economic challenges and promote the use of information technology and communication. Within the realm of these priorities, the programme of *Lifelong Learning* has developed which inspires every European citizen to learn throughout the course of their life, from youth to old age.

Among the subgroups of programs under the umbrella of *Lifelong Learning*, the Grundtvig project seeks to contribute by offering various opportunities for adults to improve their knowledge and skills.

In order to do this, Grundtvig has highlighted the following specific objectives: improve the quality and accessibility of mobility of individuals involved in adult education and increase their numbers, so that by 2013 annual mobility is supported by at least 7,000 people involved in adult education; increase the amount of cooperation between organizations throughout Europe involved in adult learning and provide assistance to individuals belonging to vulnerable social groups and other marginalized people, especially the elderly and those that left their studies without having received any base qualifications, so as to offer them alternative opportunities to access adult education.

In order to understand these objectives, it's necessary to specify what we mean by "mobility". For a *project manager*, mobility means to organize exchanges and trips for project participants. But in my experience, mobility means to discover a new world, learn new ways to improve your expertise and redefine work boundaries. Mobility is essential for



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